

Peter J. Economou

Ph.D., ABPP

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Curriculum Vitae

Organizational Leader, Dynamic Educator, and Administrator with a an extensive and highly diverse history of experience. Specialty areas include Building Positive Relationships, Diversity Advancement, and Professional Development within the frameworks of Professional Psychology, Cultural Wellness and Wellbeing, Performance Psychology, Executive Coaching, and Mindfulness/Meditation. A dedicated professional, benefiting from experience working effectively as part of an interdisciplinary team across various Corporations, Universities, Institutes, and Not-for-Profit Organizations. A leader with a solid focus on cultural diversity, offering a person-centered philosophy that drives personal and organizational success.

Selected Achievements

- Trained in counseling psychology; Board certified in Cognitive and Behavioral Therapy (CBT) with specializations in evidence-based, multicultural competence, neuropsychology, performance psychology, and mindfulness. Certified as a Mental Performance Consultant (CMPC) by the Association of Applied Sport Psychology.
- A history of productive leadership in program development and accreditation processes. Successfully developed 5 academic programs in the first 4 years as faculty at Rutgers University GSAPP, as well as 2 graduate programs prior to arriving to Rutgers, at Felician University.
- Launched a sport psychology training program that offered individual and team services to student athletes and the local community, becoming Director of Behavioral Health in Sport Medicine through RWJ Barnabas Health.
- Serve on the editorial board of the Journal of Clinical Sports Psychology since 2014, ad-hoc reviewer for the Counseling Psychologist, and current contributor to notable media outlets, including multiple interviews with FOX5-NYC and co-host of the podcast *When East Meets West* (www.wheneastmeetswest.us).
- Author of two books, *Mindfulness Working for Beginners: Exercises and Meditations to Relieve Stress, Find Joy, and Cultivate Gratitude* and *The Meditation Journal for Anxiety: Daily Meditations, Prompts, and Practices for Finding Calm*, both published by Rockridge Press.

Education and Credentials

Doctor of Philosophy (Ph.D.), Counseling Psychology
Seton Hall University 2011

Education Specialist (Ed.S.), Mental Health Counseling
Seton Hall University 2007

Master of Arts (MA), Counseling & Psychological Studies
Seton Hall University 2006

Bachelor of Science (BS), Biology
Seton Hall University 2002

Professional Experience

Rutgers University- New Brunswick **2018 – Present**
Faculty (Associate Teaching 2018-2022; Assistant Tenure-Track 2022-Present)
Director of Behavioral Health and Sport Psychology; Rutgers Athletics (2020 – Present)
Director Organizational Psychology Graduate Programs (2020 – 2023)
Director Master of Applied Psychology (2018-2022)

Designed and developed curriculum and individual courses for the Organizational Psychology PsyD, Master of Applied Psychology (MAP), performance psychology certificate, BA/MAP, and post-MAP programs. Conduct research and involve students as learners and partners, contributing to knowledge while advancing equitable educational practices. Actively engage with professional associations connected to higher education, student affairs, and organizational development.

- Served on the Executive, Academic Leadership, Finance, Curriculum Development, Graduate Education, and Appointments & Promotion Committees through 2020.

- Served as the Co-Chair of the Committee on Diversity (COD) and Equity Advisor for the Division of Diversity, Inclusion, and Community Engagement for all of Rutgers University-New Brunswick.
- Key member of the Mental Health Executive Committee and Academic Alliance for the Big Ten Conference.

Chair, Applied Department (2018-2019)

Associate Chair, Applied Department (2019 – 2021)

Multifaceted role spanning the implementation of campus policy, serving as the primary spokesperson for department faculty, staff, and students, and liaising with administrative leaders to articulate the needs of the department to administration. Facilitated multiple leadership meetings to ensure effective management of faculty needs and university and department objectives. Key point of contact for Applied Department academic program development, across other units across campus.

- Integrated science with clinical practice through the investigation of research questions in the field of multicultural and sport psychology.
- Fostered relationships with campus-wide entities including School of Arts and Sciences (BA/MAP degree program), School of Social Work (Addiction Counselor Training degree program), School of Health Professions (post-MAP certificate program), formalized performance psychology certificate program at GSAPP, resurrected the Organizational Psychology PSYD program after it folded in 2012.

The Counseling & Wellness Institute (The CWI)

2015 – Present

Founder

Lead the functions of this not-for-profit that supports education and advances research of evidence-based practices and subsequent applications in mental health. Visionary leader driving strategic direction, by planning, actively managing, and overseeing the organization's operations, programs, and fundraising while ensuring financial sustainability.

- Provided leadership coaching for professionals.
- Created and established clinical programs that ensured the ongoing quality of care across clinical services.
- Completed all required government paperwork to secure 501(c)3 status.

Seton Hall University

2012 – Present

Consulting Team Psychologist

Key point of contact for the Department of Sports Medicine that evaluates, assess, treats, and consults on sport psychology cases for Seton Hall University Athletics. Conduct short term, solution-focused interventions that emphasize education, multicultural competence, motivational interviewing, and cognitive/behavioral support. Operate across multiple teams including basketball, baseball, swimming, diving, volleyball, soccer, golf, tennis, softball, and cross country.

- Created systems for best practices within a university setting that emphasized integrated and interdisciplinary treatment of athletes.
- Emphasized mindfulness, evidence-based practices, and holistic well-being for student athletes at the Division I Level in the Big East Conference.
- Co-established the Big East Sport Psychology Provider group, while also serving the Big East conference Health and Wellness committee.

The Counseling & Wellness Center, LLC (The CWC)

2010 – Present

Director

Direct the operations of this private firm that offers evidence-based interventions, psychological assessment, supervision, and multicultural training. Specialty in Cognitive and Behavioral Therapies (CBT), in addition to performance-based psychology for high performers across the New York City region.

- Introduced new objectives and monitored outcomes of facility operations, employed effective policies, and streamlined fiscal resources.
- Advanced program development initiatives and created treatment roadmaps that drove successful outcomes.

Share Our World

2008 – Present

Founder, Chairman of the Board

Founded and currently Chair this not-for-profit NGO dedicated to delivering culturally centered education, advancing cultural diversity, and expanding awareness around mental health. Motivate members to actively participate in meetings, and ensure actions taken are in line with bylaws, goals, and overall mission. Primary point of contact for key executives and staff. Design and implement new program plans, create, and facilitate annual budgets, and compose grant proposals for submittal.

- Established that all government documents are filled and updated annually across state and federal levels to maintain 501(c)3 status.
- Championed ongoing research into facilities, neighborhoods in need to target program growth while identifying new opportunities for funding.

Felician University

2011 – 2018

Associate Professor, Director

Operated as a faculty member, administrator, and dynamic leader employing a strong record of accomplishment to further develop the curriculum for the Graduate programs in Counseling Psychology. Kept subject matter relevant and remained abreast of current critical debates and contextual themes. Advanced curricula and pedagogic innovation for department usage and online programming as needed. Interfaced with Department Chairs on the development of curricula content, and integration of theory and practice. Liaised with partner colleges and outreach programs for recruitment and articulation.

- Developed the curriculum for the doctoral degree (Psy.D.) in Counseling Psychology and began process for accreditation through the American Psychological Association (APA).
- Held multiple Leadership positions, including the Chair of the Doctor of Psychology in Counseling Psychology, the Chair for the Master of Arts in Counseling Psychology Program, the Graduate Studies Committee, and the Clinical Coordinator of the Master of Arts Program for Counseling Psychology.
- Key role in obtaining program accreditation from the Masters in Psychology and Counseling Accreditation Council (MPCAC) in 2014.

New Jersey Psychological Association

2017 – 2023

Director, Science and Academic Affairs and NJPAGS, and Treasurer

Elected to serve on the Executive Board of NJPA as Director of Science and Academic Affairs (2020-2023) and Treasurer (2017-2020) to manage the financial affairs of the organization. Translated financial concepts and information for board members serving as an effective support by facilitating and encouraging strategic thinking around short- and long-term financial vitality of the organization to advance mission.

- Collaborated with the Executive Director and Bookkeeper to develop financial transparency across the organization.
- Provided leadership coaching and mentorship to the graduate student group of NJPA.
- Member of the Sport Psychology special interest group.
- Co-chair of the Diversity Committee (2013-2016).

FSI Grant Clinical Supervisor

2013 – 2018

Director

Directed and coordinated care for underserved populations, developing programming that supports patient and program success for the grant awarded program. Managed the implementation of care plans based on ongoing client assessments. Implemented program planning for clinical services based on needs and resources. Fostered organizational relationships by providing support on issues, auditing operations, and recommending solutions.

- Cultivated an environment of continued learning to establish excellence as a paramount priority.
- Managed and facilitated the streamlined spending on grant monies that ensure clinic utilized resources effectively to serve all needed patients.

Kean University, Seton Hall University, Montclair State University

2007 – 2016

Adjunct Professor

Designed, organized, and delivered lecture content based on curricular guidelines and learning objectives. Developed instructional methods and strategies based on learning and behavior theory. Fostered classroom management to pursue goals of the entire class and individual student instruction. Supported students by synthesizing large amounts of data into clear concise and credible lectures. Courses include: Tests & Measurements, Child Developmental Psychology, Adolescent Developmental Psychology, Abnormal Psychology, Social Psychology, and Senior Seminar.

- Created strategies that assisted students in formulating ideas for papers and possible solutions to various problems.
- Aligned standards, data, formative assessments, rubrics, curriculum maps, and technology with a passion for education in the development of exceptional course materials.

Additional Experience

RWJBarnabas Director of Behavioral Health and Sport Psychology; current
 Consulting League Psychologist- NY/NJ for National Hockey League (NHL) and Major League Soccer (MLS); current
 Editorial Board for Journal of Clinical Sport Psychology; current
 Ad-hoc Reviewer for The Counseling Psychologist; current

Special Edition Guest Editor: *NJ Psychologist*- Industrial and Organizational Psychology; 2022.
Post-Doctorate Neuropsychologist, Laura Palmer, Ph.D., ABPP & Associates, LLC; 2013
Volunteer Assistant Varsity Swim Team Coach, Seton Hall University; 2013
Graduate Assistant, Seton Hall University; 2011
Adjunct Professor, Seton Hall University; 2011
Adjunct Professor, Montclair State University; 2011
Adjunct Professor, Hudson County Community College; 2011
APA Accredited Psychology Internship, University of Medicine and Dentistry of New Jersey (UMDNJ); 2011
Licensed Professional Counselor, Confidential Behavioral Care; 2010
Counseling Psychology Extern, New York University Comprehensive Epilepsy Center; 2009
Pre-practicum Extern, Winchester Gardens, Disability Support Services, and Youth Consultation Services; 2008
Counseling Extern, Spectrum Health Care; 2007
Counselor/Psychometrician, Immortelle Special Needs School; 2007

Publications

Peer Reviewed

1. Economou, P., McGehee, C., Torres, C., Anderson, S. & Sanfillipo J. (in press) Acceptability of Mindfulness with Student Athletes in Division I Athletics. *Journal of Clinical Sport Psychology*.
2. Economou, P. & Gamble, A. (2024). Navigating an intercollegiate athletes' transition related to Name, Image, and Likeness (NIL) Interim Policy. *Journal of Sport Psychology in Action*. Special Edition.
<https://doi.org/10.1080/21520704.2024.2348153>
3. Spiro, C. & Economou, P. (2022). The future of psychotherapy for youth. *Advanced Journal of Social Science*. Volume 11, Issue 1, pp.52-62. ISSN: 2581-3358. DOI: <https://doi.org/10.21467/ajss.11.1.52-62>.
4. Economou, Peter & Glascock, Tori & Gamble, Alexander. (2022). Black Student-Athletes and racism pandemic: Building antiracist practices in athletics. *Journal of Applied Sport Psychology*. 1-18. 10.1080/10413200.2022.2040650.
5. Economou, P.J., Glascock, V., Louie, M., Poliakova, P., & Zuckerman, W. (2021). COVID-19 and its impact on student-athlete depression and anxiety: the return to campus. *The Sport Journal*, 22(1), 1-7.
6. Economou, P., Glascock, T., & Louie, M. (2021). The impact of COVID-19 and the NCAA'S (NATIONAL Collegiate ATHLETIC association) season cancellation on Sport support professionals. *F1000Research*, 10, 775.
<https://doi.org/10.12688/f1000research.54625.1>
7. Torres, C. & Economou, P. (2016). Probiotics can improve mood: A correlational study investigating the relationship between probiotics and overall mental health. *Journal of Probiotics and Health*. DOI: 10.4172/2329-8901.1000143
8. Economou, P., Farfan, M, Idirraga, A., Chafos, V (Article 926; September 2015). Modismos: Mindfulness and the importance of language with Latin American Clients. *Vistas*. American Counseling Association.
9. Economou, P., Chafos, V., Farfan, M, & Idirraga, M. (Article 851; January 2015). Reducing cravings: Implications for treating addictions mindfully. *Vistas*. American Counseling Association
10. Chafos, V. & Economou, P. (2014). Beyond borderline personality disorder: The mindful brain. *Social Work Journal*. 59(4), 297-302, p. 297, doi: 10.1093/sw/swu030
11. Palmer, L., Economou, P. J., Cruz, D., Huntington, J., McLennon, S., Maris, M., Abram-Cook, S. (2013). The relationship between stress, fatigue, and cognitive functioning. *College Student Journal*, 47, 2. p. 312-325.

Non-Refereed

12. Economou, P. (2019). Transgender Health Care: Integrating CBT working with a Transgender Client. *NJ Psychologist*.
13. Economou, P. (2013 September). Psychological advocacy and diversity. *The New Jersey Psychologist*.
14. Economou, P. & Bolling, P (2012 August). Marriage equality: Strictly social or purely psychological? *The New Jersey Psychologist*.
15. Economou, P. & Klugman, S. (2011 January). The L, the G, the B, the T: 2011. *The New Jersey Psychologist*.

Chapters

1. Economou, P., Fackina, K., Nash, T., & Gamble, A. (2025). Psychopharmacology.
2. Palmer, L., Economou, P. & Maris, M. (March 2013). The sociology of divorce: A Greek perspective. In R.E. Emery & J.G. Golson (Ed.). *Cultural Sociology of Divorce: An Encyclopedia*. Sage Publications Inc.: Thousand Oaks, CA.

In progress

1. Economou, P., Guzman, G., Macchia, J. (submitted). Enhancing mindfulness practices and body image awareness among NCAA Division I student athletes: An integrated approach.

2. Pawlak, A., Stanmyre, J., Simmons, E., & Economou, P. (editing). Evaluating Player Profiles: Biostatistics and Psychometric Properties of an Instrument used with Prospective American Professional Football Athletes.
3. Economou, P. (editing). Business to Sport Psychology: Best practices for an interdisciplinary and comprehensive workplace program.
4. Economou, P. & Gamble, A. (editing). The impact of microaggressions moderated by racial identity for student athletes.
5. Economou, P. (editing). Psychological science: A history of scientific conclusions affecting the counseling of LGBTQ communities

Books

Economou, P. (2021). Meditation journal for anxiety: Daily meditations, prompts, and practices for finding calm. Rockridge Press. Emeryville, CA. ISBN: 978-1-648769757.

Economou, P. (2021). Mindfulness workbook for beginners: Exercises and meditations to relieve stress, find joy, and cultivate gratitude. Rockridge Press. Emeryville, CA. ISBN:978-1648766121.

Grants

1. **Principal Investigator**. R34 mechanism: Feasibility Clinical Trials of Mind and Body Interventions for NCCIH High Priority Research Topics. Project title: Promoting the Holistic Health & Wellness for At-Risk Youth of Color. \$450,000. Submitted June 2024.
2. **Principal Investigator**. NCAA Innovative Grant. *Sport Smart: A needs assessment for gambling education and help-seeking framework for student athletes*; 2023 cycle. \$31,000 Submitted January 2024. Unfunded.
3. **Principal Investigator**. Hearst Foundation. *Athletic Coaches Wellness & Graduate Sport Psychology Training*. \$135,000. Unfunded.
4. **Principal Investigator**. RWJ Foundation. *Wellness in 8 Dimensions: Supporting the Holistic Health & Well-Being of College Coaches Across Rutgers New Brunswick, Newark, and Camden*. \$265,000 Submitted September 2023. Unfunded.
5. **Co-Investigator**. Rutgers University Strategic Initiative Funds. Developing an Integrative Framework for Addressing Gambling Among College Athletes. \$392,000 Submitted October 2023. **Awarded** January 2024.
6. **Principal Investigator**. Brain Health Institute CAHBIR Mini-grant.; *Mindfulness as a mediator for return to play following sport-related concussion*. \$35,000 Submitted February 2023. **Awarded** July 2023.
7. **Co-Investigator**. NIH R34 Behavioral and Integrative Treatment Development; *Marijuana, CM, Student Athletes*. 450K August 2022. Unfunded.
8. **Principal Investigator**. National Science Foundation (NSF): *Racial Equity in STEM; Racial Equity: Recruiting, Mentoring, and Developing Policy based on Industrial and Organizational Psychology Theories of Diversity, Equity and Inclusion in the STEM field*; \$3.8M Submitted March 2022. Unfunded.
9. **Principal Investigator**. Rutgers University Black Bodies Health grant; *Stress response of Black student athletes within predominantly white institutions compared to HBCU's*. April 2022; \$15,000 **Awarded**.
10. **Co-Investigator**. Association for Applied Sport Psychology (AASP). *Community Outreach Grant*; Fall 2022; \$4800 **Awarded**.
11. **Co-Investigator**. Association for Applied Sport Psychology (AASP). *Seed Grant: Youth sport development*. Fall 2021; \$500 **Awarded**.
12. **Consultant**- LGBTQI Integration into Protocol; *STARRSA CBT and AP Psyched Programs* Funded by SMART DOJ; 1.3mil.
13. **Principal Investigator**. PSE&G Community Grant. *Felician University Spanish-speaking community mental health Part 2*; 2015-2018; \$60,000 **Awarded**.
14. **Principal Investigator**. FSI Grant- Two 3-Year Cycles Awarded; *Felician University Spanish-speaking community mental health*; 2013-2019; \$75,000 **Awarded**.

Conferences and Presentations

Invited

1. Economou, P. (April 2024). Growth: Wellbeing, resilience, and stress management. Presented to Google Ads Team Executives. New York, NY.
2. Economou, P. (April 2024). Personal growth: Meaning, values, mindfulness and wellbeing. Presented to Google Travel Team Executives. New York, NY.
3. Economou, P. (March 2024). *Embracing competence and humility: Evidence-based practices with the LGBTQ community*. NJ Association of Cognitive and Behavioral Therapy (NJ-ACT). Cranford, NJ.

4. Economou, P. (March 2024). *Societal concerns and mental health effects following brain injury in athletes*. RWJ Barnabas NJ State Concussion Summit. Presented at Monmouth University. Long Branch, NJ.
5. Economou, P. (January 2024). *Student-athlete mental health: An interdisciplinary perspective and national trends*. Presented at the NJ Higher Education Mental Health Summit; Seton Hall University, NJ.
6. Economou, P. (November 2023). *Sport performance and mindfulness: Using imaging to understand optimal performance*. Annual Sports Technology Summit. Invited speaker at Citi Field titled, NY.
7. Economou, P. (January 2023). *Integrating wellbeing and mindfulness into health and productive leaders*. Presented to the Chancellor's Council, Rutgers University- New Brunswick, NJ.
8. Economou, P. (September 2022). *From Safe to Brave Space: It's a Vibe*. Invited speaker by CVS Health and NGLCC.
9. Economou, P. (June 2022). *Stress Fracture Management in the Female Athlete: A Multidisciplinary Approach*. Sports Grand Rounds presented at RWJ Cooperman Barnabas Medical Center.
10. Economou, P. (November 19, 2021). *Developing systems to treat student mental health*. Big Ten Academic Alliance. Student Success Forum: Student and Community Mental Health. Invited Speaker.
11. Economou, P. (August 2020). *Returning to high school sports safely during COVID-19: Webinar*. Panelist with experts from RWJ Barnabas, NJ.
12. Economou, P. (2020). *Mindfulness and spirituality in performance psychology*. Invited speaker at the Beautiful Mind Summit. Rutgers-GSAPP. Virtual, NJ.
13. Economou, P. (2020). *Prevent, Detect, Treat: RWJ Barnabas Health New Jersey State Concussion Summit*. Invited speaker, spring seminar, Monmouth University, NJ.
14. Economou, P. (2020) *The psychology of concussions*. 8th Annual TBI Summit sponsored by the Big Ten-Ivy League TBI Research Collaboration.
15. Economou, P. (2020). *Beyond Mindful Practice: Mindfulness and Self-Care for Practitioners*. NJPA Grand Rounds, NJ.
16. Economou, P. & Rafanello, N. (2019). *Domestic violence in the LGBTQ community*. NJPA full day workshop, NJ.
17. Economou, P. (2019). *Treat yourself as if you were your athlete: How ATCs must develop self-care*. RWJ and Barnabas Health Athletic Trainer Summer Symposium, Somerset, NJ.
18. Economou, P. (December 1, 2017). *Implementing telepsychology in NJ*. Sold out workshop NJPA, NJ.
19. Economou, P. (2016). *Spirituality: Mindfulness and Meditation in Modern Medicine*. Urban Mental Health 2016: Wellness and Resilience, Rutgers Medical School; Department of Psychiatry. Newark, NJ.
20. Green, W., Economou, P. & Licht, D. (2016) *A conversation with the licensing board: Ethics and the state of NJ*; Symposium presented at NJCA, Lincroft, NJ.
21. Economou, P. (February 2016). *Not quite white: Understanding Race, Privilege, and Microaggressions in Mental Health*. Invited talk at Morris County Psychological Association. Presented at College of St. Elizabeth Morristown, NJ.
22. Economou, P. (2015) *Mindfulness Acceptance and Commitment SportsSeries*. Presented as consultant to OpA Academy in Bernardsville, NJ.

Other

23. Macchia, J., Glenn, D. J., Economou, P. (August 2024). *Queer athletes: The relationship between competitive, internalized homophobia, and mental health*. Presented at American Psychological Association. Seattle, WA.
24. Macchia, J. & Economou P. (August 2024). *Society and mental health: Impacts of stress, coping and community connectedness*. IMPACT programming at American Psychological Association. Seattle, WA.
25. Economou, P., Choquette, M., & Gamble A. (February 2024). *Bridging hard and soft sciences: Mindfulness, MRIs, and sport-related concussions*. Presented at AASP Mid-Atlantic regional conference. Glassboro, NJ.
26. Economou, P. & Gamble, A. (October 25, 2023). *Beyond the books: Wellbeing, building resilience, and empowering development among First-Gen Students*. Presented at The Rutgers Summit on Student Success, NJ.
27. Economou, P. (Sept. 2022). *The athletes' conundrum: The story of varying substance use policies across sports*. Public Policy Subcommittee. Rutgers Addictions Research Center Fall Retreat, NJ.
28. Chafos, V., Foley, P., Economou, P. (2022) *The Relationship between Sex Role, Mindfulness, Stress, Anxiety, and Flow in Female Athletes*. Poster presented at APA, Minneapolis, MN.
29. Economou, P., Glascock, V. & Gamble, A. (2021). *I can't breathe: Black student athletes and building antiracist practices in athletics*. Clinical/Counseling Sport Psychology Association (CCSPA). Big Sky, MT Virtual, 2021
30. Palmateer, T., Wieland, A., Haugen, E., Golightly, T., Economou, P. (2020). *Mental Health Screening Procedures Across NCAA Division I Institutions*. Symposium presented at APA, Washington, DC.
31. Economou, P., Louie, M., Mienski, M. & Glascock, V. (2020). *Considering Multicultural Counseling Approaches when helping Athletes Integrate Mental Skills*. Poster for Division 47 presented at APA. Washington, DC.
32. Economou, P., Louie, M., Mienski M. & Glascock, V. (2020). *Developing an Interdisciplinary Sports Psychology Clinic at a Division I University*. Poster for Division 47 presented at APA 2020. Washington, DC.

33. Economou, P. & Fackina, K. (2020). *Working with High Performers' Romance: Relational Adjustment and IPV and Integrated Care*. Poster for Division 47 presented at APA, Washington, DC.
34. Waters, D. & Economou, P. (2017). *Addressing Racism within Substance Abuse Treatment Programs, Challenging Racial Disparities: Poverty, Race, and Addiction*. Rutgers University School of Social Work. Two-hour workshop, NJ.
35. Economou, P., Farfan, M., & Idirraga, A. (2017). *Multicultural mindfulness: How to measure and apply mindfulness with Spanish-speaking clients*. Poster presented at APA, Washington, DC.
36. Economou, P. & Fackina, K. (2017). *Blending EFT and CBT working with diverse clients*. Master workshop presented at APA, Washington, DC.
37. Economou, P. & Torres, C. (2017). *Counseling the whole client: How probiotics can improve mood*. NJCA. Lincroft, NJ.
38. Chafos, V, Cruz, D. & Economou, P. (2016). *Understanding the Link Among Psychological Skills Training, Mindfulness, and Sports-Related Injuries*, APA. Denver, CO.
39. Economou, P. & Melendez, A. (2016). *Counseling sexual functioning: The use of mindfulness to enhance sexuality in relationships*. Paper, NJCA, Lincroft, NJ.
40. Fackina, K. & Economou, P., (2016) *Combining cognitive and behavioral and emotion focused techniques when counseling diverse couples*. Paper presented at NJCA, Lincroft, NJ.
41. Economou, P. (April 2015). *Riding the waves of cognitive therapy: A history and emphasis on the third wave CBT*. Paper presented at the NJCA, Lincroft, NJ.
42. Economou, P. & Chafos, V. (April 2015) *Balancing our emotion regulation systems with compassionate attention*. Presented at the NJCA, Lincroft, NJ.
43. Economou, P., Farfan, M, Idarraga, A.M., Chafos, V. (March 2015). *Modismos: Mindfulness and the importance of language with Latin American clients*. Paper presented at the ACA, Orlando FL.
44. Economou, P. (November 2014). *Cognitive behavioral therapy: An evidenced-based perspective*. Presented in *Psychiatric Medication: Promise or Peril? An Interdisciplinary Discussion*. Panelist with Robert Whitaker. Ethics Institute at Felician College, Rutherford, NJ.
45. Economou, P., Farfan, M, Idarraga, A. & Chafos, V. (April 2014). *Atencion: Cultivating multicultural awareness with the Spanish-speaking population*. Paper presented at the NJCA. Lincroft, NJ.
46. Economou, P. & Mott, K. (2013 November). *Addressing the psychological needs of LGBTQ youth*. Symposium presented at NJPA, Edison, NJ.
47. Economou, P. & Chafos, V. (October 2013). *Mindfully abusing: Clinical applications of mindfulness in treating addictions*. Presented at the New England Psychological Association. Danbury, CT.
48. Economou, P. & Chafos, V. (2013 April). *Treating Borderline Personality Disorder mindfully and scientifically*. Symposium presented at NJCA, Lincroft, NJ.
49. Economou, P. (2010, August). *Benefits and challenges of an international training experience*. In L. K. Palmer (Chair), *Lymin' and learning: International clinical training experience in Trinidad & Tobago*. Conversation Hour presented at the APA, San Diego, CA.
50. Economou, P. (2010, August). *Stress and coping in LGBT individuals*. In N. G. Smith & S. V. Hamilton (Chairs), *LGBT psychology 2025: The cultural mental health needs of LGBT communities*. Conversation Hour presented at the APA, San Diego, CA.
51. Economou, P., Sbaratta, C., Maris, M. (2009, August). *Not quite White: Therapeutic implications for Greek-Americans*. Poster presented at the APA, Toronto.
52. Palmer, L., Economou, P., Huntington, J., Cruz, D., McLennon, S., Maris, M., McKay-Cook, S., Fiorito, M., & Gross, M. (2008, August). *The relationship between fatigue, perceived stress, neurocognitive functions, and learning challenges in college students*. Poster presented at the APA, Boston, MA.
53. Economou, P. & Maris, M. (2008, March). *Challenging the western dichotomous view of gender identity*. Poster presented at the ICPC, Chicago, IL.
54. Palmer, L., Cruz, D., Economou, P., Huntington, J., Mclennon, S., Maris, M., McKay-Cook, S. (2007, November). *The relationship between stress, fatigue, psychological trauma and learning*. Poster presented at the ISTSS, Baltimore, MD.
55. Economou, P. and Mott, K. (2007, October). *Clinical Implications of Exclusivity in Gay Male Relationships*. Symposium presented at the NJPA Fall Conference, Iselin, NJ.
56. Economou, P. (2007, April). *Individual case presentation: Content and delivery when presenting a client*. Presented at Spectrum Healthcare, Inc. Jersey City, NJ.
57. Economou, P. (2007, April). *An Investigation of Monogamy and its Clinical Implications within the Gay Male Community*. Poster presented at the NJCA, NJ.

Course Development

Rutgers University

Executive Coaching: Organizational Interventions at the Individual level (829:565)

Social Justice and Global Citizenship (844:510)

Sport Psychology: Theory and Practice (844:618)

Assessment and Intervention in Sports Psychology (844:617)

Current LGBTQ Science (820:649)

Felician University

Behavioral Neuroscience (701)

Multicultural Series (611)

Learning and Cognition (711)

Evidence-based theories: CBT (651)

Doctoral Practicum Series (671, 672)

Ethics and Legal Issues (622)

Psychopharmacology (599)

Internship Supervision I & II (575/576)

Mindfulness, Spirituality & Pos. Psychology (515)

Addictions Counseling (595)

Practicum (560)

Assessment and Tx Planning (580)

Developed and implemented the program's first online course: PSYC 557 MS/EL

Developed and implemented the program's second online course: PSYC 599 MS/EL

Developed new course: PSYC 511 Community, Organizational and Institutional Counseling

Professional Development: Licenses and Certifications

Human Subjects Compliance Certification

2022-Current (renewed every two years)

Certified Mental Performance Consultant (CMPC)

Associate of Applied Sport Psychology (AASP)

2019

Cognitive & Behavioral Therapy

American Board of Professional Psychology (ABPP)

2015

New Jersey Psychology License

#5087 (35SI00508700)

2013

New York Psychology License

#019986-1

2013

PSYPACT-Interjurisdictional Telepsychology Authorization

APIT#14251

Issued 4/4/2023

New Jersey Licensed Professional Counselor (LPC)

37PC00408200

2010-2022

Committees

B1G Ten Conference Mental Health and Wellness Cabinet

2020 – Present

Sport Psychology: NJPA

NJ Psychological Association
2016 - Present

Big East Sport Psychology & Health and Wellness

Founding Chair
2020 - Present

Rutgers University Equity Advisor

Office of Diversity, Inclusion and Community Engagement
2020 - 2022

Director of Science and Academic Affairs

NJ Psychological Association
2020 – 2023

Professional Counselors Licensing Committee

Div. of Consumer Affairs; 2012 – 2022

Elected Treasurer

NJ Psychological Association; 2015 – 2018

Graduate Studies Committee Chair

Felician College; 2012 – 2015

Committee on Diversity. Co-Chair

NJ Psychological Association 2013 – 2016

Public Policy Committee

American Psychological Association (APA) Division 44; 2009 – 2013

Affiliations

- American Psychological Association (APA); Member.
 - Division 14: Society for Industrial and Organizational Psychology
 - Division 17: Counseling Psychology
 - Division 44: Psychological Study of Lesbian, Gay, and Bisexual Issues
 - Division 47: Society for Sport, Exercise, and Performance Psychology
 - Division 47: Sport and Performance Psychology
- Association of Behavioral and Cognitive Therapy (ABCT); Member.
- Association for Contextual Behavioral Science (ACBS); Member.
- Association for Applied Sports Psychology (AASP); Member and Certified Consultant.
- New Jersey Psychological Association (NJPA); Member.
- New Jersey Neuropsychological Society (NJNS); Member.
- New Jersey Counseling Association (NJCA); Member.
- LPANJ: Latino Psychologist Association of New Jersey
- Center for Lesbian and Gay Studies (CLAGS); Research Affiliate.
- Clinical/Counseling Sport Psychology Association (CCSPA); Member.
- Center for Gambling Studies- Rutgers School of Social Work; Research Affiliate.

Awards

- 2024 American Psychological Association Div. 47 Poster of the year titled *Queer athletes: The relationship between competition, internalized homophobia, and mental health.*
- 2023 Seton Hall University Hall of Fame Inductee (Swimming)
- 2022 Stan Moldawsky Mentor Award- New Jersey Psychological Association (NJPA)
- 2020-2021 Chancellor and Provost Honoree for Faculty Excellence; Rutgers University- New Brunswick
- 2015 Christian Brothers Academy Hall of Fame Inductee (Swimming)

- 2014 Tabler Award for Distinguished Service, NJCA, April 2014
- Seton Hall University Scholarship Athlete on the Varsity Swim Team
 - 2000-2002 Team Captain
 - 2000-2002 Big East All-Academic Team
 - 2000 Big East Champion
 - United States Olympic Trial Competitor & NCAA Qualifier

Television and Media

1. Positively Ernie: WABC 77 Radio. Regular Guest- monthly: Topics have included: Distractions, Fast-paced living, Wellness and Wellbeing, Sport Psychology.
2. FOX5-NYC, Mindfulness for Wellness, aired November 2022 with Sharon Crowley.
3. FOX5-NYC, Anxiety Screening Mandate for Patients under 65, aired September 2022 with Sharon Crowley.
4. NBC LX “Suicides in Female Student-Athletes” April 2022 with Tabitha Lipkin
5. FOX5-NYC, “Has COVID aged us?” aired February 2022 with Dana Arschin.
6. FOX5-NYC, “On Dealing with another winter of COVID and mentally preparing for 2022” live December 2022 with Lori Stokes.
7. FOX5-NYC, multiple air dates. “Are we really ready to return to ‘normal’? with Mac King.
8. FOX5 NYC-6PM. “Organizing during the Pandemic and mental health”. September 2020.
9. FOX5 NYC- Morning Show, “Coronavirus and dating. July 2020.
10. FOX5 NYC-6PM, “Coronavirus and how to community with those not sharing the same beliefs. Taped Interview. July 2020.
11. FOX5 NYC- 10PM, “Social Media and Sports: How People use Internet to Share Feelings.” Taped Interview. December 2019.
12. FOX5 NYC- 6 PM with Ernie Anastos, “Homesickness: How Parents Can Help Students Adjust.” Live Interview. October 2019.
13. FOX5 NYC- 6 PM with Ernie Anastos, “Taking a Mental Health Day: How to Incorporate Wellness into Education.” Live Interview. August 2019.
14. News 12, “Sports Involvement: The Effects of Super Bowl.” Reporter Prashanthi Musapet. Taped and aired February 2019
15. FOX5 NYC-6PM with Ernie Anastos, “The Psychology of Music and Relaxation.” Live Interview. January 2019.
16. News 12, “The Science of Texting and the Effects on Health” Reporter Prashanthi Musapet. Taped and aired January 2019.
17. FOX5 NYC- 6 PM with Ernie Anastos, “The Perfect Apology.” Featured Story. Live Interview. December 2018.
18. CBS NY- 5PM, “Jane Seymour Poses for Playboy: Body Image as Women Age.” Interview taped and aired February 22, 2018.
19. FOX5 NYC- 6PM with Ernie Anastos, “Consumer Psychology and the impact on psychological health.” Live Interview. July 2017.
20. FOX5 NYC- 6 PM with Ernie Anastos, “ Stress over politics send Americans to therapy.” Taped Interview. March 2017.
21. FOX5 NYC-6PM with Ernie Anastos, “The Psychology of Selfies. Taped Interview. February 2017.
22. FOX5 NYC- 6 PM with Ernie Anastos, “ College Counseling Centers.” Taped Interview. November 2016.
23. One on One with Steve Aduabato, “Cognitive and Behavioral Therpay” original air date: Winter 2015.
24. NJTV, “Recognizing Behavioral Addiction” March, 7, 2015.

Contributions

1. Nazish, Noma (April 9, 2024). Urgency culture might lead you to burnout. How can you combat it. Located in National Geographic: <https://www.nationalgeographic.com/science/article/urgency-culture-burnout>
2. Whitehead, Kate (December 19, 2023). How to survive Christmas: expert tips on dealing with alcohol, grief, money pressures, being alone and more during the holiday period. <https://www.scmp.com/lifestyle/health-wellness/article/3245446/how-survive-christmas-expert-tips-dealing-alcohol-grief-money-p pressures-being-alone-and-more-during>
3. Incollingo, Beth (November 2023). Meet the Sports Psychologist Who Helps Scarlet Knight Student-Athletes Excel on and off the Field <https://www.rutgers.edu/news/meet-sports-psychologist-who-helps-scarlet-knight-student-athletes-excel-and-field>
4. Diamond, Michael. (October 30, 2023). Why did Brookdale spend 1.4M on an esports arena? It's more than just playing games. Asbury Park Press. <https://www.app.com/story/news/education/2023/10/31/brookdale-esports-arena-video-gamers/71238462007/>
5. Bannan, K.J. (October 27, 2023). Sleep like the candidates: How politicians rest on the campaign trail. <https://www.sleepfoundation.org/sleep-news/how-politicians-sleep-during-election-season>

6. Chandler, Joey. (June 5, 2023). How Rutgers pole value champion (and TikTok star) emerged from eating disorder's 'very dark time.' NJ.com. <https://www.nj.com/sports/2023/06/how-rutgers-pole-vault-champion-and-tiktok-star-emerged-from-eating-disorders-very-dark-time.html>
7. Brier, Bobby. (October 11, 2022). Injuries put football under microscope again. NJ Spotlight News. <https://www.njspotlightnews.org/2022/10/football-injuries-linden-high-school-football-player-xavier-mcclain-aaron-van-trease-saint-john-vianney-high-school-eric-legrand-rutgers-miami-dolphins-tua-tagovailoa/>
8. Iseman, Chris. (August 2, 2022). How Rutgers football is addressing mental health as pressures on athletes rise. Associate Press. <https://www.app.com/story/sports/college/rutgers/2022/08/02/rutgers-nj-football-how-scarlet-knights-are-addressing-mental-health/65386652007/>
9. McShane, J. (March 3, 2022). Having trouble handling exercise after covid? Here are expert tips. Washington Post. <https://www.washingtonpost.com/wellness/2022/03/03/exercise-after-covid-infection/2019>
10. Mattura G. & Anzidei, M. (March 3, 2022). COVID disruptions have intensified stress for NJ high school coaches, and some quit. <https://www.northjersey.com/story/sports/high-school/2022/03/03/nj-high-school-coaches-covidstress/6893503001/>
11. Miller, K. (February 12, 2022). 7 signs of immaturity that therapists say folks can grow out of at any age. Healthy Mind. <https://www.wellandgood.com/signs-immaturity/>
12. Anzidei, M. (August 12, 2021). Simone Biles has us talking about mental health. Where do we go from here for athletes? Northjersey.com. <https://www.northjersey.com/story/sports/olympics/2021/08/12/athletes-mental-health-in-sports-simone-biles/5471598001/>
13. Read, Z. (April 2, 2021). It's OK to not be OK: For clients' mental health, and their own, therapists managed intense new demands. WHY PBS.
14. <https://why.org/articles/its-ok-to-not-be-ok-for-clients-mental-health-and-their-own-therapists-managed-intense-new-demands/>
15. Decker, L. (July 28, 2020). Zoom meetings and zoning out. <https://www.westernfrontonline.com/2020/07/28/zoom-meetings-and-zoning-out/>
16. West, T. (March 27, 2020). Waterfront space is a break of fresh air for Jersey residents in quarantine. <https://www.nj.com/hudson/2020/03/waterfront-space-is-breath-of-fresh-air-for-jersey-residents-in-quarantine.html>
17. Elfman, L. (March 28, 2020). The future is now. USA Volleyball. <https://www.usavolleyballyourcourt.com/issue2019-4/the-future-is-now/>
18. Elfman, L. (December 28, 2019). Fighting the winter blues. USA Volleyball. <https://www.usavolleyballyourcourt.com/issue2019-4/fighting-the-winter-blues/>
19. Reindl, A. (July 10, 2019). Explaining Racial Trauma to A White Therapist Isn't Always Easy, Here's Why Seeing a Therapist of Color Might Be Better. Contributed article at mitu: <https://wearemitu.com/fierce/minority-mental-health-month-approach-to-picking-a-therapist/>
20. Fredericks, K. (2018) 10 Silent Signs That You Need Depression Medication. Contributed article to Reader's Digest (www.rd.com)
21. Economou, P. (2015, Jan 12). Alphabet soup in psychology: BPD and DBT. Contributed article to www.factbasedhealth.com
22. Griffith, J. (2014, Feb 14). Economou cited in *I do, redo?* Celebs aren't the only ones to remarry ex-spouses. Star Ledger.
23. Griffith, J. (2014, January 7). Economou cited in *Depression's lonely road*. Star Ledger, 25, 29.
24. Griffith, J. (2013 March, 26). Economou cited in *Time for adventure: NJ summer camps serve up fun, skill-building experiences for kids*. Star Ledger.

Dissertations and Theses

1. Megan Manierski. School Psychology PSYD. 2023. "Using and evidence-based mindfulness practice for coping with injury: A pilot study." Chair.
2. Tori Glascock. MAP Honors Capstone. 2022. "Black student-athletes and the racism pandemic: Building anti-practice practices in athletics." Chair.
3. Sasha Singh. MAP Honors Capstone. 2022. "Acculturation and perceived efficacy of mindfulness-based interventions among South Asian immigrants." Chair.
4. Caleb Spiro. MAP Honors Capstone. 2022. "Understanding Youth Mood Disorders Through the Lens of RDoC: Parsing Through Equifinality, Multifinality, and Relevant Subtypes." Chair.
5. William Zuckerberg. MAP Honors Capstone. 2022. "The relationship between anxiety and e-sport performance." Chair.
6. Jacqueline Slemph. School psychology PSYD. 2020. "Concussion management and return to learn protocols: School psychologists' current practices and acceptability." Committee member.
7. Jamal Waire. School Psychology PSYD. 2019. Impact of mental health literacy, self-stigma, and athletic identity on athletes' attitudes towards professional psychological help." Committee member.

8. Vanessa Chafos. Counseling Psychology PHD (SHU). 2020. "The relationship between sex role, mindfulness, perceived stress, anxiety and flow in team sport female athletes." Committee member.

University Service

- GSAPP Consultation Task Force- GSAPP 2024
- Office of Vice Provost for Faculty Excellence: Consultant for Faculty Wellness 2023-2024
- Consulting Taskforce-GSAPP 2023
- RARC public policy search committee 2022
- SPH school review- outside reviewer 2022
- DICE equity advisor 2020-2022
- Committee on Diversity (COD)- GSAPP Co-chair 2018-2021
- Executive, Academic Leadership, Finance, Curriculum Development, Graduate Education, and Appointments & Promotion Committees 2018- 2021