

Curriculum Vitae – Dr Alexander De Foe PhD MCouns

1. Experience

1. Monash University - Lecturer in Counselling (B), 2021 (present); based in the School of Educational Psychology and Counselling situated at the Faculty of Education (#1 rank Aus.; #12 rank world)

- Lecturer and workshop facilitator in the Master of Counselling and Graduate Certificate of Counselling degrees (on-campus, online, mixed-mode, offshore in Singapore at Kaplan)
- Experience with postgraduate student cohorts in Australia, Singapore, and Hong Kong
- Educational psychology expert
- Registered supervisor of higher degree research students

2. RMIT University - Lecturer in Psychology (B), 2016-2021 - teaching-focused; based in the School of Health and Biomedical Sciences situated within the STEM College
Honorary Visiting Academic (Associate), 2021-2024 (adjunct)

- Degree Manager: 2nd year psychology (Applied Science)
- Coordinator/Convener for Developmental Psychology and Cognitive Psychology (~500 student cohorts ea.)
- Lecturer across 1st, 2nd, 3rd, and 4th year psychology coursework
- Industry fellow, 2016-2019

3. Monash University - Casual/Contract teacher (numerous disciplines), 2011-2014

- Psychological studies (Berwick campus), 2013-2014 (Assistant Lecturer [A])
- Pathway education (Peninsula campus), 2011-2012
- Other casual roles, research assistant, 2011

Counselling roles

Online emergency support provider at the Australian Centre for Consciousness Studies (present); Private practice, 2014-2017; Men's Referral Service (telephone counsellor), 2011-2013; Doncare, 2011-2012; St Vincent's de Paul rehabilitation centre, 2010 (master's placement)

Subject expertise

In counselling (ACA accredited): Ethics for counsellors (masters), Monash, 2021; Introduction to ethics and professional issues in counselling (PG), Monash, 2021; Human Potentials in Transpersonal Counselling, Phoenix, 2015 (lead lecturer); Personality Development, Phoenix, 2015 (course developer & coordinator)

In counselling (PACFA accredited): Counselling Theories (PG), 2016, ACAP; Counselling Theories B, ACAP, 2016; Counselling Theories A, ACAP, 2016; Counselling Skills and Models (PG), ACAP, 2015; Developing the Self of the Therapist (Masters), ACAP, 2015; Counselling Skills, ACAP, 2015-2016; Counselling over the Lifespan (PG), ACAP, 2015-2016; Lifespan Development, ACAP, 2015-2016

In education and student foundational development: Foundation Access Studies (FAST) Program -- Introduction to Tertiary Studies, Federation, 2016 (coordinator & lead lecturer); Knowledge and Context, Monash, 2011-2012; Understanding University Learning, Monash, 2011-2012

In psychology (APAC accredited): Developmental Psychology, RMIT, 2017-2021 (coordinator & lead lecturer); Philosophy and Methodology of Psychology, RMIT, 2017-2020; Cognitive Psychology, RMIT,

2016-2021 (coordinator & lead lecturer); Advanced Research Methods (hons & masters), RMIT, 2016 (coordinator & lead lecturer); Psychology and You, Monash, 2012; Introduction to Psychology B, Monash, 2011; Introduction to Psychology A, Monash, 2011; Developmental Psychology, Monash, 2011-2012

2. Education

PhD in psychology, Monash University, 2016

Postgraduate Diploma in Arts - Psychological Studies (research), Monash University, 2011

Graduate Certificate in Male Family Violence - Telephone Counselling, Swinburne University of Technology, 2011

Master's in Counselling, Monash University, 2010

Diploma of Counselling, Australian Institute of Professional Counsellors, 2009

Bachelor of Information and Communication Technology, major in Business Intelligence, University of Notre Dame Australia, 2007

3. Accomplishments

Academic achievements

- 2018-2020: Chaired a subcommittee of six academics to develop a formal Research Experience Program (REP) within the Discipline of Psychology at RMIT which supported ~300 students who took part in honours/HDR projects via coursework
- 2018-2019: Developed a flexi-teaching model for 2nd Year Psychology students which incorporated e-lectures, virtual tutorials, and interactive online learning -- included development and deployment of an interactive RMIT-specific psychology app to support learning on iOS and Android devices
- 2017-2019: Led a virtual reality and mental health laboratory unit at the RMIT city campus which supported several honours and PhD projects
- 2015: Created the first Australasian Personality course with a focus on melding Eastern/Western perspectives on ego development; the course passed Tertiary Education Quality and Standards Agency (TEQSA) accreditation in 2015
- Upon commencement as coordinator, I improved the Overall Student Satisfaction Index in besc1182 (Developmental Psychology, ~300 student cohort) from 49% in 2017 to 84% in 2018 (35pt increase)
- Upon commencement as coordinator, I improved the Overall Student Satisfaction Index in besc1178 (Cognitive Psychology, ~300 student cohort) from 56% in 2016 to 74% in 2017 and 86% in 2018 (30pt increase in toto)
- Maintained a 4.00 academic GPA throughout all graduate coursework

Awards

- Scheme for Teaching & Learning Research (STeLR) award, RMIT (competitive - 3 awards per year), ~\$10,000, 2018 (teaching innovation)
- Postgraduate Publication Award (PPA), Monash, \$6,510, 2015 (research output)

- Australian Postgraduate Award (APA), Monash, 2013
- Original Research Article Award, Australian Institute of Parapsychological Research, \$500, 2013
- City of Yarra Certificate of Appreciation in recognition of counselling work towards stopping domestic violence in Australia, 2012
- One of five academics in a team at Monash University that won the Australian Government Office of Learning and Teaching Program Award for 'widening participation' based on teaching outcomes in the Monash flagship 'Diploma of Tertiary Studies' (DoTS) transition pathway, 2012

4. Service

- Governance Board Member & Chief Technology Officer (learning systems), Australian Centre for Consciousness Studies, 2021
- Research Member, Emergent Phenomenology Research Consortium (US), 2020-2021
- Editorial Board, Journal of Exceptional Experiences and Psychology, 2013-2015
- Board Member, Australian Institute of Parapsychological Research, 2012-2018

5. Funding

\$962,000.00, Principal Investigator D

Human Observer Detection Performance (Cat2)

2019-2024 (Phase 1 & 2)

Department of Defence, Australian Government, Defence Science and Technology Group

6. Students

- (1) Principal Advisor: Dr Marcel Takac, PhD, "How many VR sessions are required to attain habituation in social anxiety disorder? A protocol and ecological momentary assessment" (2022) - ^Awarded full scholarship and ECR fellowship post-PhD
- (2) Principal Advisor: Ms Noelene Rose, PhD Candidate, "Applying Kohut's self-model to inform transpersonal praxis in the treatment of narcissistic personality disorder" (2018-2022)
- (3) Principal Advisor: Mr Peter Kahoun, PhD Candidate, "An evolutionary account of phenomenal consciousness based on archetypal representation and executive function" (2019-2025)
- (4) Ms Joey Chan, PhD Candidate, "Electroacupuncture combined with mindfulness in treatment resistant obesity" (2017-2025)
- (5) Ms Sumeyya Ozsoy, PhD Candidate, "Testing cognitive load in Tennis Australia VR-simulated coaching environments" (2020-2021) (discontinued supervision due to change in role)
- (6) Mr Mohd Ahmad, prior PhD Candidate, "Multigenerational factors underlying egocentrism in social media use" - institutional transfer after 1MR (2020)
- (7) Mr Jordan Braye, prior PhD Candidate, "Neurological and psychological response to high frequency light strobe" - withdrew after 1MR (2017)

Honour supervisions completed (4th year psychology): 2 (2021), 3 (2020), 3 (2019), 3 (2018), 2 (2017) (13 total; most 1st class graduates)

7. Scope

(^) Best-practice counsellor training (^) Spiritual dimensions of clinical praxis (^) Lifespan moral development (^) Embodied self (^) Cross-cultural perspectives on health and wellbeing

(h index = 6; citations >100)

8. Output

- (1) Addressing Virtual Reality Misclassification: A Hardware-Based Qualification Matrix for Virtual Reality Technology, M Takac, J Collett, R Conduit, [A De Foe](#), *Clinical Psychology & Psychotherapy* (2021) **Q1 IF=2.5**
- (2) A cognitive model for emotional regulation in virtual reality exposure, M Takac, J Collett, R Conduit, [A De Foe](#), *Virtual Reality*, 1-14 (2021) **Q1 IF=3.6**
- (3) Social Media Peer Support Groups for Obsessive-Compulsive and Related Disorders: Understanding the Predictors of Negative Experiences, YT Tan, IC Rehm, JL Stevenson, [A De Foe](#), *Journal of Affective Disorders* 281, 661-672 (2021) **Q1 (top6-10%) IF=4.1**
- (4) The Pursuit of Wellness: Social Media, Body Image and Eating Disorders, RJ Marks, [A De Foe](#), J Collett, *Children and Youth Services Review*, 105659 (2020) **Q1 IF=1.5**
- (5) A virtual reality approach to mindfulness skills training, A Chandrasiri, J Collett, E Fassbender, [A De Foe](#), *Virtual Reality* 24 (1), 143-149 (2020) **Q1**
- (6) Virtual skills training: the role of presence and agency, J Piccione, J Collett, [A De Foe](#), *Heliyon* 5 (11), e02583 (2019) **Q1**
- (7) Public speaking anxiety decreases within repeated virtual reality training sessions, M Takac, J Collett, KJ Blom, R Conduit, I Rehm, [A De Foe](#), *PloS one* 14 (5), e0216288 (2019) **Q1**
- (8) Electroacupuncture combined with mindfulness meditation for weight management: a randomised sham controlled trial protocol, CY Chung, G Lenon, A Yang, [A De Foe](#), *Obesity Research & Clinical Practice* 13 (3), 304-305 (2019)
- (9) Down the rabbit hole: assessing the influence of schizotypy on the experience of the Barbie Doll Illusion, G Van Doorn, [A De Foe](#), A Wood, D Wagstaff, J Hohwy, *Cognitive neuropsychiatry* 23 (5), 284-298 (2018) **Q2**
- (10) Floating sensations prior to sleep and out-of-body experiences, [A De Foe](#), G Van Doorn, M Symmons, *The Journal of Parapsychology* 77 (2), 271-281 (2013)
- (11) Research note: Induced out-of-body experiences are associated with a sensation of leaving the body, [A De Foe](#), G van Doorn, M Symmons, *Australian Journal of Parapsychology* 12 (2), 177-185 (2012)
- (12) Auditory hallucinations predict likelihood of out-of-body experience, [A De Foe](#), G Van Doorn, M Symmons, *Australian Journal of Parapsychology* 12 (1), 59-68 (2012)
- (13) How should therapists respond to client accounts of out-of-body experience, [A De Foe](#), *International Journal of Transpersonal Studies* 31 (1), 75-82 (2012)
- (14) Formative Impacts of Psycho-spiritual Experience: A Preliminary Questionnaire Investigation, [A De Foe](#), M Kalla, *Journal of Exceptional Experiences and Psychology*, 37 (2011)
- (15) A State Cultivation Model, [A De Foe](#), *Journal of Exceptional Experiences and Psychology* (2010)