

## AMANDA LYNN HELMAN

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### **PRESENT POSITION**

**Training Consultant**, Colonial Intermediate Unit 20  
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Phone: 610-515-6558 Email: ahelman@ciu20.org

**Adjunct Professor**, Department of Education and Human Services, College of Education  
Lehigh University, 111 Research Drive, Iacocca A119  
Bethlehem, PA 18015  
Phone: 610-462-0167 Email: alh206@lehigh.edu

### **EDUCATION**

**Ph.D.**, 2015, Special Education -Learning Disabilities-Lehigh University  
**M.Ed.**, 2008, Special Education-Transition and Low Incidence Disabilities, Lehigh University  
**M.S.**, 2021 (*In progress*), Masters in Counseling Psychology, Thomas Jefferson University  
**B.A.**, 2003, Elementary and Special Education, Millersville University (graduated with honors)

### **LICENSURE/CERTIFICATION**

- Administration/Supervisor Certificate, Delaware Valley University (test to be taken Spring 2020 for certification)
- *DIBELS Next Trainer Certificate*, Pennsylvania Department of Education (exp. 10/2019)
- *Cross-Categorical Special Education K-12*, Pennsylvania Department of Education (exp. 5/2021)
- *Elementary Education Teaching License, K-6*, Pennsylvania Department of Education
- *Teaching English to Speakers of Other Languages (TESOL) Certificate*, Pennsylvania Department of Education (exp. 2018)

### **COUNSELING EXPERIENCE**

#### **2020-Present: School-Based Outpatient Program**

- *Theoretical Orientation: Structured family therapy and play therapy, person-centered therapy*
- *Conducted family and child structured therapy and psychiatry*
- *Facilitated medication education and review with parents and children*
- *Implemented person centered therapy during family and child therapy*
- *Utilized biopsychosocial intake reports to gather current information to support families during therapy*
- *Reviewed treatment plan and client goals on an ongoing basis*
- *Engaged in child play therapy throughout session using trauma-informed practices*

### **Trauma-Informed Professional Development**

2020- Present Lakeside Global training (currently)

- 25 hours of Trauma-Informed professional development to become a trainer of trauma-informed practice for current consultant work at Colonial Intermediate Unit 20
- Conduct monthly trauma-informed modules with local schools districts including Trauma 1010, Trauma and the Brain, Trauma-Informed Practices, and Trauma and You for educators to identify compassion fatigue and secondary trauma

### **PROFESSIONAL EXPERIENCE**

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|---------------|---|
| 2014- present | <p><b><u>Training Education Consultant:</u></b> Coaching and consultation in Autism Spectrum Disorders, Reading Interventions, and Transition, Colonial Intermediate Unit 20, Easton, Pennsylvania</p> <ul style="list-style-type: none"> <li>• <i>Developed the Comprehensive Transition Assessment Protocol for students with disabilities</i></li> <li>• <i>Designed K-12 curriculum aligned with the Pennsylvania Core Standards and Alternate Eligible Content in Reading and Writing for Students with Complex Needs</i></li> <li>• <i>Implemented Project Max grant (funded by the Office of Special Education Programs (OSEP) best practices in school districts for students with complex needs</i></li> <li>• <i>Designed a Pennsylvania Inspired Leadership (PIL) course for Fall 2016 focusing on best practices in kindergarten transition. Coursework is both in person, online, and facilitated with online technology tools.</i></li> </ul> |
| 2014-present  | <p><b><u>Adjunct Professor:</u></b> Special Education Program, College of Education, Lehigh University, Bethlehem, Pennsylvania</p>   |
| 2012-2014     | <p><b><u>Research Intern:</u></b> RAMP-UP IES Grant, Lehigh University, Bethlehem, Pennsylvania</p>   |
| 2012-2014     | <p><b><u>Research Support:</u></b> Supporting preschool children PEAK IES Grant, Lehigh University, Bethlehem, Pennsylvania</p>   |
| 2009-2012     | <p><b><u>Transition Coordinator:</u></b> Lehigh University Transition and Assessment Program, Lehigh University, Bethlehem, PA</p>  |
| 2006-2009     | <p><b><u>Community Based Living Supervisor:</u></b> Lehigh University Community Based Living, Lehigh University, Bethlehem, PA</p>  |
| 1999-2002     | <p><b><u>Resident Assistant for Campus Housing:</u></b> Millersville University, Millersville, PA</p>   |

**TEACHING EXPERIENCES**

- 2020-Present      **Instructor:** Special Education, 465, Advanced Inclusion, Lehigh University, Bethlehem, PA
- 2019-Present      **Instructor:** Inclusive Strategies for Students with Special Needs, Delaware Valley University, Doylestown, PA
- 2018-Present      **Instructor:** Special Education, 418, Alternate Educational Approaches, Lehigh University, Bethlehem, PA
- 2017                **Instructor:** Special Education 332 Asynchronous Course: Education and Inclusion for Individuals with Special Needs Lehigh University, Bethlehem, Pennsylvania
- 2014-2017        **Instructor:** *Special Education 419: Academic Interventions*, PreK-8, Lehigh University, Bethlehem, Pennsylvania
- 2014                **Instructor:** *Special Education 332: Education and Including Students with Special Needs*, Lehigh University, Bethlehem, Pennsylvania
- 2013                **Co-Instructor:** *Secondary Academic Intervention* (taught with Dr. Minyi Dennis), Lehigh University, Bethlehem, Pennsylvania
- 2012                **Guest Lecturer:** *Assessment and Planning for English Language Learners* (taught with Dr. Talida State), Lehigh University, Bethlehem, Pennsylvania
- 2012                **Co-Instructor:** *Academic and Curricular Strategies for Individuals with Disabilities* (taught with Dr. Mary Beth Calhoon, Lehigh University, Bethlehem, Pennsylvania
- 2011                **Guest Lecturer:** *Advanced Inclusion: Facilitating Inclusion for Students with Developmental and Intellectual Disabilities in College Classes* (taught with Dr. Natalie Sokol), Lehigh University, Bethlehem, Pennsylvania
- 2011                **Co-Instructor:** *Advanced Inclusion* (Dr. Natalie Sokol), Lehigh University, Bethlehem, Pennsylvania
- 2010                **Co-Instructor:** *Introduction to Special Education* (Dr. Talida State), Lehigh University, Bethlehem, Pennsylvania
- 2010                **Co-Instructor:** *Assessment and Planning* (Dr. Nanette Fritschmann), Lehigh University, Bethlehem, Pennsylvania
- 2003-2006        **Special Education Inclusion Specialist:** Florence Unified School District, Grades K-5, Florence, Arizona

- 2003                    **Student Teacher:** School District of Lancaster, Grades 3<sup>rd</sup>-5<sup>th</sup> Learning Support Classroom, Lancaster, Pennsylvania
- 2003                    **Student Teacher:** Conestoga Elementary School, Grade 1 General Education Classroom, Lancaster, Pennsylvania

## **PUBLICATIONS**

### **Refereed Journals**

**Helman, A., Calhoon, M. B., & Kern, L.** (2016). Improving science vocabulary of high school English language learners with reading disabilities. *Learning Disability Quarterly*, 38(1), 40-52.

### **Articles in Review or Preparation**

**Helman, A., Dennis, M., & Kern, L.** (in review). Using generative strategies to improve the science vocabulary of secondary English language learners with reading disabilities. *Learning Disability Quarterly, Special Edition*.

## **GRANTS/RESEARCH SUPPORT**

- 2011      College of Education Equity & Community Initiative Grant, *I'm different and the same: Challenging Educators' Perspectives toward People with Disabilities*, Lehigh University, Bethlehem, PA awarded to Shu-Chen Tsai, Amanda Helman, Dolly Hoffman, & Jennifer Parks (\$1,000)
- 2010      Travel Grant: Graduate Student Senate Presentation Award (\$150)

## **PRESENTATIONS**

Cullen, D., Franzo, J. & **Helman, A.** (2020, March). *Integrating Best Practices that Exceed Compliance for Transformative Transition Practices*, Poster Presentation at the Pennsylvania Department of Education Conference, Hershey, PA.

Tinor, B. & **Helman, A.** (2020, March). A Review of Due Process Decisions Involving Students with Autism Spectrum Disorders in the State of Pennsylvania 2005 through 2018, Poster Presentation at the Pennsylvania Department of Education Conference, Hershey, PA.

**Helman, A.** (2020, February). *Inclusive Instruction for Students with Significant Needs*, Presented at the Council for Exceptional Children Conference, Portland, Oregon.

Burns, R. & **Helman, A.** (2018, February). A State Survey: Essential Transition Characteristics & Barriers for Employment, Poster Presentation at the Pennsylvania Department of Education Conference, Hershey, PA.

**Helman, A., DiPaolo, M., Svanson, C., Clemens, T., & Vietmeier, S.** (2017, October). *Building*

*Connections: Putting Best Practices In Kindergarten Transition Plans*, Presented at the Early Childhood Education Summit Conference, Penn State, PA.

**Helman, A. & Sharp, E.** (2017, June). *Intensifying Reading Intervention for Persistent Non-Responders*, Presented at the Pennsylvania Literacy Conference, Hershey, PA.

**Helman, A., Chovanes, J., & Sharp, E.** (2016, June). *The Argument for Integrating Reading and Spelling Instruction*, Presented at the PA Literacy Conference, Hershey, PA.

**Helman, A. & Matz, D.** (2015, October). *The ABC's of Dyslexia*, Presented at the EPSAEC Conference, Hershey, PA.

**Helman, A., Chovanes, J., & Sharp, E.** (2015, October). *Improving Science Vocabulary for English Language Learners*, Presented at the National Council for Learning Disabilities Conference, Las Vegas, NV.

**Helman, A. & Chovanes, J.** (2014, September). *The CLUES Strategy: Improving Science Vocabulary*. Presented at the Eighth Annual Diverse Literacy Conference, Bear Creek, PA.

**Helman, A., Calhoon, B., & Kern, L.** (2013, April). *The Clue Word Strategy: Improving Science Vocabulary for Secondary English Language Learners*. Presented at the Lehigh University Academic Symposium, Bethlehem, PA.

Calhoon, M. B., & **Helman, A.** (2012, October). *Using Oral Reading Fluency Probes and Pattern Analysis for Instructional Determination*. Presented at the 34<sup>th</sup> International Council for Learning Disabilities, Austin, TX.

**Helman, A., Calhoon, M. B., & Kern, L.** (2012, April). *Improving Science Vocabulary for Secondary English Language Learners*. Presented at the National Council for Exceptional Children Conference, Denver, CO.

**Helman, A., Singley, D., Koger, F., & Bambara, L.** (2011, November). *Promoting Active Participation in College Classes for Two Individuals with Intellectual Disabilities*. Presented at National TASH Conference, Atlanta, GA.

Singley, D., **Helman, A.**, Koger, F., & Bambara, L. (2011, November). *Self-Led IEPs*. Presented at National TASH Conference, Atlanta, GA.

**Helman, A., & Singley, D.**, (2011, November). *It Takes a Team: Active College Participation*. Presented at the Pennsylvania Council for Exceptional Children Conference, Harrisburg, PA.

Singley, D., **Helman**, A., Zimpfer, A., & Michael, D. (2011, November). *I Lead My Own IEP Meetings*. Presented at the Pennsylvania Council for Exceptional Children Conference, Harrisburg, PA.

Singley, D. & **Helman**, A. (2011, November). *Best Transition Practices*. Presented at the LIFE Center for Independent Living Conference, Fogelsville, PA.

Singley, D. **Helman**, A., Tomko, C., Beaulieu, J., Altege, K., Tomko, S., & Zimpfer, A. (2011, July). *I Led My Own Transition Team Meeting*. Presented at the Pennsylvania Transition Conference, Penn State, PA.

**Helman**, A. Singley, D., Tomko, C., Beaulieu, J., Altege, K., Tomko, S., & Zimpfer, A. (2011, July). *Active Participation in College Cases: Two Case Studies*. Presented at the Pennsylvania Transition Conference, Penn State, PA.

**Helman**, A., Hoffman, D., Koger, F. & Bambara, L. (2010, December). *Facilitating Active Participation in a College Class: A Case Illustration*. Poster presented at the National TASH Conference, Denver, CO

## **RESEARCH INTERESTS**

- Childhood Trauma and Building Positive Relationships
- The Brain-Body Connection Between Trauma and Disability
- Inclusive Services for Youth and Adults with Autism and Intellectual Disabilities in Post-Secondary Settings
- Reading interventions for students for Students with Complex Needs
- Vocabulary Instruction for English Language Learners with Reading Disabilities
- Program Development in Reading for Secondary Students with Reading Disabilities

## **TEACHING EXPERIENCE**

Lehigh University

- EDUC 332: Education and Inclusion for Individuals with Special Needs
- SPED 418: Secondary Academic Interventions (Math)
- SPED 419: Academic Interventions PreK-8
- SPED 444: Classroom Management
- SPED 452: Assessment in Special Education
- SPED 465: Advanced Inclusion

## **HONORS/AWARDS**

- Stoudt Dissertation Award Candidate for Dissertation in 2016
- Florence Unified School District Math Curriculum Committee, 2005-2006

### **PROFESSIONAL MEMBERSHIPS**

- Council for Exceptional Children (CEC, DCDT, DDEL, DLD)
- Council for Learning Disabilities (CLD)
- TASH Inclusive Education