

Amanda McKinley, MSW, LCSW

Postgraduate: Indiana University, Ph.D. in Social Work, expected graduation 2026

Graduate: Dominican University, Master of Social Work, May 2007

Undergraduate: Olivet Nazarene University, Bachelor of Social Work, May 2006

Full-Time Academic Experience

Ball State University, Muncie, IN

Indiana University, Indianapolis and Bloomington, IN

Clinical Assistant Visiting Wellness Professor (Sept. 2023-July. 2024)

- Full-time faculty member with a 3-class load while helping implement a new wellness program overseen by the school of social work in 3 locations IU campuses in Indianapolis and Bloomington.
- Supervised and mentored school of social work BSW and MSW interns offering coaching sessions, wellness tips, and networking with stakeholders within each location.
- Completed annual and semi-annual reports for stakeholders and the school of social work.
- Offered ongoing feedback and collaboration with IU school of social work faculty liaisons for social work interns.
- Interviewed perspective students for internship positions.
- Developed marketing materials with students and helped with tabling events to promote wellness services.
- Networked and utilized community services to better serve wellness centers.

Teaching Experience

Ivy Tech Community College, Muncie, IN

Adjunct Instructor (All courses in-person)

- HUMS 101 Introduction to Human Services, Fall 2012
- HUMS 270 Program Planning Policy Issues, Fall 2013
- HUMS 203 Interviewing and Assessment, Fall 2013
- HUMS 270 Multicultural Practice, Fall 2013
- HUMS 206 Groups, Spring 2014
- HUMS 102 Helping Relationships, Fall 2014

Ball State University, Muncie, IN

Assistant Clinical Lecturer

- SOCW 325, Human Behavior in the Social Environment II (Macro), Fall 2025
 - (In-person synchronous and online asynchronous)
- SOCW 613, Advanced Generalist Rural Practice I
 - (Hybrid)
- SOCW 630, Micro Perspectives in Human Behavior and the Social Environment, Fall 2025
 - (Hybrid)

Adjunct Instructor

- SOCW 651 Social Work in Mental Health and Addictions, Spring 2021
 - (Online synchronous and asynchronous)

Faculty Liaison

- SOCW 462 Field Seminar, Spring 2021 (Online synchronous)
- SOCW 462 Field Seminar, Spring 2022 (In-person)

Indiana University, Indianapolis, IN

Adjunct Instructor/Clinical Assistant Visiting Wellness Professor

- SWK-S519--Community and Global Theory and Practice, Summer I 2021, Summer II 2022 (In-person), Summer 2022 (Online asynchronous)
- SWK-D517--Assessment in Mental Health and Addictions, Fall 2021 (Online asynchronous)
- SWK-221--Human Growth and Development in the Social Environment, Fall 2021, Spring 2022, Fall 2024, Spring 2025 (In-person)
- SWK-433 Community Behavior and Practice, Spring 2022 and Spring 2025 (In-person), redesigned course with new materials
- SWK-331--Generalist Social Work Practice I: Theory and Skills, Fall 2022 and 2023 (In-person, 2 sections)
- SWK-332--Generalist Social Work Practice II: Theory and Skills, Spring 2023 and 2024 (In-person, 2 sections)
- SWK-442--Integrated Practice/Policy Seminar for Mental Health (In-person), Fall 2024

Research Experience

- “Retrospective Review of Presenting Concerns at the Riley Gender Health Clinic”. Research Assistant for Dr. Brandon-Friedman, Indiana University school of social work. Fall 2021-Summer 2022.
- Rural children/adolescent mental health grant work, in prep, approved July 2025

Publications

- Xiao, Y., Hinrichs, R., Johnson, N., McKinley, A., Carlson, J., Agley, J., & Yip, P. S. F. (2021). Suicide Prevention among college students before and during the COVID-19 pandemic: Protocol for a systematic review and meta-analysis. *JMIR Research Protocols*, 10(5), e26948. <https://doi.org/10.2196/26948>

Macro Social Work Experience

*Auguste Community Aid Project, Board Member
Indianapolis, IN and Namibia*

March 2021-present

Assisted Namibian non-profit to create strategic plan, manage gifts, and market programs

Clinical Experience

Better Help Sept. 2022-Sept. 2023

Contracted Therapist

Online therapy platform that allows for synchronous and asynchronous communication with clients.

Balanced Pace Therapy, LLC June 2022-Present

Owner/Therapist

Run coaching and therapy clinic, specializing in the blend of mental and physical health for runners and walkers. Run coaching plans offered, in addition to virtual and in-person run/walk therapy.

Run Well Clinic

Contracted Mental Health Coach

Jan. 2023-Oct. 2023

Run coaching and mental health coaching on a platform with a physical therapist and run coach.

Pathway Counseling and Consulting, Indianapolis, IN

Sept. 2021-Oct. 2022

Contracted Therapist

Private practice telehealth service with adults, addressing a variety of mental health issues. Supervised therapist obtaining LCSW in regular clinical supervision.

Open Door Health Services, Muncie & Anderson, IN

Oct. 2013-Jan. 2021

Behavioral Healthcare Specialist

Completed mental health consultations and brief therapeutic interventions in a low-income community health care clinic through an integrated care model at a Federally Qualified Health Center.

Psychological Assessment and Consulting, Muncie, IN

Apr. 2014-Mar. 2016

Contracted Therapist

Conducted therapy sessions in collaboration with medical staff at a pain clinic, identifying how individuals can manage chronic pain and stressors through creating coping mechanisms and utilizing resources available to them to have the best quality of life possible despite circumstances.

Aug. 2018-May 2019

Contracted therapist addressing mental health concerns in an outpatient setting. Individual and family therapy with clients of multiple ages and backgrounds. Conducted assessments, maintained therapeutic notes, and maintained treatment plans.

Meridian Services Corporation, Muncie, IN

June 2007-September 2013

Youth and Family Therapist

Provide direct therapy to individuals and families, conduct psychosocial assessments in an outpatient setting, both for clients involved with the Department of Child Services and on a voluntary basis. Collaborate with various organizations to provide holistic care to clients.

Emergency Services Social Worker

January 2013-January 2014,
June 2015-January 2020

Assessed psych patients in the Emergency Department to determine the need for acute inpatient stays or continuing outpatient interventions.

Invited Presentations

- Introduction to Human Services presentation at Ivy Tech State College on experiences in the social work field. HUMS 101, Spring 2019.
- Social workers in healthcare at Ball State University. Experiences of social workers who work in sports. Nov. 2021.
- Mindfulness and mental health while running. Indy Runners Spring Training Seminar. April 2022.
- Self-care and self-soothing. IU Jaguar Leadership Lunch. March 2023.

Presentations

- Indiana University Doctoral Symposium. May 2020. Together alone: A cross country study of young adults' loneliness. Zoom.
- Doctoral Speakers Series. How social workers can mitigate the effects of loneliness. 25 March 2021. Indiana University school of social work. Zoom.
- Indiana University Doctoral Symposium. May 2021. Unhitched but not alone: The experiences of single individuals in the Protestant church. Zoom.
- International Conference on Sustainable Development 2021. July 2021. Together alone: A cross country study of young adults' loneliness. On demand.
- CCHMC's Social Worker and Clinical Counselor Conference. March 2022. Together alone: A cross country study of young adults' loneliness. Zoom.
- Blair, D. (Host). (2022, July 8). Get your mind right: The physical & mental connection (No. 27) [Audio podcast episode]. In *Fitting Indy*. Circle City Broadcasting.
<https://www.wishtv.com/podcast-episode/get-your-mind-right-the-physical-mental-connection/>
- Doctoral Speakers Series. Jan. 2023. Unhitched but not alone: The experiences of single individuals in the Protestant church.
- Campbell, K. (2023, Jan. 30). Running from your feelings (No. 7) [Audio podcast episode]. In *Run with Kat Show*. Apple Podcasts.
- 19th International Congress of Qualitative Inquiry (QI2023). (2023, May 19). Unhitched but not alone: The experiences of single individual in the Protestant church. Bloomington, IL.
- Alliance of Social Workers in Sports Conference. (2023, Sept. 19). Using Group Exercise to Disrupt Loneliness: An Alternative Treatment for Social Workers. New Orleans, LA.
- Preparing Future Faculty and Professionals (PFFP) Annual Pathways Conference: 3-Minute Thesis competition. (2024, 30 Nov.) Stronger together: How group exercise could be key to unlocking loneliness and increasing social capital. Indianapolis, IN.

Professional Organization Memberships: National Association of Social Workers (NASW), Alliance of Social Workers in Sports (ASWIS), Run Coach from Road Runners Club of America (RRCA), Indy Runners (RRCA affiliation)

Volunteer Work

Back on My Feet, volunteer, Indy Runners coach for Indy Mini spring training program 2022, 2024, (&)Campaign Indy

Professional Development

“Successfully Landing Your First Academic Job”. 3 June 2025. Preparing Future Faculty and Professionals Series. On demand.

“The Hidden Drivers of Health: How Social and Environmental Factors Influence Health Outcomes”. 26 February 2025. Speaker Shamika Morales. Zoom.

“Collaborative Transitions: The Role of Social Determinant of Health Screenings in Medical Settings”. 30 January 2025. Speaker Rafael Alamilla. Zoom.

“AI/Generative AI in my Professional Work”. 18 November 2024. IU Digital Gardener Series. Zoom.

“DGi Gen AI Series: What have we learned and what might we do differently?”. 11 November 2024. IU Digital Gardener Series. Zoom.

“AI/Gen AI Projects and Strategies for Assessment Event”. 21 October 2024. IU Digital Gardener Series. Zoom.

“Pedagogy & Scaffolding: Integrating AI/Gen AI in the Classroom”. 7 October 2024. IU Digital Gardener Series. Zoom.

Intro to Mindfulness course. 4-24 September 2024. Mindfulness Institute for Emerging Adults. Zoom.

“Harm reduction therapy with people who use drugs: An overview of the evidence, assessments, clinical interventions, and appropriate client engagement”. 25 March 2024. Speaker Meredith Canada. Zoom.

Plater-Moore Teaching and Learning Conference. 5 Apr 2024. IUPUI Campus Center.

Real Balance wellness certification coaching course. Feb.-May 2024. Zoom.

“9th Annual Alliance of Social Workers in Sports Symposium.” Sept. 2024. Indianapolis.

“8th Alliance of Social Workers in Sports Symposium”. October 2022. Indianapolis.

Preparing Future Faculty and Professionals certification program, training upcoming faculty members to be effective educators and researchers.

“Telebehavioral Practice Basics for Social Work Educators and Clinicians Responding to COVID-19”. Nov. 2021. Indiana University, virtual via Canvas.

"Trauma-Informed Care certificate". Oct. 2021. Indiana University, virtual via Canvas.

"Communities of their own: Gay men reconcile self-love, hurt, and the Pentecostal church". September 2021. Speaker Tayon Swafford. Zoom.

"Cognitive Behavioral Therapy with Persons of African Descent." March 2021. Virgil L. Gregory. Zoom.

"Athlete Abuse: Legal Issues and Implications for Sport-Based Practitioners." February 2021. Jonathan Little, JD.

"Structural White Supremacy". October 2020. Speaker Danny Carroll, MSW. Zoom.

"6th Annual Social Work in Sport Symposium." October 2020. Zoom.

"5th Annual Social Work in Sports Symposium." October 2019. Denver, CO.

"Council on Social Work Education (CSWE) Annual Conference". October. Denver, CO.

"4th Annual Social Work in Sports Symposium." November 2018. Orlando, FL.

"Next Steps in Indiana: Legislation, substance abuse, religion, suicide prevention and primary care." Oct. 2014. Nashville, IN.

8/29/2025

Amanda R. McKinley, LCSW

Date

Signature