

Charmayne Rae Adams, PhD, LIMHP, NCC
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EDUCATION

PhD, Counselor Education, August 2019, University of Tennessee, Knoxville, TN (CACREP accredited)
Dissertation topic: *Teaching Trauma Theory and Practice to Master's Level Counselors-In-Training: A Multiple Case Study*

Cognate: *Behavioral Neuroscience and Trauma Theory*

MA, Clinical Mental Health Counseling, May 2016, Wake Forest University, Winston-Salem, NC (CACREP accredited)

BA, Psychology, January 2014, Summa Cum Laude, Spalding University, Louisville, KY

PUBLICATIONS

Referred Journal Articles: Published

- Adams, C.R.**, Barrio Minton, C., Hightower, J., Blount, A. (2022) Systematic Approach to Multiple Case Study Design: Theory to Practice. *Journal of Counselor Preparation and Supervision*.
- Blueford, J. M. & **Adams, C. R.**, (2021). Trauma-Informed grief counseling with older BICOP individuals. *Adultspan Journal*, 20(2), 111-124, <https://doi.org/10.1002/adsp.12114>
- Blount, A., **Adams, C.R.**, Anderson-Berry, A., Hanson, C., Pendyala, G. (2021). Biopsychosocial Risk Factors During the Perinatal Period: Risks, Preventative Factors, and Implications for Healthcare Professionals. *International Journal of Environmental Research and Public Health*
- Robino, A., **Adams, C. R.**, (2021). Implementing a Dog in College Counseling: A Mixed Methods Study. *Journal of College Student Psychotherapy*
- Adams, C. R.**, & Thacker, N. (2020). Systemic perspective of conduct disorder in adolescents. *Journal of Asia Pacific Counseling*, 10(2), 23-36. <http://doi.org/10.18401/2020.10.2.4>
- Adams, C. R.** & Gibbons, M. M. (2019). Counseling adolescents diagnosed with conduct disorder: Application of emotion-focused therapy for individuals. *Journal of Mental Health Counseling*, 41(4), 283-296. <https://doi.org/10.17744/mehc.41.4.01>
- Blueford, J. M., & **Adams, C. R.** (2019). Using an attachment lens to conceptualize grief: Practical implications for practitioners. *Journal of Human Services*, 39 (1).

Referred Journal Articles: Accepted/In Revision

- Adams, C. R.**, Grad, R.I., Nice, M.L. Intergenerational trauma: An ecological perspective. *Journal of Counseling Research and Practice*
- Byrd, R., Luke, C., Lorelle, S., Donald, E., Blueford, J. M., **Adams, C. R.**, Hudspeth, E. F. Counseling children and adolescents: A call to action for competencies, ethical standards, and best practice. *Journal of Counselor Preparation and Supervision*

Referred Journal Articles: Under Review

- Adams, C.R.**, Blueford J. M., Diambra, J. *Trauma-Informed Approach to the Seven Stage Crisis Model*

Book Chapters

- Adams, C. R.** & Blueford, J. M. (2020) At promise children. In Luke, C. & Byrd, R (Eds.), *Counseling Children and Adolescents: Cultivating Empathic Connection*. Routledge.

- Adams, C. R.** & Rogerson, E. (2020) Growth after trauma: an eight-week psychoeducation and process group. In R. Miller & E. T. Beeson (Eds.), *The Neuroeducation Toolbox: Collaborative Approaches to Infusing Neuroscience Principles in Counseling and Psychotherapy*. San Diego, CA: Cognella Academic Press.
- Gibbons, M. M., & **Adams, C. R.** (2019). Kuder Career Planning System. In C. Wood & D. G. Hays (Eds.), *A counselor's guide to career assessment instruments* (7th ed.). Broken Arrow, OK: National Career Development Association.
- Adams, C. R.**, Ancillary Materials for Luke, C. (2017), *Career-focused counseling: Integrating theory, practice, and neuroscience*. San Diego, CA: Cognella Academic Press.

Newsletter Articles & Commentaries

- Adams, C.R.**, (2019) Excellence in the field: Teaching trauma counseling. *The Exemplar*. Retrieved from https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications_exemplar/Summer_2019_Exemplar.pdf
- Adams, C. R.**, Blueford, J. M., Thacker, N. E., Riley, K., Hightower, J., & Johnson, M. (2019). Breaking the silence: Counseling professionals' roles in addressing acts of hate on college campuses. Retrieved from <https://wp.me/p2BxKN-5Ic>
- Adams, C. R.** (2018). "I am my father's daughter" A narrative about historical trauma and the struggle of a multiracial doctoral student supervising predominantly white students. *Graduate Student Gazette*.
- Adams, C. R.**, & Szepe A. A. (2017, May) Career through an attachment lens. *Career Convergence*. Featured article. Retrieved from https://associationdatabase.com/aws/NCDA/pt/sd/news_article/138001/_PARENT/CC_layout_details/true
- Adams, C. R.** (2016) Perspectives on the ACA multicultural competencies from a multi-racial graduate counseling student. *The Carolina Counselor*.

In Preparation/On-Going Projects

- Adams, C.R.** *The lived experience of Black women dating a White partner during Covid-19 and racial unrest*
- Adams, C. R.** & Tolliver, E. "I don't know what kind of training would prepare you for that.": *Critical incidents in the field for counselors managing crisis*.
- Blount, A. & **Adams, C. R.** *Health Disparities in Women Particularly Focusing on Pre-Gestation, Gestation, and Post-Gestation*
- Chan, C. D., Dari, T., Byrd, J. A., Chen, C.-C., **Adams, C. R.**, & Haynes-Thoby, L. *Path Analysis of Race-Based Trauma, Institutional Betrayal, Help-Seeking, and Career Adaptability for Black, Indigenous, and People of Color (BIPOC) Employees*

GRANTS

Funded

- Adams, C. R.** (2022). *UCAT Course Development Grant. \$750 total funding.*
- Berry, A. A., Hanson, C., & Pendyala, G., Blout, A., **Adams, C.R.**, (2021) *Omega 3- fatty acid's potential for mitigation of neurodevelopmental outcomes from in utero opioid exposure in a chronic stress rat model. \$40,000 total funding*
- Blueford, J. M. & **Adams, C. R.** (2021) *Trauma-Informed grief counseling with older BICOP individuals. Evelyn Chasan Research Grant AADA. \$500 total funding*
- Blount, A., **Adams, C.R.**, Berry, A. A., Hanson, C., & Pendyala, G. (2021) *Healthcare Disparities and Experiences of Stressors in Women During Their Pregnancy Lifecycle. \$7,500 total funding*
- Blount, A. & **Adams, C. R.** (2021) *Health Disparities in Women Particularly Focusing on Pre-Gestation, Gestation, and Post-Gestation. \$10,000 total funding.*
- Chan, C. D., Dari, T., Byrd, J. A., Chen, C.-C., **Adams, C. R.**, & Haynes-Thoby, L. (2020). Association for Assessment and Research in Counseling (AARC) Sponsored Scholarship Program on Racial Disparities and Oppression. *Path Analysis of Race-Based Trauma, Institutional Betrayal, Help-Seeking, and Career Adaptability for Black, Indigenous, and People of Color (BIPOC) Employee. \$1,782.00 total funding.*
- Adams, C. R.** (2020) *Core topic training webinar. Behavioral Health Education Center of Nebraska (BHECN). \$3,500 total funding.*
- Adams, C. R.** & Tolliver, E. (2019) "I don't know what kind of training would prepare you for that.": *Critical*

incidents in the field for counselors managing crisis. NCACES Research Awards. \$250 total funding.

Adams, C. R. & Barrio Minton, C. A. (2019) *Teaching trauma theory and practice to master's level counselors-in-training: A multiple case study.* Friends of EPC Research Grant. **\$400 total funding.**

Adams, C. R., Blueford, J.M., Brott, P., Szepe, A.A., & Barrio Minton, C. A. (2018) *Counselors who care: Addressing the addiction crisis in east Tennessee.* Statewide/regional networking grants. Chi Sigma Iota International. **\$400 total funding.**

Unfunded

Chan, C. D., Byrd, J. A., Haynes-Thoby, L., **Adams, C. R.,** Chen, C.-C., & Dari, T. *Lived Experiences of Institutional Betrayal of Pretenured Faculty Who Are Black, Indigenous, and People of Color at Predominantly White Institutions* (external grant under review: \$50,000)

Adams, C. R. (2019) *University committee for advancement of teaching (UCAT) course development grant for COUN 8280/crisis intervention strategies and techniques.* University of Nebraska, Omaha Center for Faculty Excellence. Unfunded.

Adams, C. R. (2019) *Affordable content grant for COUN 8280/crisis intervention strategies and techniques.* University of Nebraska, Omaha Criss Library. Unfunded.

Adams, C. R., (2018) *Understanding counselor educators' trauma theory and practice course design activity: a multiple case study.* Research and best practice awards grants. Southern Association for Counselor Education and Supervision. Unfunded.

Adams, C. R., Blueford, J.M, Johnson, M., Marshall, R., Thacker, N., (2017) *Full day workshop: Advanced practice in multicultural, grief, mindlessness, and trauma counseling.* Social justice counseling grant. Counselors for Social Justice. Unfunded.

PRESENTATIONS, INVITED TALKS, & WORKSHOPS

National Conference Presentations

Cuerton, J., **Adams, C. R.,** Palacios, A., Muska, A., Elliot, G.M., Binkley, E. (2021, October). *Perspectives on suicide training: Ideas for improving self-awareness and conceptualization of connective counseling and teaching.* Association for Counselor Education and Supervision National Conference

Adams, C. R. (2021, July) *Ways of coping born out of pain: Trauma in communities of color.* Annual Philadelphia Trauma Training Conference: Supporting Adaptation, Transformation, and Health in the Wake of Trauma

Adams, C. R. (2021, April). *Intergenerational trauma and cultural resilience.* American Mental Health Counselors Association Webinar Series.

Adams, C. R. (2021, February). *Where did these wounds come from? A conversation about the complexity of intergenerational and personal trauma in communities of color.* Association for Adult Development and Aging Webinar Series

Weaver, J. L., **Adams, C. R.,** Austin, J., Dennis, F., Luo, Y., & Williams, N. (Conference Postponed). *What can AARC do for graduate students and new professionals?* Presented at the annual conference for the American Counseling Association, San Diego, California.

Diambra, J., Gibbons, M., Spurgeon, S., Wheat, L., Brott, P., **Adams, C. R.,** Blueford, J. M. (2019, October). *Assessment in counselor education: Using program dispositions as a gatekeeping tool.* ACES Inform at the Associated for Counselor Education and Supervision Conference, Seattle, WA.

Adams, C. R. & Thacker, N. E. (2019, October). *Elevating stores to learn and grow: Narrative inquiry in counselor education research.* ACES Inform at the Associated for Counselor Education and Supervision Conference, Seattle, WA.

Land, L., **Adams, C. R.,** McMahan, O. (2019, October). *Teaching about trauma: Course development, in-class activities, and student evaluation.* 90-minute panel session at the Association for Counselor Education and Supervision Conference, Seattle, WA.

Adams, C. R., Barrio Minton, C. A., Hightower, J. (2019, September) *Capturing Context: Case Study and Multiple Case Study Research.* Association for Assessment and Research in Counseling, San Antonio, TX.

Adams, C., Austin, J., Dennis, F., Luo, Y., Stargell, N., Whisenhunt, J. (2019, September) *Come one, come all: A gathering space for graduate students and new professionals.* Association for Assessment and Research

in Counseling, San Antonio, TX.

- Adams, C. R.,** Blueford, J. M., & Diambra, J. (2019, March). *Trauma-informed application of the seven-stage crisis model*. 60-minute clinical education session at the American Counseling Association Conference, New Orleans, LA.
- Adams, C. R.** (2019, February). *Turning educational sanctions into significant learning experiences*. 60-minute content presentation for the Association of Student Conduct, Jacksonville, FL.
- Adams, C.R.** & Land L. (2018, December). *Teaching without traumatizing: strategies to integrate trauma theory & practice*. 90-minute webinar presentation for Association for Counselor Education and Supervision.
- Adams, C. R.,** & Szepe, A. A. (2018, April). *Career through an attachment lens*. Poster presentation at American Counseling Association Annual Conference, Atlanta, GA
- Adams, C. R.,** (2018, March). *Systemic perspective of conduct disorder in adolescents*. 90-minute content presentation at Youth-At-Risk Conference, Savannah, GA.
- Szepe, A. A., **Adams C. R.,** Johnson. M., Thacker. N., York, A. (2017, October). *Deconstructing imposter phenomenon: Impacts on professional identity development*. 50-minute content session presented at Association for Counselor Education and Supervision Conference, Chicago, IL.
- Robino, A., **Adams, C. R.,** & Pignato, L. (2017, October). *First-year doctoral student adjustment and attachment*. 50-minute content session presented at Association for Counselor Education and Supervision Conference, Chicago, IL.
- Szepe, A. A., & **Adams, C. R.** (2017, June). *Autonomy and student success: Implications for counselors from a multicultural perspective*. Poster presentation for National Career Development Association Global Conference, Orlando, FL.
- Adams, C. R.,** & York, A. (2017, March). *Attachment theory in action: Emotional regulation for youth-at-risk*. 90-minute content presentation for International Youth-At-Risk Conference, Savannah, GA.
- Adams, C. R.,** & Johnson, M. (2017, March). *The prevalence and effect of traumatic experience as it relates to the clients in incarcerated settings*. Poster presentation for the international association of addiction and offenders at American Counseling Association Conference. San Francisco, CA.
- Adams, C. R.** (2016, September). *Trauma informed-care in offender counseling*. 60-min webinar presentation for the International Association of Addictions & Offender Counselors. Recording available at <https://iaaoc.webex.com/iaaoc/lr.php?RCID=aa7d82d31a6be1f1242b92fbb5523d39>
- Dari, T., Richardson, E., **Adams, C. R.,** Walker, G. (2016, March). *Interpersonal violence and restorative justice*. Graduate student carousel presentation for American Counseling Association, Montréal, Canada.

Regional Conference Presentations

- Adams, C. R.,** & Szepe, A. A. (2018, October). *An integration model: Preparing neuro-informed counselors*. Poster presentation at North Central Association for Counselor Education and Supervision, Cleveland, OH.
- Adams, C. R.,** & Blueford, J. M. (2018, October). *Attachment and grief: Are you really gone?* Poster presentation at North Central Association for Counselor Education and Supervision, Cleveland, OH.
- Adams, C. R.,** Luke, C., Moralejo, J. (2018, October). *Preparing ethical neuroscience-informed counselors: An infusion approach*. 50-minute content presentation at Southern Association for Counselor Education and Supervision, Myrtle Beach, SC.
- Adams, C. R.,** & Blueford, J. M. (2018, October). *Are you really gone? Attachment and grief*. Poster presentation at Southern Association for Counselor Education and Supervision, Myrtle Beach, SC.
- Cater, C., & **Adams, C. R.** (2016, October). *Beginnings count: infusion of attachment theory throughout counseling curriculum*. 50-min presentation at Southern Association for Counselor Education and Supervision, New Orleans, LA.
- Crockett, J. E., & **Adams, C. R.** (2016, October). *Promoting therapeutic justice with contemplative programming for incarcerated individuals*. 30-minute poster presentation at Southern Association for Counselor Education and Supervision, New Orleans, LA.
- Adams, C. R.** (2016, October). *Preparing trauma-informed counselors*. 50-min presentation at Southern Association for Counselor Education and Supervision, New Orleans, LA.

State & Local Conference Presentations

- Adams, C. R.** (2021, May). *Where did these wounds come from? A Conversation about the complexity of intergenerational and personal trauma in communities of color*. Dare To Believe Mental Health Conference.

- Adams, C. R.** (2019, November). *Trauma-informed care and advocacy in schools*. Topics in Education Symposium, University of Nebraska, Omaha.
- Adams, C. R., & Barrio Minton, C. A.** (2018, September). *Taking care of yourself while taking care of others: The importance of self-care while working with clients in crisis*. 60-min breakout session at Tennessee Suicide Prevention Network Conference, Knoxville, TN.
- Adams, C. R., Szepe, A. A., & York, A.** (2016, November). *Trauma and relationships: Interpersonal neurobiology put into practice*. Poster presentation at Tennessee Association for Counselor Education and Supervision, Murfreesboro, TN.
- Crockett, J. E., & Adams, C. R.,** (2016, February). *Voices from the field: promoting healing and wellness contemplative programming for incarcerated individuals*. 50-min content presentation at North Carolina Counseling Association, Greensboro, NC.
- Adams, C. R.** (2016, February). *A call for counselor advocacy: Counseling in the criminal justice system*. Poster presentation at North Carolina Counseling Association, Greensboro, NC.
- Robinson, H., Adams, C. R., & Ling, L. R.** (2016, February). *Cultivating career growth: using the concepts of personal brand as catalyst for professional development*. 50-min content presentation at North Carolina Counseling Association, Greensboro, NC.
- Adams, C. R., & Crockett, J. E.** (2016, February). *Attachment theory: Foundations, affect regulation, and implications for practice*. 90-min content presentation at North Carolina Counseling Association, Greensboro, NC.
- Adams, C. R.** (2015, March). *Conduct disorder: developmental pathways and interventions*, Poster presentation at North Carolina Counseling Association, Greensboro, NC.

Keynote Speaker

- Adams, C. R.** (2021, May) *Advocacy and Cultural Humility as a Core Skill for Professional Counselors*. Keynote Speaker, Michigan Counseling Association Annual Conference (virtual).
- Adams, C. R.** (2021, April). *Servant leadership and professional counseling*. Keynote Speaker, CSI Initiation (virtual). University of Wyoming.
- Adams, C. R.** (2020, December). *Servant leadership and professional counseling*. Keynote Speaker, CSI Initiation (virtual). Wake Forest University.
- Adams, C. R.** (2020, April). *Servant leadership and professional counseling*. Keynote Speaker, CSI Initiation (virtual). Idaho State University Department of Counseling.

Guest Lectures & Invited Presentations

- Adams, C.R., Estevez, M.** (2021, February). *Mental Health in Communities of Color*. Panelist, National Public Radio (NPR). (radio)
- Adams, C.R., Estevez, M.** (2020, September). *Mental health and race*. Panelist, Center for Rural Affairs. (virtual)
- Adams, C. R.** (2019, November). *Counselors utilizing case study as a research methodology*. Guest lecturer (virtual). California State University, Sacramento.
- Adams, C. R.** (2018, November). *Counselors utilizing case study as a research methodology*. Guest lecturer (virtual). California State University, Sacramento.
- Adams, C. R.** (2018, September). *Trauma informed counseling and advocacy*. Guest Presenter. Smoky Mountain Counseling Association (SMCA), Knoxville, Tennessee
- Adams, C. R.** (2018, September). *Trauma informed counseling with vulnerable populations*. Guest presenter. Knoxville Family Justice Center, Knoxville, Tennessee
- Adams, C. R.** (2018, May). *Trauma: Neuroscience and the brain-body connection*. Guest lecturer. University of Wyoming at Casper. Virtual lecture
- Adams, C. R.** (2018, February). *Working with children with incarcerated parents*. Guest lecturer. University of Tennessee, Knoxville, Counselor Education 460
- Adams, C. R.** (2018, January). *Trauma- effects on brain and behavior*. Guest Presenter. Smoky Mountain Counseling Association (SMCA), Knoxville, Tennessee
- Adams, C. R.** (2017, August/September/October). *Three-part workshop series; trauma informed-care, cultural humility, and mental health 101*. Organization in-service guest speaker. The Restoration House, Knoxville, Tennessee
- Adams, C. R.** (2017, June). *Intergeneration trauma*. Guest lecturer. University of Tennessee, Knoxville, Counselor Education 570

Adams, C. R. (2017, April). *Trauma-informed care*. Guest lecturer. University of Tennessee, Knoxville, Counselor Education 545.

TEACHING EXPERIENCE

Faculty Teaching Experience

Counseling 8200, *Counseling Theories*, University of Nebraska Omaha
Primary Instructor, Fall 2020/Spring 2021/Fall 202/Spring 2022

Counseling 8280, *Crisis Interventions, Strategies, and Techniques*, University of Nebraska Omaha
Primary Instructor, Fall 2019/Spring 2020/Fall 2020/Spring 2021/Fall 2021

Counseling 8030, *Counseling Practices*, University of Nebraska Omaha
Primary Instructor, Spring 2020/Summer 2020

Counseling 8520, *Multicultural Counseling*, University of Nebraska Omaha
Primary Instructor, Summer 2020

Doctoral Student Teaching Experience

Educational Leadership and Policy Studies 350, Coached Leadership Skills for Student Conduct Board Members, University of Tennessee
Primary Instructor, January 2019 – May 2019

Counselor Education 563, *Crisis Intervention for Counselors*, University of Tennessee
Co-Instructor, May 2018 – August 2018

Counselor Education 205, *Exploring Majors and Career*, University of Tennessee
Graduate Teaching Assistant, August 2016- July 2018

Counselor Education 480, *Skills for Counseling*, University of Tennessee
Co-Instructor, January 2018- May 2018

Counselor Education 551, *Theory and Practice of Counseling*, University of Tennessee
Co-Instructor, August 2017-December 2017

Education 120, 220, 302, 320, Wake Forest University
Graduate Teaching Assistant, August 2014- May 2016

SUPERVISION EXPERIENCE

Counseling 8260, *Advanced Internship*, University of Nebraska Omaha
Primary Instructor, Summer 2021/Spring 2022

- Weekly group supervision with 8 supervisees
- Review student video recordings of session to offer developmental and individualized feedback in supervision
- Conduct site visits with on-site supervisors
- Provide a midterm and final evaluation of clinical skills and dispositional characteristics

Post-Graduate Provisionally Licensed Counselor Supervision, State of Nebraska
Clinical Supervisor, Summer 2021 – Present

- Provide weekly supervision, 1 hour for every 15 clients
- Review assessment and progress notes

- Provide clinical and professional development opportunities
- Aid in the development of advanced clinical skills
- Facilitate clinical and personal growth

Counseling 619, Doctoral Student Internship, Oregon State University

Primary instructor, Fall 2021

- Weekly triadic supervision for 8 supervisees
- Weekly group supervision for 8 supervisees
- Review and sign-off on clinical, supervision, teaching, and leadership internship hours

Counseling 8220, Clinical Mental Health Practicum, University of Nebraska Omaha

Primary Instructor, August 2019/Spring 2020/Spring 2021

- On-site supervisor for 8 supervisees, and practicum instructor for 4 supervisees
- Weekly triadic supervision with 6 supervisees
- Weekly group supervision with 4 supervisees
- Review and sign-off on clinic paperwork including session notes, treatment plans, discharge and in-take summaries, and client communication logs
- Review student video recordings of session to offer developmental and individualized feedback in supervision

Doctoral Program Supervision Experience

Counselor Education 559, Internship in Mental Health Counseling, University of Tennessee

Doctoral Student Supervisor, January 2019 – Present

- Conduct weekly individual supervision with a master's mental health counseling intern
- Collaborate with faculty supervision to evaluate attainment and integration of counseling theory, effective use of basic counseling skills, and consistent demonstration of dispositions
- Participate in weekly triadic supervision with another doctoral student and faculty supervisor

Counselor Education 558, Internship in School Counseling, University of Tennessee

Doctoral Internship Student Supervisor, January 2018 - May 2018

- Conducted bi-weekly triadic supervision with school counseling master's student interns
- Co-facilitated bi-weekly group supervision
- Collaborated with faculty supervisor to evaluate attainment and integration of counseling theory, effective use of basic counseling skills, and consistent demonstration of dispositions

Counselor Education 555, Practicum in Counseling, University of Tennessee

Doctoral Practicum Student Supervisor, January 2017 - May 2017

- Conducted weekly individual supervision with two master's level practicum students
- Actively engaged in group supervision
- Collaborated with faculty supervisor to evaluate attainment of counseling skill and demonstration of dispositions

LEADERSHIP AND COMMUNITY ENGAGEMENT

Professional Service

- **International Association for Resilience and Trauma Counseling (IARTC)**
 - Editor, Newsletter (2021 – Present)
- **Association for Counselor Education and Supervision (ACES)**
 - Strategic Planning Committee Member (2021 – Present)
 - Budget and Finance Committee Member (2021 – Present)
- **North Central Association for Counselor Education and Supervision (NCACES)**
 - Treasurer (2021 – Present)

- **Association for Assessment and Research in Counseling (AARC)**
 - Emerging Leader Committee Member (2021 – Present)
 - Transitioning into Emerging Leader Co-Chair in 2022
 - Research Committee (2019 – Present)
 - Emerging Leader (2019-2020)
- **American Mental Health Counselors Association (AMHCA)**
 - Advancement for Clinical Practice Co-Chair (2021 – Present)
 - Advancement for Clinical Practice Committee Member (2019-2021)
 - Conference Submission Review Board Member (2018)
- **Teaching and Supervision in Counseling (TSC) Journal, Southern Association for Counselor Education and Supervision Journal**
 - Editorial Board Graduate Student Member (2018 - Present)
- **Chi Sigma Iota**
 - Secretary- Elect, CSI International (May 2022 – April 2024)
 - University of Nebraska, Omaha, Co- Faculty Advisor (August 2019 - Present)
 - University of Tennessee, Upsilon Theta (August 2016- August 2019)
 - Co-Chair Professional Development Committee
 - Inaugural Summit Coordinator
 - Leadership Fellow (2018-2019)
 - Chapter Development Committee
 - Chapter Development & Statewide/Regional Networking Grants Review Panel
 - Counselor’s Bookshelf “Books That Help Me Become a Better Counselor” reviewer
 - Grant Review Committee
 - Wake Forest University, Pi Alpha (August 2015- May 2016)
 - Co- Chair Professional Development Committee
- **Tennessee Counseling Association**
 - Human Rights Committee, Member (August 2017 – May 2019)
- **International Association of Addictions and Offender Counselors (IAAOC)**
 - Restorative Justice Committee, Research Subcommittee Member (August 2015- August 2017)
- **Tennessee Association of Counselor Education and Supervision** (March 2017)
 - Inaugural Student Essay Competition Committee Member and Reviewer

University Service

- **University of Nebraska Omaha**
 - University of Nebraska Omaha Graduate Council (August 2021 – Current)
 - Policy and Planning Committee (August 2021-Current)
 - Graduate School Committee, Member (August 2019 – Current)
 - Academic Standards and Policy Committee, Alternate Member (August 2020 - Current)
- **Graduate Assistantships**
 - University of Tennessee College of Nursing, Research Assistant, September 2018 – August 2019
 - Office of Student Conduct and Community Standards, Graduate Assistant, August 2018 – August 2019
 - Office of Career Development, Teaching Assistant, August 2016 – July 2018
- **University of Tennessee, Center for Health and Wellness**, Coordinated Community Response Team, Student Advisory Board (August 2017- January 2019)
- **University of Tennessee, Student Disciplinary Board**, Board Chair and Member, Title IX and General Conduct

Violations (January 2017 - August 2018)

- **SACS and CACREP Accreditation**, Leadership Internship supervised by Dr. Barrio Minton (January 2017 - May 2017)
- **University of Tennessee, Commission for Blacks**, member (August 2017 - August 2018)
- **University of Tennessee, Graduate School of Education Retention and Recruitment Committee**, member (June 2016 – May 2018)
- **National Board of Certified Counselors International Division**, Leadership Internship supervised by Dr. Wendi Schweiger
- **Wake Forest University Day of Service**, Small group leader (December 2015)
- **Wake Forest Graduate Student Association**, Volunteer and Service Co-Chair (August 2014 – January 2016)

Department Service

- **University of Nebraska Omaha**,
 - **National Board of Certified Counselors (NBCC), Liaison** (August 2020 – Present)
 - **Clinical Mental Health Comprehensive Exam**, Coordinator (August 2020-Present)
 - **Graduate Review Committee**, Committee Chair (August 2019 – Present)
 - **Department Chair Search Committee**, Committee Member (August 2020 – May 2021)

Community Engagement

Domestic community engagement

- Open Arms Community Center
- Wake Forest Alexander Literacy Project
- Big Brothers Big Sisters of Louisville
- Habitat for Humanity
- Kentucky Refugee Ministries

International community engagement

- Haiti, Global Trauma Research Project
 - Mental Health Facilitator Trainer, accepted, unable to attend
- Dominican Republic, Mission Joven
- Guatemala, Hearts in Motion

GRANTS, AWARDS, FELLOWSHIPS & ACADEMIC HONORS

- **AMHCA Emerging Professional** (2020), American Mental Health Counselors Association
- **Outstanding Doctoral Student** (2019), University of Tennessee, Upsilon Theta
- **Graduate Student of the Year** (2018), Smoky Mountain Counseling Association
- **Chi Sigma Iota Leadership Fellow** (2018), Chi Sigma Iota International
- **Kellie McGarrh Travel Grant** (2018 & 2017), University of Tennessee Graduate College of Education
- **Graduate Student Senate Travel Award** (2018, 2017, 2016), University of Tennessee Graduate Student Senate
- **Outstanding First Year Doctoral Student** (2017), University of Tennessee Counselor Education Program.
- **Graduate Diversity Enhancement Fellowship** (2016) University of Tennessee
- **Chancellor's Fellowship** (2016), University of Tennessee
- **Mental Health Facilitator Master Trainer Scholarship** (2016), National Board of Certified Counselors
- **Psychotherapy Networker Symposium Scholarship** (2016), Psychotherapy Networker
- **Hearst Scholarship** (2014-2015, 2015-2016), Wake Forest University
- **Richter Scholarship** (2015), Wake Forest University
- **Agnes Lucile Raley Award** (2014), Spalding University

CLINICAL EXPERIENCE

Youth and Adult Individual Counseling

Focus Therapy Omaha, Omaha, NE

Professional Counselor and Supervisor, March 2020 - Present

- Conduct remote individual counseling sessions for adults and adolescents in a group practice setting
- Supervise provisionally licensed counselors

Peninsula Hospital, Knoxville, TN

Professional Counselor, May 2017 – September 2018

- Conduct individual and group counseling sessions with youth and adults in an inpatient psychiatric setting

Youth Villages, Knoxville, TN

Specialized Mobile Crisis Unit Counselor, May 2016 - July 2017

- Conducted psychosocial assessments for youth ages 3-17 who were experiencing crisis and gave clinical recommendations for therapeutic intervention including outpatient services, intensive outpatient, In-home, and psychiatric hospitalization

Richard Yoakley School, Knoxville, TN

Doctoral School Counseling Intern, August 2016 - December 2016

- 100-hour doctoral practicum at Richard Yoakley Alternative School, implemented classroom guidance lessons and met with students for weekly individual counseling sessions

Piedmont Correctional Institution, Salisbury, NC

Master's Clinical Mental Health Counseling Intern, August 2015 - May 2016

- 600- hour master's level internship at the North Carolina Male Correctional Facility, facilitated anger management group, conducted individual counseling sessions, completed intake assessments and psychiatric evaluations

Wake Forest University, Winston Salem, NC

Student Athlete Academic Support, August 2015 - May 2016

- Supported student athletes in developing study habits, maintaining strong academic performance, and furthering personal and academic development

Youth Focus Residential Treatment Facility, Greensboro, NC

Master's Practicum Student, January 2015 - May 2015

- Completed a 205-hour practicum placement including supervision, case management, and group workshop planning

Green Line Wellness PLLC, Louisville, KY

Psychological Associate Intern, Psychology Private Practice Intern, August 2013- January 2014

- Supported day-to-day operations of a private practice, evaluated adult and child psychological assessments (including but not limited to the MMPI 2, CAARS, CBCL, and VMI), scheduled patients, studied the credentialing process, and learned about insurance and billing process

Seven Counties Services Hope Now Hotline, Louisville, KY

Undergraduate Practicum Student, Phone Crisis Counselor, January 2013 - March 2013

- Completed a 100-hour practicum on the crisis hotlines, answering phone calls, connecting individuals with services, and deescalating crisis situations

Youth and Adult Group Counseling

Pond Gap Elementary, Knoxville Tennessee, Students with Incarcerated Parents

Weekly small group for elementary school students whose parent(s) has been incarcerated, August 2017- May 2018

- Co-facilitate a small group for 4-7 elementary students from diverse ethnic, religious, and socioeconomic

backgrounds

Counselor Education 544, Group Dynamics and Methods Group Facilitator

16-week small group requirement for master's level counselor students, August 2016 - December 2016

- Facilitated a small group with 7 master's counseling students and doctoral counseling psychology students

Transitioning Together Co-Facilitator

8-week group for teens with ASD (Autism Spectrum Disorder), January 2016 - May 2016

- Co-facilitated an 8-week, empirically based, manualized group designed to facilitate transition out of high school

Career Development through Self-exploration

6-week undergraduate group, January 2015 - May 2015

- Co-facilitated a 6-week group for undergraduate students that explored their MBTI, Strong Interest Inventory, and Values assignments in class and how those effect the way they view career development

SMART Recovery

Open substance abuse support group, August 2014 - May 2015

- Facilitated the only SMART Recovery substance abuse support group open to the public in Louisville, Kentucky

PROFESSIONAL LICENSE

Licensed Independent Mental Health Practitioner (LIMHP), Nebraska

Effective 7/22/2019, #2213

TRAINING AND CERTIFICATIONS

- Emotionally Focused Therapy Externship (2021)
- Emotionally Focused Individual Therapy (EFIT) Level 1 and Level 2, Carolina Center for EFT (2020)
- Question, Persuade, Refer (QPR) Trainer, *Tennessee Suicide Prevention Network* (2018)
- Title IX, Clery, Uniform Administrators Producers Act Training, *University of Tennessee* (2018)
- ASIST, Applied Suicide Intervention Skills Training, *Tennessee Suicide Prevention Network* (2017)
- Nationally Certified Counselor, ID number: 758005, *National Board of Certified Counselors* (2016)
- Mental Health Master Trainer Candidate, *National Board of Certified Counselors International* (2016)
- Safe Zone Training, *Wake Forest University* (2014)

PROFESSIONAL AFFILIATIONS

- **American Mental Health Counseling Association** (August 2016 – current)
- **American Counseling Association** (August 2016-current)
 - Association for Assessment and Research in Counseling
 - Association for Adult Development and Aging
 - Association for Multicultural Counseling and Development
 - International Association for Resilience and Trauma Counseling
- **Association for Counselor Education and Supervision** (September 2016-current)
 - North Central Association for Counselor Education and Supervision
- **Counselors for Social Justice** (August 2016 - 2019)
- **Tennessee Counseling Association** (August 2016 - August 2019)
 - Tennessee Association for Counselor Education and Supervision
 - Smoky Mountain Counseling Association
- **Licensed Professional Counselors Association of North Carolina** (August 2014 - May 2016)
- **North Carolina Counseling Association** (August 2014 - May 2016)