

# Nathaniel G. Wade

Department of Psychology  
w112 Lagomarcino  
Ames, Iowa 50011

O: (515) 294-1455  
F: (515) 294-6424  
[nwade@iastate.edu](mailto:nwade@iastate.edu)

---

## *Curriculum Vita*

### **Education**

#### **PhD**

*Virginia Commonwealth University, Richmond, VA*  
Doctor of Philosophy in Counseling Psychology, 2003

- Subspecialty: Intervention Research
- Internship: Completed July, 2003  
Center for Counseling and Student Development  
University of Delaware
- Licensed Psychologist in Iowa: License #01000.

#### **MS**

*Virginia Commonwealth University, Richmond, VA*  
Master of Science in Counseling Psychology, 2000

#### **BA**

*Wheaton College, Wheaton, IL*  
Bachelor of Arts in Psychology, 1994

### **Professional Appointments**

**Assistant Professor**  
August 2003 - present

*Iowa State University, Ames, Iowa*  
Tenure-track assistant professor in an APA-accredited counseling psychology doctoral program in the ISU psychology department.

**Director**  
August 2005 – present

*Network: A Group Counseling Program, Ames, Iowa*  
Created a clinic for the research and practice of group counseling. Provided psychotherapy for members of the community and training for graduate students in counseling psychology. Network is associated with the psychology department at Iowa State University.

### **Publications**

#### ***Referred Journal Articles***

\* indicates student collaborators

26. **Wade, N.G.**, Johnson, C.V., & Meyer, J.E. \* (accepted). Understanding the concerns about the use of interventions to promote forgiveness in therapy: A review of the literature. *Psychotherapy*.

25. **Wade, N.G.**, Worthington, E.L., Jr., & Haake, S.\* (in press). Promoting forgiveness: Comparison of explicit forgiveness interventions with an alternative treatment. *Journal of Counseling and Development*.
24. Vogel, D.L., **Wade, N.G.**, & Hackler, A.\* (in press). Emotional expression and the decision to seek counseling: The mediating roles of the anticipated risks and benefits. *Journal of Social and Clinical Psychology*.
23. Johnson, C.V., Hayes, J., & **Wade, N.G.** (2007). Psychotherapy with troubled spirits: A consensual qualitative investigation of spiritual problems in therapy. *Psychotherapy Research, 17*, 450-460.
22. Vogel, D.L., **Wade, N.G.**, Wester, S., Larson, L. & Hackler, A.\* (2007). Seeking help from a mental health professional: The influence of one's social network. *Journal of Clinical Psychology, 63*, 233-245.
21. Vogel, D.L., **Wade, N.G.**, & Hackler, A. H.\* (2007). The mediating role of self-stigma associated with seeking help on intentions to seek counseling. *Journal of Counseling Psychology, 54*, 40-50.
20. **Wade, N.G.**, Worthington, E.L., Jr., & Vogel, D.L. (2007). Effectiveness of religiously-tailored interventions in Christian therapy. *Psychotherapy Research, 17*, 91-105.
19. Vogel, D.L., Wester, S.R., Larson, L.M., & **Wade, N.G.** (2006). An information processing model of the decision to seek professional help. *Professional Psychology: Research and Practice, 37*, 398-406.
18. Vogel, D.L., **Wade, N.G.**, & Haake, S.\* (2006). Measuring the self-stigma associated with seeking psychological help. *Journal of Counseling Psychology, 53*, 325-337.
17. **Wade, N.G.** & Goldman, D.\* (2006). Sex, group composition, and the efficacy of interventions to promote forgiveness. *Group Dynamics: Theory, Research, and Practice, 10*, 297-308.
16. **Wade, N.G.**, Bailey, D.,\* & Shaffer, P.\* (2005). Helping clients heal: Does forgiveness make a difference? *Professional Psychology: Research and Practice, 36*, 634-641.
15. **Wade, N. G.** & Worthington, E. L., Jr. (2005). In search of a common core: A content analysis of interventions to promote forgiveness. *Psychotherapy: Theory, Research, Practice, Training, 42*, 160-177.
14. Berry, J.W., Worthington, E.L., Jr., **Wade, N.G.**, Witvliet, C.v.O., & Kiefer, R.\* (2005). Forgiveness, moral identity, and perceived justice in crime victims and their supporters. *Humboldt Journal of Social Relations, 29*, 137-163.
13. Berry, J.W., Worthington, E.L., O'Connor, L.E., Parrott, L. III, & **Wade, N.G.** (2005). Forgiveness, vengeful rumination, and affective traits. *Journal of Personality, 73*, 183-225.

12. **Wade, N. G.** & Worthington, E. L., Jr. (2003). Overcoming unforgiveness: Is forgiveness the only way to deal with unforgiveness? *Journal of Counseling and Development*, *81*, 343-353.
11. Worthington, E.L., Jr., **Wade, N.G.**, Hight, T.L., Ripley, J.S., McCullough, M.E., Berry, J.W., Schmitt, M.M., Berry, J.T., Bursley, K.H., O'Connor, L. (2003). The Religious Commitment Inventory-10: Development, refinement, and validation of a brief measure for research and counseling. *Journal of Counseling Psychology*, *50*, 84-96.
10. Berry, J. W., Worthington, E. L., Jr., Parrot, L., O'Connor, L. E., & **Wade, N. G.** (2001). Dispositional forgivingness: Development and construct validity of the Transgression Narrative Test of Forgivingness (TNTF). *Personality and Social Psychology Bulletin*, *27*, 1277-1290.
9. Worthington, E. L., Jr., & **Wade, N.G.** (1999). The social psychology of unforgiveness and forgiveness and the implications for clinical practice. *Journal of Social and Clinical Psychology*, *18*, 385 - 418.
8. McMinn, M. R. & **Wade, N. G.** (1995). Beliefs about the prevalence of dissociative identity disorder, sexual abuse, and ritual abuse among religious and nonreligious therapists. *Professional Psychology: Research and Practice*, *26*, 257 - 261.

### **Book Chapters**

7. Leach, M.M., Aten, J.D., **Wade, N.G.**, & Hernandez, B. (in press). Spirituality and the clinical intake. In J.D. Aten and M.M. Leach (Eds.). *Spirituality and the therapeutic process: A guide for mental health professionals*. Washington, DC: APA Books.
6. Worthington, E.L., Jr., Hook, J.N.\*, **Wade, N.G.**, Miller, A.J.\*, & Sharp, C.B.\* (2006). The effects of a therapist's religion on the marriage therapist and marriage counseling. In J. D. Onedera (Ed.), *The Role of Religion in Marriage and Family Counseling* (pp.17-34). New York: Routledge.
5. **Wade, N.G.**, Worthington, E. L., Jr., & Meyer, J. E.\* (2005). But do they work?: A meta-analysis of group interventions to promote forgiveness. In E.L. Worthington, Jr. (Ed.). *Handbook of Forgiveness* (pp. 423-439). New York: Brunner/Routledge.
4. Kliewer, W., **Wade, N. G.**, & Worthington, E. L., Jr. (2003). Religion and spirituality in children. In T. Gullotta & M. Blum (Eds.), *Encyclopedia of Primary Prevention and Health Promotion*. (pp. 859-867) New York: Kliewer Academic.
3. Kliewer, W., **Wade, N. G.**, & Worthington, E. L., Jr. (2003). Religion and spirituality in adolescents. In T. Gullotta & M. Blum (Eds.), *Encyclopedia of Primary Prevention and Health Promotion*. (pp. 867-872) New York: Kliewer Academic.
2. **Wade, N. G.**, Worthington, E. L., Jr., & Kliewer, W. (2003). Religion and spirituality in adults. In T. Gullotta & M. Blum (Eds.), *Encyclopedia of Primary Prevention and Health Promotion*. (pp. 872-881) New York: Kliewer Academic.

1. **Wade, N. G.**, Worthington, E. L., Jr., & Kliewer, W. (2003). Religion and spirituality in older adults. In T. Gullotta & M. Blum (Eds.), *Encyclopedia of Primary Prevention and Health Promotion*. (pp. 881-889) New York: Kluwer Academic.

### Manuscripts under Review

- Barlow, L.E.L.,\* Ripley, J.S., Wade, N.G., & Worthington, E.L., Jr. (2007). *The empathy-based model to REACH forgiveness as a self-help adjunct to therapy: A pilot study*. Manuscript under review at *Journal of Psychology and Theology*. (revise and resubmit)
- Brandua, D.,\* & Wade, N.G. (2007). *Modeling meaning in life, psychosocial resources, and relationship satisfaction*. Manuscript under review with the *Journal of Positive Psychology*.
- Vogel, D.L., Wade, N.G., & Ascheman, P.\* (2007). *Measuring the public stigma associated with seeking psychological help*. Manuscript under review at *Journal of Counseling Psychology*. (revise and resubmit)
- Wade, N.G., & Meyer, J.E.\* (2007). *Comparison of brief group interventions to promote forgiveness: A pilot outcome study*. Manuscript under review with the *International Journal of Group Psychotherapy*.
- Wei, M., Tush-Yao, K., Chen, H., Wade, N.G., Liao, K.Y., Guo, G. (2007). *Chinese Christians in America: Attachment to God, perceived stress, life satisfaction and positive and negative affect*. Manuscript under review with *Journal of Counseling Psychology*.

### Manuscripts in Preparation

- Wade, N.G. & Goldman, D.\* (2007). *Gender differences in response to different treatments for past interpersonal offenses: A randomized clinical trial*. Iowa State University, Ames, IA.
- Wade, N.G., Hoyt, W., Meyer, J.E., & Worthington, E.L., Jr. (2007). *Meta-analysis of explicit forgiveness interventions: Main effects and moderators*. Iowa State University, Ames, IA.
- Wade, N.G., Vogel, D.L., Liao, K., & Goldman, D. (2007). *Measuring state rumination: Development of the Rumination about an Interpersonal Offense Scale*. Iowa State University, Ames, IA.
- Wade, N.G. (2007). *Trait forgivingness and self esteem: A typology for understanding the effects of forgiving others*. Iowa State University, Ames, IA.
- Hackler, A.,\* Vogel, D.L., & Wade, N.G. (2007). *Attitudes toward seeking professional help for an eating disorder: The role of stigma and anticipated outcomes*. Iowa State University, Ames, IA.
- Witvliet, C., Wade, N.G., Worthington, E.L., Jr., & Berry, J.W. (2007). *Perpetrator apology and restitution as influences in unforgiveness and forgiveness by robbery victims: Physiological and self-report data in imagined scenarios*. Hope College, Holland, MI.

## Presentations (first or student authored)

- Brandau, D. M., Wade, N. G., & Wei, M. (2007, August). *Structural equation model of life meaning and relationship satisfaction*. Poster session presented at the annual American Psychological Association convention, San Francisco, CA.
- Wade, N.G. (2007, March). *Group Counseling: Overcoming Stigma and Understanding Benefits*. Radio interview on “Talk of Iowa” with Katherine Perkins. WOI Radio. Ames, IA.
- Wade, N.G. (2006, February). *Group treatment to promote forgiveness: Comparing explicit interventions with general psychotherapy*. Paper presented at the Annual Meeting for the American Group Psychotherapy Association. San Francisco, CA.
- Meyer, J.E. & Wade, N.G. (2005, May). *Meta-analysis of studies of interventions to promote forgiveness*. Paper presented at the Annual Meeting of the Midwest Psychological Association. Chicago, IL.
- Wade, N.G. (2005, March). *Forgiveness: Theory, research, and practice*. Radio interview on “Talk of Iowa” with Katherine Perkins. WOI Radio. Ames, IA.
- Zakalik, R. & Wade, N.G. (2005, February). *What works in the promotion of forgiveness*. Paper presented at the Annual Meeting for the American Group Psychotherapy Association. New York, NY.
- Wade, N.G. (2005, February). *The psychological study of religion and spirituality*. Presentation given to the Religious Leaders Association, Iowa State University, Ames, IA.
- Wade, N.G. (2004, August). *Applied research on forgiveness: Implications for therapy*. Chair of symposium presented at the Annual Convention for the American Psychological Association, Honolulu, HI.
- Wade, N.G., Bailey, D., & Shaffer, P. (2004, August). *Forgiveness in therapy: Prevalence and outcome data*. Paper presented at the Annual Convention for the American Psychological Association, Honolulu, HI.
- Wade, N. G. & Worthington, E.L., Jr. (2003, March). *Spiritual and religious interventions in therapy: An effectiveness study of Christian counseling*. Paper presented at the American Psychological Association, Division 36, Mid-Winter Conference on Religion and Spirituality. Baltimore, MD.
- Wade, N.G. (2002, November). *Spirituality and psychotherapy: Historical perspectives and current practice*. Radio interview on weekly show “Shrink Rap,” WVUD. University of Delaware, Newark, DE.
- Wade, N.G. (2002, October). *The science and practice of forgiveness interventions: What we know about helping clients to forgive*. Colloquium presented to the Center for Counseling and Student Development, University of Delaware. Newark, DE.

- Wade, N. G. & Worthington, E.L., Jr. (2001, March). *Predictors of unforgiveness and forgiveness for difficult offenses*. Paper presented at the National Convention of the Christian Association for Psychological Studies. Richmond, VA.
- Wade, N. G. & Worthington, E.L., Jr. (2000, November). *Group interventions to promote forgiveness: A content analysis*. Paper presented at the meeting of the Christian Association for Psychological Studies-East region. Waymart, PA. (Runner-up outstanding graduate student research paper.)
- Wade, N. G. & Worthington, E.L., Jr. (1999, October). *Gratitude Involving Forgiveness: The impact of thankfulness on the process of forgiveness*. Paper presented at the meeting of the Christian Association for Psychological Studies-East region. North East, MD. (Winner outstanding graduate student research paper.)
- Wade, N. G., Worthington, E.L., Jr., Berry, J.W., & Hight, T. (1999, October). *Religious interventions in counseling with religious and nonreligious clients*. Paper presented at the meeting of the Christian Association for Psychological Studies-East region. North East, MD.
- Wade, N. G. & Worthington, E.L., Jr. (1998, November). *The social psychology of unforgiveness and forgiveness and implications for clinical practice*. Paper presented at the meeting of the Christian Association for Psychological Studies-East region, Waymart, PA. (Winner outstanding graduate student paper.)
- Wade, N. G. (1998, October). *The interpersonal process of unforgiveness and forgiveness*. Colloquium presented to graduate students of the psychology department at Virginia Commonwealth University. Richmond, VA.
- Wade, N. G. (1997, April). *Heroin addiction and methadone treatment for adolescence and young adults: Implications for a rural community*. Consultation presented to the Rising Sun Town Council. Rising Sun, MD.
- Wade, N. G. (1996, August). *Opium and america: Historical perspectives of heroin addiction and treatment in the United States*. Seminar presented to the Cecil County Alcohol and Drug Center. Elkton, MD.

## Grants

### Grants Funded

Nathaniel Wade (PI) College of Liberal Arts and Sciences, Iowa State University "Clinical Trial of a Male-Tailored Forgiveness Intervention" Funded (July 2006 – June 2007)	\$14,350
--	----------

Nathaniel Wade (PI)  
 Center for the Study of Violence, Iowa State University  
 “Reducing Aggression and Violence in Men and Women by Promoting Forgiveness”  
*Funded (December 2005 – December 2006)* \$9,310

Nathaniel Wade (PI)  
 Institute for Social and Behavioral Research, Iowa State University  
 “Gender and Interventions to Promote Forgiveness”, *Mentored Grant Writing Program*  
*Funded Research Fellow, Summer 2005* \$5,400

Nathaniel Wade (PI)  
 College of Liberal Arts and Sciences, Iowa State University  
 “Intervention Efficacy: Comparison of a Forgiveness Workshop with Group Psychotherapy”  
*Faculty Research Grant (Spring 2005)* \$1000  
*Faculty Research Grant (Fall 2004)* \$1000

### Grants Pending

Zippora Shechtman (PI) and Nathaniel Wade (Co-PI)  
 Abraham Foundation, Israel  
 “Group Interventions to Promote Forgiveness in Israeli Youth of Arab and Jewish Descent”  
*Requested* \$25,000

### Grants Not Funded

Nathaniel Wade (PI)  
 “Forgiveness Intervention Research: Development of Effective Interventions”  
 National Institutes of Health: Loan Repayment Program \$18,000

Nathaniel Wade (PI), Carolyn Cutrona, Daniel Russell, and David Vogel (Co-PI’s)  
 “Clinical Trial of Interventions to Promote Forgiveness for Men and Women”  
 National Institute of Mental Health: B/START (2007) \$73,000

Zippora Shechtman (PI), Carolyn Cutrona (Co-PI) and Nathaniel Wade (Co-PI)  
 “Group Counseling Intervention to Increased Perceived Social Support”  
 United States-Israel Binational Science Foundation (2006) \$100,000

Nathaniel Wade (PI)  
 “Forgiveness and Spirituality in Therapy”  
 Templeton Positive Psychology Fellows Program (Spring 2005) \$20,000

Susan Cross (PI), Nathaniel Wade (Co-PI), and Kari Terzino (Co-PI)  
 “The Process and Result of Forgiveness in Violent Relationships”  
 American Psychological Foundation (Spring 2005) \$9950

## Journal Review

### ***Ad hoc Reviewer***

<i>Journal of Counseling Psychology</i>	2007 - present
<i>Journal of Positive Psychology</i>	2007 - present
<i>Psychotherapy Research</i>	2006 - present
<i>Journal of Consulting and Clinical Psychology</i>	2006 - present
<i>Personality and Individual Differences</i>	2004 - present
<i>Journal of Psychology and Christianity</i>	2001 - present
<i>Journal of Psychology and Theology</i>	2002 - present

## Teaching Experience

(Teaching Portfolio available upon request)

### **Undergraduate Courses Taught:**

Psychology of Religion (ISU, VCU)  
 Independent Study: Psychology and Religion (ISU)  
 History of Psychology (ISU)  
 Introduction to Psychology (Lab, VCU)  
 Research Practicum (ISU)  
 Independent Study: Exploration of Religion and Psychotherapy (ISU)

### **Graduate Courses Taught:**

Group Counseling and Psychotherapy (ISU)  
 History and Philosophy of Psychology (ISU)  
 Group Counseling Practicum (ISU)  
 Individual Counseling Practicum (ISU)  
 Statistics in Psychological Research (Lab, VCU)  
 Design and Analysis of Psychological Research (Lab, VCU)

## Clinical Experience

### **Director**

Aug 2005 – present

*Network: A Group Counseling Program, ISU, Ames, IA*  
 Conducted and supervised process-oriented and psycho-educational therapy groups. Supervised daily administration of the clinic.

### **Post-Doctoral Intern**

Aug 2003 – May 2005

*Student Counseling Services, ISU, Ames, Iowa*  
 Provided individual therapy to students of Iowa State University. Supervised six doctoral level practicum students in a group supervision format.

### **Pre-Doctoral Intern**

August 2002 – July 2003

*Center for Counseling & Student Development, Newark, DE*  
 Provided weekly individual and group psychotherapy.

**Consultant:**

January 1999 – Aug 2002

*Workplace Initiatives Program, Richmond, VA*

Assisted with the creation of a university-wide training curriculum for Department Chairs. Conducted feedback assessments and led several training seminars for agencies.

**Psychology Assistant**

August 2001 – Jan 2002

*Central State Hospital of Virginia, Petersburg, VA*

Conducted individual and group therapy, psychological assessments, and case management in the forensic unit of the largest psychiatric hospital in central Virginia.

**Marital Enrichment**

**Consultant**

Sept 1998 – Feb 2002

*Virginia Commonwealth University, Richmond, VA*

Conducted marital enrichment sessions with newly married couples based on two experimental enrichment programs.

**Addictions Counselor:**

October 1995 - July 1998

*Awakenings Counseling Program, Timonium, MD*

Counseled chemically-dependent adults for addiction and mental health issues in a methadone treatment setting.

**Addictions Counselor:**

August 1994 - August 1995

*Cecil County Health Department, Elkton, MD*

Educated and counseled adults with alcohol and drug addiction and those dually diagnosed.

## Service

**LAS Diversity Committee**

March 2005 – present

*Iowa State University, Ames, IA*

Participated as the Psychology Department Representative on the Committee for Diversity in the College of Liberal Arts and Sciences. Assisted with the creation of programs to recruit and retain diverse students and faculty.

**Psi Chi Faculty Advisor**

August 2004 – present

*Iowa State University, Ames, IA*

Advised members of the psychology honor society Psi Chi in the operation of our local chapter.

**Faculty Search Committee**

October 2003 – present

*Iowa State University, Ames, IA*

Conducted search for faculty position in counseling psychology.

**Curriculum Committee**

September 2000 – May 2001

*Virginia Commonwealth University, Richmond, VA*

Reviewed curriculum for the Counseling Psychology PhD program.

**APA Accreditation Committee**

September 1998 – September 1999

*Virginia Commonwealth University, Richmond, VA*

Assisted in the collection, assessment, and presentation of data about the Counseling Psychology Program's effectiveness.

## Honors and Awards

Margaret Gorman Early Career Award Division 36, Psychology of Religion American Psychological Association	2008
Early Achievement in Teaching Award Iowa State University, College of Liberal Arts and Sciences	2007
Exceptional Teaching at the Undergraduate Level Iowa State University, Department of Psychology	2006
Mentored Grant Writing Program Research Fellow	2005
Council of Counseling Psychology Training Programs Outstanding Counseling Psychology Student of the Year Honorable Mention	2003
Graduate Student Teacher of the Year VCU Department of Psychology	2003
Outstanding Counseling Student VCU Department of Psychology	2002
Phi Kappa Phi Academic Excellence Award-Master's Excellence in Research and Scholarship: Outstanding Paper Award CAPS-East	1998 - 1999  October, 1999
Excellence in Research and Scholarship: Outstanding Paper Award CAPS-East	November, 1998
American Psychological Foundation Thesis Grant VCU Psychology Department Co-nominee	1999

## Professional Associations

American Psychological Association - Member  
 Division 17: Society of Counseling Psychology  
 Division 36: Psychology of Religion  
 American Group Psychotherapy Association – New Professional Member  
 Association for Psychological Science – Member  
 Society for Psychotherapy Research – Member