

CURRICULUM VITAE

ALLISON E. MERTENS, PH.D.

(née White)

Assistant Director, Counseling Practicum Clinic
Assistant Clinical Professor, Ball State University
allison.mertens@bsu.edu
ORCID: 0000-0001-5438-7106

EDUCATION

- 09/14 – 08/20 **Ph.D. Counseling Psychology**
Boston College, Chestnut Hill, MA
Dissertation: *Purpose development in college students: Understanding the role of critical consciousness*
- 09/14 – 05/16 **M.A. Counseling Theories**
Boston College, Chestnut Hill, MA
- 09/13 – 05/14 **Ed.M. Prevention Science and Practice**
Graduate School of Education
Harvard University, Cambridge, MA
- 09/09 – 05/13 **B.A. Human Development and Psychology, cum laude**
Boston College, Chestnut Hill, MA

LICENSURE

- 09/26 – present **Licensed Psychologist**
Indiana Professional Licensing Agency, License #20044117A
- 10/21 – present **Licensed Psychologist**
Massachusetts Board of Registration of Psychologists, License #11626
- Pending **Health Service Provider in Psychology (HSPP)**
Indiana Professional Licensing Agency

PROFESSIONAL EXPERIENCE

- 09/26 – present **Assistant Director, Counseling Practicum Clinic**
Assistant Clinical Professor
Department of Counseling Psychology, Social Psychology, and Counseling
Ball State University, Muncie, IN
Serve as the Assistant Director of the training clinic in the APA accredited counseling psychology doctoral program and the CACREP and CORE accredited programs in clinical mental health counseling and rehabilitation counseling. Provide individual and group clinical supervision of graduate students. Oversee master's students' clinical training in the clinic and teach

master's level practicum courses. Serve on faculty committees and collaborate with other College of Health clinics.

09/21 – present

Part-time Instructor in Psychology

Harvard Medical School, Boston, MA

Supervise 2-3 psychology interns and 2-3 child psychiatry fellows per year in family and couples therapy. Contribute to research projects and collaborate on the writing and preparation of manuscripts for publication. Contributed to selection of trainees by evaluating Child Track Psychology Internship applications (2023-2025). Enhanced intern clinical training through co-leadership of an Integrative Therapy Seminar (2025).

09/21 – 08/26

Staff Psychologist

Massachusetts General Hospital, Boston, MA

Pediatric Psychiatry – Served as founding Associate Director of the Child and Adolescent Dialectical Behavior Therapy (DBT) Program, closing a critical gap in services for youth with severe emotional and behavioral dysregulation. Provided short-term behavioral health consultations through the innovative Integrated Primary Care (IPC) Program and psychotherapy to children, adolescents, families, and couples.

Addiction Recovery Management Service (ARMS) – Delivered evidence-based psychotherapy to adolescents and young adults with substance use disorders, as well as parent guidance, to strengthen family systems and support sustained recovery.

Parenting at a Challenging Time (PACT) Programs, Cancer Center and Amyotrophic Lateral Sclerosis (ALS) Clinic – Improved family coping and child adjustment by delivering 300+ supportive parent guidance consultations in oncology and neurology settings. Contributed to program development and visibility through co-authorship of a forthcoming book chapter on parent guidance interventions (oncology) and delivery of a national webinar on parenting with ALS.

TEACHING EXPERIENCE

09/16 – 05/22

Course Instructor

Boston College, Chestnut Hill, MA

Taught 1 course per semester across undergraduate and graduate programs:

APSY6348: Culture, Community and Change, undergraduate course

APSY2041: Adolescent Psychology, undergraduate course

APSY7633: Impact of Psychosocial Issues on Learning, graduate course

APSY7748: Foundations of Counseling I and II, graduate course (section leader)

EDUC7309: Preparing the Whole Person for Global Citizenship, graduate course

CLINICAL TRAINING EXPERIENCE

- 08/20 – 07/21 **Post-doctoral Fellow**
Learning & Emotional Assessment Program (LEAP)
Couples & Family Therapy Program
Massachusetts General Hospital/Harvard Medical School, Boston, MA
Conducted 8 neuropsychological testing batteries per month and provided psychotherapy to families and couples.
- 07/19 – 06/20 **Psychology Intern, Child Track**
Massachusetts General Hospital/Harvard Medical School, Boston, MA
Provided psychotherapy to children, adolescents, families, and couples and conducted 2-3 neuropsychological testing batteries per month at LEAP.
- 07/16 – 06/18 **Child and Family Team Clinical Fellow; Advanced Clinical Fellow**
Counseling & Behavioral Services
Massachusetts General Hospital, Charlestown HealthCare Center
Harvard Medical School, Charlestown, MA
Provided psychotherapy to children and adolescents and expanded the scope and size of the integrated primary care pilot program.
- 09/15 – 06/16 **Psychology Intern**
Parker Middle School, Chelmsford Public Schools, Chelmsford, MA
Provided individual therapy and group therapy to students and evaluated 11 students for placement and appropriate services in special education.

RESEARCH EXPERIENCE

- 09/14 – 06/19 **Graduate Research Assistant**
Counseling Psychology Department
Boston College, Chestnut Hill, MA
Led a 9–12-member research team, studied factors that foster purpose in diverse youth, and collaborated with educators on youth development initiatives.
- 09/13 – 05/14 **Graduate Research Assistant**
Graduate School of Education
Harvard University, Cambridge, MA
Participated in a year-long research practicum course and analyzed a subset of data from “A Thin Line,” a website forum that targets teen sexting, cyberbullying, and digital abuse.

HONORS & AWARDS

- 2025 **Departmental Award for Clinical Care**
Massachusetts General Hospital, Boston, MA

- 2025 **Award for Excellence in Teaching and Mentorship**
Massachusetts General Hospital, Boston, MA
- 2024 **Award for Excellence in Teaching and Mentorship**
Massachusetts General Hospital, Boston, MA
- 2019 **Donald J. White Teaching Excellence Award for Graduate Teaching**
Boston College, Chestnut Hill, MA

PROFESSIONAL AFFILIATIONS

Associate Member, Association of Psychology Training Clinics
Member, American Psychological Association

TRAININGS AND CERTIFICATIONS

- 2026 Gottman Level 1 Training
- 2023 Behavioral Tech Dialectical Behavior Therapy (DBT) Training
- 2023 Adolescent-Community Reinforcement Approach (A-CRA) Certification
- 2022 Community Reinforcement and Family Training (CRAFT)
- 2019 Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

PRESENTATIONS & PUBLICATIONS

White, A. E., & Muriel, A. C. (in press). Support and guidance for parents with cancer. In M. Watson & D. Kissane (Eds.), *Handbook of psychotherapy in cancer care* (2nd ed.). John Wiley & Sons.

Lundquist, D., Pelletier, A., Durbin, S. M., Jimenez, R., Lam, A. B., Moore, C., **White, A.,** Thompson, L. L., Petrillo, L. A., Lynch, K., McIntyre, C., Juric, D., & Nipp, R. D. (2026). Longitudinal changes in patient-reported quality of life (QOL) and hope among early phase cancer clinical trial (EPCT) participants. *JCO Oncology Practice*, 22(10 Suppl.), 427.

White, A. E., & Moore, C. M. (2025, September 11). Supporting children when a loved one has ALS [Webinar]. ALS Association.

Lundquist, D., Horick, N. K., Petrillo, L. A., Jimenez, R., Turbini, V., Moore, C., **White, A.,** Thompson, L. L., Lam, A. B., Boulanger, M. C., Bame, V., Lynch, K., McIntyre, C., Juric, D., Ferrell, B. R., & Nipp, R. D. (2025). A nurse-led intervention to enhance quality of life (QOL) among early phase cancer clinical trial participants. *JCO Oncology Practice*, 21(10 Suppl.), 336. https://doi.org/10.1200/OP.2025.21.10_suppl.336

Noll, C., Ho, D., Scalia, J., Berry, J., **White, A.,** Wu, C., & Moore, C. (2025, October). Proportion of parents and grandparents among adults with ALS in a multidisciplinary ALS clinic [Poster presentation]. Annual NEALS Meeting, Clearwater, FL.

Moore, C., Pelletier, A., **White, A.,** Boulanger, M., Durbin, S., Lynch, K., Petrillo, L., Lam, A., Bame, V., Thompson, L., McIntyre, C., Jimenez, R., Juric, D., Nipp, R., & Lundquist, D. (2025).

Parenting concerns and communication with children about prognosis among early-phase clinical trial participants. *Psycho-Oncology*, 34(Suppl. 1).

Schmidtberger, R., Lincoln, B., Liang, B., Lund, T. J., DeSilva Mousseau, A., Sepulveda, J., Whitemore, V. (Matyjaszczyk), **White, A. E.**, Hill, N. E., & Perella, J. (2025). Mapping the journey: Exploring youth purpose using a visual qualitative method. *Youth*, 5(3), Article 96. <https://doi.org/10.3390/youth5030096>

Stein, M. B., O'Keefe, S., Mace, R. A., Foley, J. D., **White, A. E.**, Ruchensky, J., Curtiss, J., Moran, E., Evans, C., & Beck, S. (2023). Psychology internship training amidst COVID-19: Balancing training opportunities, patient care, and risk of exposure. *Journal of Clinical Psychology in Medical Settings*, 30(1), 61–71. <https://doi.org/10.1007/s10880-022-09890-9>

Lund, T. J., Liang, B., Lincoln, B., **White, A. E.**, DeSilva Mousseau, A. M., Gomez, L. A. M., & Akins, E. (2022). Purpose in life among first-generation college students: Friends make a difference. *Youth*, 2(1), 12–22. <https://doi.org/10.3390/youth2010002>

Lund, T. J., Liang, B., Sepulveda, J., **White, A. E.**, Patel, K., DeSilva Mousseau, A. M., & Spencer, R. (2022). Parenting and youth purpose: Fostering other-oriented aims. *Youth*, 1(1), 2–13. <https://doi.org/10.3390/youth1010002>

Sepulveda, J. A., Lincoln, B., Liang, B., Klein, T., **White, A. E.**, Hill, N., & Perella, J. (2021). MPOWER: The impact of a purpose program on adolescents' intrinsic and extrinsic motivations. *Frontiers in Psychology*, 12, Article 761580. <https://doi.org/10.3389/fpsyg.2021.761580>

White, A. E. (2020, October). Guiding students to environmental sustainability efforts: The intersection of purpose and critical consciousness. In S. Moran (Chair), *Cultivating purpose in late adolescents/emerging adults* [Symposium presentation]. 46th Annual Conference of the Association for Moral Education, Online.

White, A. E., Lincoln, B., Liang, B., Sepulveda, J., Matyjaszczyk, V., Kupersmith, C., Hill, N. E., & Perella, J. (2020). "My mentor thinks I can be someone amazing:" Drawing out youths' passions and purpose. *Journal of Adolescent Research*. <https://doi.org/10.1177/0743558420942481>

Stark, A. M., **White, A. E.**, Rotter, N. S., & Basu, A. (2020). Shifting from survival to supporting resilience in children and families in the COVID-19 pandemic: Lessons for informing U.S. mental health priorities. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S100–S102. <https://doi.org/10.1037/tra0000781>

White, A. E. (2020). Purpose as a powerful resource in the time of COVID-19. *Journal of Humanistic Psychology*. <https://doi.org/10.1177/0022167820940464>

Kenny, M. E., Liang, B., Blustein, D. L., Konowitz, L., Meerkins, T., **White, A. E.**, Medvide, M. B., Gao, X., & Shuqom, A. (2019). Coping with uncertainty: Cultivating a sense of purpose among youth through innovations in work-based learning experiences. In J. G. Maree (Ed.), *Handbook of innovative career counseling* (pp. 335–356). Springer.

White, A. E., Liang, B., Barnett, G., & Doyle, S. (2019). Making STEM meaningful: The infusion of purpose in STEM curriculum. In D. Blustein (Chair), *New directions in STEM career development: Interrogating assumptions [Symposium]*. American Psychological Association, Chicago, IL, United States.

Lund, T. J., Liang, B., Konowitz, L., **White, A. E.**, & Mousseau, A. D. (2019). Quality over quantity?: Mentoring relationships and purpose development among college students. *Psychology in the Schools*, 56, 1472–1481.

Klein, T., Liang, B., Sepulveda, J., & **White, A. E.** (2018). MPOWER: An evidence-based youth purpose program. *Journal of Character Education*, 15(2), 103–113.

Gutowski, E., **White, A. E.**, Liang, B., Diamonti, A. J., & Berado, D. (2017). How stress influences purpose development: The importance of social support. *Journal of Adolescent Research*, 33(5), 571–597.

Liang, B., **White, A.**, Rhodes, H., Strodel, R., Mousseau, A. M. D., Lund, T. J., & Gutowski, E. (2017). Pathways to purpose among youth from the Guatemala City dump community. *Community Psychology in Global Perspective*, 3(2), 1–21.

Liang, B., Chung, A., Diamonti, A. J., Douyon, C. M., Gordon, J., Joyner, E., Meerkins, T. M., Rene, K., Sienkiewicz, S., Weber, A., **White, A.**, & Wilson, E. (2017). Ethical social justice: Do the ends justify the means? *Journal of Community & Applied Social Psychology*, 27, 298–311.

Liang, B., Lund, T., Mousseau, A., **White, A. E.**, Spencer, R., & Walsh, J. (2017). Adolescent girls finding purpose: The role of parents and prosociality. *Youth & Society*, 50(6), 801–817.

Liang, B., **White, A. E.**, Mousseau, A. M. D., Hasse, A., Knight, L., Berado, D., & Lund, T. J. (2017). The four p's of purpose among College Bound students: People, propensity, passion, prosocial benefits. *The Journal of Positive Psychology*, 12(3), 281–294.

White, A. E., Weinstein, E., & Selman, R. L. (2016). Adolescent friendship challenges in a digital context: Are new technologies game changers, amplifiers, or just a new medium? *Convergence: The International Journal of Research into New Media Technologies*, 24(3), 269–288.

Weinstein, E. C., Selman, R. L., Thomas, S., Kim, J., **White, A. E.**, & Dianakar, K. (2015). How to cope with digital stress: The recommendations adolescents offer their peers online. *Journal of Adolescent Research*, 31(4), 415–441.