

# Joel Toshiro Sagawa, Ph.D.

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## EDUCATION

<b>Ph.D.</b>	Clinical Psychology	September, 2008	Fuller Theological Seminary
<b>M.A.</b>	Theology	June, 2007	Fuller Theological Seminary
<b>M.A.</b>	Psychology	June, 2005	Fuller Theological Seminary
<b>B.A.</b>	Psychology	May, 2000	Point Loma Nazarene University

## LICENSURE AND CERTIFICATIONS

Licensed Clinical Psychologist, State of California. PSY 23683

## EMPLOYMENT

<b>Professor</b> <i>Department of Psychology, Point Loma Nazarene University</i>	2020-Present
<b>Associate Professor</b> <i>Department of Psychology, Point Loma Nazarene University</i>	2016-2020
<b>Clinical Director</b> <i>University Counseling Center, Azusa Pacific University</i>	2015-2016
<b>Assistant Director</b> <i>University Counseling Center, Azusa Pacific University</i>	2011-2015
<b>Staff Psychologist</b> <i>University Counseling Center, Azusa Pacific University</i>	2010-2011
<b>Staff Counselor</b> <i>University Counseling Center, Azusa Pacific University</i>	2008-2010

## TEACHING EXPERIENCE

<b>Professor</b> <i>Department of Psychology, Point Loma Nazarene University</i>	2020-Present
<b>Associate Professor</b> <i>Department of Psychology, Point Loma Nazarene University</i>	2016-2020
<b>Clinical Faculty</b> <i>School of Psychology, Fuller Theological Seminary</i>	2014-2016
<b>Adjunct Faculty</b> <i>Honors College, Azusa Pacific University</i>	2011-2014
<b>Adjunct Faculty</b> <i>Department of Undergraduate Psychology, Azusa Pacific University</i>	2008-2011

## RESEARCH EXPERIENCE

<b>Principle Investigator</b> <i>Moral Psychology and Compassion Lab, Point Loma Nazarene University</i>	2016-Present
<b>Research Fellow</b> <i>Center for Research on Child and Adolescent Development, Fuller Seminary</i>	2002-2008

## SUPERVISED CLINICAL EXPERIENCE

<b>University of Southern California</b> <b>Student Counseling Services</b> <i>Pre-Doctoral Internship</i>	2007-2008
<b>Azusa Pacific University</b> <b>University Counseling Center</b> <i>Psychology Pre-Internship</i>	2006-2007
<b>Pasadena Psychotherapy Center</b> <i>Psychological Assistant</i>	2005-2007
<b>Los Angeles County and USC Medical Center</b> <b>Department of Child and Adolescent Psychiatry</b> <i>Psychological Clerk</i>	2005-2006
<b>Pacific Clinics</b> <i>Psychological Trainee</i>	2004-2005
<b>Fuller Psychological and Family Services</b> <i>Psychological Trainee</i>	2003-2004

## PUBLICATIONS

Oakes Mueller, R. A., Franzen, A. B., **Sagawa, J. T.**, Leffel, G. M., Curlin, F. A., & Yoon, J. D. (2025). Developing the good physician: The influence of role models in the development of virtues and flourishing in medical students. *Southern Medical Journal*, 118(3), 141-149.

**Sagawa, J. T.** & Papa, C. (2020). Cognitive-behavior therapy for depression, anxiety, and personality disorders: The Beckian approach. In Papa, C., Lee, W.C., & Rus, A.V. (Eds.). *The new approaches in behavioral sciences*. Targu-Mures: University Press.

## CONFERENCE PRESENTATIONS

Bunney, E., Cavaglieri, H., Trejo, T., Oakes Mueller, R.A., & **Sagawa, J.T.** (2025). Further exploring the relationship between mindfulness and eudaimonic wellbeing over time in college students. Poster presented at the 105<sup>th</sup> annual convention of the Western Psychological Association, Las Vegas, NV.

Trejo, T., Cavaglieri, H., Bunney, E., **Sagawa, J.T.**, & Oakes Mueller, R.A. (2025). Further exploring the role of self-compassion and gratitude in the relationship between mindfulness and eudaimonic wellbeing over time in college students.

Westburg, C., Monson, B., **Sagawa, J.T.**, & Oakes Mueller, R.A. (2024). Exploring the Michelangelo Phenomenon, Generative Care, and Virtue Growth within Friendships. Poster presented at the 104<sup>th</sup> annual convention of the Western Psychological Association, San Francisco, CA.

Monson, B., Westburg, C., Oakes Mueller, R.A., & **Sagawa, J.T.** (2024). Exploring the Relationship Between Virtue Growth and Eudaimonic Well-Being in Moral Education. Poster presented at the 104<sup>th</sup> annual convention of the Western Psychological Association, San Francisco, CA.

Musgrave, A., Edwards, A., Oakes Mueller, R.A., & **Sagawa, J.T.** (2023). Exploring the Role of Growth Motivation on Change in Mindfulness Over Time. Poster presented at the 103<sup>rd</sup> annual convention of the Western Psychological Association. Riverside, CA.

Edwards, A., Musgrave, A., **Sagawa, J.T.**, & Oakes Mueller, R.A. (2023). Exploring the Relationship Between Mindfulness Growth and Generative Care Over Time. Poster presented at the 103<sup>rd</sup> annual convention of the Western Psychological Association. Riverside, CA.

Poligano, M., McFarlane, K., Edwards, A., Oakes Mueller, R.A., & **Sagawa, J.T.** (2022). Exploratory Study of Mindfulness and Gratitude Practices in Moral Education (Part 1 of 2). Poster presented at the 102<sup>nd</sup> annual convention of the Western Psychological Association. Portland, OR.

Edwards, A., McFarlane, K., Poligano, M., **Sagawa, J.T.**, & Oakes Mueller, R.A. (2022). Exploratory Study of Mindfulness and Gratitude Practices in Moral Education (Part 2 of 2). Poster presented at the 102<sup>nd</sup> annual convention of the Western Psychological Association. Portland, OR.

Boydston, T., Groenendyk, C., Liu, H., **Sagawa, J.T.**, & Oakes Mueller, R.A. (2021). Enhancing gratitude through mindfulness practices in the context of moral education. Poster presented remotely at the 101<sup>st</sup> annual convention of the Western Psychological Association.

Liu, H., Groenendyk, C., Boydston, T., **Sagawa, J.T.**, & Oakes Mueller, R.A. (2021). Mindfulness promotes virtue development and resilience to stress within the context of moral education. Poster presented remotely at the 93<sup>rd</sup> annual convention of the Midwestern Psychological Association.

Mackey, V., Schilling, C., Lin, J., **Sagawa, J.T.**, Oakes Mueller, R.A., & Leffel, G.M. (2020). Sculpting the Ideal Self (Part 1 of 2): Friendship, affirmation, and the Michelangelo phenomenon. Poster accepted for the 100<sup>th</sup> annual convention of the Western Psychological Association. Poster was not presented due to COVID-19.

Schilling, C., Mackey, V., Lin, J., **Sagawa, J.T.**, Oakes Mueller, R.A., & Leffel, G.M. (2020). Sculpting the Ideal Self (Part 2 of 2): Care, relational generativity, and the Michelangelo phenomenon. Poster accepted for the 100<sup>th</sup> annual convention of the Western Psychological Association. Poster was not presented due to COVID-19.

Babikian, J., Buckley, S., **Sagawa, J.T.**, & Butterfield, M. (2019, April). *From saints to sinners and back again: High achieving religious exemplars and moral deflation*. Poster presented at the 99<sup>th</sup> annual convention of the Western Psychological Association, Pasadena, CA.

- Galvan, N., Drake, M., Januzik, M., **Sagawa, J.T.**, & Butterfield, M. (2019, April). *Use of referrals increases perceptions of professional competence among pastors and therapists*. Poster presented at the 99<sup>th</sup> annual convention of the Western Psychological Association, Pasadena, CA.
- Hubbard, J., Oakes Muller, R.A., & **Sagawa, J.T.** (2019, April). *Escaping from maximum security ethic: Mindfulness promotes the ethics of imagination and engagement*. Poster presented at the 99<sup>th</sup> annual convention of the Western Psychological Association, Portland, OR.
- Cairns, L., Duyst, J., Oakes Mueller, R., & **Sagawa, J.T.** (2018, April). *I'm scared, your wrong: Mortality salience predicts less ideological accommodation*. Poster presented at the 98<sup>th</sup> annual convention of the Western Psychological Association, Portland, OR.
- Buckley, S., Mocerri, O., Januzik, M., Sprinkle, A., **Sagawa, J.T.**, & Butterfield, M. (2018, April). *From saints to sinners: Religious exemplars decrease religiosity in observers*. Poster presented at the 98<sup>th</sup> annual convention of the Western Psychological Association, Portland, OR.
- Pagan, A., **Sagawa, J.T.**, & Butterfield, M.E. (2017, April). *Collateral Reporters Use Relationship Strength and Patient Age to Gauge Mental Health Risks*. Poster session presented at the 97<sup>th</sup> Annual Convention of the Western Psychological Association, Sacramento, CA.
- Sagawa, J.T.** (2011, March). *Integrating Spirituality into Group Treatment for Religious College Students*. Paper presented at the American Group Psychotherapy Association 68<sup>th</sup> Annual Conference, New York, NY.
- Sagawa, J.T.** & Furrow, J.L. (2008, March). *Understanding Future Orientation Among Male Delinquents: The Role of School Context*. Poster presented at the Society for Research on Adolescents Biennial Meeting, Chicago, IL.
- Sagawa, J.T.**, DeWitt, B., Sando, L., Groenewal, P., & Rojas-Flores, L. (2006, May). *Are Community-Based Violence Prevention Programs Familiar with Best Practices?* Poster presented at the Society for Prevention Research Annual Meeting, San Antonio, TX.
- Sagawa, J.T.** & Furrow, J.L. (2006, March). *Looking Forward: Further Investigation into the Protective Role of Future Orientation*. Poster to be presented at the Society for Research on Adolescents Biennial Meeting, San Francisco, CA.
- Sagawa, J. T.** & Furrow, J.L. (2005, April). *The Role of Future Orientation in Moderating the Influence of Risk on Violent Behavior*. Poster presented at the Society for Research in Child Development Biennial Meeting, Atlanta, GA.
- Ragin, A., **Sagawa, J.T.**, Thomas, J., MCGovern, S., Chandy, S., & Rojas-Flores, L. (2004, May). *Do Community-Based Youth Violence Prevention Programs Use 'Best Practices' Strategies?* Poster presented at the Society for Prevention Research 12<sup>th</sup> Annual Meeting, Quebec City, Quebec.
- Sagawa, J. T.**, MCGovern, S., Ragin, A., & Rojas-Flores, L. (2004, May). *What Intervention Strategies are Community-Based Violence Prevention Programs Using?* Poster presented at the Society for Prevention Research 12<sup>th</sup> Annual Meeting, Quebec City, Quebec.
- Aoki, W., Cleveland, K., **Sagawa, J. T.**, Klacksman, A., & Kuhnhausen, B. (2003, June). *Psychology's Contribution to the Discipleship of Youth*. Seminar presented at the International Conference of the Christian Association for Psychological Studies, Anaheim, CA.

**Sagawa, J. T.,** Oakes, K. L., & Strawn, B. (2000, April). *Personality and the Imaging of Christ*. Poster presented at the Western Psychological Association Conference, Portland, OR.

**Sagawa, J. T.,** Oakes, K. L., & Holly, K. (2000, April). *Predictors of Academic Success among College Freshman*. Poster presented at the Western Psychological Association Conference, Portland, OR.

Oakes, K. L., **Sagawa, J. T.,** & Holly, K. (1999, April). *Use of a Self-Concept Measure to Predict College Adjustment*. Poster presented at the Western Psychological Association Conference, Irvine, CA.

### **COURSES TAUGHT**

**PSY1003 General Psychology**

**PSY3021 Abnormal Psychology**

**PSY3025 Clinical and Community Interventions**

**PSY3041 Group Counseling**

**PSY3070 Career Exploration in Psychology**

**PSY4070 Practicum in Psychology**

**PSY4099 Research in Psychology**

### **UNIVERSITY SERVICE**

<b>Academic Policies Committee, <u>Point Loma Nazarene University</u></b>	Member, 2021-2024
<b>Student Development Committee, <u>Point Loma Nazarene University</u></b>	Member, 2018-2021
<b>Mental Health Task Force, <u>Point Loma Nazarene University</u></b>	Member 2018-2019
<b>Faculty Resources Committee, <u>Point Loma Nazarene University</u></b>	Member, 2017-2018
<b>Alcohol and Other Drug Task Force, <u>Azusa Pacific University</u></b>	Chair, 2015-2016
<b>JED Foundation Task Force, <u>Azusa Pacific University</u></b>	Member, 2014- 2016
<b>Alcohol and Other Drug Task Force, <u>Azusa Pacific University</u></b>	Member, 2012-2015