

Jeff L. Cochran, Ph.D., NCC, LMHC  
Professor of Counselor Education  
Clinical Mental Health Counseling Masters Program Coordinator  
Department of Educational Psychology and Counseling

### **EDUCATION**

<b>Virginia Tech</b>	<b>Blacksburg, VA</b>	<b>1996</b>
Ph.D., Counselor Education		
<b>Appalachian State University</b>	<b>Boone, NC</b>	<b>1991</b>
MA, Human Development Psychological Counseling		
<b>Appalachian State University</b>	<b>Boone, NC</b>	<b>1986</b>
BS/BA, History and Secondary Education; Minor studies in Spanish and Psychology		

### **RESEARCH INTERESTS**

- Child-centered play therapy
- Counselor skill and personal development, contributing factors in development, and measurement of counselor confidence for therapeutic relationships
- At-risk children, youth and families
- High-poverty schools
- Person-centered and other humanistic approaches to counseling

### **BRIEF STATEMENTS ABOUT RESEARCH INTERESTS**

In Jeff's way of thinking and research, it's all about relationships. Whether with highly troubled adolescents or at-risk children, Jeff often sees the therapeutic relationship, along with improving family and other naturally occurring relationships as the key to progress.

His primary current research projects involve multi-site data collection within standardized procedures in which child-centered play therapy (CCPT) is provided for children at high risk of juvenile delinquency.

Jeff is also the principal investigator of the Relationship Enhancement and Child Harmony (REACH) Project. REACH features CCPT as the critically needed, added intervention in high-poverty schools for high-need children. Jeff & Nancy Cochran are currently submitting studies of data from the past several years of service and beginning new grants and partnerships.

Jeff is also researcher counselor skill and personal development, including contributing factors in development, the progress of students confidence, and a new measure of counseling student confidence for therapeutic relationships.

### **PUBLICATIONS**

#### **Books**

Cochran, J. L., & Cochran, N. H. (2015). *The heart of counseling: Counseling skills through therapeutic relationships (2<sup>nd</sup> ed)*. NY: Routledge.

Cochran, N. H., Nordling, W., & Cochran, J.L. (2010). *Child-centered play therapy: A practical guide to developing therapeutic relationships with children*. Hoboken, NJ: Wiley.

Cochran, J. L., & Cochran, N. H. (2006). *The heart of counseling: A guide to developing therapeutic relationships*. Belmont, CA: Thomson Brooks/Cole.

### **Refereed Journal Publications**

- Brooks, T. P., & Cochran, J. L. (2016). The core conditions in counseling chronically undecided career decision-makers. *Person-Centered & Experiential Psychotherapies*, 16, 1-14. doi.org/10.1080/14779757.2016.1179216
- Cochran, J. L., Gibbons, M. M., Spurgeon, S. S., Cochran, N. H. (2014). Challenges in educating students with highly disruptive behavior: A report from an urban, high poverty elementary school. *Journal of At-Risk Issues*, 18, 2-10.
- Gibbons, M. M., Cochran, J. L., Spurgeon, S. L., Diambra, J. F. (2013). The human factor: Student reactions to the integration of personal dispositions into two counselor education programs. *Journal of Humanistic Counseling*, 52, 5-22.
- Cochran, J. L., Cochran, N. H., & Sherer, L.C. (2012). Unconditional positive regard and limits: A case study in child-centered play therapy and therapist development. *The Person-Centered Journal*, 19, 3-28.
- Spurgeon, S. L., Gibbons, M. M., & Cochran, J. L. (2012). Creating personal dispositions for a professional counseling program. *Counseling and Values*, 57, 96-108.
- Gibbons, M. M., Pelchar, T. K., & Cochran, J. L. (2012). Gifted students from low-education backgrounds. *Roepers Review*, 34, 114-122. (EJ960268).
- Cochran, J. L., Cochran, N. H., Cholette, A. M., Nordling, W. J. (2011). Limits and relationship in child-centered play therapy: Two case studies. *International Journal of Play Therapy*, 20, 236-251. doi: [10.1037/a0025425](https://doi.org/10.1037/a0025425)
- Blondin, C. A., Cochran, J. L., Oh, E. J., Taylor, C. M. Williams, R. L. (2011). Relationship of adult representations of childhood parenting and personality tendencies with adult stressors and political ideology. *Journal of Adult Development*, 18, 204-213.
- Oh, E. J., Blondin, C. A., Cochran, J. L. & Williams, R. L. (2011). Perceived stressors among college students in American and Korean universities. *Korean Social Science Journal*, 38, 81-113.
- Bain, S. K., McCallum, R. S., Bell, S. E., & Cochran, J. L. (2011). Foreign language learning aptitudes, attitudes, attributions, and achievement of post-secondary students identified as gifted. *Journal of Advanced Academics*, 22, 130-156.
- Diambra, J. F., Gibbons, M. M., Cochran, J. L., Spurgeon, S., Jarnagin, W. L., Wynn, P. (2011). The symbiotic relationships of the counseling profession's accrediting body, American Counseling Association, flagship journal and national certification agency. *The Professional Counselor: Research and Practice*, 1, 82-91.
- Cochran, J. L., Cochran, N. H., Fuss, A., & Nordling, W. (2010). Outcomes and process through stages of child-centered play therapy for a boy with highly disruptive behavior driven by self-concept issues. *Journal of Humanistic Counseling, Education & Development*, 49, 231-246.
- Cochran, J. L., Cochran, N. H., Nordling, W., McAdam, A., & Miller, D (2010). Two case studies of child-centered play therapy for children referred highly disruptive behavior. *International Journal of Play Therapy*, 19, 130-143.
- Cochran, J. L., Cochran, N. H., Nordling, W., McAdam, A., & Miller, D. (2010). Monitoring two boy's processes through the stages of child-centered play therapy.

- International Journal of Play Therapy*, 19, 106-116.
- Cochran, J. L., Fauth, D., Cochran, N. H., Spurgeon, S. L., & Pierce, L. M. (2010). Growing play therapy up: Extending child-centered play therapy for highly aggressive teenage boys. *Person-Centered and Experiential Psychotherapies*, 9, 290-302.
- Cochran, J. L., Fauth, D., Cochran, N. H., Spurgeon, S., & Pierce, L. M. (2010). Reaching the “unreachable:” Case descriptions of a person-centered experiential for highly aggressive youth. *Person-Centered and Experiential Psychotherapies*, 9, 302-320.
- Cochran, J. L., McCallum, R. S., Bell, S. M. (2010). Three A’s: How to attributions, attitude, and aptitude contribute to foreign language learning? *Foreign Language Annals*, 43, 566-582.
- Tursi, M., & Cochran, J. L. (2006). Cognitive-behavioral tasks accomplished in a person-centered relational framework. *The Journal of Counseling and Development*, 84, 387-397.
- Cochran, J. L., & Cochran, N. H. (2004). Services to students with conduct disorder by their elementary school counselors. *The Virginia Counselors Journal*, 27, 27-34.
- Demanchick, S. P., Cochran, N. H., & Cochran, J. L. (2003). Person-centered play therapy for adults with developmental disabilities. *International Journal of Play Therapy*, 12, 47-66.
- Cochran, J. L., Cochran, N. H., & Hatch, E (2002). Empathic communication for conflict resolution among children. *The Person-Centered Journal*, 9, 101-112.
- Stallworth-Clark, R., Cochran, J. L., Nolen, M. T., Tuggle, D. L., & Scott, J. S. (2000). Test anxiety and performance on reading competency tests. *Research and Teaching in Developmental Education*, 17, 39-48.
- Cochran, J. L., & Cochran, N. H. (1999). Using the counseling relationship to facilitate change in elementary school students with conduct disorder. *Professional School Counseling*, 2, 395-403.
- Tuggle, D. L., Nolen, M. T., Cochran, J. L., & Stallworth-Clark, R. (1998). Review courses for reading exit exams: Teaching variations and successful student performance. *Selected Conference Papers, National Association of Developmental Education*, 4, 45-48.
- Cochran, J. L. (1996). Using play and art therapy to help culturally diverse students overcome barriers to school success. *The School Counselor*, 43, 287-298.
- Booklets, Contribution to Edited Volume, Instructors Manual/Test Bank**
- Cochran, N. H., Higgins, B., & Cochran, J. L. (2011). *Special playtime: A child’s book about play therapy*. Frankfort, KY: Ideals.
- Higgins, B., Cochran, N. H., & Cochran, J. L. (2011). *A parent’s guide to play therapy*. Frankfort, KY: Ideals.
- Cochran, J. L., & Cochran, N. H. (2011). Filial therapy. In S. Goldstein & J Naglieri (Eds.) *Encyclopedia of Child Behavior and Development* (654-657). Heidelberg, Germany: Springer.
- Cochran, J. L., & Cochran, N. H. (2006). *Instructors manual and test bank for The Heart of Counseling*. Belmont, CA: Thomson Brooks/Cole.
- Other Publications**
- Cochran, J. L., Cochran, N. H., & Catalana, M. (2009, May) Filial research reviews.

*RE/Filial News.*

- Cochran, N. H., Cochran, J. L., & Thomas, D. (2008, August). Current trends and research in filial therapy. *RE/Filial News*.
- Cochran, N. H., Cochran, J. L., & Thomas, D. (2007, December). Current trends and recent research in filial therapy - 1<sup>st</sup> installment of ongoing series. *RE/Filial News* (the newsletter provided by the Association for Filial and Relationship Enhancement Methods).
- Cochran, J. L. (1996). The status of services to children with conduct disorder by their elementary school counselors. (Doctoral dissertation, Virginia Polytechnic Institute and State University, 1996) *Dissertation Abstracts International*, 57, 03A. (University Microfilms No. AAI 96-24171).

**MAJOR PRESENTATIONS OR WORKSHOPS**

- Cochran, J. L., White, D., Miranda, L., & Cochran, N. H. (2016, May). *The elusive factor: Unconditional positive regard*. 50-minute peer reviewed round table presentation for the Association for Humanistic Counseling, Portland, Oregon.
- Cochran, J. L., Balkin, R., Stauffer, M., Speciale, M., Purswell, K., & McCall, M. (2016, May). *Personal reflections on the meaning of humanistic counseling*. Invited panel at general session of the Association for Humanistic Counseling, Portland, Oregon.
- Cochran, J. L., White, D., Miranda, L., & Cochran, N. H. (2016, May). *Play therapy in high-poverty schools*. 50-minute peer reviewed presentation for the Association for Humanistic Counseling, Portland, Oregon.
- Cochran, J. L., Cochran, N. H., & Morgan, N. D. (2016, March). *Meditation for counselor self-awareness and well-being*. 90-Minute Session, peer reviewed, for the American Counseling Association, Montreal, Quebec, Canada.
- Cochran, J. L., Cochran, N. H., & Miranda, L. (2016, March). *Client resistance as hopeful communication with mandated and other difficult clients*. 90-Minute Session, peer reviewed, for the American Counseling Association, Montreal, Quebec, Canada.
- Cochran, N. H., & Cochran, J. L. (2015, September). *Part three of child-centered play therapy series: Communicating with stakeholders*. 90-minute invited webinar for Child Play Works of New Zealand.
- Cochran, N. H., & Cochran, J. L. (2015, August). *Part two of three part child-centered play therapy series: Responding to relationship resistance*. 90-minute invited webinar for Child Play Works of New Zealand.
- Cochran, J. L., & Cochran, N. H. (2015, August). *Part one of three part child-centered play therapy series: Mechanisms of change*. 90-minute invited webinar for Child Play Works of New Zealand.
- Cochran, J. L. & Cochran, N. H. (2015, June). *Growing child-centered play therapy up for troubled adolescents, other difficult counseling situations, and for self*. Full-day invited workshop for the UNCC Center for Play Therapy, Charlotte, NC.
- Cochran, N. H., & Cochran, J. L. (2015, June). *Child-centered play therapy for children with aggressive and relationship resistant behaviors*. Full-day invited workshop for the UNCC Center for Play Therapy, Charlotte, NC.
- Cochran, J. L., Cochran, N. H., & Miranda, L. (2015, June). *Working through resistance: The roles of empathy, unconditional positive regard, and the structure of a*

- therapeutic relationship in helping child, teen, and adult clients.* One-hour peer reviewed presentation for the Association for Humanistic Counseling, Cleveland, Ohio.
- Cochran, J. L., Cochran, N. H., & Miranda, L. (2015, June). *Empathy: Taught, caught or uncovered.* 50-minute round table presentation for the Association for Humanistic Counseling, Cleveland, Ohio.
- Banks, B., Burgin, E., & Cochran, J. L. (2015, March). *Being with: Theravada mindfulness in the counselor's way of being.* 60-minute, peer reviewed, presentation at the American Counseling Association, Orlando, FL.
- Burgin, E., Banks, B., Basma, D., Cochran, J. L. (2015, March). *Avenues to awareness and counselor wellness.* 90-minute, peer reviewed, presentation at the American Counseling Association, Orlando, FL.
- Cochran, J. L. (2015, March). "Bullying" from childhood to adulthood: Understanding and interventions to break the cycle. 90-minute, invited, webinar for the Association for Humanistic Counseling.
- Cochran, N. H., & Cochran, J. L. (2014, October). *Part three of child-centered play therapy series: Communicating with stakeholders.* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Cochran, N. H., & Cochran, J. L. (2014, September). *Part two of three part child-centered play therapy series: The roles of empathy, unconditional positive regard, and limits.* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Cochran, J. L., & Cochran, N. H. (2014, September). *Part one of three part child-centered play therapy series: Understanding children's work in CCPT.* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Perepiczka, M., Cochran, J. L., Cochran, N. H., Brooks, T. P. (2014, March). *From free play and self-empathy to wellness.* 90-Minute Session, peer reviewed, for the American Counseling Association, Honolulu, HI.
- Cochran, N. H., & Cochran, J. L. (2014, March). *Presentation 2 of series – "Growing child-centered play therapy up: The core conditions with older children, adolescents and beyond!* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Cochran, N. H., & Cochran, J. L. (2014, February). *Presentation 1 of series – "Growing child-centered play therapy up: The core conditions with older children, adolescents and beyond!* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Cochran, N. H., & Cochran, J. L. (2013, August) *Presentation 3 of series - Deep empathy, unconditional positive regard, and genuineness: Child-centered play therapy with limit-testing, aggressive, and relationship resistant children.* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Cochran, N. H., & Cochran, J. L. (2013, August) *Presentation 2 of series - Deep empathy, unconditional positive regard, and genuineness: Child-centered play therapy with limit-testing, aggressive, and relationship resistant children.* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Cochran, N. H., & Cochran, J. L. (2013, July) *Presentation 1 of series - Deep empathy, unconditional positive regard, and genuineness: Child-centered play therapy with*

- limit-testing, aggressive, and relationship resistant children.* 90-minute invited distance presentation for Child Play Works of New Zealand.
- Cochran, J. L., & Cochran, N. H. (2013, March). *Play therapy for urban elementary school children at-risk of juvenile delinquency: Successes, difficulties and process.* 90-Minute peer reviewed presentation for the American Counseling Association, Cincinnati, OH.
- Cochran, J. L. (2012, September). *Child-centered play therapy for at-risk children: Outcomes, challenges, research and grant experiences.* 30-minute roundtable presentation for the Southern Association for Counselor Educators and Supervisors, Savannah, GA.
- Cochran, N. H., & Cochran, J. L. (2012, September). *Child-centered play therapy for at-risk, relationship resistant children.* 60-minute invited pod-cast presentation for Nazareth College, Rochester, NY.
- Cochran, N. H., & Cochran, J. L. (2012, August) *Presentation 3 of series - Deep empathy, unconditional positive regard, and genuineness: Child-centered play therapy with limit-testing, aggressive, and relationship resistant children.* 90-minute invited distance presentation for Play Therapy Australia and Play Therapy New Zealand.
- Cochran, N. H., & Cochran, J. L. (2012, August) *Presentation 2 of series - Deep empathy, unconditional positive regard, and genuineness: Child-centered play therapy with limit-testing, aggressive, and relationship resistant children.* 90-minute invited distance presentation for Play Therapy Australia and Play Therapy New Zealand.
- Cochran, N. H., & Cochran, J. L. (2012, July) *Presentation 1 of series - Deep empathy, unconditional positive regard, and genuineness: Child-centered play therapy with limit-testing, aggressive, and relationship resistant children.* 90-minute invited distance presentation for Play Therapy Australia and Play Therapy New Zealand.
- Cochran, N. H., & Cochran, J. L. (2012, July). *Lessens in unconditional positive regard from an angry, approach avoidant child.* 90-minute invited presentation for the Association for the Development of the Person-Centered Approach, Savannah, GA.
- Cochran, J.L., Snyder, M., Brown, R. Sarradon, F. (2012, May). *Community sharing and connecting.* Hosted by invitation a 90-minute panel presentation for the Association for Filial and Relationship Enhancement Methods Annual Meeting, Bethesda, MD.
- Mullin, J., Guerny, L., Guerny, B., Cochran, J. L., Cochran, N. H. (2012, January). *Special learning moments in child-centered play therapy, filial therapy, and relationship enhancement therapy.* 60-minute, invited panel presentation in bridge-line series of the Association for Filial and Relationship Enhancement Methods.
- Cochran, J. L., Cohen, L., & Alewine, A. E. (2011, March). *Play therapy and related interventions to reach children at risk of juvenile delinquency in an urban, high poverty school.* 60-minute, peer reviewed presentation at the American Counselor Association Annual Conference, New Orleans, LA.
- Cochran, J. L., Perepiczka, M., Alewine, A. E., & Cohen, L. (2011, March). *From childlike art and play therapy to counselor wellness.* Invited 1.5-hour workshop at

- the American Counselor Association Annual Conference, New Orleans, LA.
- Nordling, W. J., Cochran, J. L., & Cochran, N. H. (2010, October). *Typical stages in CCPT: Case Studies of Child Behavior Problems in School*. Half-day Workshop at the Association for Play Therapy Annual International Conference, Louisville, KY.
- Cochran, J. L., & Cochran, N. H. (2010, June). *A multi-systemic, person-centered intervention featuring child-centered play therapy and empathic communication for conflict resolution for children at risk of juvenile delinquency in an urban high poverty school*. Presentation at the annual meeting of the Association for the Development of the Person-Centered Approach, Rochester, NY.
- Cochran, N. H., and Cochran, J. L.. (2010, April). *The REACH Project: CCPT, parent skills training, filial therapy and the relationship enhancement model to prevent juvenile delinquency among students with highly disruptive behavior at an urban Title 1 elementary school*. Half-day workshop for the annual meeting of the Association for Filial and Relationship Enhancement Methods, Bethesda, MD.
- Cochran, J. L. (2010, March). *Case studies in child-centered play therapy for highly disruptive students: Mechanisms of change*. One hour workshop at the American Counseling Association Annual Conference, Pittsburgh, PA.
- Peripiczka, M., & Cochran, J. L. (2010, March). *From play to wellness*. Invited two hour workshop at the American Counseling Association Annual Conference, Pittsburgh, PA.
- Cochran, J. L., Cochran, N. H., Ginsberg, B. (2009, April). *Child and adolescent relationship enhancement: An RE conflict resolution model for kids*. Invited two-hour workshop for the annual meeting of the Association for Filial and Relationship Enhancement Methods, Bethesda, MD.
- Gibbons, M. M., Woodside, M., Spurgeon, S. L., Diambra, J., & Cochran, J. L. (2008, October). *Infusing personal dispositions into a counselor education program*. Southern Association of Counselor Educators and Supervisors Bi-Annual Conference, Houston, TX.
- Locke, W., & Cochran, J. L. (2008, October). *Love can build a bridge: The role of love in therapeutic relationships*. Southern Association of Counselor Educators and Supervisors Bi-Annual Conference, Houston, TX.
- Cochran, J. L., & Cochran, N. H. (2008, April). *Empathic communication for conflict resolution among children and adolescents*. Invited Bridgeline presentation for the Association for Filial and Relationship Enhancement Methods, Bethesda MD.
- Higgins, B., Cochran, N. H., & Cochran, J. L. (2008, April). *Promoting filial therapy training with Head Start, foster and adopting, and other social service agencies*. Half-day, invited workshop for the annual meeting of the Association for Filial and Relationship Enhancement Methods, Bethesda, MD.
- Cochran, J. L., Cochran, N. H., Cramer, E. S. (2008, March). *Key note address: The child-centered approach*. Opening presentation for the UT/Dpt of Educational Psychology and Counseling mini-conference entitled, "An afternoon of therapeutic play, art, and art education focused in the child-centered approach," Knoxville, TN.
- Cochran, N. H., & Cochran, J. L. (2008, March). *Therapeutic Relationships and diversity: The importance of play, art, and free expression in CCPT*. Break-out

- session presentation for the UT/Dpt of Educational Psychology and Counseling mini-conference entitled, "An afternoon of therapeutic play, art, and art education focused in the child-centered approach," Knoxville, TN.
- Cochran, J. L., Cochran, N. H., & Pierce, L. M. (2008, March). *Skill based therapeutic relationship interventions for severely troubled youth: What works and why*. 1.5 hour education session for the American Counseling Association Annual Conference, Honolulu, HI.
- Cochran, J.L., & Cochran, N. H. (2008, March). *Following your heart with the most difficult clients and finding ways to write about it*. Author presentation sponsored by Cengage Brooks/Cole at the American Counseling Association Annual Conference, Honolulu, HI.
- Cochran, J. L. (2007, November). *An introduction to child-centered play therapy*. Invited presentation for Knox County Elementary School Counselors, Knoxville, TN.
- Cochran, J. L., Tursi, M., & Pierce, L. M. (2007, October). *Articulating humanistic approaches in a hurried world*. Presentation for the Association of Counselor Educators & Supervisors Bi-Annual National Conference, Columbus, OH.
- Tursi, M., & Cochran, J. L. (2007, October). *Cognitive behavioral tasks accomplished in a person-centered relational framework*. Presentation for the Association of Counselor Educators & Supervisors Bi-Annual National Conference, Columbus, Ohio.
- Cochran, J. L. (2007, September). *Reaching the "unreachable": A person-centered approach for behavior change in highly aggressive teenage boys*. Invited Presentation for the Smokey Mountain Counselors Association, Knoxville, TN.
- Cochran, J. L. (2007, May). *Facilitating positive behavior, learning and personal development with therapeutic relationships*. Invited presentation for the faculty and staff of the Project Grad UT Summer Institute, Knoxville, TN.
- Cochran, J. L. (2007, April). *Relationship matters: Person-centered approaches for adolescents and children with behavioral-emotional difficulties*. Presentation for the Educational Psychology & Counseling Faculty Symposium, Knoxville, TN.
- Cochran, J. L. (2007, March). *Reaching the "unreachable": A person-centered approach for behavior change in highly aggressive teenage boys*. Invited Research Presentation for the Monthly Counselor Education Graduate Research Meeting, Knoxville, TN.
- Cochran, J. L., & Fauth, D., Cochran, N. H. (2007, March). *Reaching the "unreachable": A person-centered approach for behavior change in highly aggressive teenage boys*. Presentation given at the American Counselors Association, Detroit, MI.
- Cochran, J. L. & Cochran, N. H. (2006, October). *Humanistic approaches in a hurried world*. Online presentation sponsored by Thomson Brooks/Cole
- Cochran, J. L. (2006, September). *Reaching difficult clients: Relationship skills and strategies for counseling behaviorally and emotionally troubled youth*. Presentation for Smokey Mountain Counselors Association, Knoxville, TN.
- Cochran, J. L. & Cochran, N. H. (2005, November). *Helping counselors reach difficult clients with therapeutic relationship skills*. Online presentation sponsored by Thomson Brooks/Cole.
- Cochran, J. L., & Demanchick, S. P. (2005, October). *"Slow is fast:" Preparing*



- beginning counselors to overcome crises in confidence and provide deeply healing therapeutic relationships.* Roundtable Discussion/Presentation given at the American Counselor Educators and Supervisors Conference, Pittsburgh, PA.
- Cochran, J. L., & Cochran, N. H. (2005, October). *Developing therapeutic relationships with adult and child victims of trauma.* Invited full-day workshop for the 10<sup>th</sup> Annual Fall Collaboration of Professionals, sponsored by Albemarle Hopeline & the District Attorney's Office of the 1<sup>st</sup> Prosecutorial District at Elizabeth City, NC, Kill Devil Hills, NC.
- Nordling, W., Cochran, N. H., & Cochran, J. L. (2005, July). *Advanced topics in child-centered play therapy: A questions and answer session for play therapists in the western New York region.* SUNY Brockport Metro Center, Rochester, NY.
- Cochran, J. L., & Cochran, N. H. (2003, January). *Providing counseling and related services for elementary school children with conduct disorder through crisis and calm.* Workshop given at the Monroe County School Counselor's Association, Twelfth Annual Renewal and Reflections for Counseling Professionals, Rochester, NY.
- Demanchick, S. P., Cochran, N. H., & Cochran, J. L. (2002, August). *Person-centered play therapy for adults with developmental disabilities: New research and implications for the person-centered approach.* Paper presented at the Association for the Development of the Person-Centered Approach Annual International Conference, Cleveland, OH.
- McCulloch, L., Shakoor, M., Cochran, J. L., & Cochran, N. H. (2002, August). *A group happening!* Workshop given at the Association for the Development of the Person-Centered Approach Annual International Conference, Cleveland, OH.
- Cochran, N. H., & Cochran, J. L. (2002, March). *Play therapy: The child-centered approach.* Two-day workshop sponsored by Catholic Family Centers of Wayne County, Rochester, NY.
- Cochran, N. H., & Cochran, J. L. (2002, January). *Building healing relationships with child-centered play therapy: An Introduction.* Workshop given at the Monroe County School Counselors Conference, Rochester, New York.
- Demanchick, S. P., Cochran, N. H., & Cochran, J. L. (2001, November). *Person-centered play therapy for adults with developmental disabilities.* Paper presented at the New York Counseling Association, Glens Falls, NY.
- Cochran, J. L., & Cochran, N. H. (2001, June). *Child-centered play therapy and person-centered approaches for children with conduct disorder.* Workshop given at the Association for the Development of the Person-Centered Approach, Manchester, UK.
- Cochran, N. H., & Cochran, J. L. (2001, June). *Understanding stages and the process of child-centered play therapy.* Workshop given at the Association for the Development of the Person-Centered Approach, Manchester, UK.
- Cochran, J. L. (2001, March). *Finding the human spirit: Counseling children with conduct disorder.* Workshop given at the American Counseling Association Conference, San Antonio, TX.
- Cochran, J. L., & Scheel, A. (2001, March). *Combining person-centered and feminist therapies to reach the human spirit.* Poster session presented at the American Counseling Association Conference, San Antonio, TX.

- Cochran, J. L., & Cochran, N. H. (2001, March). *Understanding and counseling children and adolescents with conduct disorder*. Invited workshop for Nu Chapter of Chi Sigma Iota, Brockport, NY.
- Cochran, J. L., & Cochran, N. H. (2000, October). *Child-centered play therapy*. Full-day presentation series given for Head Start teachers, parents, coordinators, and interested community members. Sponsored by Action for Better Community & Monroe County Head Start, Rochester, NY.
- Zanone, C., Cochran, J. L., Edwardson, T., Emerson, E., & Waters, M. (1999, March). *Student counseling related concerns at one university: Implications for others*. Paper presented at the American College Personnel Annual Convention, Atlanta, GA.
- Emerson, E., Edwardson, T., Cochran, J. L., Zanone, C., & Waters, M. (1999, March). *Counseling center research made simple*. Presentation given at the American College Personnel Conference, Atlanta, GA.
- Stallworth-Clark, R., Cochran, J. L., Nolen, M. T., Tuggle, D. L., & Scott, J. S. (1999, February). *Test anxiety and performance on reading competency tests*. Paper presented at the National Association for Developmental Education, Detroit MI.
- Cochran, J. L., & Cochran, N. H. (1998, November). *Understanding and counseling children with conduct disorder*. Full-day workshop provided for Georgia School Counselors Conference, Augusta, GA.
- Cochran, J. L. (1998, February). *The value of the counseling relationship*. Invited presentation given for the Georgia School Counselors Region 12 annual meeting, Statesboro, GA.
- Cochran, J. L. (1997, November). *Understanding and counseling children with conduct disorder*. Workshop given for the Georgia School Counselors Conference, Jekyll Island, GA.
- Cochran, N. H., & Cochran, J. L. (1997, November). *Play therapy with children in elementary schools and agency settings*. Full-day workshop provided for the Southern Center for Continuing Education at Georgia Southern University, Statesboro, GA.
- Cochran, J. L., & Cochran, N. H. (1997, May). *Play therapy for children*. Invited half-day workshop given for the Georgia Southern University's chapter of Chi Sigma Iota, Statesboro, GA.
- Cochran, J. L., & Cochran, N. H. (1997, April). *Counseling children with conduct disorder*. Full-day Pre-Conference Learning Institute provided for the American Counseling Association World Conference, Orlando, Florida.
- Cochran, J. L., & Cochran, N. H. (1997, March). *Counseling children with conduct disorder*. Full-day workshop provided for the Southern Center for Continuing Education at Georgia Southern University, Statesboro, GA.
- Cochran, J. L., & Cochran, N. H. (1996, November). *Play therapy with children in elementary schools and other settings*. Half-Day Skills Workshop given for the Virginia Counseling Association 1996 Convention, Roanoke, Virginia.
- Cochran, J. L. (1996, April). *Using play and art therapy to help culturally diverse students overcome barriers to school success*. Paper presented at the ACA World Conference, Pittsburgh, PA.
- Cochran, J. L. (1996, March). *Using empathy to resolve conflict and create a climate of*

- greater human relatedness*. Invited workshop provided for the undergraduate symposium: Breaking Down the Barriers, Creating a Campus Climate of Greater Human Relatedness. Virginia Tech, Blacksburg, Virginia.
- Cochran, J. L. (1996, February). *Play therapy with children*. Invited workshop given for Chi Sigma Iota - Virginia Tech Chapter, Blacksburg, Virginia.

### **SIGNIFICANT COMMUNITY CONSULTATION PROJECTS**

- Cochran, J. L., Cochran, N. H., Rowinski, K. (2011, April). *Understanding and educating children with highly disruptive behavior*. Evening workshop for the staff and administration of the University Assisted Community School at Pond Gap Elementary School, Knoxville, TN.
- Cochran, N. H., & Cochran, J. L. (2010, September). *Child-centered play therapy*. Two-day workshop mental health counselors serving in Abbeville County Schools, Greenwood, SC.
- Cochran, J. L., & Cochran, N. H. (2004, April). *Child-centered play therapy: A question and answer session for the School Advocates and School Counselors of the WIN Schools* (grant funded private schools that serve high risk, urban students in Rochester, NY). Presentation customized to the needs and interests of the School Advocates and School Counselors of the WIN Schools, Brockport, NY.
- Cochran, N. H., & Cochran, J. L. (2002, May). *Foster parent training and consultation for Project Life* (which provides summer language and play programs for war orphans from around the world). Presentation and preparation for summer support provided to Project Life Parent Organization and Planning Meeting, Gasport, NY.
- Cochran, J. L., & Cochran, N. H. (2001, October). *Counseling and educating children and adolescents with conduct disorder*. Invited and tailored workshop training provided for the West Irondequoit School Counselors. West Irondequoit Teaching and Learning Center, Rochester, NY.
- Cochran, N. H., & Cochran, J. L. (2001, March). *Pre-school behavioral and emotional difficulties*. Multi-week staff training project provided for the Summerville Pre-School, Rochester, NY.
- Cochran, N. H., & Cochran, J. L. (2001, March). *Understanding and educating pre-school children with behavioral or emotional difficulties*. Tailored training workshop given for the staff of Brockport Child Care Center. Brockport Child Care Center, Brockport, NY.
- Cochran, J. L., & Cochran, N. H. (1998, April & May). *Educating children with conduct disorder*. Multi-week training sessions provided for the staff of Sea Islands Elementary School, Savannah, GA.

### **AWARDS**

- Association of Humanistic Counseling's Hollis Award for Outstanding Publication, given in recognition of *The heart of counseling: Counseling skills through therapeutic relationship (2<sup>nd</sup> ed)* (Cochran & Cochran, 2015, Routledge)
- Bernard and Louise F. Guerney Award (2014) from the Institute for the Development of Emotional and Life Skills and from the Association for Filial and Relationship Enhancement Methods – In recognition of outstanding expertise;

- contributions in sharing, teaching and promoting Relationship Enhancement, Filial and Child-Centered Play Therapy; and exceptional leadership of IDEALS.
- Association for Humanistic Counseling's Hollis Award for Outstanding Publication, given in recognition of: *Child-centered play therapy: A practical guide to therapeutic relationships with children* (Cochran, Nordling & Cochran, 2010, Wiley)
  - Chancellor's Grant for Faculty Research, academic year 2009-2010 competition, award includes release time to implement grant funded research.
  - Chi Sigma Iota Nu Chapter Award for Outstanding Counselor Practitioner 2002, with Nancy H. Cochran, for bringing play therapy training and practice to the western NY region.

### **GRANTS**

- \$22,000 from the Office of Juvenile Justice Delinquency Prevention, through the Tennessee Commission on Children and Youth to fund multifaceted interventions and research through the UT REACH Project, which provides and researches outcomes of child-centered play therapy, parent skills training, and empathic communication for conflict resolution for children at high risk of juvenile delinquency at an urban, high poverty elementary school. This funding is for the period from October 1, 2011 to September 30, 2012.
- \$33,000 from the Office of Juvenile Justice Delinquency Prevention, through the Tennessee Commission on Children and Youth to fund multifaceted interventions and research through the UT REACH Project, which provides and researches outcomes of child-centered play therapy, parent skills training, and empathic communication for conflict resolution for children at high risk of juvenile delinquency at an urban, high poverty elementary school. The funding is for the period from October 1, 2010 to September 30, 2011.
- \$44,000 from the Office of Juvenile Justice Delinquency Prevention, through the Tennessee Commission on Children and Youth to fund multifaceted interventions and research through the UT REACH Project, which provides and researches outcomes of child-centered play therapy, parent skills training, and empathic communication for conflict resolution for children at high risk of juvenile delinquency at an urban, high poverty elementary school. The funding was for October 1, 2009 to September 30, 2010.
- \$2,000 from the Wegman's Corporation in 2003 to establish model a play therapy room at SUNY Brockport, which we used to teach and demonstrate child-centered play therapy, and video record sessions for teaching purposes.
- \$2,500 from Ronald McDonald House Charities in 2003 to establish model a play therapy room at SUNY Brockport, which we used to teach and demonstrate child-centered play therapy, and video record sessions for teaching purposes.
- \$500 Student Development Grant at Virginia Tech in 1995 for research expenses related to my dissertation.

### **MAJOR SERVICE ACTIVITIES**

- President of the Association for Humanistic Counseling, 2015-2016
- President-Elect for the Association for Humanistic Counseling, 2014-2015

- Awards Chair for the Association for Humanistic Counseling, 2011 to 2015
- Editorial Reviewer for *Educational Psychology: An International Journal of Experimental Educational Psychology*, 2013 to present
- Editorial Board Member for *The Journal of Humanistic Counseling*, 2013 to present
- Editorial Board Member for *The International Journal of Play Therapy*, 2012 to present
- Editorial Reviewer for *Person-Centered and Experiential Psychotherapies*, 2012 to present
- Editorial Board Member for *The Person Centered Journal*, 2011 to present
- Editorial Board Member for *The Tennessee Counselors Association Journal*, 2006 to present
- Conference Proposal Reviewer for the Association for Counselor Education and Supervision, 2011-2011
- Governing Board Member for the Counseling Association for Humanistic Education and Development, 2007 - present
- Chair of the Review Committee for the Make A Difference Grant Competition for the Counseling Association for Humanistic Education and Development (C-AHEAD, a division of the American Counseling Association), 2007 to present
- Executive Board President for the Institute for Emotional and Life Skills Training, September 2009 – 2012.
- Executive Board Member for the Institute for Emotional and Life Skills Training, May 2009 – 2012.
- Co-author of column, Current Trends and Research in Filial Therapy, for RE/Filial News – the newsletter of the Association for Filial and Relationship Enhancement Methods.
- Convener of Mini-Conference on Child-Centered Play Therapy and Art Education, March 7, 2008, University of Tennessee, Knoxville, TN. I will be providing the opening large group presentation, co-presenting some of the small group presentations, and coordinating presentations by doctoral and masters students in Counselor Education and Art Education, and marketing along with our sponsor, the UTK chapter of the Chi Sigma Iota counselors honor society.
- Member of the Education and Research Committee for the Association for Filial and Relationship Enhancement Methods (a multidisciplinary association supporting approaches to family therapy, parent and couples education, that feature skill based/skill teaching approaches to helping families function better), 2007 - 2009
- Editorial Board Member for *The Journal for The Professional Counselor*, November 2005 to 2008
- Coordinator of School Counseling Program for State University of New York College at Brockport Department of Counselor Education, Fall 1999 to August 2006
- Coordinator of Admissions for State University of New York College at Brockport Department of Counselor Education, Fall 2001 to August 2006
- Departmental Designee to SUNY College at Brockport Faculty Senate, Fall 2000

- to Fall 2004
- Member of SUNY College at Brockport Graduate Curriculum and Research Committee, Fall 2000 to Fall 2004
  - Member of SUNY College at Brockport Academic Priorities Committee, Fall 2000 and Spring 2001
  - Member of SUNY College at Brockport Middle States Working Group 1, Fall 2000 and Spring 2001
  - Member of SUNY College at Brockport Middle States Working Group 1 Subcommittee for Graduate Programs, Fall 2000 and Spring 2001
  - Member of SUNY College at Brockport Middle States Working Group 1 Subcommittee for Academic Resources, Fall 2000 and Spring 2001
  - Member of Brockport College Travel Grants Committee, Fall 1999 to Spring 2001
  - Research Coordinator for Georgia Southern University Counseling Center, 8/1997 - 5/1999.

### **COURSES TAUGHT AT UT, 2006 TO PRESENT**

- CE480: Skills for Counseling – each semester, fall 2014 to present; includes teaching graduate & undergraduate sections and coordinating sections taught by doctoral students.
- CE655: *Practicum in Counselor Education* – fall 2013, fall 2012; fall 2013, fall 2014, fall 2015, fall 2016
- CE525: *Formal Measurement for Counselors* – fall 2011
- CE559: *Mental Health Counseling Internship* – fall 2013, summer 2013, spring 2013, fall 2012, spring 2012, fall 2011, spring 2011, fall 2010, spring 2010, fall 2009, fall 2008, summer 2007, fall 2006
- CE604: *Child-Centered Play Therapy* – summer 2013, summer 2012, summer 2011, summer 2010, summer 2009, summer 2008, summer 2007, spring 2007
- CE555: *Practicum in Counseling* (Mental Health Counseling Program section) – spring 2009, spring 2008
- CE555: *Practicum in Counseling* (combined section for Mental Health Counseling Program and School Counseling Program) – fall 2007
- CE504: *Counseling Skills* – fall 2008
- RC545: *Rehabilitation Interviewing* – fall 2008
- CE551: *Theory and Practice of Counseling* – fall 2007, spring 2007, fall 2006

### **PREVIOUS COUNSELING, TEACHING, AND RELATED EXPERIENCE**

**SUNY Brockport**

**Brockport, NY**

**8/99 to 8/06**

Department of Counselor Education, Associate Professor.

- Taught practicum, skills, & content courses
- Provided individual & group clinical supervision
- Co-created and co-taught child-centered play therapy elective courses
- Coordinated School Counseling Program
- Coordinated Admissions for School, Mental Health, & College Counseling Programs



