

Meredith V. Tittler

Licensed Psychologist – Alabama #2321
 Department of Counseling and Instructional
 Sciences
 University of South Alabama
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Curriculum Vita

Professional Experience

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|--|--------------------------|
| Assistant Professor | 8/2023 – present |
| University of South Alabama, Mobile, AL
Department of Counseling and Instructional Sciences
Combined Clinical & Counseling Ph.D. Program | |
| Postdoctoral Research Fellow | 9/2021 – 06/2023 |
| Portland Psychotherapy Clinic, Research, & Training Center
Portland, OR | |
| Predoctoral Internship (APA-Accredited) | 08/2020 – 07/2021 |
| Iowa State University, Ames, IA.
Student Counseling Services | |

Education

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|---|----------------|
| PhD, Counseling Psychology (APA-Accredited) | 08/2021 |
| Iowa State University, Ames, IA
Graduate Certificate in Quantitative Psychology
Major Professor: Nathaniel G. Wade, Ph.D
Dissertation: <i>Increasing White individuals' engagement in racial dialogues: Test of an intervention based on Self-Determination Theory</i> | |
| MS, Psychology | 05/2017 |
| Iowa State University, Ames, IA.
Major Professor: Nathaniel G. Wade, Ph.D
Thesis: <i>How to engage European-American participants in racial dialogues: The role of dialogue structure and mixed race groups</i> | |
| BA, Psychology | 12/2008 |
| Clark University, Worcester, MA.
Graduated Summa Cum Laude | |
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Publications

Refereed Journal Articles

- Chao, R. C., Wei, M., Du, Y., Carrera, S.G., Lannin, D., **Tittler, M.V.**, Wang, C., Liu, S., & Frickey, E.A. (2024). Effects of a video intervention and ethnocultural empathy on racial color-blindness, White empathy, and willingness to confront White privilege. *Cultural Diversity and Ethnic Minority Psychology*. <https://dx.doi.org/10.1037/cdp0000713>
- Tittler, M.V.**, Luoma, J.B., Grzanka, P.R., Lear, M.K. (2024). Guilt, shame, and/or both?: Further validation of the White Racial Affect Scale. *Journal of Counseling Psychology*, 71(5), 369-378. <https://doi.org/10.1037/cou0000753>
- Liu, S., Arterberry, A., Wei, M., **Tittler, M.V.**, Wang, C., Klesel, B., & Tsai, P. (2024). Exploration and cross-validation for the latent profiles of emotion regulation difficulties among college students. *Motivation and Emotion*, 48, 652-672. <https://doi.org/10.1007/s11031-024-10077-y>
- Tittler, M.V.**, Luoma, J.B., Wade, N.G., & Wei, M. (2023). Effects of a White privilege framing and a test of moderators. *Current Psychology*, 43, 4665-4677. <https://doi.org/10.1007/s12144-023-04671-5>
- Lear, M.K., Spata, A., **Tittler, M.V.**, Fishbein, J.N. Arch, J.J., & Luoma, J.B. (2023). Transparency and reproducibility in the Journal of Contextual Behavioral Science: An audit study. *Journal of Contextual Behavioral Science*, 28, 207-214. <https://doi.org/10.1016/j.jcbs.2023.03.017>
- Tittler, M.V.**, Chwyl, C., Lear, M.K., & Luoma, J.B. (2023). Affiliative stimuli elicit negative emotion and expressive suppression for high self-critics: A study using video stimuli. *Motivation and Emotion*, 47, 282-294. <https://doi.org/10.1007/s11031-023-10005-6>
- Tittler, M.V.**, & Wade, N.G. (2022). Gender group composition and outcomes of group interventions to promote forgiveness: Replication and extension. *Group Dynamics: Theory, Research, and Practice*, 26(2), 119-136. DOI: 10.1037/gdn0000154
- Tittler, M.V.**, Lannin, D.G., Han, S., & Wolf, L.J. (2022). Why personal values matter: Values, colorblindness, and social justice action orientation. *Current Psychology*, 41, 5075-5087. DOI: 10.1007/s12144-020-01006-6
- Tittler, M.V.**, Liu, S., Wei, M., Cheng, D., & Wang, C. (2021). Concerns about counseling racial minority clients: Ethnocultural empathy, insight, and multicultural intervention self-efficacy. *Training and Education in Professional Psychology*. Advance online publication. DOI: 10.1037/tep0000333
- Tittler, M.V.** & Wade, N.G. (2019). Engaging White participants in racial dialogues: Group composition and dialogue structure. *Group Dynamics*, 23(2), 75-90. DOI: 10.1037/gdn0000099

Book Chapters

- Wade, N.G. & **Tittler, M.V.** (2020). Forgiveness and group therapy: Current research and implications for general group research and practice. In C. Parks & Tasca, G. (Eds.). *The psychology of groups: The intersection of social psychology and psychotherapy research* (pp.207-230). Washington D.C.: American Psychological Association Press.

Wade, N.G., & **Tittler, M.V.** (2020). Therapeutic interventions to promote forgiveness of others: A review of empirical evidence. In E. L. Worthington, Jr. & N.G. Wade (Eds.). *Handbook of forgiveness, Second edition* (pp.255-265). New York, NY: Routledge.

Tittler, M.V. & Wade, N.G. (2019). Forgiveness interventions from a multicultural perspective: Potential applications and concerns. In L.E. van Zyl & S. Rothmann (Eds.). *Positive psychological interventions: Theories, methodologies and applications within multi-cultural contexts* (pp. 179-199). Springer, Cham.

Manuscripts Under Review

Tittler, M.V., Wade, N.G., Luoma, J.B. (revise and resubmit). Increasing White college students' engagement in racial dialogues: Test of an intervention based on Self-Determination Theory. *Group Dynamics*

Manuscripts In Progress

Tittler, M.V., Luoma, J.B., Heath, P. (in progress). Measurement invariance of the White Racial Affect Scale in a southern undergraduate population.

Tittler, M.V., Luoma, J.B., Kim, S. (in progress). Moderating and mediating effects of the relationship between white racial affect and social justice outcomes.

Tittler, M.V. & Kim, S. (in progress). Initial development and validation of the Social Justice Action Scale.

Kim, S. & **Tittler, M.V.** (in progress). Further validation and predictive validity of the Social Justice Action Scale .

Tittler, M.V., Albright, J., Castillow, A., Wright, T., Gardner, J., & Morehead, C. (in progress). Test of an adapted intergroup dialogue with medical professionals.

Tittler, M.V. & Albright, J. (in progress). Test of an adapted intergroup dialogue with counseling and clinical psychology graduate students.

Maxwell-Williams, R.* & **Tittler, M.V.** (in progress). The moderating role of psychological inflexibility on the relationship between climate concerns and environmental behaviors.

Presentations

Peer-Reviewed Presentations

Kim, S. & **Tittler, M.V.** (2025, August). *Development and validation of a social-justice behaviors scale*. Poster accepted for the Annual Convention for the American Psychological Association, planned for Denver, CO.

Tittler, M.V., Luoma, J.B., Heath, P., & Maxwell-Williams, R. (2025, August). *Indirect effect of state White negative self-focused affect on White people's anti-racist behaviors*. Poster accepted for the Annual Convention for the American Psychological Association, planned for Denver, CO.

- Tittler, M.V.**, Kim, H., & Wade, N. (2024, August). *Factors that impact White participants' engagement in racial dialogues: A replication study*. Poster presented at the Annual Convention for the American Psychological Association, Seattle, WA.
- Seidman, A.J., Wade, N.G., **Tittler, M.V.** (2022, August). *Listening and being heard during group counseling: A response surface analysis*. Poster presented at the Annual Convention for the American Psychological Association, Minneapolis, MN.
- Wei, M., Chao, R., Du, Y., Carrera, S.G., Lannin, D., Botello, R., Wang, C., Liu, S., **Tittler, M.** (2022, August). *A discrimination-based video intervention on racial colorblindness and White empathy*. Poster presented at the Annual Convention for the American Psychological Association, Minneapolis, MN.
- Katte, K., Spencer, S., Lear, M.K., **Tittler, M.V.** (2022, June). Experiential avoidance among high self-critics: the role of expressive suppression in response to positive-emotion eliciting stimuli. In A. Keller-Collins (Chair), *Basic and applied research: Process-based, transdiagnostic, & prosocial*. [Symposium]. Association for Contextual Behavioral Science World Conference, San Francisco, CA.
- Wei, M., Arterberry, B.J., Liu, S., **Tittler, M.V.**, Wang, C., Klesel, B. (2021, August). *Exploratory and cross-validation of latent profiles for emotion regulation difficulties*. Virtual poster presented at the Annual Convention for the American Psychological Association.
- Frantell, K.A, Shultz, D., **Tittler, M.V.**, Miles, J.R., Spanierman, L.B., Wade, N.G. (2021, August). Test of an intervention based on Self-Determination Theory to increase White individuals' engagement in racial dialogues. In P.R. Grzanka (Chair), *Engaging White people in anti-racist work* [Virtual Symposium]. Annual Convention for the American Psychological Association.
- Moualeu, N. & **Tittler, M.V.** (2021, May). *Identities in relational conflict*. Presentation made at the Iowa State Conference on Race and Ethnicity, Ames, IA. Annual Convention for the American Psychological Association.
- Tittler, M.V.**, Stumpner, C., & Pederson, E. (2020, May). *What's inhibiting White individuals in race conversations? A perspective on White fragility and the human need for relatedness*. Presentation made at the Iowa State Conference on Race and Ethnicity, Ames, IA.
- Seidman, A., Wade, N.G., **Tittler, M.V.**, & Crick, K. (2019, August). *The role of personal growth initiative in predicting intentions to seek psychological help*. Poster presented at the Annual Convention for the American Psychological Association, Chicago, IL.
- Liu, S., **Tittler, M. V.**, Wei, M., Cheng, D., & Wang, C. (2019, August). *Concerns about counseling racial minority clients and multicultural counseling self-efficacy*. Poster presented at the Annual Convention for the American Psychological Association, Chicago, IL.
- Wade, N., **Tittler, M. V.**, Mathison, L., & Moualeu, N. (2019, August). *Skill building session: Addressing trauma in interpersonal process groups*. Symposium presented at the Annual Convention for the American Psychological Association, Chicago, IL.

- Wade, N., & **Tittler, M. V.**, (2019, August). *Therapeutic interventions to promote forgiveness of others: Review of empirical evidence*. Symposium presented at the Annual Convention for the American Psychological Association, Chicago, IL.
- Tittler, M. V.**, & Garcia, S., (2019, April). *Individual Predictors of Participation in a Racial Dialogue*. Presentation made at the Annual Spring Conference for the Iowa Psychological Association, Des Moines, IA.
- Tittler, M. V.** & Wade, N. (2018, August). *Individual predictors of participation in a racial dialogue*. Poster presented at the Annual Convention for the American Psychological Association, San Francisco, CA.
- Tittler, M. V.** & Wade, N. (2017, August). *Facilitating dialogues on race: What dialogue factors make a difference in European-American students' participation?* Poster presented at the Annual Convention for the American Psychological Association, Washington, D.C.
- Kaiser, D., Wade, N., Seidman, A., Tenbrook, E., & **Tittler, M. V.** (2017, August). *Models for group psychotherapy training in psychology doctoral training programs*. Discussion session presented at the Annual Convention for the American Psychological Association, Washington, D.C.
- Tucker, J.R., Wade, N., Abraham, T., Bitman, R., **Tittler, M. V.**, Cornish, M., & Post, B.C. (2016, August). *Cohesion change in outpatient psychotherapy groups: Recommendations for group therapists*. Poster presented at the Annual Convention for the American Psychological Association, Denver, CO.

Invited Talks

- Tittler, M.V.** (2024, January). *White racial identity: Addressing defensiveness and shame*. Invited presentation at Portland Psychotherapy DEI training consortium, Portland, OR.
- Tittler, M.V.** (2021, December). *Engaging White individuals in racial conversations*. Invited presentation given to Portland Psychotherapy clinical staff, Portland, OR.
- Tittler, M.V.** (2021, November). *White racial identity: Addressing defensiveness and shame*. Invited presentation at Portland Psychotherapy DEI training consortium, Portland, OR.
- Tittler, M.V.** (2021, October). *My journey with my White racial identity*. Invited presentation given to the multicultural counseling class at Iowa State University's Counseling Psychology program, Ames, IA.

Teaching Experience

Graduate Courses Taught:

Clinical Practicum (CCP 556, CCP 756)

Student Evaluations

Overall course rating: 4.8

(Fall 2023, Summer 2024, Fall 2024)

Group Systems and Theory (CCP 759)
(Spring 2024; Spring 2025)

Overall course rating: 4.75

Counseling Skills (CED-586)
(Spring 2024; Spring 2025)

Overall course rating: 5.0

Human Development and Behavior (EPY – 521)
(May 2024)

Overall course rating: 4.88

Counseling Theories (CED- 572)
(Fall 2024)

Overall course rating: 5.0

Undergraduate Courses Taught:

Academic Study Skills
(Fall 2015, 2016, Spring 2015)

Psychological Measurement
(Summer 2018)

Laboratory in Counseling Theory and Techniques
(Fall 2018)

Intergroup Dialogue – Gender and Sexuality
(Spring 2020)

Student Evaluations

Based on all sections taught (N=4)

Average instructor rating: 4.8

Based on all sections taught (N=1)

Average instructor rating: 4.4

Based on all sections taught (N=2)

Average instructor rating: 5.0

Based on all sections taught (N=1)

Average instructor rating: 4.97

Graduate Teaching Assistant

- Psychology of Religion (Spring 2018)
 - Psychology of Women (Spring 2016, Spring 2018)
 - Psychology of Motivation (Fall 2016, Spring 2017)
 - Abnormal Psychology (Spring 2017)
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Clinical Experience

Postdoctoral Clinician

Portland Psychotherapy Clinic, Research, and Training Center

09/2021-06/2023

Predoctoral Intern

Student Counseling Services, Iowa State University

08/2020 – 07/2021

Clinical Intake Graduate Assistant

Student Counseling Services, Iowa State University

08/2019 – 05/2020

Advanced External Practicum Counselor

Network Community Counseling Services, Ames, IA

08/2016 – 07/2020

Clinical Graduate Assistant

Student Counseling Services, Iowa State University

05/2019 – 08/2019

Advanced External Practicum Counselor <i>Mary Greeley Diabetes Education Center, Ames, IA</i>	08/2018 – 05/2019
Advanced Practicum Counselor <i>Student Counseling Services, Iowa State University</i>	08/2017 – 05/2018
Intermediate Practicum Counselor <i>Student Counseling Services, Iowa State University</i>	08/2016 – 05/2017
Beginning Practicum Counselor <i>Department of Psychology, Iowa State University</i>	01/2016 – 05/2016
Pre-Practicum Counselor <i>Department of Psychology, Iowa State University</i>	09/2015 – 12/2015
Academic Coach <i>Hixson-Lied Student Success Center, Iowa State University</i>	08/2015 – 05/2017
Group Counseling Experience	
Group Co-Leader <i>Student Counseling Services, Iowa State University</i>	08/2020 – 05/2021
Group Co-Leader <i>Network Community Counseling Services, Ames, IA</i>	10/2018 – 07/2020
Group Co-Leader <i>Student Counseling Services, Iowa State University</i>	01/2018 – 05/2018
Group Observer <i>Network Community Counseling Services, Ames, IA</i>	09/2016 – 12/2017

Supervision Experience

Primary Supervisor <i>University of South Alabama Psychological Clinic</i> -Primary supervisor and instructor for doctoral graduate students	08/2023-present
Primary Supervisor <i>Student Counseling Services, Iowa State University</i> -Primary supervisor for two counseling psychology graduate students	08/2020-06/2021
Secondary Supervisor <i>Portland Psychotherapy Clinic, Research, and Training Center</i> -Secondary supervisor for two clinical psychology graduate students	09/2021-07/2022

Other Relevant Psychological Experiences

Clinic and Lab Associate Director

08/2017 – 07/2020

Network Community Counseling Services, Ames, IA

- Hired, trained and supervised 25 undergraduate clinic and research assistants (RAs)
- Trained staff counselors on clinic protocols including conducting intake interviews, scheduling and note-taking procedures, etc.
- Oversaw maintenance of HIPPA and IRB compliant records (PHI notes, treatment plans, closing summaries, informed consent, etc.)

Supervisor: Nathaniel Wade, Ph.D., L.P.

Professional Research Assistant

10/2013 – 04/2015

Developmental Psychiatry Lab, University of Colorado-Denver, Aurora, CO

- Translated Structured Clinical Interviews (SCID) for Spanish-speaking participants; served as a Spanish translator and liaison for monolingual Spanish-speaking participants
 - Administered EEG recordings and oversaw fMRI sessions with infants
 - Administered the Weschler Preschool and Primary Scale of Intelligence (WPPSI-IV), adjusted Stroop test, and story-stem completion tasks with four year-old participants
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University and Professional Outreach

Multicultural Day

09/2016

Department of Psychology, Iowa State University

- Coordinated, planned, and helped facilitate a day-long multicultural training for counseling graduate students, faculty, and counseling center professional staff
- Recruited, coordinated, and planned interventions with guest speakers and presenters
- Oversaw planning logistics for the day including managing the budget, booking the location, and coordinating services with vendors

Outreach and Webinar Presentations

Tittler, M.V., Gettys, B., Devore, E., Rivera, R., Gross, J., & Lefforge, N. (2020). *Training Director and Trainee Meet-and-Greet*. Virtual networking and professional development hour organized in coordination with the APA Division 49 – Society of Group Psychology and Group Psychotherapy

Cole, S., **Tittler, M.V.**, & Chen, E. (2020, June). *Community Check-In*. Virtual community processing hour organized in coordination with the APA Division 49 – Society of Group Psychology and Group Psychotherapy

Bogomaz, M. & **Tittler, M.V.** (2019, July). *Becoming a Group Therapist*. Webinar presentation done in coordination with the APA Division 49 – Society of Group Psychology and Group Psychotherapy

Rivas, J., & **Tittler, M.V.** (2017, November). *Introduction to Student Counseling Services & Stress Management*. Presentation for “Orientation to Civil Engineering” course, Iowa State University, Ames, IA.

Leadership Experience

Student Representative (Board member) **12/2018 – 12/2020**
American Psychological Association – Div. 49 – Society of Group Psychology and Group Psychotherapy

President **08/2017 – 05/2018**
Graduate Students of Counseling Psychology, Iowa State University

Treasurer **08/2016 – 05-2017**
Graduate Students of Counseling Psychology, Iowa State University

Awards

- John A. and Elaine V. Bath Outstanding Counseling Graduate Student Award (2020)
 - Most Valuable Paper Nominee – *Group Dynamics* (2019)
 - Teaching Excellence Award, ISU Graduate College (2019)
 - Student Travel Award for APA Convention, APA (2018)
 - Student Award for Outstanding Contribution to Diversity in Group Psychology, APA Division 49 (2017)
 - Student Travel Award for APA Convention, APA Division 49 (2017)
 - Undergraduate Psychology Student of the Year, Clark University, Department of Psychology (2008)
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Research Funding

Tittler, M.V. (2025). *Values Affirmation and the Role of Defensiveness and Guilt in Social Action*. College of Education and Professional Studies Internal Grant, University of South Alabama. \$2500. Direct. Funded.

Tittler, M.V. (2024). *White Racial Affect: The Role of Guilt, Shame, and Defensiveness in Social Attitudes and Action*. College of Education and Professional Studies Internal Grant, University of South Alabama. \$2500. Direct. Funded.

Tittler, M.V. & Kim, S. (2024). *Social Justice Behavioral Measure Validation Study*. Office of Research and Economic Development; Office of DEI, University of South Alabama. \$6,156 Direct. Funded.

Albright, J., Shank, S., & **Tittler, M.V.** (2024). *Using a Community-Partnered Approach to Understand and Address Race-based Autism Diagnostic Disparities in Mobile*. Office of Research and Economic Development; Office of DEI, University of South Alabama. \$10,000 Direct. Funded.

Summer Research Funding, Wade Lab, ISU (\$1687; 2020)

Harold V. Gaskill Fellowship, ISU (\$3800; 2016-2017)

Grants Not Funded

Tittler, M.V., & Albright, J. (2025). *A test of intergroup-dialogue intervention to promote clinical cultural competency in clinical doctoral students*. Council of University Directors of Clinical Psychology (CUDCP) Science of Training Research Seed Grant. \$10,000. Direct and Indirect. Reviewed and unfunded.

Albright, J., Shank, S., & **Tittler, M.V.** (2024). *A Community-Partnered Approach to Understand and Address Race-based Autism Diagnostic Disparities*. Organization for Autism Research (OAR). \$50,000 Direct and Indirect. Reviewed and unfunded.

Wade, N.G., Brenner, R.E., & **Tittler, M.V.** (2019). *Minority experiences of religion and spirituality in psychotherapy: Big data analysis proposal*. The John Templeton Foundation. \$9,947 Direct and Indirect. Reviewed and unfunded.

Wade, N.G., & **Tittler, M.V.** (2017). *Does format matter?: Investigation of spiritually integrated psychotherapy in individual and group modalities*. The John Templeton Foundation. \$131,330 Direct and Indirect. Unfunded.

Professional Training

Intergroup Dialogue Institute

06/2019

University of Michigan, Ann Arbor, MI

- Attended a 4-day training on intergroup dialogue (IGD)
- Received didactic and experiential training on IGD including learning about the theory behind the Michigan Model of IGD as well as specific strategies and techniques of facilitation
- Participated in an inter-group dialogue on diverse identities

United States Peace Corps

08/2010 – 07/2013

Santo Domingo, Dominican Republic

- Trained in conducting participatory analysis research as a Youth and Families Volunteer
 - Worked with host-country partners to develop enrichment programming for children and youth living in rural barrio in central D.R.
 - Developed grant-writing skills for raising funds for youth programming
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Professional Affiliations

American Psychological Association

2015 – present

- Society for the Psychological Study of Social Issues (Division 9, APA)
- Society of Counseling Psychology (Division 17, APA)
- Society for Psychology Study of Culture, Ethnicity, and Race (Division 45, APA)
- Society of Group Psychology and Group Psychotherapy (Division 49, APA)

Association for Contextual Behavioral Science

2021 - present

References

Nathaniel Wade, Ph.D., L.P.

Professor

Department of Psychology, Iowa State University

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Meifen Wei, Ph.D., L.P.

Professor

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CEO, Researcher

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