

Carlos A. Vidales

Rowan Center for Behavioral Medicine
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 818-446-2522 ext. 2012

EDUCATION

Ph.D.	Iowa State University Major: Counseling Psychology Certificate in Quantitative Psychology; Preparing Future Faculty Scholar Dissertation: Barriers to Seeking Help for Men of Color Engaging in Heavy Episodic Alcohol Consumption	2023
M.A.	California State University, Los Angeles Major: General Psychology Thesis: An Examination of Familial Homophobia	2016
B.A.	California State University, Los Angeles Major: Psychology Minor: Child Development & Family Studies	2014

PROFESSIONAL EXPERIENCE

Psychological Associate	Rowan Center for Behavioral Medicine Burbank, CA	2024 – Present
Assistant Professor (Tenure-Track)	Clinical Psychology PsyD Cástulo de la Rocha College of Health and Community Well-Being University of La Verne	2023 – Present
Pre-Doctoral Psychology Intern	Health Service Psychology (APA-Accredited) Counseling and Psychological Services UC Santa Barbara	2022 – 2023

CLINICAL EXPERIENCE

Rowan Center for Behavioral Medicine	Burbank, CA	2024 - Present
Counseling and Psychological Services	UC Santa Barbara	2022 – 2023

Collegiate Recovery Community Student Wellness, Iowa State University	2020 – 2022
United Community Services Healthcare Des Moines, Iowa	2020 - 2021
Network Community Counseling Ames, Iowa	2019 – 2020
Brief Alcohol Screening and Intervention for College Students Student Wellness, Iowa State University	2019 – 2020
Intermediate & Advanced Practicum Student Counseling Services, Iowa State University	2018 – 2020
Practicum in Cognitive Assessment Department of Psychology, Iowa State University	2018
Beginning Practicum Department of Psychology, Iowa State University	2017-2018
Academic Coach, Academic Success Center Academic Success Center, Iowa State University	2017-2018

SUPERVISION EXPERIENCE

Supervisor of Doctoral Counseling Psychology Student Counseling and Psychological Services, UC Santa Barbara	2022 – 2023
Supervisor of Doctoral Counseling Psychology Students Department of Psychology, Iowa State University	2021 – 2022
Supervisor of Doctoral Counseling Psychology Students BASICS, Iowa State University	2020 – 2022
Supervisor of Masters of Social Work Students United Community Services	2020 - 2021
Supervisor of Undergraduate Psychology Students' Counseling Skills Department of Psychology, Iowa State University	2019 – 2022

GROUP COUNSELING EXPERIENCE

Co-Leader, Mindfulness and Compassion Counseling and Psychological Services, UC Santa Barbara	2022 – 2023
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Co-Leader, Good Grief Support Group Counseling and Psychological Services, UC Santa Barbara	2022 – 2023
Leader, Friends and Family Members of Recovery Collegiate Recovery Community, Iowa State University	2021 - 2022
Leader, All Recovery Collegiate Recovery Community, Iowa State University	2021 - 2022
Co-Leader, Medication-Assisted Treatment for Opioid Use Disorder United Community Services, Des Moines	2020 - 2021
Leader, Self-Management and Recovery Training Collegiate Recovery Community, Iowa State University	2020 - 2021
Co-Leader, Trans* and Nonbinary Interpersonal Process Group Student Counseling Services	Spring 2020
Leader, Psychoeducational Group on Substance Use BASICS, Iowa State University	2019 - 2020
Observer, Interpersonal Process Group Network Community Counseling	2019 - 2020

PEER-REVIEWED PUBLICATIONS

- Vidales, C.A.**, Levant, R.F., & Vogel, D.L. (2023). The self-stigma of seeking help (SSOSH) scale: Measurement invariance across men from different backgrounds. *Measurement and Evaluation in Counseling and Development*. <https://doi.org/10.1080/07481756.2022.2160356>
- Vidales, C.A.**, Fernando, G.A., & Vogel, D.L. (2022). Perceived familial stigma of sexuality. *Measurement and Evaluation in Counseling and Development*. <https://doi.org/10.1080/07481756.2022.2030238>
- Li, S., Heath, P.J., **Vidales, C.A.**, Vogel, D.L., & Nie, Y. (2022) Measurement invariance of the Self-Stigma of Mental Illness Scale: A cross-cultural study. *International Journal of Environmental Research and Public Health*, 19, 2344, 1-13. <https://doi.org/10.3390/ijerph19042344>
- Vidales, C.A.**, Smolenski, D.J., Skopp, N. A., & Vogel, D.L., Wade, N., Sheppard, S., Speed, K., Hood, C., & Cartwright, P. (2021). Assessing the dimensionality and construct validity of the military stigma scale across current and former service members. *Journal of Military Psychology*, 1-9. <https://doi.org/10.1080/08995605.2021.1997501>
- Heath, P.J., Vogel, D.L., **Vidales, C.A.**, & Abraham, W.T. (2021). Measurement invariance of suicide screening measures across military branch, deployment history, and combat experience. *Journal of Military Psychology*, 1-8. <https://doi.org/10.1080/08995605.2021.1962186>

- Macbeth, A. J., **Vidales, C.A.**, & Vogel, D.L. (2021). Parental religiosity as a predictor of depression and substance use among LGBTQ+ individuals: The mediating role of familial stigma. *Psychology of Religion and Spirituality*. <https://doi.org/10.1037/rel0000411>
- Lui, P. P., **Vidales, C. A.**, & Rollock, D. (2018). Personality and the social environment: Contributions to psychological adjustment among Asian and Euro American students. *Journal of Social and Clinical Psychology*, 37, 9, 659-696. <https://doi.org/10.1521/jscp.2018.37.9.659>

BOOK CHAPTERS

- Vidales, C.A.**, & Fernando, G. A. (2022). Stigma and resilience in LGBTQ youth of color, In O. Moreno, & B. Halpern-Felsher, (Eds.), *Encyclopedia of Child and Adolescent Health*. Academic Press.
- Vidales, C.A.**, & Macbeth, A. J. (2021). Mental health stigma amongst LGBTQ populations, In D.L. Vogel, & N. Wade (Eds.), *The Cambridge handbook of stigma and mental health*. Cambridge University Press and Assessment.

TEACHING EXPERIENCE

Instructor of Record

Clinical Psychology PsyD, University of La Verne

- Social Psychology 2024
- Substance Abuse Detection and Treatment 2024
- Risk Assessment and Intervention 2024
- Psychological Measurement 2023
- Quantitative Research Methods 2023
- Advanced Human Sexuality 2023

Department of Psychology, Iowa State University

- Counseling Skills & Techniques 2019-2020* & 2021-2022
- Drugs and Behavior* 2021
- Health Psychology* 2021
- Practicum in Undergraduate Research 2020-2021
- Psychological Measurement and Assessment* 2020
- Psychopathology 2019

University Honor's Program, Iowa State University

- Cross-Cultural Narratives and Emotions in U.S. Film 2022
- Horror Psychology 2021

Department of Communication Studies, Iowa State University

- Special Topics in Communication: Health Communication* 2020 & 2023

Department of Psychology, Cal State Los Angeles

- Introductory Psychology 2016 – 2017

Department of Child and Family Studies, Cal State Los Angeles

- Development Across the Lifespan: Adulthood and Aging
Denotes class was facilitated online

2016 – 2017

PEER-REVIEWED ORAL PRESENTATIONS ($N = 11$)

Moon, E.J,* & **Vidales, C.A.** (2023). Effects of the COVID-19 Pandemic on Polysubstance Use Patterns. Submitted for presentation at the Annual Conference of the Midwest Psychological Association, Chicago, IL.

Vidales, C.A. (2022). Associations between parental rejection and alcohol misuse among college students. Accepted for presentation at the Annual Conference of the Midwest Psychological Association, Chicago, IL.

Brenner, R. E., Vogel, D. L., & **Vidales, C.A.** (2018, August). Social Justice and Basic Guidelines in Scale Development. In Brenner, R. E. (Chair) & Hammer, J. H. (Co-Chair), *Advocacy and Diversity in Measurement: Scale Development, Bifactor Analysis, and Invariance Testing*. Symposium presented at the 126th Annual convention of the American Psychological Association, San Francisco, CA.

Amaya, S., Fernando, G.A., **Vidales, C.A.**, Randall, T., & Mylvaganam, I. (2018). Thank you for being a friend: Social support and its role in the academic persistence, academic achievement, and well-being of Latinx college students. In Fernand, G.A. (Chair) & Riggio, H. (Co-Chair), *Addressing college persistence and academic success of minority college students: multi-method, multi-source approaches*. Presented at the 98th Annual Western Psychological Association Conference, Portland OR.

Vidales, C. A., & Fernando G. A. (2016) No homo: Compulsive heterosexuality in straight men. Presented at the 11th Annual Student Research Conference, by the Center for the Study of Genders and Sexualities, Cal State LA, 2016.

Vidales, C.A., & Fernando, G. A. (2016) An examination of familial queer discrimination in QPOC communities. Submitted for oral presentation at the 96th Annual Western Psychological Association Conference, Long Beach CA.

Vidales, C. A. (2015) Manufacturing the Pink Sheep: Intersecting Identities and the Formation of Familial Homophobia. Presented at the 11th Annual Student Research Conference, by the Center for the Study of Genders and Sexualities, Cal State L.A, 2015.

Vidales, C. A., Franklin, M., & Fernando, G. (2015) Quality vs. quantity; The role of social support on academic success. Presented at the 95th Annual Western Psychological Association conference, Las Vegas NV.

Lassiter, M., **Vidales, C. A.**, & Fernando, G. (2014) Intimate partner violence: If we accept it do we see it? Presented at the Southern California Conference for Undergraduate Research, Cal State Fullerton, 2014.

Vidales, C.A. (2014) A queer extrospection of hegemony in trauma diagnosis. Presented at the 10th Annual Student Research Conference, by the Center for the Study of Genders and Sexualities, Cal State LA, 2014.

Fernando, G., **Vidales, C.A.**, & Zambrano-Morales, E. (2014). The involved path to academic success.” Presented at the 94th Annual Western Psychology Association conference, 2014, Portland OR.

PEER – REVIEWED POSTER PRESENTATIONS ($N = 26$)

Vidales, C.A., Moon, E.J, & Vogel, D.L. (2022). The moderating role of self-compassion on alcohol-related change. Accepted for presentation at the annual convention of the Midwest Psychological Association, Chicago, I.L.

Moon, E.J,* **Vidales, C.A.**, & Vogel, D.L. (2022). The relationship between alcohol problems and self-compassion: The role of self-esteem as a mediator. Accepted for presentation at the annual convention of the Midwest Psychological Association, Chicago, I.L.

Vidales, C.A., Levant, R.F., & Vogel, D.L. (2021). Measurement Invariance of the SSOSH Across Sub-samples of Men. Accepted for presentation at the 129th annual convention of the American Psychological Association, San Diego C.A.

Klesel, B,* **Vidales, C.**, Davis, A. K., Schwarting, C. M., & Arterberry, B. J. (2021, June 20-23). Social support networks: Protective factors for marijuana frequency and marijuana problems in adolescence. Presented at the Conference on Problems of Drug Dependence, Virtual.

Schwarting, C.M,* Arterberry, B.J., & **Vidales, C.A.** (2020). Peer versus close friend relationships associated with cannabis use among adolescents. Presented at the National Conference on Undergraduate Research, Bozeman, MT.

Macbeth, A.J,* **Vidales, C.A.**, & Vogel, D.L. (2020). Religiosity in the LGBTQ+ Community: An Analysis of Familial Stigma and Distress. Presented at the 128th annual convention of the American Psychological Association, Washington D.C.

Vidales, C.A., & Vogel, D.L. (2020). Heterosexism, Familial Stigma, and Ethnicity. Accepted for presentation to the Society of Counseling Psychology Conference, New Orleans, LA.

Vidales, C.A., Brenner, R.E., Vogel, D.L., Ertl, M.M., Al-Darmaki, F.R., Baptista, M.K., Liao, H., Mak, W.W.S., Nasvytiene, D., Rubin, M., Schomerus, G., & Topkaya, N. (2020). Development of the Collective-Interdependent Stigma of Seeking Help Scale (CISSH) Across 10 Countries. Accepted for presentation to the Society of Counseling Psychology Conference, New Orleans, LA.

Arterberry, B.J., **Vidales, C.A.**, David, A.K., Callada, M., McCabe, S.E., & Wang, C. (2020). Differences in mental health and substance use risk profiles between cannabis-only users and polysubstance cannabis users in a national sample.

- Vogel D. L., **Vidales, C. A.**, Abraham, W. T., & Heath, P. J., (2019). Testing the Validity of Brief Suicide and Clinical Screeners for Military Personnel. Presented at the International Summit on Suicide Research, Miami, FL.
- Macbeth, A.,* **Vidales, C.A.**, Brenner, R. & Vogel, D. L. (2019). Saying “Good-Bi” To the Closet: The Associations Between Bisexuality, Gender, and Coming-Out. Presented at the 127th Annual convention of the American Psychological Association, Chicago, IL. Winner of APA Student Affiliate/APAGS “Science at Sunset Poster Competition.”
- Vidales, C. A.**, Vogel, D. L., & Fernando, G. A. (2019). Validation of the Familial Sexual Stigma Scale. Presented at the 127th Annual convention of the American Psychological Association, Chicago, IL.
- Vogel, D. L., **Vidales, C. A.**, Heath, P. J., & Abraham, T. (2019). Post-Traumatic Stress Checklist for Military Personal: Invariance Across Subsamples of Military Populations. Presented at the 127th Annual convention of the American Psychological Association, Chicago, IL.
- Vidales, C. A.**, & Vogel, D. (2019). Parental Rejection, Heteronormativity, Depression, and Drinking among Queer Communities. Presented at the 2019 National Multicultural Conference and Summit, Denver, CO.
- Vidales, C. A.**, Heath, P. J., Vogel, D.L., & Brenner, R. E. (2018). Predicting self-stigma: The role of self-compassion, coldness and psychological flexibility. Presented at the 126th Annual convention of the American Psychological Association, San Francisco, CA.
- Vidales, C. A.**, Fernando, G.A., Kourtesi, D.,* & Mylvaganam, I. (2018). Shunned: Homophobia and microaggressions in Latino families and their impact on a homosexual family member. Presented at the 98th Annual Western Psychological Association Conference, Portland OR.
- Vidales, C.A.**, Lassiter, M., Amaya, S., & Fernando G.A. (2016) Thinking straight about IPV. Poster presented at the annual meeting of the American Psychological Society, Chicago IL.
- Vidales, C. A.**, Chavez, A., & Fernando G. A. (2016) Out of line: Intra-familial communication styles, intersecting identities, and LGBT outness. Presented at the annual meeting of the American Psychological Society, Chicago IL.
- Vidales, C. A.**, & Fernando, G. A. (2015) Theoretical considerations in examining familial homophobia; Development of the exposure to familial homophobia scale. Presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Portal, K., Ocegüera, B., **Vidales, C.A.**, Mendez, R., & Fernando, G. (2014, August). Gender differences in shyness: Let us count the ways. Presented at the annual meeting of the American Psychological Association, Washington D.C.
- Fernando, G., Ocegüera, B., Portal, K., **Vidales, C.A.**, & Mendez, R. (2014 August). The role of religion in trauma outcomes for Sri Lankan youth. Presented at the annual meeting of the American Psychological Association, Washington D.C.

- Portal, K., **Vidales, C.A.**, Ocegura, B., Mendez, R., & Fernando, G. (2013). Who's to blame? College students' awareness of intimate partner violence. Presented at the annual meeting of the Institute for Violence and Trauma, Honolulu, HI.
- Zambrano-Morales, E., **Vidales, C.A.**, & Fernando, G. (2013). Is affection linked to durable happiness? Relationship status and well-being in college students. Presented at the American Psychology Association, Honolulu, HI.
- Caruducci, B. J., Raygoza, J., **Vidales, C.A.**, Zambrano-Morales, E., Ocegura, B., Fernando, G. A. (2013) Comparing what shy Italians and American students do to deal with their shyness. Presented at the American Psychology Association, Honolulu, HI.
- Vidales, C.A.**, Raygoza, J., Ocegura, B., Fernando, G., & Carducci B. (2013) At first blush: Examining shyness & anxiety in college students. Presented at the Western Psychology Association Convention, Reno NV.
- Ocegura, B., Mendez, **Vidales, C.A.**, Raygoza, J., & Fernando, G. (2012). We say "no," but can we recognize it? Presented at the Southern California Conference for Undergraduate Research, CSU Channel Islands.

RESEARCH EXPERIENCE

Graduate Researcher, Self-Stigma Research Collaborative

2017 – 2023

Iowa State University

Director: David Vogel, Ph.D

Projects:

- Stigma of Sexuality Construct Validation Study
- Military Suicide Research Consortium Measurement Invariance Grant
- Cross-Cultural Construal Stigma of Mental Illness
- Self-Stigma of Mental Illness: Self-Compassion, Coldness, and Psychological Flexibility

Graduate Researcher, Polysubstance Research Lab

2018 – 2021

Iowa State University

Director: Brooke Arterberry, Ph.D.

Projects:

- Passion-focused Use of Cannabis
- Determining Patterns of Polysubstance Use

Senior Researcher, The Center for the Study of Traumatic Stress

2012 –2017

California State University, Los Angeles

Director: Gaithri A. Fernando, Ph.D.

Projects:

- Familial Stigma of Sexuality Study
- Persistence in Education Project

- An Examination of Familial Homophobia
- Too Gay for IPV? Perceptions of Intimate Partner Violence in Queer Relationships
- Needs of 1st Gen College Students: Implications for High-Impact College Practices
- Paths to Academic Success: An Examination of Academic and Social Burden
- The Intimate Partner Violence Acceptance and Recognition Study

Research Fellow, The Center for the Study of Genders and Sexualities 2014 –2015

Director: Benjamin Bateman, Ph.D.

California State University, Los Angeles

Projects

- Compulsory Heterosexuality and Complicit Homonegativity among Straight Men
- Manufacturing the Pink Sheep – Intersecting Identities and Familial Homophobia
- A Queer Extrospection of Trauma

AWARDS

Mental Health and Psychological Well-being Programming Fellow 2024
University of La Verne

National Register Internship Travel Scholarship 2022
American Psychological Foundation

John and Elain Bath Outstanding Counseling Psychology Graduate Student Award 2022
Iowa State University

Department of Psychology Exceptional Service Award 2022
Iowa State University

Psychology Dissertation Completion Funding Award 2022
Iowa State University

Undergraduate Teaching Excellence Award 2021
Graduate College, Iowa State University

Graduate Student Mentor of the Year Award 2021
McNair Program, Iowa State University

Teaching Excellence Award 2021
Department of Psychology, Iowa Student University

Alliances for Graduate Education and the Professorate Fellowship 2017
Iowa State University

Center for the Study of Genders and Sexualities Fellowship 2016

Cal State Los Angeles

GRANTS

ISU Counseling Psychology Diversity Research Conference Grant	2022
Professional Development Grant, ISU Office of the Provost	2021
Dr. Richard A. Rodriguez Division 44 Student Travel Grant	2019
APA Division 44 Community of Students' Student Travel Grant	2019
Graduate & Professional Student Senate Professional Advancement Grant	2019
ISU Counseling Psychology Diversity Travel Grant	2019
Vice President for Diversity and Inclusion Program Enhancement Grant	2018
Graduate and Professional Student Senate Program Enhancement Grant	2018
Psychology Department Research Enhancement Grant	2018
Office of Graduate Studies Travel Grant	2016
Office of Graduate Studies Travel Grant	2015
Research, Scholarship, and Creative Activities Grant	2014

TRAINING PROVIDED

Helping Skills Training Facilitator, Des Moines IA	2021
<ul style="list-style-type: none"> Facilitated a one-day training on general helping skills and Motivational Interviewing to a peer-support program composed of first responders in Des Moines 	
Motivational Interviewing Training, Fraternity and Sorority Engagement ISU	2021
<ul style="list-style-type: none"> Provided a 2-day intensive motivational interviewing training to professional staff in Student Conduct and in Sorority and Greek Life. 	
Motivational Interviewing Training Facilitator, UCS Healthcare	2021
<ul style="list-style-type: none"> Facilitated a one-day training on Motivational Interviewing that included theory, techniques, and application to group counseling. 	
Interpersonal Process Training Facilitator, UCS Healthcare	2020
<ul style="list-style-type: none"> Facilitated a one-day training on Interpersonal Process psychology for use in group interventions for substance abuse treatment. 	
Providing Therapy to Undocumented Clients	2018
<ul style="list-style-type: none"> Facilitated a day-long training to students, faculty, and staff focused on increasing cultural literacy and efficacy in working with clients impacted by undocumented. 	

OUTREACH

Outreach Team, UCSB	2022 - 2023
<ul style="list-style-type: none"> Participating in several university events, including welcome week and cultural events. Also present during needs of crisis and university tragedies. 	
CRC Presentation to CELT	2021
<ul style="list-style-type: none"> Presented to the faculty members of the Center for Excellence in Learning and Teaching about the Collegiate Recovery Community and needs of students in recovery. 	

- Masculinity and Substance Use Dialogue Facilitator 2020
- Facilitated a conversation among Fraternity leaders about the effects of masculinity, Greek life, and academic stress on alcohol consumption.
- Counseling Psychology Student Representative 2020 – 2022
- Served as liaison between the faculty of Counseling Psychology and the Graduate Students of Counseling Psychology student organization.
- Dialogue Group Facilitator, Men of Color Empowerment Summit 2019
- Facilitated a one-day dialogue about masculinity in men of color, with specific learning goals of acknowledging how gender intersects with other social constructs like race to impact everyday behavior.
- Workshop Facilitator, Crisis Assessment and Referral 2018
- Facilitated a workshop preparing graduate assistants from the department of Mathematics to identify students in crises, and to make appropriate campus/community referrals.
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MENTORSHIP & PROFESSIONAL SERVICE

- Collegiate Recovery Community 2020 - 2022
- Co-facilitated the development of Iowa State's first recovery program. Developed and administered clinical services (i.e., recovery coaching, support group facilitation, single-session interventions). Supervised affiliated student organization.
- Self-Stigma Research Collaborative:
- Mentored 4 students. One received APA Science at Sunset Poster Competition Award Winner. One received *Dean's High Impact Award for Undergraduate Research*
- McNair Scholar Fellowship
- Mentoring two students in the field of Sociology and Psychology. Mentorship includes professional (e.g. research and graduate school) and personal support (navigating campus as a person of color).
- Region Two Coordinator, Students of Seventeen 2021 – 2022
- Serving as the coordinator among the SAS affiliated counseling programs in Division 2. Assignments include creating a stronger relationship between counseling programs and provide a pathway of communication between programs and the greater APA.
- Iowa State University Representative, Students of Seventeen 2019 – 2021
- Served as the liaison between the Iowa State University Counseling doctoral program, and the APA Division 17 SAS representative group.
- Planning Committee Member, Economic Justice for Trans Liberation Forum 2016
- Coordinated a one-day training preparing local businesses to incorporate Transgender-friendly practices. Operated as an extension of Mi Centro LGBTQ Latinx community center.
- Editorial Experience 2018 - Present
- Journal of Counseling Psychology
 - Military Psychology
 - Stigma and Health
 - The Counseling Psychologist
 - Vocational Behavior

TRAININGS/CERTIFICATIONS

Certified BASICS/CASICS Instructor	2022
Certified BASICS/CASICS Counselor	2022
APA Substance Use Disorders Curriculum	2021
Certified Recovery Coach – CCAR	2021
Acceptance and Commitment Therapy in Trauma Work	2021
Certified SMART Group Facilitator	2020
Central Iowa LGBTQ+ Health & Wellness	2019

PROFESSIONAL AFFILIATIONS

APA Division 17 – Society of Counseling Psychology
APA Division 44 – Society for the Psychology of Sexual Orientation and Gender Diversity
APA Division 45 – Society for the Psychological Study of Culture, Ethnicity, and Race