Updated November 2025

Adrian Maria Valadez, Ph.D. (she/her)

Curriculum Vitae

Assistant Professor of Cultural Counseling Psychology
Department of Psychology
California State University, Northridge
adrian.valadez@csun.edu

Education

2023 **Ph.D. Counseling Psychology**
Emphasis in Quantitative Methods in the Social Sciences
University of California, Santa Barbara
Dissertation – Profiles in Critical Consciousness: Latinx SGM Activists and Non-Activists During the COVID-19 Pandemic

2021 **M.A. Counseling Psychology**
University of California, Santa Barbara
Predissertation – Bisexuals' Implicit Attitudes About Bisexuality: Measurement Design and Development

2018 **M.S. Clinical Psychology**
California State University, Fullerton
Thesis – The Effects of Stereotyping upon Mental Rotation Among Queer Men and Women

2015 **B.A. Psychology**
Minor – Gender and Sexuality Studies
California State University, San Bernardino
Cum Laude, Departmental Honors, U-RISE Scholar
Honor's Thesis – Empowering LGBTQ+ Youth Through Participatory Action

Grants, Honors, & Awards

2025 Sheena Malhotra Pedagogical Excellence Award – Nominee
2025 *CSUNposium 1st place winner (Poster Category): *An exploration of the impacts of resilience and LGBTQ-affirming family support on internalized binegativity among bisexual+ adults.*
2025 +CSUNposium 1st place winner (10-minute Oral Category): *Gender is kind of a footnote: A qualitative study of nonbinary identity.*
2025 +Creative Endeavors Scholarship (2nd Place)
2025 *Office of Undergraduate Research (OUR), Research Supplies Grant
2024 *Creative Endeavors Scholarship (2nd Place): *Bisexual+ Mental Health Needs Assessment.*
2024 *Office of Undergraduate Research (OUR), Research Supplies Grant

*Research Advisor: undergraduate
+Research Advisor: graduate

2023-2024	Outstanding Faculty Award (Nominee), California State University – Northridge
2023	Student Equity Award, Santa Barbara County Psychological Association
2022	Pepper-Bernstein Fellowship
2022	National Register Internship Travel Scholarship, American Psychological Foundation
2022	Ray E. Hosford Award for Excellence in Professional Behavior
2020	Malyon-Smith Scholarship Award, American Psychological Association, Div. 44
2020	Ford Foundation Predoctoral Fellowship, Honorable Mention
2018-2023	Chancellor's Doctoral Incentive Program Scholar
2015-2018	Graduate Equity Fellow, Office of Graduate Studies, CSU-Fullerton
2017	JoAnn Brannock Travel Award, Department of Psychology, CSU-Fullerton
2017	Elevar Scholar, Office of Graduate Studies, CSU-Fullerton
2014-2015	President's Volunteer Service Award, CSU-San Bernardino
2013	Psi Chi: National Honor Society of Psychology

Publications

Valadez, A. M. & Israel, T. (2024). Bisexuals' implicit attitudes about bisexuality: Measurement design and development. *Psychology of Sexual Orientation and Gender Diversity*. Advance online publication. https://doi.org/10.1037/sgd0000689

Cerezo, A., Emetu, B., Rivera, D. B., Jones, I. J., Chin, J., **Valadez, A. M.**, & Drabble, L. (2023). Examining pandemic stress and mental health among a community-based sample of sexual minority women in Los Angeles County. *Psychology & Sexuality*. https://doi.org/10.1080/19419899.2023.2207182

Ramirez, A., Rivera, D. B., **Valadez, A. M.**, Baca, K. L., Mattis, S., & Cerezo, A. (2023). Examining mental health, academic and economic stressors during the COVID-19 pandemic among community college and four-year university students. *Community College Review*, *51*(3), 311-481. https://doi.org/10.1177/00915521231163929

Flores, I., Sharma, H., Franco, V., **Valadez, A. M.**, & Cerezo, A. (2023). Amidst the chaos: Developing a counseling psychologist identity during ongoing social unrest. *Journal for Social Action in Counseling & Psychology, 14*(2), 96-110. https://doi.org/10.33043/JSACP.14.2.96-110

Chin, J., Mattis, S., Acosta, J., Ramirez, A., Rivera, D. B., **Valadez, A. M.**, & Cerezo, A. (2022). "I help my parents by using some of my FAFSA money": A qualitative exploration of pandemic-related stress among community college students. *Community College Journal of Research and Practice*, 1-12. https://doi.org/10.1080/10668926.2022.2064376

Capielo Rosario, C., Carlos Chavez, F. L., García, Y. E., Torres, L., Sanchez, D., Cerezo, A., Cadenas, G. A., Rivera, D., & **Valadez, A. M.** (2021). COVID-19 Needs Assessment on U.S. Latinx Communities. *U.S. Congressional Hispanic Caucus/National Urban League.*

Valadez, A. M., Rohde, J., Tessler, J., & Beals, K. (2020). Perceived stigmatization and disclosure among individuals in consensually non-monogamous relationships. *Analyses of Social Issues and Public Policy, 20*(1), 143-165. https://doi.org/10.1111/asap.12194

*Research Advisor: undergraduate
+Research Advisor: graduate

Manuscripts in Submission

Valadez, A. M., Wei, C., & Israel, T. (2025). Conceptualizing internalized binegativity: Insights from theory, measurement, and intervention. *Journal of Bisexuality*.

Rivera, D., Armstrong, H., **Valadez, A. M.,** Ramirez, A., & Cerezo, A. (2024). Multi-level factors associated with Long-Acting Injectable (LAI) Pre-exposure Prophyaxis (PrEP) willingness among men who have sex with men. *Journal of Behavioral Medicine.*

Wei, C., Israel, T., Esopo, K., **Valadez, A. M.**, & Smith, N. G. (2024). Therapists' experiences with bisexual clients: A multi-national investigation. *Professional Psychology: Research and Practice.*

Manuscripts in Preparation

Valadez, A. M., Israel, T., Cerezo, A., & Cadenas, G. (in preparation). Profiles in Critical Consciousness: Latinx SGM Activists and Non-Activists During the COVID-19 Pandemic. *Journal of Latinx Psychology*.

Huynh, K., Matsuno, E., **Valadez, A. M.**, & Parmenter, J. (in preparation). Internalized stigma is intersectional too: Development and validation of the Internalized Intersectional Stigma Scales (IISS) for LGBTQ+ People of Color. *Cultural Diversity & Ethnic Minority Psychology*.

Invited Talks and Lectures

+Harutyunyan, N. & **Valadez, A. M.** (October 15, 2025). *Suicidal ideation and prevention in Latinx communities*. Lecture presented at the 2025 Latinx Mental Health Conference, Northridge, CA.

*Lane, J. A., *Ramirez, H., & **Valadez, A. M.** (October 15, 2025). *An investigation of relationships among internalized binegativity, outness, resilience, & mental health outcomes in Latinx bisexual+ adults*. Lecture presented at the 2025 Latinx Mental Health Conference, Northridge, CA.

Valadez, A. M. (March 18, 2025). *Remnants of resistance: Paying more attention to bisexuality*. Podcast episode hosted by University Library and Queer Studies Program at California State University, Northridge.

Conference Presentations

+Cuevas, A., **Valadez, A. M.**, & Missari, S. (2025). *"Breaking through a series of binary interpretations": A Qualitative Study of Nonbinary Identity*. Poster presented at the annual American Psychological Association conference, Denver, CO.

Shorter, P. G., *Harutyunyan, N., *Palma, M., *Martinez, C. A., *Lam, A., & **Valadez, A. M.** (2025). Reducing suicide in bisexual+ adults: The role of LGBTQ-specific support

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combating ACE-related risk. Poster presented at the annual American Psychological Association conference, Denver, CO.

[+]Cuevas, A., **Valadez, A. M.**, & Missari, S. (2025). *"I'm not going": A Qualitative Study of Nonbinary Medical Experiences*. 15-minute oral talk presented at the annual Society for the Psychological Study of Social Issues, Portland, OR.

[+]Cuevas, A., **Valadez, A. M.**, & Missari, S. (2025). Gender is kind of a footnote: A qualitative study of nonbinary identity. Poster presented at the annual CSUNposium conference, CSU – Northridge.

- *First Place Winner (10-minute oral category)*
- *CSU Grad Slam Finalist*

[*]Ramirez, H., [*]Darrow, J., [*]Lane, J. A., [*]Vuong, T. K., [*]Nejad, B., [*]Sanchez, S., Shorter, P. G., & **Valadez, A. M.** (2025). *An exploration of the impacts of resilience and LGBTQ-affirming family support on internalized binegativity among bisexual+ adults*. Poster presented at the annual CSUNposium conference, CSU – Northridge.

- *First Place Winner (Poster category)*

[*]Arias, A. L. & **Valadez, A. M.** (2025). *A personality-based approach to understanding life satisfaction and gender-fluidity among bisexual+ adults*. Oral presentation at the annual CSUNposium conference, CSU-Northridge.

[*]Harutyunyan, N., [*]Arias, A. L., [*]Martinez, C. A., [*]Sanchez, S., Shorter P. G., & **Valadez, A. M.** (2025). *Do outness and relationship satisfaction mitigate suicidal ideation amongst bisexuals?* Poster presented at the annual Association for Psychological Science conference, Washington, D.C.

[*]Martinez, C. A., [*]Robles, N., [*]Arrue, A., [+]Salmon, E., & **Valadez, A. M.** (2025). *Bisexual+ adult mental health: The impact of parenting styles and childhood religiosity*. Poster presented at the annual Western Psychological Association conference, Las Vegas, NV.

[*]Arias, A. L., [+]Salmon, E., [*]Lam, A., & **Valadez, A. M.** (2025). *A personality-based approach to understanding life satisfaction and gender-fluidity among bisexual+ adults*. Poster presented at the annual Western Psychological Association conference, Las Vegas, NV.

[*]Palma, M., [*]Sanchez, S., [*]Arrue, A., [*]Harutyunyan, N., Shorter, P. G., & **Valadez, A. M.** (2025). *Adverse childhood experiences & well-being in bisexual+ adults: The role of resilience as a moderator*. Poster presented at the annual Western Psychological Association conference, Las Vegas, NV.

[*]Harutyunyan, N., [*]Ledkins, J. K., [*]Arias, A., [*]Sanchez, S., [*]Palma, M., [*]Lam, A., & **Valadez, A. M.** (2024). *Subjective Happiness and Importance of Social Values: Findings from the World Values Survey*. Poster presented at the annual CSUNposium conference, CSU – Northridge.

Cerezo, A., Ramirez, A., Rivera, D., Jones, I. J., Chin, J., & **Valadez, A. M.** (2022). *Pandemic stress and its impact on social media, advocacy, & alcohol use among Black and Latinx SGM*. Symposium presented at the annual meeting of the American Psychological Association, Minnesota, MN.

Valadez, A. M. & Israel, T. (2021). *Implicit internalized binegativity: Measurement design and development*. Poster presented at the annual American Psychological Association conference, virtual.

*Research Advisor: undergraduate
+Research Advisor: graduate

Wei, C., Israel, T., Esopo, K., **Valadez, A. M.**, Chin, J., & Smith, N. (2021). *Therapists' experiences with bisexual clients: A multi-national investigation*. Poster presented at the annual American Psychological Association conference, virtual.

Israel, T., Esopo, K., Chin, J., **Valadez, A. M.**, Wei, C., & Cerezo, A. (2021). *RISE Up: Implementation of an online intervention for sexual and gender minorities*. Poster presented at the annual American Psychological Association conference, virtual.

Smith, N. G., Israel, T., Esopo, K., **Valadez, A. M.**, & Wei, C. (2020). *Gains in knowledge after training on bisexual clients: A qualitative study of licensed therapists*. Poster presented at the annual American Psychological Association conference, Washington, DC.

Sharma, H., **Valadez, A. M.,** Flores, I., Franco, V., & Cerezo, A. (2019). *Developing a mental health professional identity in the "Time of Trump."* Poster presented at the annual Asian American Psychological Association conference, San Diego, CA.

Valadez, A. M., Israel, T., Esopo, K., & del Castillo, S. (2019). *Reducing sexual minority individuals' desire to change their sexual orientation*. Poster presented at the annual American Psychological Association conference, Chicago, IL.

Valadez, A. M. (2018). *Stereotype threat and boost effects on mental rotation performance among queer men and women*. Panel presentation presented at the inaugural interdisciplinary conference Envisioning LGBTQIA+ Wellbeing, Santa Barbara, CA.

Venegas, H., Aguinaldo, E., **Valadez, A. M.**, & Miranda, M. (2018). *Queering the traditional relationship: Terminology and rules of consensual non-monogamy*. Poster presented at the annual Convention of the Society of Personality and Social Psychology, Atlanta, GA.

Tessler, J., **Valadez, A. M.**, Alfatal, S., Aguinaldo, E., Nguyen, M., & West, A. (2017). *Consensual non-monogamy: Findings from an interview-based study*. Symposium presented at the annual meeting of the Western Psychological Association, Sacramento, CA.

Rohde, J. Spivey, K., **Valadez, A. M.**, TenBrook, S., Pinion, B., & Curiel, G. (2017). *A look at stigmatization and disclosure among individuals in consensual non-monogamous relationships*. Poster presented at the annual meeting of the Western Psychological Association, Sacramento, CA.

Valadez, A. M., Dominguez, A., Maldonado, R., Thompson, J. N., Ayala, E. E., & Chavez, D. V. (2015). *Empowering LGBTQ+ youth through participatory action*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

Dominguez, A., **Valadez, A. M.**, Wollard, M. R., Johnston, S. M., Lepe, J. E, & Chavez, D. V. (2015). *Lessening LGBTQ stigma through the use of educational workshops*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

Ayala, E. E, Wollard, M. R., **Valadez, A. M.**, Lepe, J. E., Dominguez, A., & Chavez, D. V. (2015). *Utilizing Photovoice to develop an LGBTQ+ intervention at a high school*. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

Valadez, A. M., Wollard, M., Okafuji, S., Maldonado, R., Phillips, T., Dominguez, A., Archibald, J., Clinkenbeard, J., Ayala, E., & Chavez, D. V. (2014). *Utilizing Photovoice to develop LGBTQ+ sensitivity interventions in high schools*. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.

*Research Advisor: undergraduate
+Research Advisor: graduate

Wollard, M. R., **Valadez, A. M.**, Phillips, T. M., Ayala, E. E., & Chavez, D. V. (2014). *Queering LGBT research using Photovoice*. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.

Ayala, E. E., Maldonado, R., Wollard, M., Okafuji, S. S., Archibald, J. K., **Valadez, A. M.**, Clinkenbeard, J., & Chavez, D. V. (2014). *Empowering LGBTQA youth through QCamp and CBPR*. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.

Teaching Experience

Assistant Professor
PSY 310 – Abnormal Psychology (CSU – Northridge)
PSY 370 – Psychology of Personality (CSU-Northridge)

Teaching Associate (Instructor of Record)
CNCSP 114 – Psychology of Gender (UC – Santa Barbara)

Teaching Assistant
CNCSP 114 – Psychology of Gender (UC – Santa Barbara)
FEMST 20 – Introduction to Gender and Power (UC – Santa Barbara)
CNCSP 197 – Special Topics in Applied Psychology: Bisexuality, From Margin to Center (UC – Santa Barbara)
CNCSP 115 – College Student Peer-Helping and Leadership (UC – Santa Barbara)
PSYC 202 – Research Methods in Psychology (CSU – Fullerton)
PSYC 456 – Psychological Study of LGBTQ Experiences (CSU – Fullerton)

Clinical Experience

2022-2023	Pre-Doctoral Psychology Intern, Counseling and Wellness Center, University of Florida
2021-2022	Graduate Student Clinician, Mind and Behavioral Assessment Clinic, UC - Santa Barbara
2019-2021	Clinician (Doctoral Candidate), Santa Barbara City College- Student Counseling Center
2019	Assessment Specialist, CALM (Child Abuse Listening Mediation)
2018-2019	Clinician (Doctoral Student), Hosford Counseling and Psychological Services Clinic
2016-2017	Marriage and Family Therapist Trainee, Co-creator of LGBTQ+ adolescent therapy group, “Sense of Self,” Western Youth Services (North Region)
2013-2015	Rainbow Pride Youth Alliance, San Bernardino, CA
2013-2015	Psychology Department Peer Advising Center, CSU – San Bernardino

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Journal Services

2025	Ad hoc Reviewer, Psychology of Sexual Orientation and Gender Diversity
2024	Ad hoc Reviewer, *BMC Public Health*

Service and Leadership Activities

2023-present	Educational Policy Committee, Department of Psychology, CSU – Northridge
2024, 2025	CSUNposium Faculty Judge, CSU – Northridge
2024-2025	Anti-Racism Affinity Committee (Co-Chair), Department of Psychology, CSU – Northridge
2024, 2025	Explore CSUN, CSU – Northridge
2024	Commencement Marshall (Psychology Department), CSU – Northridge
2018-2020	UCSB Mentorship Program, UC – Santa Barbara,
2018-2019	Associated Students Committee, Self-Care and Wellness, UC – Santa Barbara
2017-2018	SOARing Graduate Student Association (SGSA), CSU – Fullerton
2017	Hispanic Association of Colleges and Universities (HACU) Student Ambassador, CSU – Fullerton
2012-2015	Rotaract (Co-Founder, President, Vice President, District 5330 Representative), CSU – San Bernardino
2013-2015	Rainbow Pride Youth Alliance (QCamp Counselor, Workshop Leader), San Bernardino, CA
2013-2014	Student Orientation, Advising, and Registration (SOAR) Leader, CSU – San Bernardino

*Research Advisor: undergraduate
+Research Advisor: graduate