

Akwete RaShai Roman, Ph.D., LMFT- Supervisor

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SUMMARY:

Accomplished LMFT with almost 20 years of experience with various populations within diverse, interdisciplinary, clinical and research-based programs. Encouraging and promoting inclusion, or an experience of feeling valued and connected, in an environment where it is safe to be authentic is the core of who I am.

EDUCATION:

Syracuse University, Syracuse, NY (August 2002 – May 2010)

Doctor of Philosophy in Marriage and Family Therapy

University of Louisiana at Monroe, Monroe, LA (August 2000 - May 2002)

Master of Arts, Marriage and Family Therapy

McNeese State University, Lake Charles, LA (January 1999 - May 2000)

Bachelor of Science, Psychology

- Minor: Chemistry

Xavier University of Louisiana, New Orleans, LA (August 1995-May 1998)

WORK EXPERIENCE:

Adjunct Faculty in Marriage and Family Therapy

(March 2022-Present)

Capella University - Remote

- Utilize Blackboard, an online learning platform, to enrich the learner's learning experience.
- Employ professional expertise to provide high-quality instruction from pre-designed curriculum.
- Establish high standards and ensure learners understand how they are being evaluated.
- Ensure learners receive quality feedback in a timely manner to support their academic success.
- Attend faculty meetings, workshops, and training as necessary.
- Create assignments on an as needed basis according to expertise and program needs.
- Travel within the US to participate in doctoral residencies.

Care Advocate

(September 2010 – Present)

Optum Behavioral Health - Remote

- Responsible for educating and training newly hired Care Advocates in company and team workflows.
- Review clinical and staff with peers when Clinical Program Managers are not available.
- Manage how crisis calls are handled.
- Manage the mailbox for the Houston After Hours team, ensuring appropriate attachments have been included in emails and contents have been forwarded to the correct recipients.
- Review cases that do not meet criteria for admission and ensure all steps have been taken to send the cases for peer review.
- Complete administrative reviews.
- Monitor on-line portal requests for higher level of care admissions, such as Inpatient, Residential, and Partial Hospitalization.
- Focus on initial inpatient admission and appropriate community-based services for psychiatric and chemical dependency treatment.
- Administer benefits and review treatment plans with members and providers.
- Review clinical assessments and determine appropriate levels of care for members.
- Coordinate benefits and transitions between various areas of care.
- Identify ways to add value to treatment plans and consult with facility staff or outpatient care providers on those ideas.

Lecturer of Humanities
Bates College - Lewiston, ME

(August 2021 – July 2022)

- Encourage students to engage in open and productive conversations about privilege, racism, sexism, religious oppression, heterosexism, classism, ableism, dominance, subordination, oppression, and patriarchy.
- Promote student's active involvement, encouraging them to learn as much as possible by coming to class ready to initiate ideas, share relevant experiences, reflect on what others say, and discuss readings.
- Facilitate active participation, requiring students to risk what they believe and how they define themselves- opening them up to other points of view and promoting critical thinking.
- Strengthen the students' ability and comfort in discussing race related issues
- Strengthen and broaden students' understanding of gender and sexuality
- Consider the framework of capitalism and dominance
- Provide a safe space for students to explore, crystalize, and express their views concerning their own identity and beliefs
- Assist students with identifying ways in which they can make a difference in their careers and communities.

Student Advisor
Bates College - Lewiston, ME

(August 2021 – July 2022)

- Build a welcoming community that fosters equity, inclusion, access, anti-racism, and educational justice.
- Help students to explore the curriculum to discover their interests and to fulfill requirements.
- Empower students to find purpose and identity while promoting health and wellness.
- Create a sense of place.
- Guide students to resources at Bates when their questions are beyond my fund of knowledge.
- Encourage academic inquiry and exploration.

Marriage and Family Therapist
Dragonfly Psychological Services - Brunswick, ME

(May 2021 – June 2022)

- Utilize solution focused, compassion focused, culturally sensitive, and strength-based approach to assist clients in building relational maturity and integrity.
- Assist clients with shifting their attitudes and intentions, by establishing resources for hope and will, and developing an awareness of entitlement and obligation.
- Support them in practicing self-compassion and self-love, building connections with thoughts, emotions and mindfulness.
- Encourage the discovery of the magic of living their best life by becoming their own best friend, by being authentically who they are and comfortable in their own skin.
- Create a safe space by using Nagy's contextual approach to therapy that is based on the belief that a person's fair consideration of his or her relational obligation can result in personal freedom to participate in life's activities, satisfaction, and enjoyment.
- Encourage my clients to engage in a dialogue that consists of empathy, acknowledgement, and expectation.

Assistant Program Director of Behavioral Health
Primary Health Services Center - Monroe, LA

(February 2008 – May 2009)

- Assisted in managing and directing the daily activities of the Behavioral Health Department through appropriate delegation, managerial support and work supervision.
- Assisted the Behavioral Health Program Director with developing systems and standards for behavioral health evaluations.
- Consulted and trained other organizations in the community and nationally about implementing Behavioral Health Programs into Federally Qualified Health Centers.

Counselor/ MFT Intern
The Wellspring and Big Brothers/ Big Sisters - Monroe, LA

(March 2006 – February 2008)

- Determined the nature of the situation of women and children survivors of domestic violence by interviewing the client.
- Created action plans by exploring options and establishing treatment goals with the client.

- Developed curriculums for after school and summer camp programs.
- Fostered client's personal growth by interpreting attitudes and patterns of behavior explaining and pointing out new options.
- Demonstrated a positive attitude through word and action.
- Demonstrated concern and respect for others by listening carefully.
- Provided groups as well as individual therapy to women and children of domestic violence.

Mental Health Professional

(December 2005 – March 2006)

Institute for Neuropsychiatry - Lake Charles, LA

- Assisted recipients in achieving and maintaining rehabilitative resiliency and recovery goals, which increased and maintained competence in normal life activities as they gained the skills necessary to allow them to remain in naturally occurring supports.

Adjunct Lecturer

(August 2003 - May 2005)

Syracuse University - Syracuse, NY

- Encouraged students to identify the ways in which the dimensions of diversity shape their inner thoughts, perceptions, beliefs, interactions, and behaviors using an interactive and experiential format.
- The course title: P.E.O.P.L.E. Together (Peers Eliminating Oppression and Prejudice by Learning and Educating Together).

PROFESSIONAL LICENSE:

- **Licensed Marriage & Family Therapist and Supervisor**
State of Texas
Expires: 08/31/2022
License No. 201386
- **Licensed Marriage & Family Therapist**
State of Maine
Expires: 05/30/2023
License No. MFT6190

PROFESSIONAL AFFILIATIONS/ ORGANIZATIONS:

- Texas Association of Marriage and Family Therapists - (TAMFT)
- American Association of Marriage and Family Therapists - (AAMFT)
- American Association of Sexuality Educators, Counselors and Therapists - (AASECT)

PROFESSIONAL AND COMMUNITY ACTIVITIES:

Houston Food Bank

2019

- Volunteered with Optum Behavioral Health to sort and package over a ton of frozen meat in the Houston Foodbank Warehouse, one of the largest food bank distributions in Texas, to help feed the homeless.

S.H.A.P.E. Community Center

2004

- Assisted with distributing fresh produce from a local farmer's market to Houston's African American community.

Big Brothers/ Big Sisters of Southwestern Louisiana

1998

- Served as a mentor and role model to my school aged little sister. Produced positive changes in the child, including a strengthened sense of self-worth and improved relationships and performance at home, school and in the community. A commitment of two visits per month and weekly contacts was made to this relationship.

Campus Partners

1997

- Became a positive role model and mentor providing tutorial assistance and emotional support through a caring consistent relationship with "at-risk" 6th and 8th grade students.

OURstory 1996

- Engaged in preventive literacy work through story sharing and other activities with children in daycare and elementary students.

Outreach Day 1995

- Participated in educational, cultural, and social enrichment activities with children, ages 5-10, who visited Xavier University's campus monthly.

HONORS/ AWARDS:

Delta Kappa 2001

- National Honor Society which acts as a forum for ideas and issues to be discussed and developed for rising professionals in the field of Marriage and Family Therapy.

Chi Sigma Iota 2000

- International Honor Society for counselors-in-training, counselor educators, and professional counselors. Its mission is to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical skills in the field of counseling.

Psi Chi 1999

- National Honor Society in Psychology founded for the purpose of encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology.

PROFESSIONAL PRESENTATIONS:

Public Housing Conference Summer 2008

- Co-directed a workshop on the effects of Domestic Violence on our community and our role as primary care providers to end domestic violence.

Domestic Violence Training Winter 2006

- Directed a seminar on the effects of domestic violence on dating and married relationships.

Louisiana Association for Marriage and Family Therapy Spring 2002

- Co-directed a round table discussion on African American Adolescent Males and Original RAP Lyrics.

PUBLICATIONS:

- Noble, Akwete C. (2010). Raising *Her* Daughter: A phenomenological study of the African American stepfather's perception of his relationship with his stepdaughter.
- Cleveland, Akwete (2005). Breaking up is hard to do. Healthy you at SU: Mind, body, spirit, 3 (2), 19.