

Chelsea A. Allen, Ph.D., LCSW

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Rutgers School of Social Work

New Brunswick, NJ

APPOINTMENTS

Beginning Fall 2025

Presidential Postdoctoral Fellowship

School of Social Work

Rutgers University

EDUCATION

October 2025

PhD, School of Social Work

Columbia University

Dissertation Committee: Courtney D. Cogburn (sponsor),
Brooke S. West, Robert D. Eschmann, Kishonna L. Gray, Helen
A. Neville

Dissertation Title: Reimagining Social Media to Design
Accessible Culturally Congruent Care for Black Women

2021

Licensed Clinical Social Worker (LCSW)

State of New York

License Number: 091497

2014

MSW, College of Social Work

*University of South
Carolina*

Concentration: Clinical Practice

2013

BSW, College of Social Work

*University of South
Carolina*

Concentration: Generalist Practice
Distinctions: Cum Laude

AWARDS AND HONORS

**2023 -
Present**

APA Interdisciplinary Minority Fellowship

*American Psychological Association (APA), Substance Abuse and Mental
Health Services Administration (SAMHSA)*

- Awardee, \$23,000
- 2021 Lead Teaching Fellowship**
- Center for Teaching and Learning
Columbia University
- Awardee, \$2,000
- 2021 APA Interdisciplinary Minority Fellowship**
Honorable Mention
- American Psychological Association (APA), Substance Abuse and Mental Health Services Administration (SAMHSA)*
- 2019 Provost Diversity Fellowship**
- Graduate School of Arts and Sciences
Columbia University
- Awardee, \$6,000

GRANTS

- 2024 James Jones Dissertation Award**
- School of Social Work
Columbia University
- Awardee, \$4,500
- 2024 Doctoral Research Grant**
- School of Social Work
Columbia University
- Awardee, \$1,500
- 2022 Emerging Technology Research Grant**
- Emerging Technology Consortium
Columbia University
- Awardee, \$20,000
- Project: Reimagining Emerging Technologies: Leveraging Social Media,

Mobile, and Virtual Applications to Facilitate Radical Healing for Black Women

2021 COVID-19, Racial Justice, and Mental Health Micro Grant

School of Social Work
Columbia University

Awardee, \$3,000

Project: Telehealth “verzuz” Radical Telehealing: Reimagining Digital Social Media as Virtual Healing Spaces for Black Women

2020 CAETR Seed Grant

Collaborative to Advance Equity through Research
Columbia University

Awardee, \$2,500

Project: Telehealth “verzuz” Radical Telehealing: Reimagining Digital Social Media as Virtual Healing Spaces for Black Women

PEER-REVIEWED PUBLICATIONS

Journal Articles

Allen, C. A., Henderson, Z., Harris, J., Cogburn, C. D., Chang, R., Williams, E. (2024). Telehealth “verzuz” Radical Telehealing: Reimagining Digital Social Media as Virtual Healing Spaces for Black Women. *Social Media and Society*.

Mabrouk, F. A., Connaught, G. K., **Allen, C. A.**, & Israel, K. (2024). Implicit Biases and Racial Microaggressions: Examining the Impact on Black Social Work Students’ Well-Being. *Social Work in Public Health*, 1-11.

Cogburn, C. D., **Allen, C. A.**, Frey, W. R., Filippone, P., Brown, B. R., & Witte, S. (2022). The Racial Projects of White Social Work Students. *Advances in Social Work*, 22(2), 574-604.

Kennedy, S. C., Mennicke, A. M., & **Allen, C. A.**, (2020). ‘I took care of my kids’: mothering while incarcerated. *Health & Justice*, 8(1), 1-14.

Manuscripts Under Review

Allen, C. A., Situating Systemic Social Oppression as Collective Trauma: An Interdisciplinary Analysis. *American Journal of Orthopsychiatry*. [Revise and Resubmit].

Cogburn, C. D., Geller, A., Allen, A., **Allen, C. A.**, Jones, P., Rajput, A. The Health Consequences of Media as Vicarious Exposure to Police Violence. *Social Science & Medicine*. [Under Review].

Manuscripts In Preparation

Allen, C. A. (In preparation). Redefining Culturally Congruent Care: An Exploration of Black Women's Perspectives on Health and Well-Being.

Allen, C. A. (In preparation). Engaging Culturally Congruent Care: Identifying Effective Practices and Settings for Black Women's Health and Wellness.

Allen, C. A. (In preparation). Navigating Digital Spaces: Black Women's Strategies for Engaging Online Care and Implications for Building Community-Centered Digital Spaces.

Allen, C. A. (In preparation). Digitizing Culturally Congruent Care for Black Women: The Utility of Social Media in Bridging Offline and Online Care Practices.

Allen, C. A., Arasomwan, I., Vaz, K. (In preparation). The Utility of Virtual Reality for Supporting Culturally Congruent Care for Black Women.

Cogburn, C. D., Frey, W. R., **Allen, C. A.**, Brown, B., Witte, S. (In preparation). Ideological Costs of Social Work: The Neoliberal Racial Projects of Black Social Work Students.

Conference Papers (Peer-Reviewed)

Allen, C.A., Raza, M., Frey, W. R., Washington, Sr. D., Ross, S., Bailenson, J., Cogburn, C. D. (in press). Immersive Virtual Experiences for Fostering Structural Competence among White Students and Non-Black Students of Color. In *International Conference on Artificial Intelligence and Virtual Reality*. Singapore: Springer Nature Singapore, 2024.

Book Reviews

Allen C. A., Book Review: Black feminism in qualitative inquiry: A mosaic for writing our daughter's body. *Affilia*. January 2021. doi:10.1177/0886109920985771

CONFERENCE PRESENTATIONS

Symposia Organized

Race, Digital Contexts, and Collaborative Research. (January, 2025). *Society for Social Work Research*, Seattle, WA.

Panels and Roundtables Organized

Mabrouk, F., Connaught, G., **Allen, C. A.**, Israel, K. (January, 2024). Implicit Biases and Racial Microaggressions: Examining the Impact on Black Doctoral Students' Well-Being. [Conference Roundtable]. *Society for Social Work Research*, Washington, D.C., United States.

Papers Presented

Allen, C. A. (January, 2025). Reimagining Social Media to Design Culturally Congruent Care for Black Women. In Race, Digital Contexts, and Collaborative Research [Conference Symposium]. *Society for Social Work Research*, Seattle, WA.

Cogburn, C. D., Frey, W. R., **Allen, C. A.**, Brown, B., Witte, S. (January, 2025). Ideological Costs of Social Work: The Neoliberal Racial Projects of Black Social Work Students. [Conference Presentation]. *Society for Social Work Research*, Seattle, WA.

Allen, C.A., Raza, M., Frey, W. R., Washington, Sr. D., Ross, S., Bailenson, J., Cogburn, C. D. (January, 2025). Immersive Virtual Experiences for Fostering Structural Competence among White Students and Non-Black Students of Color. [Conference Presentation]. *Society for Social Work Research*, Seattle, WA.

Allen, C. A., Raza, M., Frey, W. R., Washington, D., Ross, S., Bailenson, J., Cogburn, C. D. (July, 2024). Immersive Virtual Experiences for Fostering Structural Competence among White Student and Non-Black Students of Color. [Conference Presentation]. *International Conference on Artificial Intelligence and Virtual Reality*, Fukuoka, Japan.

Mabrouk, F., Connaught, G., **Allen, C. A.**, Israel, K. (October, 2023). Implicit Biases and Racial Microaggressions: Examining the Impact on Black Social Work Students' Well-Being. [Conference Presentation]. *Council of Social Work Education*, Atlanta, GA, United States.

Cogburn, C. D., Geller, A., Allen, A., **Allen, C. A.**, Jones, P., Rajput, A. (April, 2023). The Health Consequences of Media as Vicarious Exposure to Police Violence. [Conference Presentation]. *Population Association of America*, New Orleans, LA, United States.

Allen, C. A. (January 2023). Locating Collective Trauma within Historic Systems of Oppression: An Interdisciplinary Conceptual Model. [Conference Presentation]. *Society for Social Work and Research*, Phoenix, AZ, United States.

Cogburn, C. D., **Allen, C. A.**, Frey, W. R., Filippone, P., Ribeiro Brown, B., and Susan, W. (January, 2022). The Everyday Racial Projects of White Social Work Students. [Conference Presentation]. *Society for Social Work and Research*, Washington, DC, United States.

Allen, C. A., Henderson, Z., Harris, J., Cogburn, C. D., Chang, R. (November, 2021). Telehealth “verzuz” Radical Telehealing: Social Media as Healing Spaces for Black Women. [Conference Presentation]. *Council for Social Work Education*, Orlando, FL, United States.

Allen, C. A., (April, 2021). Reconceptualizing Historical Trauma. Brief and Brilliant Talk, [Conference Presentation]. *Society for Social Work & Research*, Virtual Symposium.

Allen, C. A., (June, 2020 - Canceled Due to COVID-19). Reconceptualizing Historical Trauma: An Integrative Perspective for African Americans. [Conference Presentation]. *Memory Studies Association*, Charlottesville, VA.

INVITED TALKS

Allen, C. A., (2024) *Why do research?: Identifying your motivations, passion and processes.* [Panelist]. SWPI Summer Research Institute. School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2023). *Field of Practice and Comprehensive Exam Roundtable.* CSSW Doctoral Office. School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2022). *Experiences of Black-Identifying Women Enrolled in Ph.D. Programs: A Photovoice Study.* Social Work Research (Professor: Dr. Prema Filippone). School of Social Work, New York University, New York, NY, United States.

Allen, C. A. (2022). *New Student Orientation Panel.* CSSW Doctoral Office. School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2021). *New Student Orientation Panel.* CSSW Doctoral Office. School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2020). *BIPOC Student Panel.* CSSW Doctoral Office. School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2022). Lead Teaching Fellows Spring Workshop: *"The Everyday Racial Projects of White Social Work Students"*. Center for Teaching and Learning. School of Social Work. Columbia University, New York, NY, United States.

Allen, C. A. (2022). Foundations of Clinical Medicine: Seminar on Systematic Racism. Vagelos College of Physicians and Surgeons. **Columbia University, New York, NY, United States.**

Allen, C. A. (2021). Foundations of Clinical Medicine: Seminar on Systematic Racism. Vagelos College of Physicians and Surgeons. **Columbia University, New York, NY, United States.**

RESEARCH EXPERIENCE

2025 **Summer Research Intern**

MoxiesX, Inc. (in partnership with Groove With Me)

Supervisors: Juliette Blake & Stella Brown

Role: Conducted exploratory, youth-centered qualitative research with girls of color and co-facilitated in-person workshops to inform culturally responsive digital content and platform design.

**2022 -
2025**

Co-Principal Investigator

“Reimagining Emerging Technologies: Leveraging Social Media, Mobile, and Virtual Applications to Facilitate Radical Healing for Black Women” Research Study

School of Social Work, *Columbia University*

Principal Investigator: Courtney D. Cogburn, Ph.D.

Role: Led every aspect of the research project including conceptualization, data collection/analysis, and final reporting. Although Dr. Cogburn is the designated PI, I was primarily responsible for the research execution and day-to-day management of the project.

**2020 -
2022**

Co-Principal Investigator

“Telehealth “verzuz” Radical Telehealing: Reimagining Digital Social Media as Virtual Healing Spaces for Black Women” Research Study

School of Social Work, *University of North Carolina at Charlotte*

Principal Investigator: Courtney D. Cogburn, Ph.D.

Role: Led every aspect of the research project including conceptualization, data collection/analysis, and final reporting. Although Dr. Cogburn is the designated PI, I was primarily responsible for the research execution and day-to-day management of the project.

**2019 -
Present**

Doctoral Student

Cogburn Research Group

School of Social Work, *Columbia, University*

Principal Investigator: Courtney D. Cogburn, Ph.D.

Lab Projects:

- **Perspective Taking in Virtual Reality:** Co-led multi-methodological research efforts exploring the implications of virtual reality for social work education.
- **The Imagination Collective:** Supported development and execution of student-led workshops centered around leveraging technological tools to explore imagination, play, and social justice
- **“1000 Cut Journey”:** Supported demonstrations and trials of this immersive virtual reality experience for university and community members.

**2018 -
2019**

Research Assistant

“I Took Care of My Kids: Mothering While Incarcerated” Research Study

School of Social Work, *Columbia University*
Principal Investigator: Annelise Mennicke, Ph.D.

- 2016 - 2017** **Research Assistant**
“The Working Poor Report” Research Study
Applesseed Legal Justice, *Columbia, SC*
- 2012 - 2013** **Research Assistant**
“Pathways to Kidney Transplant Parity” Research Study
College of Social Work, *University of South Carolina*
Principal Investigator: Teri Browne, Ph.D.

TEACHING

Guest Lectures

Allen, C. A. (2023). *Telehealth "VERZUZ" Radical Telehealing: Reimagining Social Media As Virtual Healing Spaces for Black Communities*. Qualitative Analysis (Professor: Dr. Brooke West). School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2022). *Race, Tech, & Mental Health*, Human Behavior in the Social Environment (Professor: Dr. Courtney D. Cogburn). School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2022). *Historical Trauma Theory: An Integrative Perspective*, Human Behavior in the Social Environment: Trauma and Its Impact (Professor: Dr. Jennifer Hartman). School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2021). *Historical Trauma Theory: An Integrative Perspective*, Human Behavior in the Social Environment: Trauma and Its Impact (Professor: Dr. Jennifer Hartman). School of Social Work, Columbia University, New York, NY, United States.

Allen, C. A. (2017). *Direct Practice Experiences in Youth & Family Services*, Social Welfare Services for Children and Youth (Professor: Dr. Rushondra J. James). College of Social Work, University of South Carolina, Columbia, SC, United States.

Student Supervision

2023-Present **Co-Supervisor**, “Reimagining Emerging Technology” Research Project
School of Social Work, *Columbia University*
Students: Ivie Arasomwan & Kiara Vaz, MSW

2023-2024 **Co-Supervisor**, Integrative Research Project (Thesis)
Teacher’s College, *Columbia University*

Students: Zori Hamilton, MA Psychology

2022-
2023

Co-Supervisor, Field Education
School of Social Work, *Columbia University*
Student: Mawish Raza, MSW Program

2021-
2023

Co-Supervisor, “Telehealth “verzuz” Radical Telehealing: Reimagining Digital Social Media as Virtual Healing Spaces for Black Women” Research Project
School of Social Work, *Columbia University*
Student: Rae Chang, Ethnicity & Race Studies, Pre-Medical Track

2021-
2022

Co-Supervisor, Justice and Pandemics Preparedness Academy
Columbia College, *Columbia University*
Student: Rae Chang, Ethnicity & Race Studies, Pre-Medical Track

ADVANCED TRAINING

Advanced Research Training

2025

TYDE Summer Professional Development Series
Thriving Youth in a Digital Environment (TYDE), *University of Virginia*

2024

Doctoral Colloquium
Association of Internet Researchers

2024

Intersectional Qualitative Methods Research Institute
Latino Research Institute, *University of Texas at Austin*
Consortium on Race, Gender, and Ethnicity, *University of Maryland, College Park*

2021-
2023

Summer Mentoring Workshop
Michigan Center for Urban African American Aging
Program for Research on Black Americans
University of Michigan

2021

Fragile Families Data Workshop
Columbia Population Research Center
Columbia University

2018

Summer Institute in Computational Social Sciences
Russell Sage Foundation & the Alfred P. Sloan Foundation
Rutgers University

Advanced Teaching Training

- 2019 - Present** **Teaching Developing Program, Advanced Track**
Center for Teaching and Learning
Columbia University
- 2021** **Assessing Teaching & Learning Seminar**
Center for Teaching & Learning
Columbia University

CONSULTING

- 2024** **Anti-Racism and Supervision Learning Series**
Bethel University, *Saint Paul, MN*
- 2024** **Program Consultant**
Union Theology Seminary, *New York, NY*
- 2023** **Research Consultant**
Whose Metaverse, *New York, NY*

PRACTICE

- 2024-Present** **Therapist (Independent Contractor)**
BetterHelp, Headway, Talkspace, *Remote*
- 2021-2023** **School Therapist**
All About Kids, *New York, NY*
- 2018-2019** **REACH Therapist**
Thompson Child & Family Focus, *Charlotte, NC*
- 2015-2019** **Treatment Advocate**
South Carolina Youth Advocates Program, *Columbia, SC*
- 2016-2018** **Senior Social Worker**
Mecklenburg County Youth & Family Services, *Charlotte, NC*
- 2014-2016** **Lead Counselor**
Three Rivers Behavioral Health, *Columbia, SC*

SERVICE

University and Community Service

- 2021-2022** Member, BIPOC Ph.D. Student Interest Group, School of Social Work, *Columbia University*
- 2021** Digital Resource Curator, “Approaches to Anti-Racist Pedagogy for Social Work Education”, Center for Teaching and Learning, *Columbia University*
- 2021-2022** Peer Mentor, Doctoral Peer Mentoring Program, School of Social Work, *Columbia University*

Professional and Academic Service

Volunteer, *Society for Social Work and Research*, Annual Conference

Ad-Hoc Reviewer, Brief and Brilliant Sessions, *Society for Social Work and Research*, Annual Conference

Ad-Hoc Reviewer, *Journal of Racial and Ethnic Health Disparities*

Affiliations and Memberships

Society for Social Work and Research (SSWR)

Council of Social Work Education (CSWE)

Association of Internet Researchers (AOIR)

EDUCATIONAL EXPERIENCE

- 2014** Comparative Social Work and Social Welfare, Study Abroad Program (Hanoi, Vietnam), College of Social Work, *University of South Carolina*