Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Philosophy in Education with an emphasis in Counseling

Ericka Cables

M.A. in Counseling, April 2013, Missouri Baptist University
B.S. in Healthcare Management, December 2007, Harris Stowe State University

Resilience in Black Mental Health Counselors

Date: July 20, 2022
Time: 11:30 a.m. to 1:30 p.m.
Place: Remote

Abstract
Though resilience is a commonly studied variable in different disciplines, there is relatively little research on occupational settings. Researchers take various perspectives in defining resilience as a trait, process, and an outcome. Regardless of how it is defined, it is a vital protective factor for Black mental health counselors who may be significantly impacted by similar experiences racism and racial discrimination as the Black clients they serve. This dissertation study consisted of two studies utilizing the same data set. In the first study, psychometric properties of a new quantitative instrument, the Race-Based Resilience Scale (RBRS), was constructed to measure Race-Based Resilience (RBR) with a group of Black mental health counselors. The second study investigated group differences in Vicarious Traumatization (VT) and Race-Based Resilience (RBR) for Black mental health counselors with moderate and high levels of Racial Centrality (RC) using an independent samples t-test. Findings of the first study yielded a 14-item instrument with a three-factor solution (Self-Efficacy, Coping Mechanisms, and Multicultural and Social Justice Advocacy) that reflected high factor loading accounting for nearly 60% of the variance. For the second study, there was no significant difference in Vicarious Traumatization (VT) or Race-Based Resilience (RBR) scores for Black mental health counselors with moderate to high levels of Racial Centrality (RC).

Defense of Dissertation Committee
Mary Edwin, Ph.D.
Susan Kashubeck-West, Ph.D.
Matthew Taylor, Ph.D.
Angela Coker, Ph.D.