

Saumya Arora, Ph.D.

Assistant Clinical Professor

Professional Bio

Dr. Arora's doctorate is in Counselor Education. She gained adjunct teaching experience prior to working at NAU and currently teaches in the Masters in Clinical Mental Health Counseling program to students in CACREP programs.

Certifications

- How to write a CACREP Self Study Workshop- 2015

Areas of Teaching Interest

- Masters Counseling Practicum
- Doctoral Practicum and Supervision
- Psychopathology
- Counseling Processes
- Research methods

Areas of Research and/or Professional Interest

Dr. Arora has research and professional interests in achievement motivation, instrument development and validation, program evaluation, and mindfulness based interventions.

Recent Presentations

Smith, R.L.; Arora, S.; Hunnicutt Hollenbaugh, K.M.; Balkin, R.S. (Sep, 2013). *Building a Comprehensive Tool to Measure Achievement Motivation*. Association for Research and Assessment in Counseling (AARC). Houston, TX.

Arora, S. & Monteiro, M. (Sep, 2013). *Measuring the Perception of Love Through Multicultural Lenses*. Association for Research and Assessment in Counseling (AARC). Houston, TX.

Arora, S. & Hunnicutt Hollenbaugh, K.M. (Nov, 2013). *Facilitating Change: Combining Dialectical Behavior Therapy (DBT) and Motivational Interviewing (MI)*. Texas Counseling Association Conference (TCA). San Antonio, TX.

Smith, R.L.; Arora S.; Monteiro, M.; Ulus, I.C.; Ratavaninan, W. (Jan, 2013). *Experiences of International Students enrolled in Counselor Education Programs*. Texas Counseling Association Conference (TCA). San Antonio, TX.

Smith, R.L.; Arora S.; Monteiro, M.; Ulus, I.C.; Ratavaninan, W. (Jan, 2013). *Experiences of International Students enrolled in Counselor Education Programs*. Texas Association of Counselor Education and Supervision (TACES). Austin, TX.

Smith, R.L.; Schmit, E.; Harris, N.; Arora, S. (Jan, 2013). *Ethical Issue in Supervision: Discussing the do's and don't's*. Texas Association of Counselor Education and Supervision (TACES). Austin, TX.

Arora, S. (Dec, 2012). *The Psychological Impact on the parents whose children are suffering from cancer- An Indian Study*. Gulf Coast Counseling Association (GCCA). Corpus Christi, TX.

Recent Publications

Arora, S. (2015). Achievement motivation and resilience among student athletes. *Proquest Dissertations & Thesis Global*

Smith, R.L., Hunnicutt Hollenbaugh, K.M., & Arora, S. (2014) Evidence Based Practices and Single-Subject Research Designs in Counseling. *VISTAS 2014*.

Professional Memberships

- Arizona Counselors Association (AzCA)
- American Counseling Association (ACA)
- Association for Assessment and Research in Counseling (AARC)
- Texas Counseling Association (TCA)
- Texas Association of Humanistic Education and Development (TAHEAD)