

ELENA MUSTAKOVA-POSSARDT, Ed.D., LPC

Individual, Couples, and Family Psychotherapist
 Educational & Organizational Consultant
 Health Realization Counseling & Consulting
 Arlington, VA 22204

WORK EXPERIENCE:

- 2000- current Private practice as individual and family psychotherapist, educational and organizational consultant.
- 2004-2006 Tenured Associate Professor, Psychology Department, University of West Georgia
- 1997-2003 Assistant Professor, Psychology Department, University of West Georgia
- 2002- 2003 Adjunct Professor in Psychology: Landegg International University, Wienacht, Switzerland.
- 1995-96 Research Associate, Radcliffe College, Harvard University.
- 1991-95 Teaching Associate, English Department, University of Massachusetts, Amherst.
- 1992-93 Lecturer in Education and Psychology, Smith College, Northampton, MA.
- 1990 Lecturer, English Department, Hillside Teacher Training College, Bulawayo, Zimbabwe.
- 1985-1989 Instructor, Foreign Language Center, Sofia, Bulgaria.
- 1981 Instructor, Foreign Language Center, Abu Dhabi, United Arab Emirates.

EDUCATION

- 1996 Ed.D. (Human Development), University of Massachusetts, Amherst
- 1983 M.A., English Language and Literature, Sofia University, Bulgaria
- 1982 B.A., English, Sofia University, Bulgaria

GRANTS, AWARDS AND RECOGNITIONS

University of West Georgia Division of Academic Affairs *Significant Professional Accomplishments Award*, 2005-2006.

University of West Georgia College of Arts & Sciences *Excellence in Teaching Award*, 2004-2005.

Carter Campus Community Partnership Award 2003. Awarded for founding the Latino Initiative of University of West Georgia, aimed at applying the insights of critical and community psychology theory and praxis to assisting the new Latino immigrant population of rural Carroll County in its empowerment, in improving its quality of life, and integrating into the life of the larger community.

Mott Grant 2001 for Emerging Community Initiatives of the National Council of La Raza (NCLR). Awarded for founding an immigrant Latino community development and participatory action research project in West Georgia.

1998 Outstanding Dissertation Award of the Association for Moral Education, awarded for study entitled *The Ontogeny of Critical Consciousness*. The association is the leading international forum that focuses on moral development and moral education.

Henry A. Murray Dissertation Award, Radcliffe College, Harvard University, 1995. Granted to support cross-cultural research project on "Social Responsibility and Critical Consciousness in Bulgarian Midlifers", which explored adult social consciousness and citizenship in the context of economic, political, and social transformation.

First Prize in the Annual Faculty Survey of Scholarly Student Research, Sofia University, Bulgaria, 1984. Granted for Masters Thesis "The Fall of Selfhood: A Comparative Study of Renaissance and Romanticism", a study of modern consciousness.

PANELS

NATO Advanced Research Workshop. *Indigenous Terrorism: Understanding and Addressing the Root Causes of Radicalization among Groups with an Immigrant Heritage in Europe*, Budapest, Hungary, March 7-9, 2008.

Invited member of a twenty-five-person expert Interfaith panel on *Finding the Missing Zero*, an initiative of Emory's Rollings School of Public Health Interfaith Health Program and The Carter Center, geared at mobilizing Interfaith resources to address on an unprecedented scale the current crisis with African AIDS orphans – October 20-21, 2003, Carter Center, Atlanta.

SELECT PUBLICATIONS

Podger, D., Mustakova-Possardt, E., & Reid, A. (In print) *A Whole-Person Approach to Educating for Sustainability*. International Journal of Sustainability in Higher Education.

Mustakova-Possardt, E. (2010). *Beyond Competing Identities and Ideologies: Systemic Antidote to Radicalization and Terrorism*. Collected Volume on Radicalization. Verlag Springer, Germany.

Mustakova-Possardt, E. (2006). *Clash or Meeting between East and West: Analysis of Post-9/11 Challenges*. Journal of Peace Psychology, Lawrence Erlbaum Associates, 12 (2).

Mustakova-Possardt, E. (2006). *Toward the Authentic Global Advancement of Women*. Book Review of Penn & Nardos' "Overcoming Violence Against Women and Girls: The International Campaign to Eradicate a Worldwide Problem". Journal of Peace Psychology, Lawrence Erlbaum Associates, 12 (3).

Mustakova-Possardt, E. (September, 2004). Education for critical consciousness. *Journal of Moral Education*, 33 (3), 245-269, Oxford, UK: Carfax.

Mustakova-Possardt, E. (2003). *Critical Consciousness: A study of morality in global historical context*. Westport, CT: Greenwood/Praeger.

Mustakova-Possardt, E. (2000). Critical consciousness and its ontogeny in the life-span. In Miller, M. & West, A. (Eds.) *Spirituality, ethics, and relationships: The emotional and philosophical challenges of the adulthood years*. Madison, CT: Psychosocial Press/International Universities Press.

Mustakova-Possardt, E. (1998). Critical consciousness: an alternative pathway for positive personal and social development. *Journal of Adult Development*, 5 (1), 13-30. New York: Plenum.

RECENT CONFERENCE PRESENTATIONS AND KEYNOTE ADDRESSES

Creating Healthy Social Environments: Positive and Sustainable Communities, Panel of the Psychology Special Interest Group, at the 33rd Annual Conference of the Association for Baha'i Studies, Washington, D.C., August 2009.

Spiritual Literacy and Mental Health Services, Tenth Annual Conference of the Bahá'í Association for Mental Health, September 18-21, 2008, Flint, MI.

Restoring the spirit to community psychology: Social health and lessons learned from global terrorism. Southeastern ECO Conference, *Collaboration in Context*, Georgia State University, October 5-6, 2007.

The systemic nature of social health. 9th Annual conference of the Bahá'í Association for Mental Health, Flint, MI, September 20-23, 2007.

Understanding optimal functioning: Uniting the scientific approach with spiritual

principles. Keynote address. Health for Humanity Annual Conference, Tucson, AZ, Feb, 2006.
Psycho-Spiritual Dynamics Underlying the Phenomenon of Terrorism. Annual Conference of the Society for Cross-Cultural Research, Savannah, GA, Feb. 22-26, 2006
Critical consciousness – motivation for service to humanity. Keynote address, Conference on Social and Economic Development for the Americas, Orlando, FL, December, 2004.

SELECT WORKSHOPS AND SEMINARS FOR PROFESSIONALS

On sustainable social and economic development

Opportunities and Challenges for Spiritually Inspired Social and Economic Development: An Advanced Discussion for Practitioners. Flint, MI, April 27-29, 2007.

Education for Sustainable Development. 3-day seminar for development professionals from North and South America, Annual Rabbani Trust Conference on Social and Economic Development, Orlando, FL

Critical consciousness and the challenges of social transformation in post-communist Bulgaria. A series of lectures delivered at Sofia University and other public forums in Bulgaria, June-July 2005.

Moral and social development of adults. American University in Bulgaria, February 1997.

For clinicians and helping professionals

Successful Parenting: Transforming Challenges into Opportunities (Part 1&2). Georgia Health Realization Counseling and Consulting Center, 2006 - 2007, Bowdon, GA.

Tapping into health, resiliency and empowerment: Avoiding burnout and doing short-term therapy. 15th Annual Convention of Licensed Professional Counselors Association, May 15-18, 2003, Atlanta, GA.

The essence of wellbeing: Improving understanding in work and family. Douglasville, GA, 2000.

Human resilience: The power of a secure mind. Douglasville, GA, 1999.

A new health-oriented paradigm in the helping profession. 11th Annual Spring Convention of Licensed Professional Counselors Association, May, 1999, Jekyll Island, GA.

Beyond coping: The phenomenology of mental health and wellbeing. Ridgeview Institute, Smyrna, GA, October, 1998.

SUMMARY OF AREAS OF EXPERTISE

- 23 years of experience in the field of education and human relations in North America, Europe, Africa, and the Arab Peninsula, in different socio-economic and cultural contexts, working with adults, as well as children and youth from all walks of life. Understanding of the systemic connections between public and global policies, education, and *social health*.
- Lifelong professional focus on individual, social, and global transformation towards justice and optimal human development, through academic teaching, research, community development, clinical work, and international work.
- Diverse clinical experience with individuals and families, informed by a long-term focus on *human resiliency*, an understanding of the *role of spiritual literacy in mental health*, and a commitment to mental health and prevention. My clinical work is informed by an appreciation for the interdependence between the health of individuals and families and the health of communities.

- Years of engagement in the discourse on indicators for sustainable development, and an understanding of the need for a systemic approach to the interrelationship between healthy human development and sustainable global development.
- Experience with, and understanding of the many faces of oppression - political, ideological, cultural, religious, racial, gender-based, disability-based. Experience with related issues of violence and radicalization.
- Wide international experience, having lived and worked in a number of different socio-political contexts and cultures; as well as interreligious experience and understanding, and a commitment to a unifying spiritual perspective.