

Pamela A. Hays, Ph.D.

Pamela Hays holds a Ph.D. in Clinical Psychology from the University of Hawaii, an M.S. in Counseling from the University of Alaska, a B.A. in psychology from New Mexico State University, and a certificate in French from La Sorbonne in Paris. From 1987 through 1988, she served as NIMH postdoctoral fellow at the University of Rochester School of Medicine. She is author of *Addressing Cultural Complexities in Counseling and Clinical Practice* (2022); *Creating Well-Being: Four Steps to a Happier Healthier Life* (2014); *Connecting across Cultures: The Helper's Toolkit* (2012); coeditor of *Culturally Responsive Cognitive Behavior Therapy* (2019) and co-author of *Cognitive-Behavioral Therapy: Techniques and Strategies*. The American Psychological Association has produced numerous training videos of her work as an expert therapist demonstrating CBT and culturally responsive practice. From 1989 through 2000, she served as core faculty member of Antioch University's graduate psychology program in Seattle. Since 2000, she has been back in her Alaskan hometown where she has worked in community mental health, private practice, and with the Kenaitze Tribe's Dena'ina Wellness Center. Her research has included work with Tunisian women in North Africa, and Vietnamese, Lao, and Cambodian people in the U.S. She lives on the Kenai Peninsula of Alaska where a few thousand humans share the land, water, and sky with millions of salmon, several thousand moose, and bald eagles galore. She provides consultation and teaches workshops internationally. For more information on her clinical practice, publications, videos, and workshops, see www.drpamelahays.com.

Pamela A. Hays, Ph.D.

Psychologist, License #481

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Education

Ph.D. in Clinical Psychology, University of Hawaii at Manoa, Honolulu, 1987. (APA-approved program.)

M.S. in Counseling Psychology, University of Alaska, Anchorage, 1982.

Post--B.A. Certificate in French, La Sorbonne, Paris, France, 1980. Passed comprehensive written & oral exams in intermediate-level French.

B.A. in Psychology, New Mexico State University, Las Cruces, N.M., 1979.

University of North Wales, Bangor, Wales, U.K.-Third year, Psychology.

M.F.A. in Creative Writing, University of Alaska, Anchorage, 2020.

Professional Experience

Independent Practice, Soldotna, Alaska, 1/9/09- present.

Consultant & Supervisor, Dena'ina Wellness Center/Nakenu of the Kenaitze Tribe, Kenai, Alaska, 2002-2014. Provided individual and family therapy to adults and children part-time for two years and provided consultation to the director and supervision to therapists thereafter.

Clinical Psychologist, Cottonwood Behavioral Health Center/PCHS, Soldotna, Alaska, 3/2000-9/2009. Provided individual and family therapy to adult & older adult clients, and individual and group supervision to clinic therapists.

Adjunct Faculty, University of Alaska Anchorage, 2002-2006.

Core Faculty, Graduate Psychology Program, Antioch University Seattle, 1/89-1/2000. Responsibilities included: program planning & administrative activities; advising graduate students; hiring & supervising adjunct faculty; teaching graduate courses including Multicultural Perspectives in Psychology, Advanced Theories: Multicultural Therapy, Geropsychology, Human Development in Context: Clinical Practice with Older Adults, Cognitive Behavior Therapies; providing & coordinating Case Consultation supervision for student interns in Mental Health Counseling and Couple & Family Therapy Programs.

Clinical Psychologist, Medical Staff, Highline Community Hospital-Riverton, Seattle, 6/90-10/92. Conducted neuropsychological assessments on consultation basis for the multidisciplinary Geropsychiatry & Rehabilitation Units.

Clinical Psychologist, Older Adults Clinic, Greater Lakes Mental Health Center, Tacoma, WA, 1-7/89. Performed individual, family, & group therapy, nursing home consultation, and neuropsychological assessments.

Geropsychology Fellow/Instructor, University of Rochester Medical Center, New York, 9/87-8/88. National Institute of Mental Health Clinical/Research Fellowship. Performed Neuropsychological assessments on Rehabilitation Unit, Monroe Community Hospital; individual & family therapy in Older Adults Clinic; Nursing Home consultation with multidisciplinary Psychiatry Consultation Services. Research: Primary investigator for project assessing mental health needs of Southeast Asian refugees, included community outreach activities & coordination with the Refugee Section of the New York State Office of Mental Health.

Clinical Psychology Intern-Geropsychology specialization, Portland V.A. Medical Center, OR, 9/86-8/87. (APA-approved internship.) Performed neuropsychological assessment (of adults & older adults); member of multidisciplinary rehabilitation assessment treatment team; & provided nursing home consultation. Also case manager & co-leader of group therapy on inpatient psychiatry unit.

Instructor, University of Hawaii, Summer session & Winter Accelerated Term 1985-86. Taught Developmental Psychology and Introduction to Clinical Psychology.

Substance Abuse Counselor, Cook Inlet Council on Alcohol & Drug Abuse, Kenai, Alaska 8/82-8/83. Conducted individual, family, & group counseling. Planned & conducted community projects including needs assessment survey, teaching services, & workshops for local schools & social agencies.

Domestic Violence Counselor, Abused Women's Aid in Crisis (AWAIC), Anchorage, Alaska, 5-8/82.

Additional:

Ad hoc Reviewer for the journal *Cognitive and Behavioral Practice*, 1995, 2004-present.

Ad hoc Reviewer for the journal *Cultural Diversity and Ethnic Minority Psychology*, 2003-present.

Board of Directors, Puget Counseling Center, Seattle, 1/91-1/93.

Instructor (part-time), North Seattle Community College (Winter Quarter 1989). Taught General Psychology course.

Clinical Psychology Practicum Intern, Department of Education, Honolulu, 9/85-6/86.
Performed counseling and intellectual testing for elementary, jr & high school students.

Independent Field Research, Tunisia, North Africa, 5-8/85. Conducted interviews with women in urban & rural areas of Tunisia as part of my dissertation research.

Honors/Awards

Antioch University Merit Award, 1993

Multi-year Contract Award for Outstanding Contribution to Antioch University
Seattle, 1992

Antioch University Merit Award, 1990

National Institute of Mental Health Training Fellowship, 1987-88

Clinical Research Center on Psychopathology of the Elderly (CRCPE) Pilot Project grant
award, 1987-88

Teaching Assistantship, University of Hawaii, 1984-85

Research Assistantship, University of Alaska, 1982

Professional Memberships

Alaska State Psychologists, License #481

Alaska State Psychological Association (AK-PA), (2000-present)

AK-PA Board of Directors, Member-at-Large (5/02-6/04, and 9/06-6/12).

AK-PA Rural Health Coordinator (2008-2012)

American Psychological Association (1/89-present)

American Counseling Association (1994-2004)

Association of Behavioral and Cognitive Therapies (2006-present)

International Council of Psychologists (past)

Washington State Psychologists, License #1375 (1/90-12/2000)

Washington State Psychologists Association (WSPA) (1/90-92; 1/98-99)

Co-Chair, WSPA Committee on Ethnic Minority Affairs (1/98-1/99)

Antioch Committees

Faculty Representative, Campus Committee on Anti-Discrimination Procedures & Sexual
Harassment Policy (1999)

Member, Faculty Committee on Cultural Diversity, 1990-1999 (Chair 1990-91)

Chair, Psychology Professional Networks Committee, 1990-93

Chair, Human Subjects Committee, 1990-92

Committee on Accessibility (for Persons with Disabilities), 1992-93

Faculty Search Committees, Ad hoc

Counseling Track Committee, 1990-92 (planning and implementing of new curriculum &
program design)

Coordinator, Student Outcomes Assessment Project, 1992-1996.

Continuing Education Workshops/Trainings/Courses I have conducted for:

Asian Pacific Islander Mental Health Project, San Joaquin Valley, CA 3/10/22.

Immaculata University, Psychology Intern Supervisors, 3/18/22.

Rogers Behavioral Health (national healthcare corporation), 3/1/21.

Pennsylvania State University, Adult Education Program, 2/2/21.

Seattle 501 Commons, 9/25/19, with consultations through March 2020.

American Psychological Association CE Program Annual Convention live in Chicago 2019, Toronto 2014, Washington DC, 2013, Orlando 2012, Washington D.C. 2011, San Diego 2010, Toronto 2009, Boston 2008; San Francisco 2007, Honolulu 2004, Chicago 2002.

The New School, NY, 9/2016.

New York State Psychological Association webinar, 10/1/2016.

Andrews Air Force Base, MD, Clinical Psychology Residency Program, 3/23/11

Atlantic Street Center, staff retreat, Seattle, 5/19-5/20/11.

Hawaii State School-Based Counselors Association Conference, Honolulu, 6/126/13/08.

Rural Community Action Program Regional Conference, AK, 5/27-29/08.

The Wright Institute, Clinical Psychology Faculty, Berkeley, CA, 3/21/08.

Hawaii State Psychological Association, Lihue, Kauai, 1/08, & 1/25/02.

Homeward Bound, Rural Alaska Community Action Program, Anchorage, 11/15/07, 3/14/08, 3/6/08 .

Alaska State Psychological Association, Anchorage, 4/7/07, & 5/19/01.

Annual School on Addictions, Anchorage, Spring 2006.

Antioch University Santa Barbara, CA, Psychology Program at 2/10/06.

Association of Behavioral and Cognitive Therapies (ABCT) annual convention, Washington, D.C., 11/18/05, and Orlando, 11/08.

Pennsylvania State University, Departments of Psychology and Adult Education, 3/23/05.

Alaska State Office of Public Advocacy, Staff Development, Anchorage, 4/27/05.

Annual School on Addictions, Anchorage, Spring 2002, 2003.

University of Alaska at Anchorage, Psychology Program, Summer Multicultural Institute, annually 2002-2006.

National Association of Social Workers –AK Chapter, Anchorage 4/4/02, Fairbanks 4/6/02, & Juneau 5/17/02.

American Counseling Association Convention, New Orleans, 3/22/02.

The Opportunity Council, Staff Development, Bellingham, WA, 2/8/02.

International Council of Psychologists Annual Convention, Winchester, England, 7/10/01.

Washington State Psychologists Association (WSPA) Conference, Seattle, 10/14/2000, 4/20/96, 9/10/94, 10/8/93, 2/1/92.

University of Washington School of Medicine, Department of Psychiatry and Behavioral Sciences, Seattle, 10/14/99.

WSPA Committee on Ethnic Minority Affairs, Seattle, 1/19/99, & 1/15/96.

Mentor Health Northwest (Community Mental Health Center), Bellevue, WA, 1/14/99 & 1/20/99.

Alberta Counseling and Guidance Association, Edmonton, Alberta, Canada, 3/22/97.

International Council of Psychologists, Banff, Canada, 7/25/96.

Association of Women in Psychology (AWP), Annual Conference, Portland, 3/14/96.

Capilano College, Graduate Music Therapy Program, Vancouver, B.C., Canada, 9/23/95.

American Counseling Association (Professional Development Institute), Denver, 4/26/95.

Coalition of Multicultural Mental Health Services, Fifth Annual Conference on Psychotherapy with People of Color, Denver, Colorado, 4/15/93.

Publications

Books:

- Hays, P. A. (2022). *Addressing Cultural Complexities in Counseling and Clinical Practice: An Intersectional Approach (4th ed.)*. American Psychological Association Books.
- Iwamasa, G. Y., & Hays, P. A. (Eds.) (2019). *Culturally Responsive Cognitive Behavior Therapy (2nd ed.)*. American Psychological Association Books.
- Hays, P. A. (2014). *Creating Well-Being: Four Steps to a Happier, Healthier Life*. American Psychological Association LifeTools.
- Hays, P. A. (2012). *Connecting across Cultures: The Helper's Toolkit*. SAGE.
- Wenzel, A., Dobson, K., & Hays, P.A. (2016). *Cognitive behavioral therapy techniques and strategies (Companion book to DVDs)*. American Psychological Association Books.

VIDEOS/DVD's (produced by the American Psychological Association)

Hays, P. A. (2023). *Cultural Complexity in Psychotherapy: The ADDRESSING Framework*. Video. Produced by the American Psychological Association.

<https://www.apa.org/pubs/videos/cultural-complexity-psychotherapy>

Hays, P. A. (2015a). *Culturally Responsive Cognitive-Behavioral Therapy in Practice Over Time. Series VIII—Psychotherapy in Six Sessions*. Produced by the American Psychological Association.

<http://www.apa.org/pubs/videos/4310945.aspx>

Dobson, K., Hays, P. A., & Wenzel, A. (2015b). *Cognitive Behavioral Therapy Techniques and Strategies*. Six-part Video Series:

- *Psychological Assessment and Case Conceptualization*
<http://www.apa.org/pubs/videos/4310929.aspx>
- *Session Structure and Behavioral Strategies*
<http://www.apa.org/pubs/videos/4310930.aspx>
- *Problem Solving* <http://www.apa.org/pubs/videos/4310931.aspx>
- *Cognitive Restructuring of Automatic Thoughts*
<http://www.apa.org/pubs/videos/4310932.aspx>
- *Core Belief Work and Acceptance*
<http://www.apa.org/pubs/videos/4310933.aspx>

- *Relapse Prevention and Ending Treatment.*
<http://www.apa.org/pubs/videos/4310934.aspx>

Culturally Responsive Cognitive-Behavioral Therapy in Practice (2012).

Articles & Chapters:

Hays, P.A. (2021). Finding a place in the multicultural revolution. In M. E. Gallardo (Ed.), *Developing cultural humility: Embracing race, privilege and power* (pp. 49-59). Cognella.

Hays, P. A. (2019). Cognitive-behavioral therapy with Alaska Native people. In G. Y. Iwamasa & P. A. Hays (Eds.), *Culturally Responsive Cognitive-Behavioral Therapy (2nd ed.)*. American Psychological Association Books.

Hays, P.A. (2014). An international perspective on the adaptation of CBT across cultures. *Australian Psychologist, 49*, 17-18.

Hays, P.A. (2009). Integrating evidence-based practice, CBT and multicultural therapy. *Professional Psychology: Research & Practice, 40*, 354-360.

Hays, P. A. (2007). A strengths-based approach to psychotherapy with Middle Eastern people. In C. Muran (Ed.), *Dialogues on difference: Studies of diversity in the therapeutic relationship* (pp.243-250). Washington, D.C.: American Psychological Association Books.

Hays, P. A. (2005). Continuing Education Test for *Addressing Cultural Complexities in Practice: A Framework for Clinicians and Counselors*. Washington, D.C.: American Psychological Association.

Hays, P.A. (1996). Cultural considerations in couples therapy. *Women and Therapy, 19*, 13-23.

Hays, P.A. (1996). Addressing the complexities of culture and gender in counseling. *Journal of Counseling and Development, 74*, 332-338.

Hays, P.A. (1996). Culturally responsive assessment with diverse older clients. *Professional Psychology: Research & Practice, 27*, 188-193.

Hays, P.A. (1995). Multicultural applications of cognitive behavior therapy. *Professional Psychology: Research & Practice, 26*, 309-315.

Hays, P.A., & Zouari, J. (1995). Social change, stress, and mental health among rural, village and urban Tunisian women. *International Journal of Psychology, 30*, 69-90.

Hays, P.A. (1991). Mental health, social support, and life satisfaction among Vietnamese, Lao, and Cambodian refugees. In N. Bleichrodt & P.J.D. Drenth (Eds.), *Contemporary Issues in Cross-Cultural Psychology* (pp. 275-284). Amsterdam: Swets & Zeitlinger.

McCann, S., Mueller, C., Hays, P.A., Scheuer, A., & Marsella, A.J. (1990). The relationship between sensation seeking and anhedonia. *Personality and Individual Differences, 11*, 77-79.

Santora, J., & Hays, P.A. (1998). Coping outside traditional roles: The case of noncustodial mothers and implications for therapy. *Women & Therapy, 21*, 53-66.