

Curriculum Vitae
Mira An, Ph.D.

ACADEMIC APPOINTMENT

2025 **Assistant Professor** University of Missouri, Kansas City, MO
- Present Department of Psychology and Counseling

EDUCATION

2025 **Ph.D.** University of Maryland, College Park, MD
Counseling Psychology (APA-Accredited)
Dissertation: *Cultivating Therapist Cultural Humility for Therapeutic Synchrony: Investigating Session-by-session Associations of Therapist-client Congruence in Intervention Perceptions with Therapist Cultural Humility and Therapeutic Alliance and Outcome*
Committee Chair: Dennis M. Kivlighan, Jr.

2024 - 2025 **Predoctoral Internship** George Mason University, Fairfax, VA
Health Service Psychology (APA-Accredited)
Counseling and Psychological Services

2017 **M.A.** Sogang University, Seoul, South Korea
Counseling and Clinical Psychology

2014 **B.A. & B.E.** Sogang University, Seoul, South Korea
Psychology & Education Cultures

PROFESSIONAL LICENSURE

Licensed School Counselor (Second Grade), Ministry of Education, South Korea #2574

RESEARCH GRANTS

2024 **Charles J. Gelso, Ph.D., Psychotherapy Research Grant (\$5,000)**
Division 29, the American Psychological Association, United States
Principal Investigator
Project Title: Exploring Therapist-Client Emotional Attunement in Virtual Psychodynamic Psychotherapy Using Automated Facial Expression Analysis

2024 **Support Program Grant for Advancing Research and Collaboration (\$1,000)**
College of Education, University of Maryland, United States
Principal Investigator
Project Title: Cultivating Therapist Cultural Humility for Therapeutic Synchrony: Investigating Session-by-session Associations of Therapist-client Congruence in Intervention Perceptions with Therapist Cultural Humility and Therapeutic Alliance and Outcome

2024 **Diversity Research Grant for Pre-doctoral Candidates (\$1,000)**

Division 29, the American Psychological Association, United States

Principal Investigator

Project Title: Cultivating Therapist Cultural Humility for Therapeutic Synchrony: Investigating Session-by-session Associations of Therapist-client Congruence in Intervention Perceptions with Therapist Cultural Humility and Therapeutic Alliance and Outcome

- 2024 **The Dr. Bruce Fretz Research Endowment Fund (\$700)**
 Department of Psychology, University of Maryland, University of Maryland
Principal Investigator
 Project Title: Being Humble to be on the Same Page with Diverse Clients
- 2023 **The Dr. Bruce Fretz Research Endowment Fund (\$500)**
 Department of Psychology, University of Maryland, University of Maryland
Principal Investigator
 Project Title: Cultural Humility and Linguistic Synchrony in Psychotherapy
- 2021 **International Research Grant for Students/Early Career Professionals (\$1,000)**
 Division 29, the American Psychological Association, United States
Principal Investigator
 Project Title: Cross-cultural Considerations for Changes in Client Attachment in Relation to Therapeutic Techniques

HONORS, AWARDS, & SCHOLARSHIPS

- 2024 **The Michael J. Pelczar Award for Excellence in Graduate Study (\$2,500)**
 Graduate School, University of Maryland, United States
- Awarded to two doctoral candidates across all doctoral programs
- 2024 **Jeffrey E. Barnett Psychotherapy Research Paper Award (\$500)**
 Division 29, the American Psychological Association, United States
- Awarded for the manuscript titled “*If it ain’t broke don’t fix it: Interaction of therapist session-to-session flexibility and previous session evaluation predicting client functioning*”
- 2024 **Bruce K. Fretz Scientist-Practitioner Award (\$750)**
 Department of Psychology, University of Maryland, United States
- Awarded to one doctoral candidate in the Counseling Psychology program
- 2024 **Outstanding Graduate Student Award (\$500)**
 College of Education, University of Maryland, United States
- Awarded to one doctoral candidate across doctoral programs in the College.
- 2024 **Social Justice Award**
 Department of Psychology, University of Maryland, United States
- Awarded to one doctoral candidate in the Counseling Psychology program
- 2024 **Group Foundation Scholarship (\$2,000)**
 The American Group Psychotherapy Association, United States
- 2024 **College of Education Scholarship (\$1,500)**
 College of Education, University of Maryland, United States
- 2024 **Travel Award (\$1,000)**

College of Education, University of Maryland, United States

- 2023 **The Counseling Psychologist Outstanding Student Paper Award**
Division 17, the American Psychological Association, United States
- Awarded for the article titled “*COVID-19 racism, internalized racism, and psychological outcomes among East Asians/East Asian Americans*”
- 2023 **Research Award (\$2,000)**
The College of Education, University of Maryland, United States
- Awarded for the doctoral dissertation project
- 2023 **College of Education Scholarship (\$1,500)**
College of Education, University of Maryland, United States
- 2023 **North America SPR Conference Trainee Award (\$1,000)**
The Society of Psychotherapy Research (SPR), United States
- 2023 **Travel Award (\$1,000)**
College of Education, University of Maryland, United States
- 2023 **Group Foundation Scholarship (\$2,000)**
The American Group Psychotherapy Association, United States
- 2022 **College of Education Scholarship (\$1,500)**
College of Education, University of Maryland, United States
- 2019 **Fulbright Graduate Study Award (\$40,000)**
Fulbright Foreign Scholarship Board, United States
- Declined due to the post-graduation home country residency requirement
- 2017 **Outstanding Mentorship Award**
Baek-Am Scholarship Foundation, South Korea
- 2014 - 2016 **Fellowship for Admission with the Highest Distinction (\$25,000)**
Graduate School, Sogang University, South Korea

RESEARCH EXPERIENCE

Professional Referred Publications

15. An, M., Jauquet, C. A., Akter, S., & Kivlighan, D. M., Jr. (2025). Context matters: leveraging therapists' session evaluations to optimize technical adjustments and enhance client outcomes. *Psychotherapy*. Advance online publication. <https://doi.org/10.1037/pst0000579>
14. An, M., Akter, S., & Kivlighan, D. M., Jr. (2025). Therapist interpersonal responsiveness: Being interpersonally flexible in response to client collaboration. *Psychotherapy Research*, 1-17. <https://doi.org/10.1080/10503307.2025.2457395>
13. Hill, E. M., An, M., Kivlighan, D. M., Jr., & Gelso, C. J. (2024). A tripartite model of the psychotherapy relationship: Interrelations among its components and their unfolding across sessions. *Psychotherapy*, 61(2), 151–160. <https://doi.org/10.1037/pst0000521>
12. Rim, K. L., Hill, C. E., An, M., Pesme, M., Lin, S., Topaltzas, E., Cygrymus, E., Clarke, W., & Ahamed, A. (2024). Meaning-making in psychotherapy after traumatic loss: therapists'

perspectives. *Counselling Psychology Quarterly*, 1-27.
<https://doi.org/10.1080/09515070.2024.2400929>

11. An, M., Kivlighan, D. M., Jr., & Hill, C. E. (2023). Working alliance after transferring from one therapist to another in a training clinic: Influence of therapist attachment style. *Journal of Counseling Psychology*, 70(1), 67–80. <https://doi.org/10.1037/cou0000642>
10. An, M. & Kivlighan, D. M. Jr. (2023). Examining Within-client Variability in Group Therapy. *Group Dynamics: Theory, Research, and Practice*. Advance online publication. <https://psycnet.apa.org/doi/10.1037/gdn0000198>
9. An, M. (2022). The supervision experience for an international therapist trainee working in her second language. *Psychotherapy Bulletin*, 57(4), 11-15. Retrieved from <https://societyforpsychotherapy.org/wp-content/uploads/2022/12/Bulletin-2022-57-4.pdf>
8. Ahn, L. H., Yang, N., & An, M. (2022). The psychological impact of COVID-19 on East Asian/Asian Americans' mental health. *The Counseling Psychologist*, Online publication. <https://doi.org/10.1177/00110000211070597>
7. An, M., Kivlighan, D. M., Jr., & Hill, C. E. (2022). A strong alliance is not enough: Item-level variation in an alliance measure moderates the alliance strength and client outcome relationship. *Journal of Counseling Psychology*. Advance online publication. <https://doi.org/10.1037/cou0000629> (Retraction published 2023, *Journal of Counseling Psychology*, 70[4], 402)*
6. An, M., Hillman, J. W., Kivlighan, D. M., Jr., & Hill, C. E. (2021). Changes in client attachment in relation to client distress: A response surface analysis. *Journal of Counseling Psychology*. Advance online publication. <https://doi.org/10.1037/cou0000570>
5. Sim, W., Hill, C. E., Duan, C., An, M., Gupta, S., & Prass, M. (2021). Working on dreams to facilitate Asian international university students' transition to the United States. *Dreaming*, 31(2), 100–116. <https://doi.org/10.1037/drm0000170>
4. Sim, W., Li, X., Hwang, J. Y., Hill, C. E., An, M., & Kim, D. H. (2021). The process and outcome of spiritually integrated psychotherapies: A cross-cultural study in Asia, Africa, Europe, and Latin America. *Psychotherapy*. Advance online publication. <https://doi.org/10.1037/pst0000409>
3. Hill, C. E., Morales, K., Gerstenblith, J. A., Bansal, P., An, M., Rim, K., & Kivlighan, D. M., Jr. (2022). Therapist challenges and client responses in psychodynamic psychotherapy: An empirically supported case study. *Psychotherapy*, 59(1), 74–83. <https://doi.org/10.1037/pst0000424>
2. Beck, S., An, M., Park, S., Kim, S., Ji, S., & Ahn, C. M. (2018). The Korean Behavior Assessment System for Children-2, Teacher Rating Scales-Preschool Form (K-BASC-2, TRS-P): A validation study via item response theory. *Early Childhood Education Research & Review*, 22(6), 147-168.
1. An, M. (2017). *The influence of attachment anxiety on caregiving behavior in romantic relationships: Role of mentalization and caregiving system*. [Master's thesis, Sogang University, Seoul, South Korea].

* An et al. (2022) was self-retracted due to non-consensual data from two participants. Mira An was not involved in data collection or the consent process and was unaware of the issue at the time. However, she fully supported the retraction.

Manuscripts Under Review/Revision

2. An, M., Rim, K., Hill, C. E., & Kivlighan, D. M. Jr. (2025). *The challenges of using challenges: Development and validation of the barriers to using challenges scale* [Manuscript submitted for publication]. *Journal of Counseling Psychology*.
1. An, M., & Ahn, C. M. (2025). *The influence of attachment anxiety on caregiving behaviors in romantic relationships: Roles of mentalization and caregiving hyperactivation* [Manuscript submitted for publication]. *Personal Relationships*.

Manuscripts In Preparation

7. Zumbul, S., An, M., & Lin, S. (2025). *Emotional dynamics between the therapist and client and their dyadic working alliance* [Manuscript in preparation].
6. An, M., Kivlighan, D. M., Jr., & Hill, C. E. (2025). *Exploring therapist-client emotional attunement in virtual psychodynamic psychotherapy using automated facial expression analysis* [Manuscript in preparation].
5. An, M., Akter, S., & Kivlighan, D. M., Jr. (2025). "Experience is the teacher of all things." (Julius Caesar, n.d.)? *The association of therapy: Experience and therapist cultural humility* [Manuscript in preparation].
4. An, M., Akter, S., Kivlighan, D. M., Jr. & Hill, C. E. (2025). *Client working alliance patterns and session outcome trajectories* [Manuscript in preparation].
3. Moturu, B. P., An, M., Gerstenblith, J., & Kivlighan, D. M. Jr. (2025). *A dynamic analysis of teletherapy vs. in-person therapy: Client perceptions of helping skills, working alliance, session evaluation, and outcome ratings* [Manuscript in preparation].
2. Ahn, C. M., Sim, W., An, M., & Hill, C. E. (2025). *Cross-cultural investigation of emotional responses and coping styles in dream work among Korean and US female college students*. [Manuscript in preparation].
1. Sim, W., Ahn, C. M., An, M., & Hill, C. E. (2025). *Dream work in the US and Korea: A cross-cultural investigation of self and relationship themes among female college students* [Manuscript in preparation].

Books & Book Chapters

5. An, M. & Gelso, C. J. (2025). Countertransference. In D. G. Friedman-Wheeler & A. Wenzel (Eds.), *The SAGE encyclopedia of mood and anxiety disorders* (Vol. 3). SAGE Publications.
4. An, M. & Gelso, C. J. (2025). Real Relationship. In D. G. Friedman-Wheeler & A. Wenzel (Eds.), *The SAGE encyclopedia of mood and anxiety disorders* (Vol. 3). SAGE Publications.
3. Gelso, C. J. & An, M. (2024). Transtheoretical foundations: The three faces of the therapeutic relationship. In C. H. Kristensen & A. D. Kristensen (Eds.), *The Therapeutic Relationship in Clinical Practice of Cognitive-Behavioral Psychotherapies*. Grupo A/Artmed.

2. Baranowsky, A., & Gentry, J. E. (2019). *Trauma practice: Tools for stabilization and recovery (3rd Edition)*. (Ahn, C. M., & An, M. trans.). Seoul, South Korea: Hakjisa (Original work published 2015).
1. Wampold, B. E. (2018). *Theories of psychotherapy series. The basics of psychotherapy: An introduction to theory and practice* (Ahn, C. M. & An, M. trans.). Seoul, South Korea: Hakjisa (Original work published 2010).

Professional Referred Conference Presentations

Symposia and Papers

5. An, M. & Kivlighan, D. M., Jr. (2023, October). *Therapist technical flexibility and treatment outcomes*. In Kivlighan, D. M., Jr. (Chair). *New Research on Therapist Skills from the Maryland Psychotherapy Clinic and Lab*. Symposium accepted for presentation at the 2023 North America Society of Psychotherapy Research (NASPR) Convention, Amherst, MA.
4. Moturu, B. P., An, M., & Kivlighan, D. M. Jr. (2023). *A dynamic analysis of teletherapy vs. in-person therapy: Client perceptions of helping skills, working alliance, session evaluation, and outcome ratings*. In Kivlighan, D. M., Jr. (Chair). *New Research on Therapist Skills from the Maryland Psychotherapy Clinic and Lab*. Symposium accepted for presentation at the 2023 North America Society of Psychotherapy Research (NASPR) Convention, Amherst, MA.
3. Rim, K., An, M., & Hill, C. E. (2023, June). *The challenge of using challenges: Development and validation of the barriers to using challenges measure*. Paper presented at the 54th Annual International Meeting of the Society for Psychotherapy Research (SPR), Dublin.
2. Hill, C. E., Morales, K., Gerstenblith, J., Bansal, P., An, M., Rim, K., & Kivlighan, D. M. Jr. (2021, June). *Challenge to gain awareness and to change: a case study of psychodynamic psychotherapy*. Paper presented at the 52nd Annual International Meeting of the Society for Psychotherapy Research (SPR), Virtual.
1. Ahn, C. M., Sim, W., Cho, C., An, M., Hong, Y., Kwok, J., Park, H., & Lim, S. (2015, May). *Dream work: Examining the effectiveness of dream interpretation in gaining psychological insight into young adults in Korea*. Paper presented at the 2015 International Conference on Applied Psychology, Tokyo, Japan.

Poster Sessions

10. An, M. & Kivlighan, D. M. Jr. (2024, August). *Cultivating Therapist Cultural Humility for Therapeutic Synchrony: Investigating Session-by-session Associations of Therapist-client Congruence in Intervention Perceptions with Therapist Cultural Humility and Therapeutic Alliance and Outcome*. Poster presented at the 2024 Annual Conference of American Psychological Association, Washington, DC.
9. Hill, E. M., An, M., Kivlighan, D. M., Jr., & Gelso, C. J. (2024, August). *A tripartite model of the psychotherapy relationship: Interrelations among its components and their unfolding across sessions*. Poster presented at the 2024 Annual Conference of American Psychological Association, Washington, DC.
8. Ahn, C. M., Sim, W., & An, M. (2024, August). *Dream Work in the U.S. and Korea: Emotion and Coping Themes Among Female College Students*. Poster presented at the 2024 Annual Conference of American Psychological Association, Washington, DC.

7. **An, M.**, Akter, S., & Kivlighan, D. M., Jr. (2023, October). *The impact of therapist relational flexibility on client outcome: Session-to-session variations in working alliance and real relationship in relation to client session evaluation*. Poster accepted for presentation at the 2023 North America Society of Psychotherapy Research (NASPR) Convention, Amherst, MA.
6. **An, M.** & Kivlighan, D. M. Jr. (2023, August). *Client working alliance patterns and session outcome trajectories in psychotherapy*. Poster presented at the 2023 Annual Conference of American Psychological Association, Washington, DC.
5. Press, M. A., **An, M.**, & Sim, W. (2023, August). *Process and interpersonal outcome of spiritual interventions with international clients*. Poster presented at the 2023 Annual Conference of American Psychological Association, Washington, DC.
4. Ahn, L. H., Yang, N., & **An, M.** (2023, August). *Experiences of COVID-19 racism, internalized racism, and psychological outcomes among East Asians*. Poster presented at the 2023 Annual Conference of American Psychological Association, Washington, DC.
3. Sim, W., Li, X., Hwang, J. W., Hill, C. E., **An, M.**, & Kim, D. H. (2023, May). *A Cross-Cultural Examination of the Process and Outcome of Spiritually Integrated Psychotherapies: A Mixed Methods Study*. Poster presented at the 39th Annual Conference of the Society for the Exploration of Psychotherapy Integration, Vancouver, Canada.
2. **An, M.**, Kivlighan, D. M. Jr., & Hill, C. E. (2021, August). *Working alliance after transferring from one therapist to another: influence of therapist attachment style*. Poster presented at the 2021 Annual Conference of American Psychological Association, Washington, DC.
1. **An, M.** & Ahn, C. M. (2017, August). *The influence of attachment anxiety on caregiving behavior in romantic relationships: Role of mentalization and caregiving attitudes*. Poster presented at the 2017 Annual Conference of American Psychological Association, Washington, DC.

TEACHING EXPERIENCE

2025	University of Missouri-Kansas City <i>Instructor of Record</i> graduate course; 1 term Theories of Counseling (CECP5520)
2024	University of Maryland, College Park, MD <i>Volunteered Teaching Assistant</i> graduate course; 1 term Theories and Strategies of Counseling Psychology (PSYC 700)
2021 - 2023	University of Maryland, College Park, MD <i>Graduate Instructor</i> undergraduate course; 4 sessions per each of three terms College and Career Advancement: Concepts and Skills (EDCP108)
2020 - 2021	University of Maryland, College Park, MD <i>Instructor of Record</i> undergraduate course; 2 terms Peer Counseling Skills and Mental Health Advocacy (EDCP210)
2016 - 2017	Sogang University, Seoul, South Korea <i>Teaching Assistant</i> graduate courses; 1 session per each course

Personality Psychology (EDUC302), Family Therapy: Theories and Practice (EDUC424), School Psychology (EDUC412), Psychopathology (EDUC421)

2013 - 2015 **Sogang University, Seoul, South Korea**
Teaching Assistant | undergraduate courses; 1 session per each course
 Counseling Psychology (PSY3002), Personality Psychology (PSY3008),
 Psychological Bases of Self-expression (SHU4054)

SUPERVISED CLINICAL TRAINING EXPERIENCE

2014 - Present **George Mason University Counseling and Psychological Services, Fairfax, VA**
Psychology Intern
 Training Director: Alexandra Minieri, Ph.D.
 Supervisors: Mandi Quay, Psy.D., Kevin Tabb, Psy.D., Diana Davis, Psy.D., & Phil Eiseman Psy.D.

2023 - 2024 **University of Maryland Counseling Center, College Park, MD**
Advanced Doctoral Extern
 Supervisors: Urvi Pradeep Paralkar, Ph.D., Grace-Ellen Mahoney, Ph.D., & Alex Agiliga, Ph.D.

2022 - 2023 **University of Maryland Counseling Center, College Park, MD**
Doctoral Extern
 Supervisors: Shealyn J. Blanchard, Ph.D., CJ Polihronakis, Ph.D., & David A. Petersen, Ph.D.

2021 - 2023 **Maryland Psychotherapy Clinic and Research Lab, College Park, MD**
Therapist-in-Training
 Supervisors: Charles J. Gelso, Ph.D. & Clara Hill, Ph.D.

2022 **Psychology Department, University of Maryland, College Park, MD**
Supervisor-in-Training
 Supervisor: Delida Sanchez, Ph.D.

2021 **University of Maryland Counseling Center, College Park, MD**
Summer Non-Practicum Trainee
 Supervisor: Erica Shawn Merson, Ph.D.

2021 **University of Maryland Counseling Center, College Park, MD**
Group Practicum Trainee
 Supervisor: Yi-Jiun Lin, Ph.D.

2021 **University of Maryland Counseling Center, College Park, MD**
Career Practicum Trainee
 Supervisor: Noah M. Collins, Ph.D.

2020 **University of Maryland Counseling Center, College Park, MD**
Advanced Practicum Trainee
 Supervisor: Kseniya ZhuZha, Ph.D.

2020 **University of Maryland Counseling Center, College Park, MD**
Basic Practicum Trainee
 Supervisor: Jessica David, Ph.D.

- 2019 **Psychology Department, University of Maryland**
Pre-Practicum Trainee
 Supervisors: Clara Hill, Ph.D. & Colleen Kase, Ph.D.
- 2016 - 2018 **Open Counseling Center, Seoul, South Korea**
Counseling Intern
 Supervisor: Ja-young Heo, Ph.D.
- 2015 - 2016 **Sogang University Counseling Center, Seoul, South Korea**
Practicum Trainee
 Supervisor: Hae-lin Shin, Ph.D.
- 2013 **Yu-bong High School Counseling Department, Chuncheon, South Korea**
School Counseling Intern
 Supervisor: Mikyeong Yang, Ph.D.

LEADERSHIP AND SERVICE TO THE PROFESSION

Ad Hoc Review

- 2025 - Present **Psychotherapy**
Ad-Hoc Reviewer
 - Reviewed manuscripts submitted for publication
- 2025 - Present **Group Dynamics: Theory, Research, and Practice**
Ad-Hoc Reviewer
 - Reviewed manuscripts submitted for publication
- 2022 - Present **Journal of Counseling Psychology**
Ad-Hoc Reviewer
 - Reviewed manuscripts submitted for publication
- 2022 **APA Division 29 Student Paper Award Committee**
Student Reviewer
 - Reviewed manuscripts submitted for student research awards in APA Division 29
- 2021 **Psychotherapy Research**
Ad-Hoc Co-reviewer
 - Reviewed manuscripts submitted for publication under the research advisor's guidance

National Service

- 2024 - Present **Academics of the Advancement of Psychodynamic Psychology Committee**
Mentorship Committee Leader
- 2022 - 2024 **APA Division 29 Professional Practice Committee**
Student Representative
 American Psychological Association (APA)
- 2014 **KCPA Education and Training Committee**
Graduate Assistant to the Secretary
 Korean Counseling Psychological Association (KCPA)

University Service

- 2021 - 2024 **University of Maryland Counseling Center**
Graduate Assistant to the Director
 University of Maryland, College Park, MD
- 2021 - 2024 **Social Justice Brownbag Committee in Counseling Psychology**
Representative
 University of Maryland, College Park, MD

Department Service

- 2021 - 2024 **University of Maryland Counseling Psychology Student Association**
Treasurer
 University of Maryland, College Park, MD

PROFESSIONAL AFFILIATIONS

- 2023 - Present **American Group Psychotherapy Association (AGPA)**
 2020 - Present **Society for Psychotherapy Research (SPR)**
 2017 - Present **American Psychological Association (APA)**
 2014 - Present **Korean Counseling Psychological Association (KCPA)**
 2014 - Present **Korean Psychological Association (KPA)**