

Michael A. Mariska

Professor of Counselor Education
Plymouth State University, Plymouth, NH
Email: mikemariska@gmail.com Phone: (203) 671 7667
<https://orcid.org/0009-0003-3393-5523>

PROFESSIONAL SUMMARY:

Professor of Counselor Education, clinician-scholar, and leader with extensive experience in postgraduate teaching, supervision, curriculum leadership, accreditation, and evidence-informed counselor training. Delivers skills development across in-person and online modalities, prioritizing evidence-based conceptualization and intervention, professional identity formation, and student self-efficacy. Teaching innovator recognized for deliberate-practice approaches using simulated clients, multi-model skills rehearsal, and structured feedback.

Senior academic leader with experience in program coordination and academic unit leadership, curriculum and assessment alignment, accreditation leadership, and systems for student retention and remediation. Scholarship and practice integrating ACT, Narrative, and neuroscience-informed frameworks, with a focus on translating contemporary clinical and educational evidence into scalable counselor education practices.

LICENSURE AND CERTIFICATIONS:

- LCMHC, Licensed Clinical Mental Health Counselor, New Hampshire - #2031
- NCC, Nationally Certified Counselor, National Board for Certified Counselors - #221839

EDUCATION:

Ph.D. in Counselor Education and Counseling, 2011

Idaho State University (CACREP Accredited), Pocatello, ID

Dual concentrations in Clinical Mental Health Counseling and Student Affairs

M.S. in Community Counseling, 2007

Southern CT State University (CACREP Accredited), New Haven, CT

B.A. in Psychology

University of Connecticut, Storrs, CT

ACADEMIC AND PROFESSIONAL WORK EXPERIENCE:

Plymouth State University, Plymouth, NH

Current Positions

Professor of Counselor Education, 2024 – Present

Staff Counselor at PSU Counseling Center, 2025 – Present

Previous Positions

Director of Counselor Education and School Psychology (Head/Chair equivalent), 2018-2025

- Led successful CACREP reaccreditation cycle (2023 & 2025) including assessment overhaul, handbook updates, and retention/remediation plan.
- Led pandemic transition to online instruction and the return to in-person delivery while maintaining program continuity.
- Developed student policy on ethical use of AI and guidance document for faculty.
- Improved accreditation compliance and recordkeeping quality through a digitized program records and online fieldwork evaluation system.

Academic Unit Leader for Human Services (Associate Dean equivalent), 2018-2025

- Successfully consolidated course offerings without loss of instructional quality or student time-to-completion in response to changing University financial needs.

Associate Professor of Counselor Education, 2017 – 2024

Clinical Mental Health Counseling Program Coordinator, 2017-2023

- Grew the CMHC program from 43 to 86 students and developed new fieldwork placement sites to address mental health workforce need in New Hampshire.

Field Experiences Coordinator, 2014 – 2017

Assistant Professor of Counselor Education, 2014 – 2017

Colby-Sawyer College, New London, NH

Clinical Mental Health Counselor, 2015 – 2021

Long Island University (LIU) Post, Brookville, NY

CACREP Accreditation Consultant, 2019

Assistant Professor of Counselor Education, 2011 – 2014

- Coordinated successful CACREP reaccreditation cycle in 2012

Psychological Assessment Specialists, Pocatello, ID

Clinical Mental Health Counselor, 2009 – 2011

Idaho State University, Pocatello, ID

Graduate Assistant of the Department of Counseling, 2008 – 2011

Clinical Intern & Staff Counselor at ISU Counseling Services, 2008 – 2009 & 2010 – 2011

Colby College, Waterville, ME

Career Counselor, 2007 – 2008

Southern Connecticut State University, New Haven, CT

Clinical Intern of SCSU Counseling Services, 2006 – 2007

Graduate/Teaching Assistant of Counseling and School Psychology, 2005 – 2007

TEACHING SUMMARY:

- **Levels Taught:** Masters (primary), Bachelors
- **Modalities:** In-person, Online Synchronous, Hybrid
- **Signature Pedagogies:** Experiential skill development, Simulation experiences
- **Course Topics:** (taught over 15 years and four universities)
 - Professional Orientation and Ethics
 - Counseling Skills
 - Diversity & Advocacy
 - Foundations of CMH Counseling
 - Theories of Counseling
 - Group Counseling
 - Couples Counseling
 - Family Counseling
 - Spirituality in Counseling
 - Neuropsychology
 - Practicum and Internship in Clinical Mental Health Counseling

PEER-REVIEWED PUBLICATIONS:

Mariska, M. A., Hartley, R., & Yoo, M. (in press) Packing your parachute: In-session regulation and recovery tools for counseling skills training. *ACES Teaching Toolkit*

Mariska, M. A. (2026) The SAFE Fishbowl model: Psychological safety by design in counseling skills training. *Journal of Counselor Preparation and Supervision*, 20(3), 1-15. <https://research.library.kutztown.edu/jcps/vol20/iss3/8/>

Conteh, J., **Mariska, M. A.,** & Huber, M. J. (2018). An examination and validation of personal counseling and its impact on self-efficacy for counselors in training. *Journal of Counselor Practice*, 9(2), 109-138. <https://doi.org/10.22229/jac902111>

Mariska, M. A. (2015) Starting from strength: Identifying your existing assets as a group leader. In Luke, M. & Goodrich, K. (Eds.) *Group work experts share their favorite activities for supervision*. Alexandria, VA: Association for Specialists in Group Work.

Mariska, M. A. (2015). The Client Role in a Pre-Practicum Counseling Skills Course. *Journal of Counselor Preparation and Supervision*, 7(1). <https://doi.org/10.7729/71.1067>

Mariska, M. A. & Harrawood, L. (2013). Understanding the unsaid: Encouraging multicultural competence through an emphasis on nonverbal awareness and skills. In *Ideas and research you can use: VISTAS 2013*.

Harrawood, L., **Mariska, M. A.,** & Hill, N. (2013). Use of autobiographies to teach concepts in addiction: A narrative approach to instruction, *Journal of Creativity in Mental Health*, 8(4), 470-482. <https://doi.org/10.1080/15401383.2013.852445>

Manuscripts Under Review / In Preparation:

Mariska, M. A. & Field, T. A. Neurons to Narratives: Metaphor-Based Instruction for Building Neuroeducation Translation Competency. *In Preparation*

PEER-REVIEWED CONFERENCE PRESENTATIONS:

National

2025 – **Mariska, M. A.**, Hartley, R., & Yoo, M. – *Basic Counseling Skills Instruction: Best Practices and Innovations*. Education session for Association for Counselor Education and Supervision National Conference. Philadelphia, PA

2023 – **Mariska, M. A.**, Aquilina, R., & Whitney-Beretta, K. - *Using Client Actors to Train Individual, Group, and Assessment Skills in Counselor Education*. Education session for Association for Counselor Education and Supervision National Conference. Denver, CO

2021 – **Mariska, M. A.**, Jencius, M., Johnson, N., Ebrahim, C., Pereira, J., & Wood, L. – *Client Actors in Counseling Skills Training*. Leader of Panel Discussion for Association for Counselor Education and Supervision National Conference. Atlanta, GA

2019 – **Mariska, M. A.** & Aquilina, R. – *Simulated Clients in Counseling Skills Instruction*. Education session for Association for Counselor Education and Supervision National Conference. Seattle, WA

2018 – **Mariska, M. A.**, Stern, D., & Aquilina, R. – *Reactive Shielding in Transgender Clients*. Poster for Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Conference. Portland, OR

2018 – **Mariska, M. A.**, Stern, D., & Aquilina, R. – *Reactive Shielding in Transgender Clients*. Poster for American Counseling Association National Conference. Atlanta, GA

2017 – **Mariska, M. A.** & Stern, D. – *Reactive Shielding in Transgender Clients*. Poster for Association for Counselor Education and Supervision National Conference. Chicago, IL

2017 – Renfro-Michel, E., **Mariska, M. A.**, Wilkinson, T. – *Demystifying the Publication Process: Tips for Successful Publication*. Education session for Counselor Education and Supervision National Conference. Chicago

2016 – **Mariska, M. A.** & Aquilina, R. – *Simplifying Neuroscientific Concepts for Counselors, Educators, and Clients*. Education session for American Counseling Association National Conference. Montreal, Canada

2015 – **Mariska, M. A.**, Flynn, S., & Aquilina, R. – *Adding a Nonverbal Focus to Marriage, Couple, and Family Counseling Curriculum*. Education session for Association for Counselor Education and Supervision National Conference. Philadelphia, PA

2015 – Harrawood, L., **Mariska, M. A.**, & Hill, N. – *Narrative Pedagogy in the Counselor Education Classroom*. Education session for Association for Counselor Education and Supervision National Conference. Philadelphia, PA

2013 – **Mariska, M. A.** & Keefe-Cooperman, K. – *Using Strength-Based Assessment in Experiential Learning Assignments*. Education session for Association for Counselor Education and Supervision National Conference. Denver, CO

2013 – Keefe-Cooperman, K. & **Mariska, M. A.** – *Teaching Diversity to the Diverse: Building a Positive Environment to Celebrate Cultural Differences and Explore Social Injustice*. Education session for Association for Counselor Education and Supervision National Conference. Denver, CO

2013 – **Mariska, M. A.**, Green, R., & Baquet, S. – *Understanding the Unsaid: Increasing Multicultural Competence Through Nonverbal Awareness and Skills Training*. Education session for American Counseling Association National Conference. Cincinnati, OH

2011 – **Mariska, M. A.** – *The Client Role in a Pre-Practicum Counseling Skills Course*. Poster presented at Association for Counselor Education and Supervision National Conference. Nashville, TN & American Counseling Association National Conference. New Orleans, LA

2010 – **Mariska, M. A.** & Chapple, D. – *Metaphor and Counseling: Contextual and Cultural Applications*. Poster for American Counseling Association National Conference. Pittsburgh, PA

2007 – Nwachuku, U. & **Mariska, M. A.** – *Beyond Multiculturalism: Towards a Globalization of Counselor Education and Practice*. Education session for American Counseling Association National Conference. Detroit, MI

Regional (Last 10 years)

2026 – **Mariska, M. A.** – *The SAFE Fishbowl Model: Psychological Safety by Design in Counseling Skills Training*. Education Session for North Atlantic Region Association for Counselor Education and Supervision Conference. Manchester, NH

2026 – **Mariska, M. A.**, Hartley, R., & Yoo, M. – *Packing Your Parachute: In-Session Regulation and Recovery Skills for Counselors*. Roundtable for North Atlantic Region Association for Counselor Education and Supervision Conference. Manchester, NH

2022 – **Mariska, M. A.** & Whitney-Beretta, K. – *Client Actors in Group Counseling: Reflections on a Pilot Study*. Roundtable for North Atlantic Region Association for Counselor Education and Supervision Conference. Pittsburgh, PA

2020 – **Mariska, M. A.** & Aquilina, R. – *Simulated Clients in Counseling Skills Instruction*. Education session for North Atlantic Region Association for Counselor Education and Supervision Conference. Virtual Online Setting

2018 – **Mariska, M. A.**, Stern, D., & Aquilina, R. – *Reactive Shielding in Transgender Clients*. Education session for North Atlantic Region Association for Counselor Education and Supervision Conference. Burlington, VT

2016 – **Mariska, M. A.**, Conteh, J., Huber, M. – *Personal Counseling and Self-Efficacy for Counselors in Training*. Education session for North Atlantic Region Association for Counselor Education and Supervision Conference. Syracuse, NY

2016 – Flynn, S. & **Mariska, M. A.** – *Integrating an Empirically Validated Skill Based Assessment into a Graduate Program Curriculum*. Education session for North Atlantic Region Association for Counselor Education and Supervision Conference. Syracuse, NY

2016 – Hill, N., Stinchfield, T., Portrie-Bethke, T., & **Mariska, M. A.** – *Enacting Narrative Pedagogy: Creative Applications in Counselor Education*. Pre-Conference Institute at North Atlantic Region Association for Counselor Education and Supervision Conference. Syracuse, NY

2016 – Renfro-Michel, E. & **Mariska, M. A.** – *Mentoring in Writing and Publication: Hands on Help Toward Publishing*. Education session for North Atlantic Region Association for Counselor Education and Supervision Conference. Syracuse, NY

(Additional pre-2016 regional and local presentations available upon request)

INVITED AND APPLIED SCHOLARSHIP:

Publications:

- Mariska, M. A.** (2025). Electro-convulsive therapy. In Owenby, B., Campbell, K., & Owenby, B. *The Encyclopedia of Mental Health Trainings, Certifications, and Credentials*. Onblc.
- Mariska, M. A.** (2019, September 16). Plymouth State University conducts interdisciplinary trauma exercise. *CACREP Fall Newsletter*.
- Mariska, M. A.** (2013). Contributing interviewee. In Shallcross, L., Multicultural counseling: A continual pursuit. *Counseling Today*, 56(3), 35-37.
- Mariska, M. A.** (2006) The perception of confrontation by beginning counselors. *The Connecticut Counselor*, 20(2), 11-12.

Book Reviews:

- Ibrahim, F., Ivey, A., Pederson, P., & Ivey, M.B. (n.d.) *Intentional Group Counseling: Best Practices for a Multicultural World*. For Cognella Publishing in 2023.
- Boccone, P.J. (n.d.) *A Counselor's Guide to Psychopharmacology and Alternative Treatments*. For Cognella Publishing in 2022.

Invited Presentations and Workshops:

- 2026, 2024, & 2022 – **Mariska, M. A.**, Leudke, A, Peters, H., Seward, D. – *Emerging Leaders Workshop*. North Atlantic Region Association for Counselor Education and Supervision Conference. Manchester, NH; Atlantic City, NJ; Pittsburgh, PA
- 2020 – **Mariska, M. A.**, Robert, T., Peters, H., & Leudke, A. – *Emerging Leaders Workshop*. North Atlantic Region Association for Counselor Education and Supervision Conference. Online
- 2018 – **Mariska, M. A.**, Glosoff, H., Robert, T., & Leudke, A. – *Emerging Leaders Workshop*. North Atlantic Region Association for Counselor Education and Supervision Conference. Burlington, VT
- 2016 – **Mariska, M. A.** – *Pearls of Wisdom from NARACES Leadership*. North Atlantic Region Association for Counselor Education and Supervision Conference. Syracuse, NY
- 2015, 2016, 2017, 2018 – **Mariska, M. A.** – *Supervision in CMHC Settings*. CESP Supervision Institutes. Waterville & Plymouth, NH.
- 2015 – **Mariska, M. A.** – *Weighing the Pros and Cons: Deciding Just What You're Looking for in a Job Search*. ACES National Conference. Philadelphia, PA

- 2014 – **Mariska, M. A.** – *Neuroscience for the Counseling Professional*. LIU Post Mental Health Counseling Symposium. Brookville, NY.
- 2013 – **Mariska, M. A.** – *Adding a Strength-Based Approach to Counseling Practice*. LIU Post Mental Health Counseling Symposium. Brookville, NY.
- 2012 – **Mariska, M. A.** – *Nonverbal Communication Strategies for Building the Therapeutic Relationship*. LIU Post Mental Health Counseling Symposium. Brookville, NY.
- 2010 – **Mariska, M. A.** – *Advanced Nonverbal Awareness and Skills for Counselors*. Idaho State University professional development workshop series.

GRANTS AND FUNDED PROJECTS:

- **HRSA BHWET**, Led administrative implementation as CESP Director (administration, coordination, cross-unit stakeholder liaison) (2018-2021)
- **ALGBTIC Research Grant**, Principal investigator (2017)
- **ACES Research Grant**, Principal investigator (2010)

HONORS AND AWARDS:

- **Distinguished Graduate Teaching Award**, 2026
Plymouth State University
- **Marijane Fall Counselor Educator of the Year Award**, 2020
North Atlantic Region Association for Counselor Education and Supervision
- **Silver Medal**, 2015
2014 ACA Graduate Student Ethics Committee Competition
- **Presidential Fellow**, 2012
Association for Counselor Education and Supervision
- **Outstanding Faculty Advisor Award**, 2012
Lambda Iota Upsilon chapter of Chi Sigma Iota, International Counseling Honor Society

PROGRAM AND UNIVERSITY SERVICE:

Program Leadership and Service, Plymouth State University

Counselor Education and School Psychology

CACREP Liaison & Program Evaluation Coordinator, 2017 – Present

Comprehensive Testing Coordinator for Counselor Education, 2017 – Present

Director (*Head / Chair equivalent*), 2018 – 2025

Clinical Mental Health Counseling Program Coordinator, 2017 – 2023

Diversity Institute Committee Faculty Advisor, 2014, 2016, 2019, & 2021

Chi Sigma Iota Honor Society Faculty Advisor, 2014 – 2018

NBCC Continuing Education Provider Program Administrator, 2018 – 2020

Human Services Academic Unit

Academic Unit Leader (*Associate Dean equivalent*), 2018 – 2025

Budget Manager, 2018 – 2025

University Committees, Plymouth State University

Graduate Programs Council – Member, 2021 – 2025

University Steering Committee – Member, 2023 – 2025

Faculty Grievance Committee – Member, 2018 – 2024

Standardized Patient Training Advisory Board – Member, 2017 – 2020

Academic Integrity Panel – Member, 2014 – 2017

Graduate Curriculum Committee – Member, 2016 – 2017

Promotion and Tenure Committees, Plymouth State University

School of Human and Public Services, 2025 – Present

Human Services Academic Unit, 2022 – 2025

Social Work, 2021

Nursing, 2020

Marriage and Family Therapy, 2020

Search Committees, Plymouth State University

Counselor Education and School Psychology, 2014 & 2022

Psychology, 2022

Nursing, 2018 & 2021

Social Work, 2018

Director of Institutional Effectiveness and Assessment, 2017

Program Leadership and Service, Long Island University: Post

Department of Counseling and Development

CACREP Committee Chair and Program Liaison, 2011 – 2014

Outcomes Assessment Committee Member, 2013 – 2014

Assistant Professor Search Committee Member, 2013

Curriculum Committee Member, 2012 – 2014

Conference Committee Member, 2011 – 2014

Chi Sigma Iota Honor Society Faculty Advisor, 2011 – 2014

PROFESSIONAL SERVICE AND LEADERSHIP:

Council for the Accreditation of Counseling and Related Educational Programs (CACREP)

CACREP Accreditation Evaluation Team Chair, 2023 – Present

CACREP Accreditation Evaluation Team Member, 2010 – Present

North Atlantic Region Association for Counselor Education and Supervision (NARACES)

Technology Chair, 2013 – 2016, 2022 – Present

Emerging Leaders Committee Chair, 2018 – Present

President, 2017 – 2018

Research Interest Network Founder & Chair, 2012 – 2016

Awards Committee Chair, 2012 – 2019

Conference Proposal Reviewer, 2012 & 2018

Journal of Counselor Preparation and Supervision (JCPS)

Editorial Board Member, 2014 – 2024

Associate Editor, 2015 – 2016, 2017 – 2018

Association for Counselor Education and Supervision (ACES)

Collaboration Task Force, 2018

Social Media / Webmaster Committee, 2016

Journal for Specialists in Group Work

Guest Reviewer, 2016

Counselor Educators Metro Consortium

LIU Liaison, 2012 – 2014

PROFESSIONAL DEVELOPMENT:

- CACREP Site Team Chair Training - 2023 Online Training
- Sexuality and Ethics in Counseling Practice, Live Online Workshop – June 2022
- NBCC Bridging the Gap Virtual Summit, Mental Health Academy – November 2020
- CACREP Self-Study Workshop – March 2019
- UIC Certificate Program in Standardized-Patient-Based Education – June 2017
- Blended and Online Course Basics Training – Long Island University, 2013
- CACREP Team Member Training / Update Sessions – 2010, 2013, 2016, 2019, & 2021
- ACES / NARACES Emerging Leaders Workshop – 2012 NARACES Conference
- *Ongoing professional development through frequent participation in professional conferences (ACA, ACES, NARACES), professional webinars, and workshops, 2006–present.*