SHANNON IMHOF-CLARK, PhD

Psychology Researcher | University Educator | Founder, Restoration Psychology Institute™

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Curriculum Vitae | Updated October 2026

PROFESSIONAL PROFILE

Psychology researcher, university educator, author, and founder of the Restoration Psychology Institute™ whose scholarship focuses on resilience, restoration, identity development, emotional regulation, caregiving, process addictions, and human flourishing following adversity. As the creator of Restoration Psychology™ and the 5R Restoration Model™, Dr. Imhof-Clark advances an interdisciplinary research agenda examining how individuals integrate life challenges, rebuild purpose, and cultivate flourishing across the lifespan. Her work integrates psychological research, higher education, public scholarship, and practical application through research, teaching, writing, theory development, and evidence-informed assessment tools.

RESEARCH INTERESTS

- Restoration Psychology™
- Resilience Science
- Human Flourishing
- Identity Development
- Emotional Regulation
- Positive Psychology
- Caregiving and Adverse Childhood Experiences (ACEs)
- Meaning-Making
- Higher Education Resilience
- Psychological Restoration Following Adversity
- Psychological Assessment Development
- Process Addictions & Behavioral Addictions

EDUCATION AND ACADEMIC CREDENTIALS

2026 — **HARVARD UNIVERSITY**
Derek Bok Center for Teaching and Learning | *Certificate in Higher Education Teaching*

2023–2026 — **REGENT UNIVERSITY**
Ph.D., Counseling and Psychological Studies
GPA: 4.0 | Dissertation: Caregiving Experiences in Late Adolescence and Higher Education Resilience in Students with High ACE Scores: A Pilot Study | Chair: Holly Walker, Ph.D. | Reader: Amy Simmons, Ph.D.

2021–2022 — **REGENT UNIVERSITY**
M.A., Pastoral Counseling and Specialized Ministries
GPA: 4.0 | Outstanding Graduate Award

2017–2019 — **PENNSYLVANIA STATE UNIVERSITY**
B.S., Psychology - Life Sciences
Magna Cum Laude | Academic Scholarship Recipient | Dean's List

2014–2016 — **MONTGOMERY COUNTY COMMUNITY COLLEGE**
A.S., Psychology
Summa Cum Laude | Phi Theta Kappa National Honor Society

ACADEMIC APPOINTMENT

2026–present — **REGENT UNIVERSITY**
Adjunct Professor, School of Counseling and Psychological Studies
Instructor of record for graduate Human Services courses in helping skills, addictions, grief and bereavement, behavioral science, and related applied topics. Designs evidence-informed, student-centered learning experiences emphasizing critical thinking, ethical decision-making, and practical application.

RESEARCH PROGRAM AND SCHOLARLY CONTRIBUTIONS

Research program examines resilience, restoration, identity development, emotional regulation, caregiving, process addictions, and human flourishing following adversity. Through Restoration Psychology™, scholarship investigates the psychological, relational, and environmental processes that help people integrate life challenges and move toward restoration and flourishing. The program integrates theory development, empirical research, assessment development, research translation, and higher education.

Current Research Agenda

- Restoration following adversity; resilience science and human flourishing
- Identity development and reconstruction; emotional regulation and meaning-making
- Caregiving, family roles, adverse childhood experiences, and resilience
- Process addictions and behavioral addictions
- Psychological assessment development and validation
- Higher education resilience and student development
- Interdisciplinary theory development and research translation

Theoretical and Applied Contributions

- Creator of Restoration Psychology™, an interdisciplinary program of scholarship focused on restoration following adversity.
- Developer of the 5R Restoration Model™: Recognition, Regulation, Reframing, Rebuilding, and Restoration.
- Developer of the RESTORE™ Practical Framework for evidence-informed educational and applied practice.
- Creator of the Restoration Assessment Suite™, a progression of assessments supporting research, education, and practice.

Dissertation Research

Caregiving Experiences in Late Adolescence and Higher Education Resilience in Students with High ACE Scores: A Pilot Study (2025)

Examined caregiving during late adolescence as a potential resilience-building factor among higher education students with elevated Adverse Childhood Experience (ACE) scores. Investigated associations among caregiving, resilience, and academic achievement and introduced the Late Adolescent Caregiving Experiences Questionnaire (LACE-Q). Findings provided preliminary evidence that caregiving involving activities of daily living may function as a protective factor associated with resilience and academic success.

RESEARCH INSTRUMENTS AND ASSESSMENT DEVELOPMENT

Late Adolescent Caregiving Experiences Questionnaire (LACE-Q)

Developed to assess caregiving experiences during ages 15–19 as potential resilience-building factors among individuals with elevated ACE scores. Measures caregiving across basic and instrumental activities of daily living, including presence, breadth, intensity, and duration. Initial pilot findings demonstrated feasibility and preliminary criterion relevance; full psychometric validation is ongoing.

Restoration Assessment Suite™

Four steps of the Restoration Journey: What Are You Carrying?™; Backpack of Life™ Audit; Restoration Readiness Assessment™; Restoration Ecosystem Audit™.

PUBLICATIONS AND PUBLIC SCHOLARSHIP

Manuscripts Under Review

- Maxwell, K., & Imhof-Clark, S. (2026). Carrying the family: A systems perspective on overfunctioning, family roles, and multigenerational patterns. Manuscript submitted for peer review.

Books Authored

- Imhof-Clark, S. (2025). Restoration Psychology: A trauma-informed guide to the 5R process. Amazon KDP.
- Imhof-Clark, S. (2025). For their sake: How healing yourself changes the way you raise your children. Amazon KDP.
- Imhof-Clark, S. (2025). I'm not a good mom: And other lies maternal grief tells us. Amazon KDP.

Public Scholarship and Letters

- Imhof-Clark, S. (2026, October 7). A letter to… the person everyone thinks can handle it. The Psychologist, British Psychological Society. View article

Books in Development

- Imhof-Clark, S., & Maxwell, K. (in preparation). The invisible addictions: Understanding process addictions and the behaviors that quietly shape our lives.

PRESENTATIONS, INVITED LECTURES, AND SCHOLARLY ENGAGEMENT

Invited Presentations

- Invited Visiting Professor/Lecturer | Mount Kenya University, Kitale Campus | 2026. Participating in educational and Human Services programming through collaborative initiatives with Mount Kenya University and The Ambassador Dr. Michelle Boone-Thornton Foundation.

Professional Seminars and Webinars

- Daughter Seminar | Speaker/Panelist | CuurioCare, 2023
- A Servant's Heart Seminar | Speaker/Panelist | CuurioCare, 2023
- The Beauty of Understanding Behavior Seminar | Speaker/Panelist | CuurioCare, 2023

Accepted and Forthcoming Conference Presentations

- National Organization for Human Services Annual Conference (November 2026), Jacksonville, Florida. "Restoring the Practitioner: A 5-Step Model for Intentional Practice in Complex Human Services Environments."
- National Organization for Human Services Annual Conference (November 2026), Jacksonville, Florida. "The Addictions We Don't See: Recognizing and Responding to Process Addictions in Human Services Practice."
- Christianity and Public Health Conference, Harvard University (October 2026), Cambridge, Massachusetts. "Can Caregiving Build Resilience? Evidence from the LACE-Q Pilot Study and Implications for Restoration Psychology™."
- Society for Personality and Social Psychology Annual Convention (February 2027), Philadelphia, Pennsylvania. "Beyond Resilience: An Integrative Framework for Identity Reconstruction, Meaning-Making, and Psychological Restoration."

TEACHING EXPERIENCE

2026–present — **REGENT UNIVERSITY**

Adjunct Professor, School of Counseling and Psychological Studies

Instructor of record for graduate Human Services courses, facilitating student learning, discussion, assessment, and skill development using evidence-informed, student-centered instructional practices.

- Summer 2026: HSC 501 Behavioral Science Foundations; HSC 524 Helping Skills & Techniques; HSC 572 Addiction Interventions.
- Fall 2026: HSC 524 Helping Skills & Techniques; HSC 565 Grief & Bereavement; HSC 574 Process Addictions.
- Selected curriculum development: redesigned graduate Helping Skills course sequence; developed applied learning activities integrating resilience and evidence-informed practice; created instructional materials and assessment strategies for online learners.

2023–2026 — **REGENT UNIVERSITY**

Graduate Assistant & Teaching Assistant, School of Counseling and Psychological Studies

Supported graduate and doctoral instruction through grading, discussion facilitation, student support, instructional assistance, and course administration.

- Courses supported: HSC 500, 501, 505, 513, 524, 525, 535, 544, 545, 561, 565, 570, 572, 574, and 596.

LEADERSHIP AND PROFESSIONAL SERVICE

2025–present — **RESTORATION PSYCHOLOGY INSTITUTE™**

Founder & Executive Director

Founded the Institute to advance interdisciplinary research, education, assessment development, and scholarly collaboration focused on resilience, restoration, and human flourishing.

- Developed Restoration Psychology™ and the 5R Restoration Model™.
- Lead research, writing, educational initiatives, assessment development, conference activity, and collaborative partnerships.

2023–present — **WALKING WITH HER**

Founder & Executive Director

Founded and direct a women-centered educational initiative offering courses, events, articles, assessments, resources, and personal-growth experiences grounded in Restoration Psychology™.

- Lead program development, educational content, public scholarship, partnerships, and strategic growth.

2023–present **FOR HER THROUGH HIM**
Founder & Executive Director
Lead a faith-rooted nonprofit supporting women facing adversity and barriers to resources through outreach, advocacy, practical support, community partnerships, and restoration-focused initiatives.

- Direct organizational strategy, fundraising, volunteer engagement, partnerships, and program development.

2020–present **EAST COAST COMMUNITY BUILDERS**
Board President
Provide strategic governance and board leadership for a nonprofit advancing workforce development, mentorship, community resilience, and neighborhood restoration initiatives.

2026–present **REGENT UNIVERSITY HUMAN SERVICES ASSOCIATION**
Faculty Advisor
Support student leadership, professional development, service-learning, and association programming as faculty advisor.

2023–2026 **REGENT UNIVERSITY HUMAN SERVICES ASSOCIATION**
Executive Leadership | Service Learning & Expansion Coordinator
Supported organizational growth, student engagement, service-learning initiatives, professional development, and community engagement.

PROFESSIONAL EXPERIENCE

2022–2023 **CUURIO**
Pastoral Counselor
Provided faith-informed pastoral counseling and emotional support to individuals navigating grief, relational concerns, life transitions, and spiritual questions.

2017–2023 **MONTCO HOME PROFESSIONALS**
Owner
Founded and managed a residential remodeling company serving southeastern Pennsylvania. Directed operations, strategic planning, marketing, client relations, and organizational growth while leading community service initiatives recognized in local media and featured on HGTV and Discovery+.

CERTIFICATIONS AND PROFESSIONAL DEVELOPMENT

Harvard University: Derek Bok Center for Teaching and Learning, Certificate in Higher Education Teaching
The Gottman Institute: Gottman Method Couples Therapy, Level 1
Yale University: Addiction Treatment: Clinical Skills for Healthcare Providers; Introduction to Psychology; Moralities of Everyday Life; The Science of Well-Being for Parents
University of Pennsylvania: Positive Psychology Specialization; Applications of Positive Psychology; Resilience Skills in a Time of Uncertainty; Character, Grit, and Research Methods; Positive Psychology: Visionary Science; Positive Psychology Applications and Interventions
Johns Hopkins University: Epidemiology in Public Health Practice Specialization; Epidemiologic Inferences; Data and Health Indicators; Epidemiology and Population Health; Public Health Surveillance Systems; The Opioid Epidemic: From Evidence to Impact
American Psychological Association: Mental Health Essentials: Mood, Eating, Sleep, and Stress; Psychology of Disorders Related to Trauma, Anxiety, and Stress; Anxiety and Related Disorders; Psychology of Substance Use, Depressive Disorders, and Trauma; Depressive and Bipolar Disorders; Disorders Due to Substance Use and Addictive Behaviors; Student Success Specialization; Better Writing; Better Learning; Less Stress, Better Health
National Child Traumatic Stress Network: Skills for Psychological Recovery; Adolescent Trauma and Substance Abuse
Stanford University: Introduction to Food and Health
CITI Program: Social-Behavioral-Educational Research; HIPAA Basics

HONORS AND AWARDS

- Outstanding Graduate Award, Regent University
- Magna Cum Laude, Pennsylvania State University
- Summa Cum Laude, Montgomery County Community College
- Psi Chi International Honor Society
- Phi Theta Kappa Honor Society
- Academic Scholarship Recipient, Pennsylvania State University
- Dean's List, Pennsylvania State University

PROFESSIONAL MEMBERSHIPS

- American Psychological Association (APA)
- Association for Psychological Science (APS)
- International Positive Psychology Association (IPPA)
- Society for Personality and Social Psychology (SPSP)
- Eastern Psychological Association (EPA)
- Pennsylvania Psychological Association (PPA)
- American Association for the Advancement of Science (AAAS)
- National Organization for Human Services (NOHS)
- Psi Chi International Honor Society
- Phi Theta Kappa Honor Society
- Regent University Human Services Association

AREAS OF EXPERTISE

- Restoration Psychology™ & Theory Development
- Resilience Research & Human Flourishing
- Process Addictions & Behavioral Addictions
- Psychological Assessment Development
- Caregiving, Family Roles & Resilience
- Graduate Teaching & Curriculum Development
- Higher Education & Student Development
- Research Translation & Interdisciplinary Research
- Program Development & Nonprofit Leadership
- Public Speaking & Professional Education

SELECTED SCHOLARLY WORKS AND INTELLECTUAL PROPERTY

- Restoration Psychology™
- 5R Restoration Model™
- RESTORE™ Practical Framework
- Restoration Assessment Suite™
- Late Adolescent Caregiving Experiences Questionnaire (LACE-Q)

MEDIA RECOGNITION

Glenside Local (2026). "Cheltenham Residents Help Struggling Neighbor Recover from $400K Fraud Scheme, Which Left His Home in Tatters." Featured for community leadership and neighborhood restoration efforts through Montco Home Professionals. View article