

# C. LUA N. PERSHYN

716-292-1105  
[clpershy@buffalo.edu](mailto:clpershy@buffalo.edu)

## EDUCATION

### **PhD Student**

Combined Counseling and School Psychology  
GPA 3.8  
Advisor: Dr. Catherine Cook-Cottone

Confers May 2025

### **Yoga Teacher, 200hr**

Trauma-Informed Yoga Certified  
Reiki Certification  
Mind Body Wellbeing Certification

June 2020  
January 2020  
October 2021  
December 2021

University at Buffalo, Buffalo, NY

### **Mindfulness Therapy, Counseling, Wellness and Engagement**

Advanced Certificate

May 2020

### **Eye Movement Desensitization Reprocessing (EMDR)**

Certification

May 2023

### **Asylum Seeker Forensic Medical Evaluation Scribe**

Certified

October 2023

University at Buffalo, Buffalo, NY

### **Masters in Psychology and Philosophy**

Concentrations: Mindfulness; Sex & Gender

June 2019

### **Masters in Educational Studies**

May 2023

SUNY College at Buffalo, Buffalo, NY

### **BA with Honors Psychology major; Arts & Letters major**

Concentrations: Sexuality; Philosophy; Latin

Suma Cum Laude

Spring 2017

## AWARDS, FUNDING, AND HONORS

Schomburg Fellow

**Fall 2020 - Current**

President's Circle Scholarship

Fall 2019

Charles S. and Myra Jacobowitz Scholarship Fund

Fall 2019

SUNY Chancellor's Award for Student Excellence

Spring 2017

Who's Who Among Students in American Universities  
& Colleges Award

Spring 2017

Outstanding Psychology Student Award

Spring 2017

Outstanding Philosophy Student Award

Spring 2017

Finalist for SUNY Buffalo State President's Medal for  
Undergraduate Student Excellence

Spring 2017

Finalist for Mildred Campbell Student Leadership Award	Spring 2017
Charles A. Messner Award for Excellence in Latin	Spring 2016
Psi Chi Honors Society	Spring 2015 – Present
Phi Sigma Tau Honors Society	Fall 2016 – Present
Travel Scholarship – Buffalo State	Spring 2016
Honors Convocation	Spring 2015 – Spring 2017
Dean’s Honors	Fall 2014 – Spring 2017

**PROFESSIONAL EXPERIENCE**

**Practicum Student**

ECMC Acute Psychosis	2023-2024
Rochester Center for Sexual Wellness	2022-2023
Canisius Counseling Center	2021-2022
UB Counseling Services	2020-2021

Supervisor: Dan Rosen, Mike Cammarata, Chris Sova

- Provide multiple modalities of therapy to diverse populations
- Efficient, accurate, detailed case notes
- Combine theoretical approaches to explore and implement various techniques

**Graduate Assistant**

**2020 - Current**

Counseling & Education Psychology Department, University at Buffalo

- Research Assistant
- Doctoral level writing and editing skills

**Content Design for International Trauma-Informed Yoga Program:** Winter 2020

**Africa Yoga Project**

- Research and compile mental health resources
- Design Mindfulness and Yoga sequences for implementation in program

**Data Analyst**

Experiential Learning Network Spring 2020

- Analyze data set for annual reports
- Present data in accessible format for faculty and staff at University of Buffalo

**SUNY Research Foundation Mentee**

Fall 2019

Supervisor: Brett Baker O’Neal

- Meet with Mentor bi-weekly for professional development
- Attend monthly meetings in Albany or via skype hosted by Research Foundation
- Complete assessments for personality, leadership style and collaboration with intention of improving skillset and increasing professional development

**Graduate Assistant – Design, Implementation, and Assessment**

UB Curriculum Office

Supervisor: Lindsey Hallman; Danielle Lamarre-Smith

Fall 2017 – August 2020

- Administrative Assistant to Vice Provost of Undergraduate Education, faculty and staff
- Quantitative Assessment using SPSS and Excel
- Compile and present data in a sharp and comprehensible manner

- for Annual Reports
- Carry out appropriate curriculum maintenance tasks according to an academic timeline

### **Women's Rights and Health Care Advocate/Sex Education Intern**

Planned Parenthood of Central and Western New York

Supervisor: Sara Vernon

Summer 2016 – Summer 2017

- Bring awareness of health care facility and services to the local community
- Participate in progressing women's health care advocacy agenda on a local, state, and national level
- Participate in patient outreach, support and satisfaction

### **University Police Student Assistant**

University Police Department

SUNY College at Buffalo

Supervisor: Robert House

Winter 2016 – Summer 2016

- Provide campus wide security
- Effectively patrol and communicate with campus police
- Drive escort van and serve as walking escort to students and guests

## **TEACHING ASSISTANTSHIPS AND MENTORING EXPERIENCE**

### **Teaching Assistant/Instructor – UB Capstone**

Supervisor: Dr. Jeffrey Kohler

Summer 2020 – Spring 2021

- Teach online capstone seminars to undergraduates
- Digital Literacy
- Facilitate meaningful connections across coursework
- Prepare late career undergraduates for success after college

### **Mentor – Freshmen Seminar: CEP 199**

Supervisor: Carol Van Zile Tamsen

Spring 2019

- Provide academic and moral support for students struggling to complete their required freshmen seminar course
- Monitor students grades and assignment submissions in UBLearn and ePortfolio
- Teach class on study skills and how to be a successful college student
- Provide in class teaching assistance for 1 class per week
- Hold weekly office hours to address students needs

### **Teaching Assistant/Instructor – Political Science; Chemistry; Freshmen Seminar**

UB Seminar Co-Instructor

Supervisor: Krista Hanypsiak

Fall 2017 – Spring 2018

- Taught ten 50-minute seminars to college freshmen
- Emphasize the value of a Liberal Arts education
- Introduce students to cutting edge online portfolio software
- Prepare freshman students for academic success by providing additional advice on study techniques and college etiquette

### **Supplemental Instruction Leader – Introduction to Philosophy**

Supplemental Instruction Program

Supervisor: Dr. Kenneth Orosz

Fall 2016 – Summer 2017

- Lead two 50-minute classes each week
- Compose weekly lesson plans
- Provide individual coaching to supplement classroom instruction
- Prepare freshman students for academic success by providing additional advice on study techniques and college etiquette

**Academic Mentor** – *All subjects* (Latin, Psychology, Research Methods, Philosophy, English, Writing, Anatomy and Physiology)

Academic Center for Excellence

Supervisor: Maria Brickhouse, Abdollah Hadjickandi

Summer 2016 – Summer 2017

- Maintain office hours for individual instruction in a wide variety of courses
- Evaluate students writing and grammar proficiency
- Facilitate development of independent study skills
- Monitor and record student concerns and progress related to academic performance

**Statistics Teaching Assistant** – Statistics in Psychology

SUNY College at Buffalo, Psychology Department

Supervisor: Dr. Howard Reid

Spring 2015

- Managed weekly office hours
- Provided individualized instruction of mathematical concepts
- Developed and directed review sessions
- Proctored exams

**Latin Tutor** – Latin I & II

SUNY College at Buffalo

Supervisor: Dr. Angela Fulk

Fall 2015

- Voluntarily tutored Latin students by appointment

## **RESEARCH EXPERIENCE**

**Research Assistant** – *Collective Care; Mind Body Well Being Yoga; Sports Therapy*

SUNY at Buffalo

Advisor: Dr. Cook-Cottone

**Current**

**Research Assistant** – *Individual Differences and Philosophical Judgement*

SUNY at Buffalo

Advisor: Dr. James Beebe

Fall 2018 – Summer 2019

- Investigating individual differences in philosophical intuition and judgement

**Research Assistant** – *Mindfulness and Morality*

SUNY at Buffalo

Advisor: Dr. Kenneth DeMarree

Fall 2017 – Spring 2018

- Investigating how mindfulness effects moral judgement.

**Research Assistant** – *Dyspareunia and Painful Intercourse in Southern Christian Women*

SUNY at Buffalo

Advisor: Dr. Katharine Azim

Fall 2017 – Spring 2018

- Interviewing, transcribing, and representing the sexual experiences of Southern Christian women suffering from Dyspareunia from a feminist research lens using a mixed methods approach.

**Honors Thesis** – *Perceptions of Sexual Intimacy*

SUNY College at Buffalo

Advisor: Dr. Jill Norvilitis, Chair of Psychology Department

Fall 2015 – Spring 2016

- Designed, collected, and analyzed data from 500 participants in a study on the effects of femininity, masculinity, gender, sexual orientation, and fear

of intimacy on an individual's perception of sexual intimacy.

**Psi Chi Group Research Project**, Lead researcher – *Love and lust: a glance into empathy and capacity to love across sexual orientations*

SUNY College at Buffalo

Advisor: Dr. Stephanie Foraker

Fall 2016 – Spring 2017

- Designed, collected, and analyzed data in a two-part study utilizing eye tracker equipment and survey based methods to determine differences in love and lust per direction of gaze while controlling for preexisting biases.

**Independent Study – Sexting**

SUNY College at Buffalo

Advisor: Dr. Howard Reid

Spring 2015

- Designed, collected and analyzed data in a study which examined whether certain personality traits indicate likelihood and frequency of sexting in young adults.

**CAMPUS INVOLVEMENT**

**Student Success Representative**

Student Success and Completion Summit

University at Utah

Supervised by Undergraduate Dean of Education Ann Bisantz

September 2019

**Graduate Student Orientation Panelist**

Fall 2019

**President and Founder**

Generation Action Chapter: "Club X"/Beau Fleuve Feminists

SUNY College at Buffalo's first feminist organization

Fall 2016

- Organize weekly meetings to discuss current political and social issues
- Introduce issues with passion to engage members and promote awareness
- Provide activist opportunities on a local, state, and national level
- Foster women leadership

**Treasurer**

Psi Chi Honors Society, SUNY College at Buffalo Chapter

Faculty Advisor: Dr. Stephanie Foraker

Fall 2015 – Spring 2017

- Attend weekly meetings
- Assist in organizing community events
- Lead annual research project
- Maintain adequate budget

**Treasurer**

Ethics Bowl and Philosophy Club

SUNY College at Buffalo

Faculty Advisor: Dr. Justin Donhauser

Fall 2015 – Spring 2016

**Member**

Women In Philosophy (WIP)

SUNY College at Buffalo

President and Founder: Dr. Kimberly Blessing

Fall 2014 – Present

**Member**

Psychology Club  
SUNY College at Buffalo  
Faculty Advisor: Dr. Howard Reid

Fall 2014 – Spring 2017

**Member**

Deans Student Council  
School of Arts and Humanities  
Buffalo State College  
Dean Benjamin C. Christy

Fall 2015 – Spring 2016

**PRESENTATIONS/**

Pershyn, C., L., Guyker, W., Schlant, E., Borden, A., Roff, C., Estey, E., E., E., & Cook-Cottone, C. (2023, October). Mindfulness and Yoga-Based Eating Disorder Prevention Program: An interpretative phenomenological analysis. [Poster presentation]. Symposium for Yoga Research, Kripalu.

Pershyn, C., Cottone, M., & Cook-Cottone, C. (2023). ARFID Book Chapter (in press).

Pershyn, C., Cook-Cottone, C., Guyker, W., Schlant, E., Borden, A., Roff, C., Estey, E. E. E. (2023). Eat, Breathe, Thrive: An interpretative phenomenological analysis of a yoga-based eating disorder intervention program. Graduate Student Research Conference. University at Buffalo

Azim, K., Brown, A., & Pershyn, C. (2018, May). Dyspareunia and Painful Intercourse in Southern Christian Women. University at Buffalo. Buffalo, NY.

Pershyn, C., Norvilitis, J. (2017, May). Femininity Encourages, Masculinity Inhibits: Social Norms, Sexual Orientation, and Perceptions of Sexual Intimacy. 29<sup>th</sup> Association of Psychological Science Annual Convention, Boston, MA.

Braun, C., Braun, M., Holenstein, S., Mongold, A., Pershyn, C., & Foraker, S. (2017, March). Love and lust: a glance into empathy, capacity to love, and sexual desire across sexual orientation. Eastern Psychological Association conference, Boston, MA.

Braun, C., Braun, M., Holenstein, S., Mongold, A., Pershyn, C., & Foraker, S. (2017). Love and lust: a glance into empathy, capacity to love, and sexual desire across sexual orientation. 19<sup>th</sup> Annual Student Research & Creativity Celebration, SUNY College at Buffalo, Buffalo, NY.

Braun, C., Braun, M., Holenstein, S., Mongold, A., Pershyn, C., & Foraker, S. (2017, May). Love and lust: a glance into empathy, capacity to love, and sexual desire across sexual orientation. 29<sup>th</sup> Association of Psychological Science Annual Convention, Boston, MA.

Pershyn, C., Norvilitis, J. (2016). Perceptions of Sexual Intimacy. 18<sup>th</sup> Annual Student Research & Creativity Celebration, SUNY College at Buffalo, Buffalo, NY.

Pershyn, C. (2016). The Ancient Wisdom of Cicero: Non nobis solum nati sumus. 18<sup>th</sup> Annual Student Research and Creativity Celebration, SUNY College at Buffalo, Buffalo NY.

**Presenter** – Spring Psychology Colloquia (2017): “Perceptions of Sexual Intimacy”

**Panelist** - Philosophy/Religious Studies Department (2016):

“Reason - Revelation: Good & Bad. How do we reconcile reason and revelation in a secular world?”

**Presenter** -Ethics Bowl Club (2016):

“Human Mating Strategies”

**Commentator** - Spring Colloquia (2016):

“Cosmic Justice and The Meaning of Life  
in AMC’s Breaking Bad”, Kimberly Blessing, PhD.  
**Commentator** - Fall Colloquia (2015):  
“Should men be ashamed of sexism?”, John Draeger, PhD.  
**Presenter** - Ethics Bowl Club (2015):  
“Feminism 101”  
**Presenter** - Student Research & Creativity Fair (2015):  
“Sexting”  
**Presenter** - Spring Colloquia (2015):  
“Pop Culture Twist on Voltaire’s Candide”

## **VOLUNTEER EXPERIENCE**

Buffalo Asylum Seeker FME Scribe, 2023 – Present  
Buffalo Waterkeepers, 2020 – Present  
Ramana’s Garden for Children, Rishikesh, India - Yoga – January 2020  
Buffalo Museum of Science – 2019  
Planned Parenthood, 2016 – 2019  
West Buffalo Charter School, 2016 – 2017  
Psychology Department, Buffalo State 2016 - 2017  
Keystone Progressive, 2016  
Festival of Trees, Women & Children’s Hospital of Buffalo, 2016  
Philosophy Department Representative, Annual Review, 2016

## **ADDITIONAL SKILLS AND CERTIFICATIONS**

**Certified EMDR Therapist, May 2023**  
**Kink Competency Training, University of Michigan, ASSECT approved, 2022**  
**Certified Mind Body Wellbeing Practitioner (MBWB) 2021**  
**Certified Mindfulness Therapist, University at Buffalo, 2020**

CITI Certified for Human Subjects Research 2015 – **Present**  
Certified First Responder via Citizens Preparedness Corps, 2017  
Experience working with SPSS, Quirkos, Excel, Word, Outlook, & PowerPoint

## **ACADEMIC REFERENCES**

**Dr. Catherine Cook-Cottone**  
Professor  
Counseling, School and education Psychology  
409 Baldy Hall  
(716) 645-1128  
[catherine.cook.cottone@gmail.com](mailto:catherine.cook.cottone@gmail.com)

**Christopher Sova**  
Practicum Supervisor  
(716) 645-2720  
120 Richmond Quad  
[cnsi.ccsova@vpsa.buffalo.edu](mailto:cnsi.ccsova@vpsa.buffalo.edu)

**Dr. Kimberly Blessing**  
Philosophy Professor at SUNY College at Buffalo  
(716) 878-5136

Bishop Hall 234  
[blessika@buffalostate.edu](mailto:blessika@buffalostate.edu)

## **PROFESSIONAL REFERENCES**

### **Dan Rosen LCSW, CST, CSTS**

Supervisor, Director  
Rochester Center for Sexual Wellness  
(585) 865-3584  
625 Panorama Trail, Building 3, Suite 200  
[Dan@rochestercenterforsexualwellness.com](mailto:Dan@rochestercenterforsexualwellness.com)

### **Mike Cammarata**

Associate Director of Canisius College Counseling Center  
716-888-2620  
Campus Address: Bosch Hall 105, Canisius College  
[cammaram@canisius.edu](mailto:cammaram@canisius.edu)

### **Danielle LaMarre-Smith**

Director of UB Curriculum  
(716) 645-5773  
Campus Address: 24F Capen Hall  
[Dan@rochestercenterforsexualwellness.com](mailto:Dan@rochestercenterforsexualwellness.com)