

James Beauchemin, Ph.D., LCSW

Boise State University
School of Social Work
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Education

- 2015 **Doctor of Philosophy in Social Work (PhD)**
The Ohio State University, Columbus, OH
- Dissertation:** Examining the Effectives of a Short-Term Solution-Focused
Wellness Group Intervention on Perceived Stress and Wellness among College
Students
- 2006 **Master of Social Work (MSW)**
University of Vermont, Burlington, VT
- 2001 **Teacher Credential**
California State University, Sacramento, CA
Credentialing Program: Adapted Physical Education
- 1994 **Bachelor of Science in Physical Education (K-12)**
University of Vermont, Burlington, VT

Academic Appointments

- 2017-present **Assistant Professor (tenure track)**, School of Social Work, Boise State
University, Boise, ID
- 2013-2017 **Adjunct Professor**, College of Social Work, Ohio State University, Columbus,
OH

Areas of Expertise

Wellness
Solution-focused brief therapy
College student well-being
Clinical social work practice
Mind-body interventions

Funded Research and Contracts

- 2020 Boise State University School of Social Work Research Grant. *Social Work Research Fund Proposal: Examining the Effectiveness of a Six-Week Solution-Focused Wellness Intervention on Graduate Student Wellness*. (\$2750).
Role: Principal Investigator.
- 2019 State of Idaho Department of Health and Welfare, Division of Behavioral Health. *Improving Children's Mental Health Services in Idaho*. (\$69,000)
Role: Co-Investigator
- 2017 National Consortium for Building Healthy Academic Communities Research Grant. *Developing and Assessing the Effectiveness of a Web-Based Solution-Focused Wellness Intervention for College Students*. (\$2500)
Role: Principal Investigator
- 2014 Solution-Focused Brief Therapy Association Research Award. *Examining the Effectiveness of a Short-Term Solution-Focused Wellness Group Intervention of Perceived Stress and Wellness among College Students*. (\$3500)
Role: Principal Investigator

Peer Reviewed Publications

- Willy-Gravley, S. **Beauchemin, J.**, Pirie, P., Gomes, A., Klein, E. (accepted). A Randomized Controlled Trial of Yoga with Incarcerated Females. *Social Work Research*. Submitted for review: May, 2019.
- Yates, H.T., Choi, J.Y., & **Beauchemin, J.D.** (2019). Development of the Solution Focused Wellness for HIV (SFWH) Intervention for Women. *Families in Society: The Journal of Contemporary Social Services*. 1-12.
- Wang, X., **Beauchemin, J.**, Lee, M.Y., & Liu, C. (2019). A systematic review and meta-analysis on Integrative Body-Mind-Spirit (I-BMS) practices for schizophrenia: Implications for social work practice. *Community Mental Health Journal*, 55(7), 1135-1146.
- Gabana, N., Hutchinson, J., **Beauchemin, J.**, Powless, M., Cawthra, J., Halterman, A., & Steinfeldt, J. (2019). A qualitative investigation of music use among amateur and semi-professional golfers. *Sports*, 7(3), 60-75.
- Beauchemin, J.D.**, Gabana, N., Ketelsen, K., & McGrath, C. (2019). Multidimensional wellness promotion in the health and fitness industry. *International Journal of Health Promotion and Education*, 57(3), 148-160.

- Beauchemin, J.,** Granello, P., Gibbs, T., & Gabana, N. (2018). Motivational for movement: Influences on walking event participation. *Health Education Journal, 1-13.*
- Beauchemin, J.,** Gibbs, T., & Granello, P. (2018). Wellness Promotion Courses in University Settings: A Review of the Research. *Building Healthy Academic Communities Journal. 2(1), 35-48.*
- Liu, C., **Beauchemin, J.,** Wang, X. & Lee, M.Y. (2018). Integrative Body-Mind-Spirit (I-BMS) Interventions for Posttraumatic Stress Disorder (PTSD): A Review of the Outcome Literature. *Journal of Social Service Research. 44(4), 482-493.*
- Beauchemin, J.D.** (2018). Solution-focused wellness: A randomized controlled trial of college students. *Health and Social Work, 43(2), 94-100.*
- Varkula, L., **Beauchemin, J.,** Facemire, S., & Bucher, E. (2017). Students with disabilities: Utilization of college counseling centers. *Journal of Postsecondary Education and Disability. 30(2), 173-184.*
- Beauchemin, J.** & Lee, M.Y. (2015). Solution-focused wellness coaching. *Journal of Solution-Focused Brief Therapy. 1(2), 59-78.*
- Beauchemin, J.,** Facemire, S., & McGrath, C. (2015). Enhancing mind-body health in the exercise and fitness industry: Incorporating a mental skills model. *American College of Sports Medicine's Health and Fitness Journal. 19(3), 10-16.*
- Hwang, B.J., Bennet, R.M., & **Beauchemin, J.D.** (2014). International students' utilization of counseling services. *College Student Journal. 48(3), 347-354.*
- Beauchemin, J.** (2014). Student-athlete wellness: An integrated outreach model. *College Student Journal. 48(2), 268-280.*
- Beauchemin, J.,** Hutchins, T., & Patterson, F. (2008). Mindfulness meditation may lessen anxiety, promote social skills, & improve academic performance among adolescents with learning disabilities. *Complementary Health Practice Review. 13(1), 34-45.*
- Beauchemin, J.,** & Manns, J. (2008). Walking, talking therapy: Given the links between mental health, obesity, and exercise, could physical activity be incorporated into therapy sessions with young people? *Mental Health Today. 8(3), 34-35.*

Manuscripts Under Review

- Beauchemin, J.,** Facemire, S., Pietrantonio, K., & Yates, H.T. (In review). Solution-Focused Wellness Coaching: A Mixed Methods, Longitudinal Study With College Students. *Social Work in Mental Health.* Submitted for review: July, 2019.

Manuscripts In Preparation

Beauchemin, J., Gomes, A., Leahy, A., & Sjoberg, R. (In preparation). Social Work and Integrative Care: Qualitative Experiences from Field Practice.

Beauchemin, J., Gomes, A., Newman, J., Sjoberg, R., & McGrath, C. (In preparation). Wellness Promotion in the Health and Fitness Industry: A Qualitative Inquiry of Subject Matter Expert Perceptions.

Beauchemin, J., Finnell, R., Newman, J. & Sjoberg, R. (In preparation). The impact of a Brief Interactive Classroom Intervention on Attitudes toward Multidimensional Wellness Promotion among College Students in Helping Professions.

Beauchemin, J., Lui, C. & Lee, M.Y. (In preparation). Impact of Meditation on Female Trauma Survivors of Interpersonal Violence who have Co-occurring Disorders: A Qualitative Inquiry.

Book Chapters

Beauchemin, J. (In review). Mindfulness in Clinical Practice. In K. Bolton (Ed.) *Theoretical Perspectives for Direct Social Work Practice: A General-Eclectic Approach*.

Beauchemin, J. (2018). Integrative wellness coaching. In M.Y. Lee (Ed.) *Integrative Body-Mind-Spirit Social Work: An Empirically Based Approach to Assessment and Treatment*. New York: Oxford University Press.

Lee, M.Y., **Beauchemin, J.D.,** & Grover Ely, C. (2016). Crisis Interventions. In *Oxford Bibliographies in Social Work*. E.J. Mullen. (Ed.). New York: Oxford University Press.

Technical Reports

Williams, N.J & **Beauchemin, J.** (2019). Idaho Youth Empowerment Services (YES) Family Survey. Boise, ID: Boise State University.

Beauchemin, J. & Williams, N.J. (2019). Idaho Department of Health and Welfare (IDHW), Division of Behavioral Health Quality Service Review (QSR): Follow-up Focus Group Results. Boise, ID: Boise State University.

Conference Presentations

Beauchemin, J. & Wilson, L. (2019, October). *Effectiveness of a Web-based Solution-Focused Module on Social Wellness among College Students*. Council on Social Work Education (CSWE) Annual Program Meeting (APM). Denver, CO.

- Beauchemin, J.,** Gabana, N., & Miller-Aron, C. (2019, October). *Trending: Holistic, Positive, and Wellness Based Approaches to Mental Health*. 5th Annual Social Work in Sports Symposium. Denver, CO.
- Beauchemin, J.** (2019, September). *Solution-Focused Wellness: An Evidence-Based Approach to Lifestyle Change*. European Brief Therapy Association Conference. Florence, Italy.
- Beauchemin, J.** (2019, May). *Examining the Effectiveness of a Brief Web-Based Solution-Focused Wellness Module on Perceptions of social Wellness among College Students*. Building Healthy Academic Communities National Symposium. Columbus, OH.
- Beauchemin, J.** (2019, January). *Solution-Focused Wellness: A Longitudinal Study with College Students*. Society for Social Work and Research (SSWR) 23rd Annual Conference. San Francisco, CA.
- Beauchemin, J.,** Allen, R., & Mullenax, R. (2018, November). *Peer Wellness Coaching: A Model for Promoting Wellness among College Student-Athletes*. 4th Annual Social Work in Sports Symposium. Orlando, FL.
- Beauchemin, J.** (2018, November). *Social Work and Integrative Care: Qualitative Experiences from Field Practice*. Council on Social Work Education 64th Annual Program Meeting. Orlando, FL.
- Beauchemin, J.** (2018, October). *Develop Health Coaching Skills To Attract and Retain Clients*. Asia Fitness Conference, Bangkok, Thailand.
- Beauchemin, J.** (2018, October). *Sport Psychology Concepts for All Clients*. Asia Fitness Conference, Bangkok, Thailand.
- Beauchemin, J.** (2018, October). *Solution-Focused Wellness Coaching*. Asia Fitness Conference, Bangkok, Thailand.
- Beauchemin, J** & Yates, H.T. (2018, May). *Solution-focused wellness counseling: A salutogenic approach to improving client well-being*. Clinical Social Work Institute. Wilmington, NC.
- Beauchemin, J.** & McGrath, C. (2017, May). *Using advanced interviewing strategies for targeted results*. IDEA Personal Trainer Institute. Bethesda, MD.
- Beauchemin, J.** & McGrath, C. (2017, May). *Expand and retain clients with health coaching*. IDEA Personal Trainer Institute. Bethesda, MD.
- Liu, C., **Beauchemin, J.,** Wang, X., & Lee, M.Y. (2017, January). *Clinical practice guidelines on the use of integrative body-mind-spirit (I-BMS) treatment for people with post-traumatic stress disorder (PTSD)*. Society for Social Work and Research (SSWR) 21st Annual Conference. New Orleans, LA.

- Beauchemin, J.** (2016, February). *Solution-focused wellness coaching*. IDEA Personal Trainer Institute. Alexandria, VA.
- Beauchemin, J.** & McGrath, C. (2016, February). *Expand and retain clients with health coaching*. IDEA Personal Trainer Institute. Alexandria, VA.
- Beauchemin, J.** (2016, January). *College students with disabilities: Promoting universal design*. Society for Social Work and Research (SSWR). Washington, D.C.
- Beauchemin, J.** & Facemire, S. (2015, November). *College students with disabilities: Counseling center utilization*. National Association of Social Workers (NASW) Ohio Conference. Columbus, OH.
- Beauchemin, J.** (2015, November). *Solution-focused wellness: A salutogenic approach*. Solution-Focused Brief Therapy Association Conference. Wilmington, NC.
- Beauchemin, J.** & Lee, M.Y. (2014, November). *Solution-focused wellness coaching*. Solution-Focused Brief Therapy Association Conference. Santa Fe, NM.
- McGrath, C. & **Beauchemin, J.** (2014, February). *Ask better questions, get better results!* IDEA Personal Trainer Institute. Alexandria, VA.
- Beauchemin, J.** & Fleider, C. (2014, February). *From burnout to wellness: An agency response*. Big Ten Counseling Centers Conference. Columbus, OH.
- Beauchemin, J.**, Varkula, L., Bucher, E., & Facemire, S. (2014, February). *Wellness for college students with disabilities: Promoting universal design*. Big Ten Counseling Centers Conference. Columbus, OH.
- Beauchemin, J.**, Lee, H., & Lim, R. (2014, February). *Wellness of international students: From transition theory framework*. Big Ten Counseling Centers Conference. Columbus, OH.
- McGrath, C. & **Beauchemin, J.** (2013, October). *Breaking the cycle of stress*. American Council on Exercise (ACE) National Symposium. Orlando, FL.
- Beauchemin, J.** & Banks, P. (2013, June). *Supporting mental health needs of first year student-athletes*. N4A National Convention. Jacksonville, FL.
- Beauchemin, J.**, Banks, P., & Hanson, C. (2012, October). *Mental wellness and student athletes*. Student Athlete Support Services Office (SASSO) "Drive-in" Conference. Ohio State University, Columbus, OH.
- Beauchemin, J.**, McCarty, T., Carrell, M., & Kyle, K. (2012, March). *Today's student-veteran panel*. Today's Veteran Conference. Ohio State University, Columbus, OH.

Hwang, B.J., Bennet, R., & **Beauchemin, J.** (2012, February). *International students' usage of college counseling centers*. Big Ten College Counseling Centers Conference. Bloomington, IN.

Alexander, D., **Beauchemin, J.**, Dale, J., & Hanson, C. (2011, November). *Promoting student-athlete development: Past challenges, future directions*. Student Athlete Support Services Office (SASSO) "Drive-in" Conference. Ohio State University, Columbus, OH.

Teaching Experience

Courses Taught

2020 *SOCWRK 504 Foundation Social Work Practice II: Families and Groups*
2019 *SOCWRK 504 Foundation Social Work Practice II: Families and Groups*
 SOCWRK 532 Advanced Research Program and Practice Evaluation
 SOCWRK 526 Evaluation & Treatment of Mental Disorders
2018 *SOCWRK 532 Advanced Research Program and Practice Evaluation*
 SOCWRK 201 Foundations of Social Work
 SOCWRK 504 Foundation Social Work Practice II: Families and Groups
2017 *SOCWRK 526 Evaluation & Treatment of Mental Disorders*
 SOCWRK 532 Advanced Research Program and Practice Evaluation
 Boise State University
 School of Social Work

2012-2017 *SWK 3201 Social & Economic Justice*
 SWK 3401 Discovering Evidence
 SWK 1140 Minority Perspectives: Race, Ethnicity, & Gender
 SWK 3501 Engagement & Interviewing Skills
 SWK 7516 Diagnosis & Assessment in Clinical Social Work Practice
 ECSC 7933 Advanced Interventions in Preventive & Brief Counseling Models
 KNFSHP 1170 Racquetball
 SWK 2110 Prevention & Youth Development Through Sport, Recreation & Play
 Kinesiology 1263 Contemporary Issues Facing Student-Athletes
 Ohio State University
 School of Social Work, School of Counselor Education, & School of
 Kinesiology

Professional Experience

2019-2020 **President**
 Upward Inertia Non-Profit Agency
 Boise, ID

2011-2016 **Senior Staff Therapist/ Social Work Coordinator**

Ohio State University, Columbus, OH

- 2012-2013 **Licensed Independent Social Worker**
Nemeth Counseling and Consultation, Dublin, OH
- 2010-2011 **Therapist/ LCSW**
Blue Ridge Community Health Services, Hendersonville, NC
- 2009-2011 **Therapist/ Proprietor**
Private Practice, Central/Western NC
- 2009-2010 **Clinical Supervisor**
Easter Seals UCP, Raleigh, NC
- 2007-2009 **Intensive In-Home Therapy Team Lead**
Easter Seals UCP, Raleigh, NC
- 2006-2007 **School Social Worker**
Jean Garvin School, Williston, VT
- Crisis Clinician**
Howard Center for Human Services, Burlington, VT
- Mental Health Counselor/ Crisis Support Clinician**
Howard Center for Human Services, Burlington, VT
- 2003-2004 **Physical Education/ Health Teacher**
Pine Ridge School, Williston, VT
- 2001-2002 **Adapted Physical Education Teacher**
Easter Seals of Norther California, Novato, CA
- 1997-2001 **Physical Education/ Adapted PE Teacher**
Contra Costa County Office of Education, CA

Consulting/Invited Trainings

- 2018 **Guest Expert**
The Wellness Roundtable Radio Show. 1100 KFNX, Arizona.
- 2018 **Continuing Education Presentation: Solution-Focused Wellness Coaching.**
Boise State University School of Social Work 25/50 Alumni Celebration.
- 2014-2019 **Subject Matter Expert**
Health Coach Exam Development, American Council on Exercise, San Diego, CA

- 2014 **Stress and Wellness in the Workplace**
Staff Training, National Aeronautics and Space Administration (NASA).
- 2010-2011 **Military and Family Life Consultant**
MHN Government Services, Contracted therapeutic services for the Department of Defense

Service

- 2020 Invited Reviewer: Building Healthy Academic Communities Journal
- 2019 Invited Reviewer: *PLOS ONE*
- 2019 Invited Reviewer: *British Journal of Educational Psychology*
- 2019 Invited Reviewer: *Peace and Conflict: Journal of Peace Psychology*
- 2018 Editorial Board: *College Student Journal*
- 2018 Invited Reviewer: *Complementary Therapies in Medicine*
- 2018 Invited Reviewer: *Building Healthy Academic Communities Journal*
- 2017 Invited Reviewer: *Health & Social Work*
- 2016 Invited Reviewer: *Child and Adolescent Mental Health*
Invited Reviewer: *Journal of Issues in Intercollegiate Athletics*

University Committees

- 2018-2020 Interprofessional Education Committee (IPE)

Departmental Committees

- 2019-2020 Tenure-Track Faculty Search Committee
Curriculum Committee
Scholarship Committee
Practice Curriculum Subcommittee
MSW Admissions
Strategic Planning
- 2018-2019 Curriculum Committee
Practice Curriculum Subcommittee
MSW Admissions
Strategic Planning
- 2017-2018 Curriculum Committee
MSW Admissions Committee

Professional Development

- 2015 **Certified Heartmath Biofeedback Practitioner**
- 2013 **Certified Prolonged Exposure Trauma Therapist** – Center for Deployment Psychology

- 2012 **Chemical Dependency Counselor Assistant**
Certified Health Coach – American Council on Exercise
- 2011 **Certified Hypnotherapist** – National Guild of Hypnotists
- 2007 **Certified Eye Movement Desensitization and Reprocessing (EMDR)** –
Clinician Training Levels I and II
Apprentice Substance Abuse Counselor
- 2006 **Interdisciplinary Leadership Education for Health Professionals (ILEHP)** –
Lend Grant Trainee, University of Vermont
- 2004 **Licensed Health and Physical Education Teacher, Adapted PE Specialist**

Professional Awards & Nominations

- 2019 **Excellence in Graduate Mentoring Award, *Nominee***, Boise State University
- 2017 **Interprofessional Education Teaching Grant**, Boise State University
Encouraging Multi-dimensional Wellness Promotion among Health Science Professionals
- 2016 **BSW Excellence in Teaching Award**, Ohio State University
Field Instructor of the Year Award, Ohio State University

Professional Licensure

2017-present Licensed Clinical Social Worker, Idaho (LCSW 36807)

Professional Affiliations

- 2018-present **Association for Social Workers in Sport (ASWIS)**
- 2017-present **Society for Social Work Research (SSWR)**
- 2015-present **Council on Social Work Education (CSWE)**
- 2012-present **American Council on Exercise (ACE)**
- 2011-present **National Guild of Hypnotists**
- 2007-present **National Association of Social Workers**