

Curriculum Vitae

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Country of Citizenship: United States of America

Education

- **M.S. in Couple & Family Therapy** – University of Maryland, College Park (May 2020)
 - **Ph.D. in Family Science** – University of Maryland, College Park (May 2009)
 - **M.Ed. in Parenting Education** – Beijing Normal University, Beijing, China (July 2000)
 - **B.A. in School Education (Pedagogy & Psychology)** – Anhui Normal University, China (July 1997)
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Licenses & Certifications

- Licensed Clinical Marriage and Family Therapist (LCMFT) in Maryland, Virginia, and Washington, D.C.
 - EMDR Basic Training Certification
 - Certified Clinical Trauma Professional (CCTP)
 - Immigration Psychological Evaluations Certification
 - Emotionally Focused Individual Therapy (EFIT) Certification
 - Dialectical Behavior Therapy Certification
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Clinical & Therapy Experience

Side By Side Counseling & Consulting LLC

Owner & Therapist (October 2020 – Present)

- Provides **diagnostic interviews, assessments, and therapy for individuals (children, youth, adults), couples, and families** via **teletherapy and in-person sessions**.
- Utilizes **EMDR, Cognitive Behavioral Therapy (CBT), Emotionally Focused Individual Therapy (EFIT), Bowen Therapy, Solution-Focused Therapy, Polyvagal Theory, Internal Family Systems (IFS), Mindfulness, Gottman Couple Therapy, and Play Therapy**.
- **Specializes in:** trauma/PTSD, depression, anxiety, attachment issues, anger management, international school adjustment, stress reduction, sexual abuse survivors, family of origin issues, cross-cultural identity issues, couples' conflicts, communication, parent-child relationships, parenting, and family attachment.
- Conducts **immigration mental health evaluations for extreme hardship cases, asylum seekers, U-visas, T-visas, and criminal cases** (completed nine cases).
- **Manages business operations**, including client intakes and administrative tasks.

Angela Sarafin PLLC | Soul Restore Counseling Center)

Independent Contractor (May 2021 – May 2022)

- Provided **diagnostic interviews, assessments, and therapy for individuals, couples, and families** in Washington, D.C.
- Received **clinical supervision by Lindsey Foss (2020–2022)**.

At the Well Counseling | S. Bowen & Associates

Associate Therapist / Independent Contractor (October 2020 – October 2021)

- Provided **diagnostic interviews, assessments, and therapy for individuals, couples, and families** as a **Licensed Graduate Marriage and Family Therapist**.
- Received **clinical supervision by Lindsey Foss (2020–2022)**.

University of Maryland, College Park – Center for Healthy Families

Couple & Family Therapist Intern (December 2018 – April 2020) | 20-30 hours per week

- Completed **557 clinical hours** providing **individual, couple, and family therapy** to children and adults from diverse backgrounds.

- **Issues addressed:** depression, anxiety, anger and stress management, trauma, panic attacks, grief/loss, communication, bullying, infidelity, attachment injury, couple and family dynamics.
 - **Models used:** Cognitive Behavioral Therapy (CBT), Bowen Therapy, Play Therapy, Structural Theory, and Solution-Focused Therapy.
 - Provided **teletherapy during the COVID-19 outbreak.**
 - **Proposed a crisis mental health prevention program** in response to the COVID-19 outbreak.
 - Provided **weekly administrative support**, including **client intakes, appointment scheduling, assessment processing, file auditing, and communication management.**
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Full-Time Professional Experience

Avar Consulting, Inc.

Senior Analyst, Evaluation Manager, Deputy Project Director (July 2009 – December 2017) | Full-time (40 hrs/week)

- Managed **federal research, evaluation, and survey contracts** for U.S. federal, state, and local government agencies.
- Conducted **statistical analyses** using SPSS, survey methodology, program evaluation, and technical writing.
- Designed and implemented **research studies, developed instruments, conducted qualitative and quantitative data analysis, and provided technical assistance.**
- Supervised **research teams, oversaw budgets, and ensured compliance with Institutional Review Board (IRB) protocols.**
- Presented **research findings at national conferences and client briefings.**

Selected Projects:

Evaluation and Research Design

- **Local Evaluation of the TOGETHER Program (HHS, ACF, 2015–2017)**
 - Led the design of a randomized controlled trial (RCT) evaluation study.

- Developed evaluation instruments, conducted participant surveys, focus groups, and key personnel interviews.
- Monitored program data using dashboards and produced evaluation reports with recommendations for program improvement.
- Managed research team and budget.
- **Young Parents Demonstration Grant (DOL, ETA)**
 - Conducted site visits, focus groups, and provided RCT evaluation technical assistance.
 - Developed a data quality control system and produced weekly reports to monitor data accuracy.
- **Maryland Youth Risk Behavior Survey (2009-2016, MSDE)**
 - Conducted complex sample statistical analyses on youth health indicators, bullying, sexual behavior, and suicide risk factors.
 - Presented findings at conferences and developed reports for state policymakers.
- **Homeless Veterans Reintegration Program Evaluation (DOL, CEO)**
 - Processed and analyzed five years of program performance data.
 - Conducted logistic regression analysis and provided findings for the final report.

Survey Development and Data Analysis

- **Annual Survey of Refugees (2011-2015, HHS, ACF, ORR)**
 - Oversaw survey operations for 2,500 refugee households annually.
 - Conducted cross-sectional and longitudinal data analysis; developed codebooks and methodology reports.
 - Contributed to ORR's Annual Reports to Congress.
- **2012-2014 Medicare Complaint Resolution Survey (HHS, CMS)**
 - Managed web-based survey of Medicare beneficiaries and produced weekly data accuracy reports.

- **2011-2015 Trends in International Mathematics and Science Study (ED, NCES)**
 - Conducted qualitative data collection and analysis on mathematics curriculum alignment.
- **2010 Census Local Update of Census Addresses (DOC, Census Bureau)**
 - Conducted survey design review, data analysis, and factor analysis for final report submission.

Technical Assistance and Policy Research

- **Native American Center for Excellence (HHS, SAMHSA)**
 - Provided training on cultural competency, needs assessment, and behavioral health prevention.
 - Developed factsheets, facilitated webinars, and supported inter-agency collaborations.
- **Beneficiary and Family-Centered Care Oversight & Review Center (HHS, CMS)**
 - Conducted research on call scheduling and its impact on Medicare beneficiary response rates.
 - Developed a white paper and best practice recommendations.
- **Transforming Church Initiative (TCI) Survey (TAG Consulting)**
 - Conducted factor analysis on survey data collected from 375 churches.
- **Survey of DWI Courts (DOT, NHTSA)**
 - Tested online survey instruments and recommended improvements.

Independent Consultant – Research, Data Analysis & Program Evaluation

Consulting Work Under Side By Side Counseling & Consulting LLC (*Post-Company Formation*)

Hispanic Communications Network LLC (HCN Global)

Independent Contractor – Focus Group Moderator (April 2024 – May 2024)

- Recruited and moderated a **virtual focus group of Asian American adults (65+ years old) with chronic diseases.**

- Reviewed and provided feedback on the **research instrument** developed for the project.
- Conducted a **90-minute structured focus group discussion** and analyzed qualitative data.
- Contributed to the **final project report summarizing findings and policy recommendations.**

Avar Consulting, Inc.

Independent Contractor – Data Analyst (September 2020 – February 2021)

- **2020 Survey of Veteran Enrollees’ Health and Use of Health Care & Survey of Veteran Beneficiaries of Caregiver Support**
 - Conducted data analysis to support final report development for the Veterans Health Administration (VHA).
 - Performed quality control checks on data to ensure accuracy, completeness, and compliance with reporting standards.
 - Contributed to insights and recommendations that informed healthcare service improvements for veteran enrollees.
- **Survey of Caregivers & Survey of Veterans Enrolled in the Program of Comprehensive Assistance for Family Caregivers (PCAFC)**
 - Conducted quality control and validation of final dataset delivery and reporting.
 - Reviewed questionnaire and syntax files to ensure data consistency and adherence to research protocols.
 - Assisted in ensuring data integrity, supporting policy evaluation and program improvements for caregiver support initiatives.

Pre-Company Independent Consulting Work (*Before Side By Side Counseling & Consulting LLC Was Established*)

University of Maryland, College Park – School of Public Health

Independent Contractor – Data Collection, Analysis & Program Evaluation (January 2018 – August 2018)

- Conducted **data collection, processing, and statistical analysis** for the Maryland Professional Standards Training Grant for School Nutrition Professionals.
 - Administered **pre- and post-meeting surveys** to assess training effectiveness.
 - Performed **Wilcoxon Signed-Rank test, McNemar-Bowker's test, and McNemar's test** for program evaluation.
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Teaching Experience in the U.S.

University of Maryland Global Campus (*Adjunct Professor, 2017-2022*)

- Taught undergraduate courses in **Parenting** and **Research Methods**.
- Developed course materials, guided student research, and assessed academic performance.

University of Maryland, College Park (*Adjunct Lecturer, 2005-2018*)

- Taught courses in **Asian American Psychology** and **Family Science**.
- Led classroom discussions, created educational resources, and graded student assignments.
- Nominated as “Most Valuable Professor” by a student for Maryland Women’s Basketball Team (2018).

University of Maryland, College Park (*Teaching Assistant, 2005-2008*)

- Assisted in undergraduate courses including **Children in Families, Research Methods in Family Science, and Personal and Family Finance**.
 - Led student discussions, graded assignments, and conducted literature reviews.
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Doctoral Research & Program Evaluation Experience

University of Maryland at College Park

Graduate Assistant (August 2005 – August 2008) | 20 hours per week

- **Dissertation Research:** Conducted quantitative analysis on **Asian American children's academic and socio-emotional development** using the ECLS-K dataset. Applied advanced statistical techniques including regression analysis,

factor analysis, and t-tests. Presented findings at the **National Council of Family Relations (NCFR) Annual Conference**.

- **Intervention Program for Intimate Partner Violence (IPV):** Proposed a culturally informed **intervention program for Chinese immigrant women experiencing IPV**, integrating needs assessment, logic models, and program evaluation frameworks. Received "**Best Student Paper**" award at NCFR.
- **Head Start Policy Analysis:** Evaluated the **Head Start policy**, analyzing implicit values, research impact, and reform proposals.
- **Program Evaluation:**
 - Developed **evaluation plans** for programs such as **Asian American LEAD's Family Strengthening Program** and **Strengthening Families Program I (SFPI)**, incorporating theory of change, logic models, and process & outcome evaluation.
 - Conducted a **meta-evaluation of the Home Instruction Program for Preschool Youngsters (HIPPY)**, critiquing existing evaluations and proposing improvements.
- **Parental Influence & Child Well-being Studies:**
 - Examined **maternal psychopathology, social support, and parenting styles** in families seeking therapy.
 - Investigated **parental aggression's impact on adolescent mental health**, analyzing mediation effects of parenting behaviors.
 - Studied the **effects of childcare subsidies** on work disruptions and caregiving stability for low-income single mothers.
- **Research Methodology & Data Analysis:**
 - Applied **hierarchical multiple regression, correlation analysis, ANOVA, and content analysis** using large datasets and interview data.
 - Conducted **literature reviews and survey questionnaire development**, including pre-testing through cognitive interviews.

Children's Rights Council

Research Intern (February 2007 – May 2007) | 10 hours per week

- Conducted a **literature review** and developed **content for co-parenting programs** designed for divorced families.

District of Columbia Public Schools (DCPS)

Trainer/Presenter (March 2006 & April 2007)

- Designed and **presented workshops for educators on Chinese culture** and strategies to engage Asian families in early education settings.

International Experience

Clever Software Group Co. (CSC), Beijing, China (*July 2000 – October 2001*)

- Led a team in developing educational resource libraries, online courses, and software content for K-12 students, teachers, and administrators.
- Conducted market research and introduced educational technology products to schools at national conferences.
- Organized professional development sessions with scholars and industry experts.

Beijing Normal University, Beijing, China (*1998 – 1999*)

- Served as a Teaching Intern for undergraduate students in **Family and Parenting Education**.
- Designed course materials and engaged in research on early childhood education.

Anhui Normal University, Wuhu, China (*1996 – 1997*)

- Taught **General Psychology** to students as a Teaching Intern.
- Developed coursework and assessed student learning outcomes.

Publications, Technical Reports, Book Chapters, and Presentations

Technical Reports and Publications

Wang Lanterman, X., & Randolph, S. (2017, August). *Process and outcome evaluation report-year 2: A couples' model to enhance relationship and economic stability* (Technical report submitted to Virginia Polytechnic Institute and State University). Avar Consulting, Inc.

Ji, C., Wang Lanterman, X., & Randolph, S. (2017, March). *Process evaluation report for year 1: TOGETHER: A couples' model to enhance relationship and economic stability* (Technical report submitted to Virginia Polytechnic Institute and State University). Avar Consulting, Inc.

Wang Lanterman, X., Randolph, S., & Ji, C. (2017). *The TOGETHER Project evaluation plan – Year 3* (Technical report submitted to Virginia Polytechnic Institute and State University for submission to the Administration for Children and Families). Avar Consulting, Inc.

Wang Lanterman, X. (2017). *The impact of call schedule on contact rate among Medicare beneficiaries* (Technical report submitted to the Centers for Medicare & Medicaid Services). Avar Consulting, Inc.

Trutko, J., O'Brien, C., Trutko, A., Barnow, B., Kaiser, J., Woolsey, L., Naumann, M., & Wang, X. (2016). *Formative evaluation of the Homeless Veterans Reintegration Program (HVRP): Findings from literature review, site visits, analyses of program administrative data, and options for future evaluation* (Technical report submitted to the U.S. Department of Labor, Chief Evaluation Office). Avar Consulting, Inc.

Wang, X. (2015). *2014 annual ORR reports to Congress* (Technical report submitted to the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Refugee Resettlement). Avar Consulting, Inc.

Wang, X. (2014). *2013 annual ORR reports to Congress* (Technical report submitted to the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Refugee Resettlement). Avar Consulting, Inc.

Avar Consulting, Inc., & RTI International. (2014). *Evaluation of "Promoting Rigorous Career and Technical Education Programs of Study Through Statewide or Multi-state Articulation Agreement" grant project: Final report* (Technical report submitted to the U.S. Department of Education, Office of Vocational and Adult Education). Avar Consulting, Inc.

Menendez, S., Wang, X., & Darling, D. (2013). *Final summative evaluation: Financial Rewards for Supervisors and Teachers (FIRST) Program* (Technical report submitted to Prince George's County Public Schools). Avar Consulting, Inc.

Wang, X., Darling, D., & Wang, Z. (2013). *Formative evaluation of the Veterans' Employment and Training Service Transition Assistance Program (TAP) employment workshop: Analysis of TAP employment workshop customer satisfaction survey data* (Technical report submitted to the U.S. Department of Labor). Avar Consulting, Inc.

Wang, X. (2013). *2012 annual ORR reports to Congress* (Technical report submitted to the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Refugee Resettlement). Avar Consulting, Inc.

Wang, X., Parker, A., & Wang, Z. (2012). *2010 Census Local Update of Census Addresses (LUCA) participant survey evaluation report* (Technical report submitted to the U.S. Department of Commerce, Economics and Statistics Administration, U.S. Census Bureau). Avar Consulting, Inc. (Available in *2010 Census Planning Memoranda Series*, No. 188).

Wang, X. (2012). *2011 annual ORR reports to Congress* (Technical report submitted to the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Refugee Resettlement). Avar Consulting, Inc.

Fink, S., & Wang, X. (2012). *Educational aspirations and college enrollment plans of students in ninth grade: Differences by demographic and economic characteristics of students and their parents and students' educational attitudes, beliefs, and social environment* (Technical report submitted to the U.S. Department of Education, Institute of Education Sciences, National Center for Education Statistics). Avar Consulting, Inc.

Parker, A., & Wang, X. (2012). *Parent-student agreement on ninth-graders' educational aspirations: Relationships with demographic and socioeconomic characteristics of students and their parents and with students' educational attitudes, beliefs, and family involvement* (Technical report submitted to the U.S. Department of Education, Institute of Education Sciences, National Center for Education Statistics). Avar Consulting, Inc.

Avar Consulting, Inc. (2010). *Review of the role of alumni coordinators* (Technical report submitted to the U.S. Department of State, Bureau of Educational and Cultural Affairs, Office of Policy and Evaluation). Avar Consulting, Inc.

Wang, X. (2009). *Maternal education, maternal language acculturation, parental involvement, and maternal social support as predictors of the academic achievement and socio-emotional development of Asian American children* (Doctoral dissertation). University of Maryland, College Park.

Wang, X., & Epstein, N. (2009). Maternal psychopathology symptoms, perceived social support from friends and family, and parenting behavior in families seeking therapy. *Journal of Family Therapy*. [Manuscript submitted for publication].

Book Chapters

Wang, X. (2001). The importance of early childhood education. In J.-X. Yang & Zh.-X. Li (Eds.), *The educational philosophy of China's 100 educators in the 20th century* (Chapter 6). China Mang Wen Publishing House.

Wang, X. (2000). Impart rudimentary knowledge to beginners and children's cognitive development and problem solving. In Zh.-X. Zhao (Ed.), *100 successful methods of parenting education*. Rural Reading Materials Publishing House.

Presentations and Briefings

Falconier, M. K., Kim, J., Cunningham Randolph, S., Wang, Z. J., Thai, A. X., Wang Lanterman, X., & Tang, R. (2018, November). *Evaluation of the TOGETHER program: A couples' model to enhance relationships and economic stability*. Paper presented at the 80th Annual Meeting of the National Council on Family Relations, San Diego, CA.

Randolph, S., Wang Lanterman, X., & Ji, C. (2017, May 8). *Process evaluation report for year 1: TOGETHER: A couples' model to enhance relationship and economic stability*. Briefing presented to the VT-UMD team at the Department of Family Science, University of Maryland, College Park, MD.

Wang, X., & Scott, R. (2014, August 1). *Understanding and using the 2013 Maryland Youth Tobacco and Risk Behavior Survey data: Factors associated with bullying and harassment, sexual and dating violence, suicidal tendency, sexual behavior, overweight, obesity, and body image*. Paper presented at the 14th Annual School Health Interdisciplinary Program, Timonium, MD.

Wang, X., Wang, Z., & Scott, R. (2013, October 9). *Analysis of Maryland Youth Risk Behavior Survey data: Factors associated with suicidal tendency*. Paper presented at the Maryland State Department of Education Child Abuse and Suicide Prevention Administrative Meeting, Baltimore, MD.

Wang, X., & Epstein, N. B. (2010, November). *Maternal psychopathology symptoms, perceived social support from friends and family, and parenting behavior in families seeking therapy*. Paper presented at the 138th Annual Meeting of the American Public Health Association, Denver, CO.

Honors & Awards

- **Nominated as Maryland Basketball “Most Valuable Professor”**, University of Maryland, College Park (2018)
 - **Ethel L. Parker International Fellowship** (\$5,000), American Association of Family & Consumer Sciences, for dissertation research (2007–2008)
 - **Best Student Paper Award**, Education and Enrichment Section, National Council of Family Relations (NCFR) (2007)
 - **Conference Scholarship**, Association of Family and Conciliation Courts (AFCC) to attend the 44th Annual Conference, Washington, D.C. (2007)
 - **Conference Travel Award**, Association for Asian American Studies (AAAS) to attend the National Conference, Los Angeles, CA (2005)
 - **Graduate Fellowship for Doctoral Study**, Family Science, University of Maryland (2003–2005)
 - **Distinguished Graduate Student Award**, Graduate School, Beijing Normal University (1999)
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Professional Affiliations

- **American Association for Marriage and Family Therapy (AAMFT)** – Clinical Fellow
- **American Public Health Association (APHA)** – Member
- **American Evaluation Association (AEA)** – Former Member
- **National Council on Family Relations (NCFR)** – Former Member