

Matthew V. Bukowski, Ph.D., NCC, LPC
Curriculum Vitae

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EDUCATION

- James Madison University**, Harrisonburg, VA December 2021
Doctor of Philosophy in Counseling and Supervision (CACREP Accredited)
- The George Washington University**, Washington, DC May 2010
Master of Arts in Education and Human Development (CACREP Accredited)
- University of Delaware**, Newark, DE May 2000
Bachelor of Arts in Liberal Studies, *Cum Laude*
Major: Cultural and Religious Studies

PROFESSIONAL EXPERIENCE

- Wilmington University**, New Castle, DE July 2022-Present
Assistant Professor, Clinical Mental Health Counseling
- Insight Counseling Group**, New Haven, CT August 2019-Present
Owner, Licensed Professional Counselor
- Secure Child In-Home Program**, Charlottesville, VA July 2015– August 2019
Attachment-based in-home therapist
- Region Ten Community Services**, Charlottesville, VA June 2013 – June 2015
Therapeutic Day Treatment Provider □ □ Resident in Counseling
- Highlands Community Services**, Abingdon, VA June 2012 – May 2013
Therapeutic Day Treatment Counselor II
- Compass Youth Services/Augusta League of Therapists**, Waynesboro, VA Sept. 2010 – April 2012
Intensive In-Home Counselor
- Montgomery County Commission for Women**, Rockville, MD September 2009 – June 2010
Career Counselor (master's internship)
- The George Washington University**, Washington, DC September 2009 – June 2010
Veteran Services Coordinator

The George Washington University, Washington, DC
2009
Executive Assistant, Center for Alcohol and other Drug Education September 2008 – August

Delaware Guidance Services, Wilmington, DE
2005
Mental Health Aide March 2002 – May

Delaware Technical & Community College, Wilmington, DE
2004
Student Enrichment Coordinator, Collegelink Program December 2002 - June

HONORS & AWARDS

Outstanding Teaching Award May 2018
Department of Graduate Psychology, James Madison University

Make Your Next Move Award (nominated) May 2018
James Madison University

Phi Beta Kappa National Honor Society May 2000

Phi Kappa Phi National Honor Society May 2000

TEACHING EXPERIENCE

James Madison University, Adjunct Faculty
PSYC 790 – Internship in Counseling (co-instructor with core faculty) Sp19
PSYC 665 – Group Counseling (doctoral internship) Sp18
PSYC 101 – General Psychology (80 & 120+ student lecture) Fa16, Fa17, Sp18, Sp19
PSYC 160 – Lifespan Human Development (80+ student lecture) Sp17, Su18, Fa18, Sp19

Blue Ridge Community College, Adjunct Faculty
PSYC 200 – General Psychology Fa17, Sp18, Fa18

James Madison University, Graduate Teaching Assistant
PSYC 710 – Crisis Counseling for College Student Affairs Professionals Fall 2015

Delaware Technical and Community College, Adjunct Instructor 2002-2004
SSS 103 & 106 – Student Success Strategies

University of Delaware, Undergraduate Teaching Assistant Spring 1998
ANTH 205 – Anthropology and Human Nature

LEADERSHIP AND SERVICE

President-Elect – VA-ASERVIC Fall 2020-Fall 2021

Treasurer – VA-ASERVIC	Fall 2019-Fall 2020
Graduate Student Committee – SACES	Spring 2019-Spring 2020
Registrar – Connecticut Society for Psychoanalytic Psychology	Fall 2019-Spring 2021

GRANTS RECEIVED

Virginia Association for Counseling Education and Supervision <i>Graduate Student Development Grant - Dissertation</i>	April 2021
Virginia Counselors Association Foundation – Esther Pincus Grant <i>Developing a Nature-Based Play and Expressive Arts Therapy Room</i>	November 2018
The George Washington University - Mary-Margaret Cashell Kellogg Scholarship <i>Merit-based academic scholarship</i>	September 2007

INVITED SPEAKING ENGAGEMENTS

Ready Kids (2019, 13 June), *Parenting in the Digital Age*
Charlottesville, VA

Charlottesville Waldorf School (2019, 10 April), *Parenting in the Digital Age*
Charlottesville, VA

Central Valley Counselors Association (2019, 26 March) *Integrated care for professional counselors*
Eastern Mennonite University, Harrisonburg, VA

James Madison University (2017) *Understanding culture and religion*
UNST 151: Making sense of beliefs and values

PUBLICATIONS

Deal, P.J. & Bukowski, M.V. (2021). Bridging spirituality/religiousness with ecotherapy: Four psychospiritual themes to guide conceptualization and practice. *Ecopsychology*. Advance online publication. <https://doi.org/10.1089/eco.2020.0048.db>

Bukowski, M.V. (2019). Guiding relative engagement with attachment-informed assessment, screening and intervention. In Sturm, D. (Ed.) *Virginia Child Protection Newsletter*. Commonwealth of Virginia Department of Social Services, 114, 9.

Bukowski, M.V. & Brickner, A. (2018). Defining trends: The intersection of evidence-based practice and trauma-informed care in social work practice. In Sturm, D. (Ed.) *Virginia Child Protection Newsletter*. Commonwealth of Virginia Department of Social Services, 113, 6.

- Bukowski, M.V. (2018). One human family: A cultural discovery and dialogue activity. In Jordan, J., Perkins, B., & Lee, R. (Eds.) *Handbook of experiential teaching in counselor education: A resource guide for counselor educators*. Charleston, South Carolina: CreateSpace Independent Publishing.
- Bukowski, M.V. (2018). Positive parenting for LGBT youth. In Sturm, D. (Ed.) *Virginia Child Protection Newsletter*. Commonwealth of Virginia Department of Social Services, 112, 15.
- Bukowski, M.V. (2018). A Shift in perception: How professionals can help rural families engage in mental health care. In Sturm, D. (Ed.) *Virginia Child Protection Newsletter*. Commonwealth of Virginia Department of Social Services, 111, 8.
- Williams, B. & Bukowski, M.V. (2017). Breaking the pipeline: Empowering African-American families in educational settings. In Shepard, C. (Ed.) *Central Valley Counselors Association Newsletter*. Year-End, 3.
- Bukowski, M.V. (2017). A Breath of fresh air: Nature-based programs for Virginia's veterans. In Sturm, D. (Ed.) *Virginia Child Protection Newsletter*. Commonwealth of Virginia Department of Social Services, 111, 8.
- Bukowski, M.V. (2017). Before the tide rises: A counselor's guide to leadership roles in crises and disasters. In Villares, E. & Dye, L. (Eds.) *Southern Association of Counselor Education and Supervision Newsletter*. 13(2), 9.

NATIONAL ACADEMIC PRESENTATIONS

- Bukowski, M.V. (2019, July). *Healing rituals: a Culturally responsive and empirical approach*. A presentation at the Association for Spiritual, Ethical and Religious Values in Counseling Conference, Colorado Springs, CO.
- Bukowski, M.V. (2019, May). *What counselors can learn from the Andaman islanders*. A presentation at the Association for Humanistic Counseling Conference, Minneapolis, MN.
- Bukowski, M.V. & Shepard, C. (2018, July). *Revisiting Romans: Advancing counseling ethics through a review of Paul's perspective on LGBTQ+ issues*. A presentation at the Association for Spiritual, Ethical and Religious Values in Counseling Conference, Dallas, TX.
- Bukowski, M.V. (2017, July). *49 days (or 49 minutes) under the Bodhi Tree: Nature-based contemplative practices for the modern world*. A presentation at the Association for Spiritual, Ethical and Religious Values in Counseling Conference, Richmond, VA.

REGIONAL ACADEMIC PRESENTATIONS

- Bukowski, M.V. & Deal, P.J. (2021, April 23). *Identifying and working with earth-based spirituality and religion* [Webinar]. Virginia Association for Spiritual, Ethical and Religious Values in Counseling.
- Bukowski, M.V., Curtin, K.A., Deal, P.J., Delaney, M.E., & Duffy, J.T. (2021, April 17). *The Nature*

Cure. A panel presentation at the ACA-NY Conference, Online.

Bukowski, M.V. (2019, November). *Developing a nature-based private practice room*. A presentation at the Virginia Counselors Association Conference, Hot Springs, VA.

Bukowski, M.V. (2018, November). *Forest bathing: A nature-based mindfulness intervention for school and clinical counselors*. A presentation at the Virginia Counselors Association Conference, Norfolk, VA.

Bukowski, M.V. & George, S. (2017, November). *Finding your own way home: Earned attachment security*. A presentation at the Virginia Counselors Association Conference, Hot Springs, VA.

Bukowski, M.V. (2017, February). *Why we all can't just get along: Exploring the hidden origins of privilege, oppression and prejudice*. A presentation at the Virginia Association for Counselor Education and Supervision Graduate Student Conference, Arlington, VA.

Bukowski, M.V. (2016, November). *Ecotherapy: Theory, evidence and practice*. A presentation at the Virginia Counselors Association Conference, Williamsburg, VA.

Bukowski, M.V. (2016, February). *Nature connection as an emerging clinical intervention*. A presentation at the Virginia Association for Counselor Education and Supervision Graduate Student Conference, Arlington, VA.

Bukowski, M.V., Metz, A., & Horst, M. (2015, November). *Mindfulness outside the box: Nature connection as a tool for counselor self-care*. A presentation at the annual conference of the Virginia Counselors Association, Hot Springs, VA.

Metz, A., Pecoraro, B., & Bukowski, M.V. (2015, November). *In school and on the spectrum: Supporting neurodiversity in higher education*. A presentation at the annual conference of the Virginia Counselors Association, Hot Springs, VA.

Echterling, L. G., Stewart, A., & Bukowski, M. (2015, November). *Using improv to improve counseling skills*. A presentation at the annual conference of the Virginia Counselors Association, Hot Springs, VA.

OUTDOOR EDUCATION EXPERIENCE

Ancestral Knowledge 501(c)3, Mt. Ranier, MD

Fall 2007-Present

Primitive Survival Skills Instructor

- Lead facilitator for two Georgetown University non-credit courses with outdoor adventure club.
- Lead or co-facilitator of 10+ homeschool, youth and adult camp programs.

Children of the Earth Foundation, Waretown, NJ

Fall 2002-2007

Outdoor Educator, Concentric Rings Outreach Program

- Facilitated 40+ programs for schools, scouts, church youth groups and public gatherings.

NYC Dept. of Parks and Recreation, Inwood Hill Nature Center, New York City, NY

Independent Presenter

- Historical and experiential workshop: The art and science of flintknapping February 2006

The New School, Philadelphia, PA

Co-facilitator

- Two-day overnight nature connection program for eighth grade class. April 2006-2008

School of the Future, NYC

Co-facilitator

- Three-day overnight nature connection program for eighth grade retreat. May 2006

Apeiron Institute for Sustainable Living, Providence, RI

Co-facilitator

- Survival skills and sustainability workshop for 20 adults. June 2006

White Clay Creek Preserve, Landenberg, PA

Independent Presenter

- Flintknapping demonstration and discussion April 2007-2008
- Fire-making demonstration and workshop August 2007

CERTIFICATIONS

National Certified Counselor, National Board of Certified Counselors 2010

Pathways to Excellence Certificate, Human Services Institute 2006

Guiding our Youth Certificate, Delaware Technical and Community College 2003

PROFESSIONAL MEMBERSHIPS

- American Counseling Association
- Association for Spiritual, Ethical and Religious Values in Counseling
- Association for Creativity in Counseling
- Association for Counselor Education and Supervision
- Southern Association for Counselor Education and Supervision
- Virginia Counselors Association
- Connecticut Society for Psychoanalytic Psychology

FOREIGN LANGUAGE SKILLS

- Advanced proficiency in written and spoken Spanish.