

DANIA TAWFIQ

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EDUCATION

- Florida State University, College of Human Sciences
Doctor of Philosophy in Marriage and Family Therapy Anticipated 2024
COAMFT Accredited
- Florida State University, College of Education
Specialist in Education
Master of Science in Counseling and Human Services May 2020
Concentration: Clinical Mental Health Counseling, CACREP Accredited
Degree of Distinction Earned, Summa Cum Laude
- Florida State University, College of Human Sciences
Bachelor of Science in Exercise Science August 2014
Minor: Psychology
Degree of Distinction Earned, Magna Cum Laude

PUBLICATIONS

- Vance, S., Dong, S. & **Tawfiq, D.** (*Under Review*) Exploring the relationship between mindfulness, openness to diversity, and color-blind racial attitudes among a sample of white undergraduate students. Submitted to *Journal of College Student Development*.
- Jaurequi, M.E., Kimmes, J.G., Ledermann, T., Seibert, G., Pocchio, K., & **Tawfiq, D.** (in press). Relationship satisfaction and sleep problems among college students: Serial indirect effects via relationship mindfulness and negative emotional symptoms. *Journal of American College Health*.

PRESENTATIONS

- Jaurequi, M.E., Kimmes, J.G., Garcia, K., **Tawfiq, D.**, Pocchio, K., & Otero-Vargas, F. (2020, November) *Mindfulness, Attachment, and Couple Conflict*. Poster to be presented at the American Association for Marriage and Family Therapy Conference, Orlando, FL.
- Jaurequi, M.E., Kimmes, J.G., Seibert, G., Pocchio, K., Otero-Vargas, F., & **Tawfiq, D.** (2020, November) *Sleep: The Role of Relationship Satisfaction and Mindfulness*. Poster to be presented at the American Association for Marriage and Family Therapy Conference, Orlando, FL.
- Monagas, K., Eto, O., Stephens, C., Magwood, N., & **Tawfiq, D.** (2020, February) *The role of emotional dysregulation in eating disorders and borderline personality disorder and its implications on treatment*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL. ***Awarded 1st place**
- Iturriaga, V., **Tawfiq, D.**, Monk, M., & Crenshaw, E. (2020, February) *No place called home: Contextualizing the impact of deportation and the need for counseling and social justice advocacy for undocumented families*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL.
- Emanuel-Wright, A., Magwood, N., **Tawfiq, D.**, & Norzea, L. (2020, February) *The impact of microaggressions on substance abuse levels in African American college students who attend primarily white institutions*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL.
- Monk, M., Spitz, C., Iturriaga, V., **Tawfiq, D.**, & Norzea, L. (2020, February) *Trauma and aggression in youth: A review of current literature and recommendations*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL.
- Tawfiq, D.**, Iturriaga, V., & Monk, M. (2019, May). *Implications of trauma informed care for childhood abuse on adult severe obesity and dysfunctional eating patterns*. Poster presented at the Florida Counseling Association Trauma Symposium, Clearwater, FL.
- Tawfiq, D.**, Iturriaga, V., & Crenshaw, E. (2019, March). *Risk factors, resilience, and implications of occupational burnout on counselors and patient outcomes*. Poster presented at the Marvalene Hughes Research in Education Conference, Tallahassee, FL.
- McCullough, A., **Tawfiq, D.**, & Norzea, L. (2019, March). *Mental health counseling considerations and applications for transgender individuals*. Poster presented at the Marvalene Hughes Research in Education Conference, Tallahassee, FL.
- Iturriaga, V., Turner, K., Crenshaw, E., & **Tawfiq, D.** (2019, March). *Culturally competent counseling with asylum seekers and refugees from el salvador*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL.
- Tawfiq, D.**, Iturriaga, V., & Crenshaw, E. (2019, February). *Risk factors, resilience, and implications of occupational burnout on counselors and patient outcomes*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL. ***Awarded 1st place**
- McCullough, A., **Tawfiq, D.**, & Norzea, L. (2019, February). *Mental health counseling considerations and applications for transgender individuals*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL. ***Awarded 3rd place**
- Iturriaga, V., Turner, K., Crenshaw, E., & **Tawfiq, D.** (2019, February). *Culturally competent counseling with asylum seekers and refugees from el salvador*. Poster presented at the Florida Mental Health Counseling Association Conference, Lake Mary, FL.

RESEARCH EXPERIENCE

Florida State University Department of Psychology, Tallahassee, FL

Research Assistant

August 2018 – August 2020

Physiological Effects of Arousal Inductions

Dr. Thomas Joiner, Ph.D., Lab for the Study & Prevention of Suicide-Related Conditions & Behaviors

Objective: Assessing physiological responses to reminders of mortality among individuals currently experiencing suicidal ideation.

Supervisor: Mary Duffy and Austin Gallyer

Florida State University College of Medicine, Tallahassee, FL

Research Assistant

January 2014 – December 2014

Dr. Mohamed Kabbaj, Ph.D., Department of Biomedical Sciences

Objective: Determine why female rats are more sensitive to the antidepressant effects of ketamine and establish the role of gonadal hormone E2 in these sex differences. Test for depressive-like behaviors by administering/scoring a Porsolt swim test, collecting brain tissue via rapid decapitation, and using a cryostat to collect tissue of specific areas of the brain for further testing.

Supervisor: Dr. Amanda Dossat, Ph.D., and Dr. Mohamed Kabbaj, Ph.D.

Dossat, A.M., Sanchez-Gonzalez, M.A., Koutnik, A.P., Leitner, S, Ruiz, E.L., Griffin, B, Rosenberg, J.T., Grant, S.C., Fincham, F.D., Pinto, J.R., Kabbaj, M., (2017) Pathogenesis of depression- and anxiety-like behavior in an animal model of hypertrophic cardiomyopathy, *The FASEB Journal*, 31(6), 2492-2506.

Florida State University College of Medicine, Tallahassee, FL

Research Assistant

June 2014 – September 2014

Dr. Ewa Bienkiewicz, Ph.D., Department of Biomedical Sciences

Objective: Test the efficacy of therapeutic agent candidates at alleviating brain cell death. This study uses a mouse model that mimics hemorrhagic stroke events in people. Measure stroke size of cryostatic brain slices via slicing and digital microscope imaging.

Supervisor: Dr. Amanda Dossat, Ph.D., and Dr. Ewa Bienkiewicz, Ph.D.

Florida State University College of Medicine, Tallahassee, FL

Research Assistant

June 2014 – September 2014

Dr. Mohamed Kabbaj, Ph.D., Department of Biomedical Sciences

Objective: Investigate the contribution of DNA methylation to cocaine relapse via administered methionine to rats with self-administered cocaine. Behaviorally observe the rats in operant chambers with sugar pellets as the reinforcer before, during and after MET injections.

Supervisor: Dr. Katie Wright, Ph.D., and Dr. Mohamed Kabbaj, Ph.D.

Wright, K. N., Hollis, F., Duclot, F., Dossat, A. M., Strong, C. E., Francis, T. C., Mercer, R, Feng, J, Dietz, D.M., Lobo, M.K., & Nestler, E. J. (2015). Methyl supplementation attenuates cocaine-seeking behaviors and cocaine-induced c-Fos activation in a DNA methylation-dependent manner. *Journal of Neuroscience*, 35(23), 8948-8958.

TEACHING EXPERIENCE

Florida State University

Teaching Assistant

Fall 2020

FAD 4805 Practicum in Family and Child Science

Graded and Organized assignments and tests. Entered scores and provided feedback.

Hold office hours to assist students and respond to day-to-day course correspondence

CLINICAL EXPERIENCE

Center for Couples and Family Therapy, Florida State University

Clinical Therapist

January 2018 – Present

Provide psychotherapy to individuals, couples, and families from a variety of cultural and socioeconomic backgrounds. Attend weekly individual supervision and group supervision. Case management including assessing, planning, implementing, monitoring and evaluating actions required to meet treatment goals. Co-facilitator for group counseling sessions for survivors of interpersonal trauma.

Supervisor: Kristy Greene, Ph.D., LMFT

2-1-1 Big Bend, Inc.

Hotline Crisis Counselor

Provide crisis counseling, safety assessments/planning and community resource referrals for the Florida panhandle regions and rural communities. Answer phone calls for Helpline 211, National Suicide Prevention Lifeline, United Way 211, Panhandle 211.
Supervisor: Julienne Erwin

May 2017 – January 2019

PROFESSIONAL SERVICE & LEADERSHIP

Counselor Education Student Association CESA

President

Manage a student organization of 50+ members alongside board executives.
Coordinate with student executives and staff advisor to lead the club to success.
Create a collaborative environment to unify programs from various disciplines.
Lead executive efforts in community outreach and social justice efforts.
Lead monthly organization meetings to discuss and plan club activities.
Reviewed and revised all existing club policies and objectives, efficiently.

August 2019 – May 2020

Counseling Student Research Association CSRA

Founder & Vice President

Manage a student organization of 15+ members alongside board executives.
Coordinate with student executives and staff advisor to lead the club to success.
Support students who are pursuing research endeavors in the master's programs.
Plan trips to state and local conferences and encourages students to get involved in research labs.
Host workshops and information sessions about CV's, applications, writing, and various topics.
Develop and coordinate the CSRA Annual Grad Student Research Writing Workshop
Lead monthly organization meetings to discuss club activities and host guest speakers.
Reviewed and revised all existing club policies and objectives, efficiently.

August 2018 – May 2020

CSRA Annual Grad Student Research Writing Workshop

Founder, Host, & Organizer

Workshop developed to help students gain understanding of the publication process and learn skills to aid in proficient research writing practices.
Organize overall workshop events and develop a program of talks by academic figures.

June 2019

HONORS, AWARDS & SCHOLARSHIPS

Carolyn Xandrina Hudnall Scholarship

August 2020

Florence Smith McAllister Endowed Fellowship

August 2020

1st Place Poster, Florida Mental Health Counseling Association Conference 2020

February 2020

1st Place Poster, Florida Mental Health Counseling Association Conference 2019

February 2019

3rd Place Poster, Florida Mental Health Counseling Association Conference 2019

February 2019

2-1-1 Big Bend, Inc. Volunteer Hotline Counselor of the Month

December 2017

2-1-1 Big Bend, Inc. Rookie of the Year Award

Summer 2017

Honors Medallion Florida State University

August 2014

CERTIFICATIONS & LICENSES

Registered Mental Health Counselor Intern, Florida, License #20046

September 2020

Prepare/Enrich Facilitator for Couples Therapy

October 2020

Program for Instructional Excellence (PIE), TA Training, Florida State University

October 2020

Functional Assessment Rating Scale, FL Dept. of Children and Families

April 2020

Telehealth for Mental Health Professionals, PEPSI

April 2020

Identifying and Reporting Child Abuse and Neglect, FL Dept. of Children and Families

January 2020

The Gottman Research Institute, A Research-Based Approach to Relationships, Level 1

October 2019

Institutional Review Board (IRB), CITI Training for Human Subjects Research, Florida State University

August 2019

Allies & Safe Zones 101, Florida State University

November 2018

Applied Suicide Intervention Skills Training, 2-1-1 Big Bend

January 2018

2-1-1 Big Bend Hotline Counselor Training, Certified Hotline Counselor

July 2017

American Association for Laboratory Accreditation, Certified Auditor

August 2016

A2LA - International Organization for Standardization

July 2016

PROFESSIONAL AFFILIATIONS & MEMBERSHIPS

American Association of Marriage and Family Therapy
 Counselor Education Student Association
 Counseling Research Student Association
 Florida Counseling Association
 Florida Mental Health Counseling Association FMHCA
 FMHCA Government Relations Committee
 American Counseling Association
 National Alliance on Mental Illness (NAMI) Tallahassee
 FSU Golden Key Member
 Florida State University Lady Spirit Hunter

VOLUNTEER EXPERIENCE

Big Bend Hospice, Tallahassee, FL

Patient Companion

August 2014 – August 2015

Provide companionship to patients to relieve caregivers or family.
 Home visits in rural communities/surrounding counties.

Florida State University Student Disability Resource Center

Tutor and Note Taker

August 2013 – April 2016

Provide students with course materials/notes to aid them in succeeding in the course.
 Tutored individuals taking the GED exam.
 Tutored undergraduate level general chemistry.

OneBlood, Tallahassee, FL

Recruiting and Donor Assistant

January 2010 – 2015

Reach out to donors in the community and remind them of blood donor events.
 Assisted in the donor room and distributing food/drinks to patients.
 Manage and organize patient records.

ADDITIONAL WORK-RELATED EXPERIENCE

Florida Dept. of Agriculture and Consumer Services, Division of Food Safety, Tallahassee, FL

Laboratory Technician IV/Quality Assurance

July 2015 – Present

Review implementation and efficiency of quality and inspection systems.
 Conduct internal audits.
 Investigate customer/employee complaints and non-conformance issues.
 Analyze data to identify areas for improvement in the quality system.

Florida Dept. of Agriculture and Consumer Services, Agriculture Environmental Services, Tallahassee, FL

Laboratory Assistant

January 2015 – June 2015

Prepare samples and analyze data via DNA purification.

LANGUAGES

English – native language
 Arabic – proficient speaking and understanding