

Janet E. Helms Bio 2023

Janet E. Helms is the author of the McGuffey Longevity Award winning book, “A Race Is A Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life.” She is the Augustus Long Professor Emeritus, Boston College. Dr. Helms was the founding director of the Institute for the Study and Promotion of Race and Culture (ISPRC) and creator and director of Diversity Challenge, an international conference, for 22 years. She is a past president of the Society of Counseling Psychology (Division 17 of the American Psychological Association [APA]). Dr. Helms is a Fellow in Division 17 (Counseling Psychology), Division 45 (Ethnic Diversity), and Division 35 (Psychology of Women) of the APA. She is also a Fellow in the American Psychological Society (APS). In addition, she is a member of the American Educational Research Association (AERA).

Dr. Helms has served on the editorial boards of the *American Psychologist*, the *Psychological Assessment Journal*, and the *Journal of Counseling Psychology*. She has written over 80 empirical and theoretical articles and books on the topics of racial identity and cultural influences on assessment and counseling practice. She has successfully mentored over 60 doctoral students who, by their works, have gone on to accomplish more than she could have imagined.

Dr. Helms was the recipient of the 2017-2018 Lifetime Achievement in Mentoring Award from the Society of Counseling Psychology (Division 17, of the American Psychological Association), the 2018 Lifetime Achievement Award from APA’s Society for the Psychological Study of Culture, Ethnicity, and Race, and the APA/APF Gold Medal Award for Life Achievement in the Public Interest.

She is the recipient of the American Psychological Society’s (APS) 2023 James S. Jackson Lifetime Achievement Award for Transformative Scholarship.

Dr. Helms is a licensed psychologist. Presently, she provides psychological consulting, workshops, and training in applications of racial identity theory and correcting bias in standardized testing and assessment.