

## **CURRICULUM VITAE**

### **Reginald W. Holt, Ph.D.**

Department of Counselor Education & Family Therapy

Central Connecticut State University

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## **BACKGROUND**

Dr. Reginald W. Holt is a tenured Associate Professor, Clinical Professional Counseling Program Coordinator (CACREP), and Department Chair-Elect within the Department of Counselor Education and Family Therapy at Central Connecticut State University (CCSU). He completed a Ph.D. in counseling/counselor education at the University of Missouri-St. Louis (CACREP), a M.A. in clinical psychology at East Tennessee State University, and a two-year post-graduate training program in advanced psychodynamic psychotherapy at the St. Louis Psychoanalytic Institute. He is licensed as a professional counselor in Connecticut (LPC), Illinois (LCPC), and Missouri (LPC) and credentialed as a National Certified Counselor (NCC) and Master Addictions Counselor (MAC) through the National Board of Certified Counselors (NBCC). In addition, Dr. Holt is recognized by the Connecticut Certification Board, Inc. (CCB) as an Advanced Alcohol and Drug Counselor (AADC) and by the International Certification and Reciprocity Consortium (IC&RC) as an Internationally Certified Advanced Alcohol and Drug Counselor (ICAADC). He is an active member of several national and state professional associations, which includes working directly with the 2020-2021 President of the American Counseling Association (ACA) on the ACA Graduate Student Committee, holding elected leadership positions as the 2023-2024 Secretary of the International Association of Addictions and Offender Counseling (IAAOC) and as the 2019-2020 President of the Connecticut Association of Counselor Education and Supervision (CACES), as well as co-leading the development of a special interest group in addictions counseling for the Connecticut Counseling Association (CCA) that received a "Best Innovative Practice" award from ACA in 2018. His extensive clinical career includes work conducted in behavioral healthcare hospitals, the correctional system, a top-tier Fortune 500 managed care organization, as well as operating his own private practice. Prior to his appointment at Central Connecticut State University, he held academic positions at the University of Missouri-St. Louis and Webster University. As a core faculty member in the Department of Counselor Education and Family Therapy, Dr. Holt oversees the CACREP-accredited Clinical Professional Counseling program and provides graduate level instruction with a special emphasis on mindfulness-based strategies for mental health and addictions counseling, which coincides with his research interests and published works. Additionally, he serves as the lead coordinator of the Forum for Contemplative Practices housed within the Department of Counselor Education and is the primary faculty advisor for the Chi Alpha Mu Chapter of Chi Sigma Iota, the International Honor Society in Counseling. Dr. Holt, along with Dr. Regina Moro, proudly released a counselor education textbook through Springer Publishing, [\*Counseling Individuals with Co-Occurring Addictive and Mental Disorders: A Comprehensive Approach\*](#) (2024).

## **EDUCATION**

- Ph.D.            Counseling/Counselor Education, 2015 (CACREP)**  
University of Missouri-St. Louis  
Department of Counseling and Family Therapy  
St. Louis, MO
- M.A.            Clinical Psychology, 1997**  
East Tennessee State University  
Department of Psychology  
Johnson City, TN
- B.S.            Psychology, 1994**  
East Tennessee State University  
Department of Psychology  
Johnson City, TN
- A.S.            General Studies, 1991**  
Walters State Community College  
Morristown, TN

## **POST-GRADUATE TRAINING**

**Advanced Psychodynamic Psychotherapy Program, 2000 – 2002**  
St. Louis Psychoanalytic Institute  
St. Louis, MO

## **CLINICAL LICENSURE/PROFESSIONAL CERTIFICATIONS**

### **State Licensure:**

- **Licensed Professional Counselor (#003021)**
  - State of Connecticut
    - 2016 – present
- **Licensed Professional Counselor (#2010033035)**
  - State of Missouri
    - 2010 - present
- **Licensed Clinical Professional Counselor (#180-003839)**
  - State of Illinois
    - 2000 - present

### **National Certifications:**

- **Master Addictions Counselor (#272025)**
  - National Board for Certified Counselors
    - 2014 - present
- **National Certified Counselor (#272025)**
  - National Board for Certified Counselors

- 2010 – present
- **Certified Title IX Hearing Officer & Decision-Maker**
  - Association of Title IX Administrators (ATIXA)
    - June 26, 2019 – June 25, 2021

**State Certifications:**

- **Advanced Alcohol and Drug Counselor (#AADC-6379)**
  - Connecticut Certification Board, Inc.
    - 2018 – present
- **Certified Addiction Counselor (#CAC-6379)**
  - Connecticut Certification Board, Inc.
    - 2017 – 2018 (obtained advanced certification status)

**International Certifications:**

- **Internationally Certified Advanced Alcohol and Drug Counselor (#ICAADC-6379)**
  - International Certification and Reciprocity Consortium [as attested to by Connecticut Certification Board]
    - 2018 – present

**Prior Licensure and Certifications:**

- **Licensed Professional Counselor (#178-001063)**
  - State of Illinois
    - 1999 – 2017 (superseded by LCPC #180-003839)
- **Certified Advanced Alcohol and Other Drug Abuse Counselor (#CAADC-18612)**
  - Illinois Certification Board
    - 2009 – 2017 (inactive status: transferred certification to Connecticut)
- **Certified Alcohol and Other Drug Abuse Counselor (#CADC-18612)**
  - Illinois Certification Board
    - 1999 – 2009 (superseded by #CAADC-18612)
- **Internationally Certified Alcohol and Drug Counselor (#ICADC-6379)**
  - International Certification and Reciprocity Consortium [as attested to by Connecticut Certification Board]
    - 2017 – 2018 (superseded by #ICAADC-6379)
- **Internationally Certified Advanced Alcohol and Drug Counselor (#ICAADC-18612)**
  - International Certification and Reciprocity Consortium [as attested to by Illinois Certification Board]
    - 2009 – 2017 (inactive status: transferred certification to Connecticut)

**COUNSELOR EDUCATION/GRADUATE PROGRAM TEACHING EXPERIENCE**

**Central Connecticut State University**

Department of Counselor Education and Family Therapy, New Britain, CT (CACREP)  
Assistant Professor (core full-time faculty): 2016 – 2022

Tenured Associate Professor(core full-time faculty): 2022 – present

- CNSL 501 Theories and Techniques of Counseling (6.0)
- CNSL 503 Supervised Counseling Practicum (3.0)
- CNSL 568 Foundations of Addictions Counseling (3.0)
- CNSL 571 Mental Health Counseling (3.0)
- CNSL 575 Counseling Individuals with Co-Occurring Mental Health and Substance Use Disorders (3.0)
- CNSL 580 Mindfulness-Based Strategies for Mental Health & Addictions Counseling (3.0)
  - Special topics course developed/designed by R. W. Holt
- CNSL 594 Supervised Clinical Practice [Internship] (3.0)

### **Webster University**

Department of Professional Counseling, St. Louis, MO (CACREP)

- COUN 5050 Human Growth and Development (3.0):  
Asynchronous Distance Learning (South Carolina)
- COUN 5630 Techniques of Substance Abuse Counseling (3.0):  
On-Campus (St. Louis, MO) and Synchronous Distance Learning (Kansas City, MO)

### **University of Missouri-St. Louis**

Department of Counseling and Family Therapy, St. Louis, MO (CACREP)

- CNS ED 6040 Group Procedures in Counseling (TA), (3.0)
- CNS ED 6370 Clinical Mental Health Counseling Practicum (3.0)
- CNS ED 6380 Clinical Mental Health Counseling Field Experience (3.0)
- CNS ED 6710 Advanced Strategies in Addictions Counseling (3.0)
- CNS ED 6720 Counseling Clients with Co-Occurring Disorders (3.0)

### **East Tennessee State University**

Department of Psychology, Johnson City, TN

- PSYCH 5830 Individual Mental Testing (TA)

## **COUNSELOR EDUCATION PUBLISHED TEXTBOOKS**

**Holt, R. W., & Moro. R. (Eds.). (2024).** *Counseling individuals with co-occurring addictive and mental disorders: A comprehensive approach.* Springer Publishing.

Moro. R., & **Holt, R. W., & Moro. R. (Eds.). (2024).** *Instruction manual for counseling individuals with co-occurring addictive and mental disorders: A comprehensive approach.* Springer Publishing.

## **PEER-REVIEWED COUNSELOR EDUCATION PUBLISHED TEXTBOOK CHAPTERS AND CONTRIBUTIONS**

**Holt, R. W. (in press).** Reginald - A licensed clinical professional counselor's experience working in a managed behavioral healthcare organization. In E. Neukrug (Ed.), *Foundations of clinical mental health.* Cognella Academic Publishing.

- Holt, R. W.** (2024). Considerations for treating co-occurring mental and substance use disorders. In R. Holt & R. Moro (Eds.), *Counseling individuals with co-occurring addictive and mental disorders: A comprehensive approach* (pp. 3-41). Springer Publishing.
- Holt, R. W.** & Paulson, J. (2024). Integrating mindfulness-based practices into the treatment of co-occurring disorders. In R. Holt & R. Moro (Eds.), *Counseling individuals with co-occurring addictive and mental disorders: A comprehensive approach* (pp. 183-206). Springer Publishing.
- Moro, R., & **Holt, R. W.** (2024). Treatment engagement, therapeutic strategies, and recovery models for co-occurring disorders. In R. Holt & R. Moro (Eds.), *Counseling individuals with co-occurring addictive and mental disorders: A comprehensive approach* (pp. 141-158). Springer Publishing.
- Holt, R. W.** (2023). You can have too much sex? The line between sexual expression and addiction. In A. Schubert & M. Pope (Eds.), *Handbook for human sexuality counseling: A sex positive approach* (pp. 357-376). American Counseling Association.
- Holt, R. W.** (2021). Mindfulness: A vehicle to pass through substance use craving and navigate the addiction recovery course. In R. Miller & E. Beeson (Eds.), *Neuroeducation: Practical translations of neuroscience in counseling and psychotherapy* (pp. 125-131). Cognella.
- Holt, R. W.** (2019). Connecting with others: Countering social bias with a compassion-based practice. In M. Pope, M. Gonzalez, E. Cameron, & J. S. Pengelinan (Eds.), *Social justice and advocacy in counseling: Experiential activities for teaching* (pp. 342-346). Routledge/Taylor & Francis.
- Holt, R. W.** (2018). Mindfulness-informed personal abstinence challenge and group processing. In J. Jordan, B. Perkins, & R. Lee (Eds.), *Handbook of experiential teaching in counselor education: A resource guide for counselor educators* (pp. 231-235). CreateSpace Independent Publishing.

**PEER-REVIEWED ACADEMIC JOURNAL AND PROFESSIONAL WEBLOG  
PUBLICATIONS & MANUSCRIPTS**

- Holt, R. W.**, & Pope, M. (2022). Experiences of male offenders in mindfulness-based program: A qualitative study. *Journal of Human Services*, 41(1), 53-66.  
<https://doi.org/10.52678/2021.JHS.A5>
- Holt, R. W.** (2020). Gone but not forgotten: Remembering those lost to addiction. *CSI Exemplar*, 35(2), 12-13. [https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications\\_exemplar/Summer\\_2020\\_Exemplar.pdf](https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications_exemplar/Summer_2020_Exemplar.pdf)

- Vaishnav, S., Robino, A., Backer, A., & **Holt, R. W.** (LISTED ON THE WEBLOG AS “THE ACA GRADUATE STUDENT COMMITTEE”) (2020). Survival guide for the COVID-19 pandemic. *The American Counseling Association’s Member Peer-Reviewed Weblog* (August 11, 2020). <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2020/08/11/survival-guide-for-the-covid-19-pandemic>
- Vaishnav, S., Robino, A., Backer, A., & **Holt, R. W.** (LISTED ON THE WEBLOG AS “THE ACA GRADUATE STUDENT COMMITTEE”) (2020). We stand in solidarity. *The American Counseling Association’s Member Peer-Reviewed Weblog* (June 11, 2020). <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2020/06/11/we-stand-in-solidarity>
- Holt, R. W.** (2019). Integrating mindfulness into counseling: Foundational information for counselors-in-training. *The American Counseling Association’s Member Peer-Reviewed Weblog* (December 2, 2019). <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2019/12/02/integrating-mindfulness-into-counseling-foundational-information-for-counselors-in-training>
- Morgan, M., & **Holt, R. W.** (2019). Augmenting trauma-informed counseling with mindfulness-based practices: Offering hope and building resilience. *The Graduate Gazette: A Peer-Reviewed Publication of the North Atlantic Region Association for Counselor Education and Supervision*, 3, 27-33. <https://naraces.org/wp-content/uploads/2019/11/NARACES-Graduate-Gazette-3.pdf>
- Holt, R. W.**, & Cottone, R. (2014). Mindfulness: An overview for human service professionals. *Journal of Human Services*, 34, 52-69.

## **RESEARCH ACTIVITIES**

- Holt, R. W.** (data collection completed). *Teaching contemplative practices to counselors-in-training: Exploring the experiences of students enrolled in a mindfulness-based graduate course*. New Protocol Submission approved by the Human Studies Council/Institutional Review Board at Central Connecticut State University (HSC# Su17020), New Britain, CT, July 2017.
- Donohue, P., Griffith, C., & **Holt, R.** (2017). *Measuring middle school student social and emotional learning competencies using the Protective Factors Index*. Central Connecticut State University, New Britain, CT.
- Holt, R. W.** (2015). *Investigating the utility of a mindfulness-based intervention with men on probation or parole* (Unpublished doctoral dissertation). University of Missouri, St. Louis, MO. Dissertation Committee Chair: Mark Pope, Ed.D.
- Holt, R. W.** (1997). *Differences in lethality of suicide attempts and treatment compliance in*

*psychiatric inpatients diagnosed with and without borderline personality disorder* (Unpublished master's thesis). East Tennessee State University, Johnson City, TN. Thesis Advisor: Jon. B. Ellis, Ph.D.

## **PROFESSIONAL CONFERENCE PRESENTATIONS & PROPOSALS**

### **NATIONAL:**

**Holt, R. W.** & Moro, R. (2023, October). *Co-occurring mental health and substance use disorders: How to integrate essential knowledge into counselor education*. Peer-reviewed 50-minute educational session proposal accepted for presentation at the Association of Counselor Education and Supervision (ACES) 2023 National Conference, Denver, CO.

Shubert, A. et al. (**Holt, R. W.**) (2022, April 1). *Handbook of Human Sexuality Counseling: A Sex Positive Approach*. Invited to participate in a contributing author's panel at the 2023 American Counseling Association Conference & Expo, Toronto, ON, Canada.

Paulson, J., & **Holt, R. W.** (2022, October 19). *Guidelines for developing competence with mindfulness-based skills for human services practitioners*. Peer-reviewed 60-minute educational session conducted at the virtual 2022 National Organization for Human Services (NOHS) Symposium.

**Holt, R. W.** (2021, April). *Integrating contemplative practices into counselor education programs: Implications for educators and students*. Peer-reviewed 60-minute education session recorded for presentation at the 2021 American Counseling Association Virtual Conference Experience.

**Holt, R. W.**, & Irving, D. (2021, April). *Networking hour for graduate students and new professionals*. A 60-minute networking hour sponsored by the American Counseling Association's Graduate Student Committee to engage attendees, promote career development, and assist counselors in growing their professional network. Event scheduled to occur at the 2021 American Counseling Association Virtual Conference Experience.

Pressman, S., Shaver, A., Irving-Johnson, D., **Holt, R. W.**, MacTernan, A., & Gay, J. (2021, February 24-25). *The magic of mentorship: The American Counseling Association's Mentorship Program orientation*. Along with Dr. Sue Pressman, the 2020-2021 President of the American Counseling Association, a 60-minute orientation session presented to the 196 mentors (counselor educators and practitioners) and 306 mentees involved in the newly designed ACA's Mentorship Program (ACAMP).

Robino, A., Cokley, R., Weaver, J. L., **Holt, R. W.**, & Backer., A. (2020, April). *Graduate students can lead, too: Leadership and advocacy pathways for graduate students*. A 60-minute education session accepted to be presented at the American Counseling Association 2020 Conference and Expo, San Diego, CA. [CONFERENCE CANCELED DUE TO THE COVID-19 PANDEMIC].

**Holt, R. W., & Weaver, J. L.** (2020, April). *Integrating contemplative practices into counselor education programs: Implications for educators and students*. A 60-minute education session accepted to be presented at the American Counseling Association 2020 Conference and Expo, San Diego, CA. [CONFERENCE CANCELED DUE TO THE COVID-19 PANDEMIC].

**Holt, R. W., Karlisle, K., & Heran, E.** (2019, March). *Addiction to social media and virtual interaction: An overview of emerging phenomena*. Peer-reviewed poster session conducted at the American Counseling Association (ACA) 2019 Conference and Expo, New Orleans, LA.

**Holt, R. W., Karlisle, K., & Heran, E.** (2019, February). *Addiction to social media and virtual interaction: An overview of emerging phenomena*. A 60-minute education webinar conducted for the International Association of Addictions and Offender Counselors (IAAOC), a division of the American Counseling Association (ACA).

**Holt, R. W.** (2018, April). *Mindfulness with male offenders in a community re-entry treatment program*. Peer-reviewed poster session conducted at the American Counseling Association (ACA) 2018 Conference and Expo, Atlanta, GA.

**Holt, R. W.** (2017, October). *Mindfulness with male offenders in an outpatient substance abuse program: Results of research conducted in the wake of Ferguson*. Webinar presentation conducted for the International Association of Addictions and Offender Counselors (IAAOC), a division of the American Counseling Association (ACA).

**Holt, R. W.** (2017, June). *An adapted version of mindfulness-based relapse prevention with men on probation and parole: Exploring outcomes through a qualitative study*. A 60-minute education session proposal submitted for presentation at the American Counseling Association 2018 Conference and Expo, Atlanta, GA.

**Holt, R. W.** (2017, February). *Teaching mindfulness to men enrolled in a re-entry treatment program for substance abusing offenders*. Application submitted to attend and conduct a poster session at the 2017 Mind and Life Summer Research Institute's Conference: Intersubjectivity and Social Connectivity, Garrison, New York.

## **REGIONAL:**

**Holt, R. W., & Donohue, P.** (2018, September). *Pouring from a full vessel: Introducing contemplative practices as a pathway to student self-care*. Peer-reviewed 90-minute education session presented at the biennial conference of the North Atlantic Region Association for Counselor Education and Supervision (NARACES), Burlington, VT.

**Holt, R. W.** (2017, September). *Mindfulness with male offenders in an outpatient substance abuse program: Results of research conducted in the wake of Ferguson*. Invited speaker



at the Bridging the Gap Between Advocacy, Leadership, Community, and Service Summit, McClendon Recovery Initiatives, Atlantic City, NJ.

**STATE/LOCAL:**

**Holt, R. W.** (2021, May). *Avoiding the second arrow: How mindfulness interrupts the transformation of pain into suffering*. An invited keynote speaker for the Phi Alpha Honor Society for Social Work Students, Department of Social Work, Central Connecticut State University, New Britain, CT.

**Holt, R. W., & Morgan, M.** (2020, June). *Mindfulness deconstructed: What it is and how its practice offers refuge during challenging times*. Scheduled to conduct a “Central to You: A Facebook Live session moderated by Nelba Marquez-Greene, Executive Director of the Ana Grace Project and Member of CCSU’s Institutional Advance and Social Emotional Learning Center.

**Holt, R. W., Morgan, M., & Tyler, R. M.** (2020, May). *Mindfulness closing activity*. Along with two graduate students from CCSU’s School of Education & Professional Studies (SEPS), scheduled to conduct a mindfulness-based closing ceremony at the Social Emotional Learning Conference entitled, “Social & Emotional Learning: Central to You-A Day of Learning & Sharing” sponsored by the CCSU Ana Grace Project, School of Education and Professional Studies, and the Center for Excellence in Social and Emotional Learning, Central Connecticut State University, New Britain, CT. [CONFERENCE CANCELED DUE TO THE COVID-19 PANDEMIC].

**Holt, R. W.** (2019, May). *Mitigating the risk of substance use through social and emotional learning*. A 45-minute workshop conducted at the Social Emotional Learning Conference entitled, “Exploring Social/Emotional Learning through the Lens of Connection and Healthy Relationships” sponsored by the CCSU Ana Grace Project, School of Education and Professional Studies, and the Center for Excellence in Social and Emotional Learning, Central Connecticut State University, New Britain, CT.

**Holt, R. W., & Morgan, M.** (2019, May). *Mindfulness closing activity*. Along with a variety of counselor education graduate students, conducted a mindfulness-based closing ceremony at the Social Emotional Learning Conference entitled, “Exploring Social/Emotional Learning through the Lens of Connection and Healthy Relationships” sponsored by the CCSU Ana Grace Project, School of Education and Professional Studies, and the Center for Excellence in Social and Emotional Learning, Central Connecticut State University, New Britain, CT.

**Holt, R. W.** (2019, April). *Helping the helper help others: Incorporating contemplative practices into the healthcare practitioner’s self-care routine*. An invited keynote speaker for the Phi Alpha Honor Society’s Conference on Mindfulness for Social Work Students, Department of Social Work, Central Connecticut State University, New Britain, CT.

- Holt, R. W.** (2019, April). *Teaching contemplative practices to counselors-in-training: A review of introducing graduate students to mindfulness-based coursework and self-care activities*. Peer-reviewed 50-minute workshop conducted at the 5<sup>th</sup> Annual Faculty Advisory Committee to the Board of Regents Conference on Student Success and Shared Governance entitled, “The Future of Public Higher Education in Connecticut,” New Britain, CT.
- Holt, R. W., & Morgan, M.** (2018, December). *Countering substance use in school settings with mindfulness-informed practices: Considerations for challenging addiction-related stigma, managing substance use craving, and strengthening student relationships and wellness*. A 90-minute breakout session conducted at the Capitol Region Education Council’s 4<sup>th</sup> Annual Mindfulness Conference, New Britain, CT.
- Holt, R. W.** (2018, April). *Challenging addiction-related stigma: What counselors can do to advance client care and improve recovery outcomes*. Workshop presentation at the annual conference of the Connecticut Counseling Association, *Counseling Connections 2018: What’s Next for Counselors and our Clients*, Southbury, CT.
- Holt, R. W.** (2018, April). *Inviting Mara to tea: Changing our relationship with unpleasant experiences*. Workshop presentation at the Center for Teaching and Faculty Development, Central Connecticut State University, New Britain, CT.
- Holt, R. W.** (2018, March). *Adapting an eight-week mindfulness-based treatment protocol with male offenders assigned to community supervision: A discussion of challenges and unexpected outcomes*. Peer-reviewed poster session at the 2018 Connecticut State Colleges and Universities Faculty Research Conference, Eastern Connecticut State University, Willimantic, CT.
- Holt, R. W.** (2017, May). *Mindfulness with male offenders in a community re-entry treatment program*. Peer-reviewed presentation at the Connecticut Counseling Association’s Annual Conference: Fostering Peace and Compassion through Counseling, Mystic, CT.
- Holt, R. W.** (2017, October). *Introducing the Connecticut Counseling Association’s Special Interest Group for Addictions Counseling*. Attended the Connecticut Mental Health Counselors Association (CMHCA) Professional Development Day to introduce the newly formed Special Interest Group for Addictions Counseling and collect member interest surveys, Middletown, CT.
- Charles, P., Gonzalez, C., Donohue, P., & **Holt, R. W.** (2017, June). *Fostering measurable SEL competencies through the MindUP evidence-based curriculum*. Workshop presentation at the School of Education and Professional Studies’ “2017 Summer Symposium: Fostering Social and Emotional Learning in Connecticut Schools,” Central Connecticut State University, New Britain, CT.
- Donohue, P., & **Holt, R. W.** (2016, October). *Using MindUP curriculum to support student social and emotional competencies*. Presentation at the Capitol Region Education Council’s Second Annual Mindfulness Conference: Focusing on the Health, Wellness,

and Emotional Well-Being of Children, Youth, and Families, New Britain, CT.

Donohue, P., & **Holt, R. W.** (2016, October). *Measuring middle school student social and emotional learning competencies using the Protective Factors Index*. Reviewed research and presented the MindUP curriculum to the principal and faculty of Woodrow Wilson Middle School, Middletown, CT.

**Holt, R. W.** (2011, March). *Buddhist-based mindfulness interventions in western psychotherapy*. Peer-reviewed poster session at the Southern Conference of the Illinois Counseling Association, Collinsville, IL.

### **CITATIONS, INTERVIEWS, & ACKNOWLEDGEMENTS IN PUBLISHED WORKS**

Bray, B. (2022). Disarming anger. *Counseling Today*, 65(4), 30-37.

[https://www.counseling.org/docs/default-source/counseling-today-archives/ct\\_oct\\_2022.pdf?sfvrsn=4c54312c\\_4](https://www.counseling.org/docs/default-source/counseling-today-archives/ct_oct_2022.pdf?sfvrsn=4c54312c_4)

- Interviewed for the cover story in the October 2022 issue of *Counseling Today* by Bethany Bray, Senior Writer.

Pressman, S. (2020). Reasons to celebrate: Career development and mentorship. *Counseling Today*, 63(5), 5-11. <https://www.counseling.org/publications/counseling-today/archive>

- Acknowledged in the November 2020 issue of *Counseling Today* by Dr. Sue Pressman, 2020-2021 President of the American Counseling Association (ACA), for contributing to the development of the ACA Mentorship Program.

Banks, B., Burch, T., & Woodside, M. (2016). Introducing mindfulness and contemplative pedagogy as an approach to building helping skills in human services students. *Journal of Human Services*, 36(1), 47-60.

<https://www.nationalhumanservices.org/assets/Journal/nohs%20journal%202016.pdf>

- Holt & Cottone (2014) cited on pp. 48 & 57.

### **EDITORIAL & PROFESSIONAL REVIEWING ACTIVITIES**

#### **Journal/Textbook Manuscripts and Counselor Education Resources:**

2021	<b>Journal Manuscript Reviewer:</b> Service delivery and programming: Influence of stay-at-home orders and COVID-19 on partnership abuse intervention programs, <i>Journal of Human Services</i> .
2020	<b>Psychoeducational Video Series Reviewer:</b> Yalom, V. (2020). <i>Legal and Ethical Issues for Mental Health Professionals</i> . Available from psychotherapy.net.
2019 – present	<b>Weblog Reviewer, American Counseling Association:</b> Reviewed blogs written by members of the American Counseling Association's Graduate Student Committee, which are posted monthly on the ACA's national

website. The weblogs contain content that is relevant to counselors-in-training and graduate students enrolled in counselor education programs.

- 2018      **Textbook Manuscript Reviewer:** Zalaquett, C., Ivey, A., & Ivey, M. (1<sup>st</sup> edition in pre-revision review). *Essential theories of counseling and psychotherapy: Everyday practice in our diverse world*. Cognella.
- 2018      **Psychoeducational Video Series Reviewer:** Yalom, V. (2018). *The DSM-5 and Psychodiagnostic Interviewing*. Available from psychotherapy.net.
- 2018      **Textbook Manuscript Reviewer:** Luke, C. (1<sup>st</sup> edition in pre-revision review). *Neuroscience for counselors and therapists: Integrating the sciences of mind and brain*. Cognella.
- 2018      **Textbook Chapter Reviewer:** *Psychoanalytic Approaches*. Flannagan, J. & Sommers-Flannagan, R. (2018). *Counseling and psychotherapy theories in context and practice: Skills, strategies, and techniques* (3<sup>rd</sup> ed.). John Wiley & Sons, Inc.
- 2017      **Book Manuscript Editor:** Reyland, W. (2017). *Sons of Isan: Taking refuge in a Thai temple* (2<sup>nd</sup> ed.). Tabla Press. ISBN-13: 978-1945905049.
- 2014      **Journal Manuscript Reviewer:** Implementing a team-based SBIRT Model in primary care clinics, *Journal of Substance Use*.
- 2012      **Journal Manuscript Reviewer:** Effectiveness of cognitive-behavioral therapy in the treatment of Iranian male drug addicts at a government rehabilitation center, *Journal of Substance Use*.

### Conference and Grant Proposals:

- 2022      **Graduate Student Poster Competition Reviewer, Connecticut Association of Counselor Educators and Supervisors (CACES):** Served as a reviewer of 17 poster entries submitted by a total of 23 counselor education graduate students from eight universities in Connecticut for the 1<sup>st</sup> Annual CACES Graduate Student Poster Competition, March 2022, Virtual.
- 2020      **Regional Conference Proposal Reviewer, North Atlantic Association for Counselor Education & Supervision (NARACES):** Served as a reviewer on behalf of the conference proposal committee for the 2020 NARACES Regional Conference, November 2020, Pittsburg, PA.
- 2019      **National Conference Proposal Reviewer, Association for Counselor Education & Supervision (ACES):** Served as a reviewer on behalf of the

conference proposal committee for the ACES 2019 Biennial National Conference, October 2019, Seattle, WA.

- 2018      **Research Grant Application Reviewer, North Atlantic Region Association for Counselor Education and Supervision (NARACES):**  
Selected to review and score NARACES research grant applications based upon being within the scope of counselor education and supervision, relevance of research or practice to counselor education and supervision as evidenced by the literature review, strength and clarity of the research methodology or description of program, and applicable ethical standards for research with human subjects.
- 2018      **Invited Conference Presentation Proposal Reviewer, American Counseling Association (ACA):**  
Called to participate in the conference proposal review process of the 2019 Conference and Expo of the American Counseling Association.
- 2018      **Conference Proposal Reviewer, 2018 Mindfulness Conference, Capitol Region Education Council and Central Connecticut State University:**  
Involved in reviewing conference presentation proposals for the *Fourth Annual Mindfulness Conference* co-sponsored by Conference Capitol Region Education Council (CREC) and Central Connecticut State University, December 2018, New Britain, CT.
- 2017      **Conference Proposal Reviewer, Association for Counselor Education and Supervision:**  
2017 national conference of the Association for Counselor Education and Supervision (ACES): *Forging the Future of Professional Counseling*, October 2017, Chicago, IL.
- 2017      **Conference Proposal Reviewer, 2017 Mindfulness Conference, Capitol Region Education Council and Central Connecticut State University:**  
Involved in reviewing conference presentation proposals for the Third Annual Mindfulness Conference entitled, *Mindfulness: Grassroots to Integration Pre-K to Higher Education*, co-sponsored by Conference Capitol Region Education Council (CREC) and Central Connecticut State University, December 2017, New Britain, CT.

### **SERVICE TO THE COUNSELING PROFESSION**

- 2023 – present      **Secretary-Elect, International Association of Addictions and Offender Counseling (IAAOC).** Elected to serve as a member of the IAAOC leadership team for the 2023-2024 term. IAAOC—a division of the American Counseling Association (ACA)—is an organization of professional substance abuse/addictions counselors, corrections counselors, students, and counselor educators mission whose mission is to

provide leadership in and advancement of the professions of addiction and offender counseling.

- 2021 – present      **University Representative, Connecticut Association of Counselor Educators and Supervisors (CACES).** Serve as the liaison between CACES and graduate students enrolled in the clinical professional and school counseling programs within the Department of Counselor Education and Family Therapy at Central Connecticut State University. Responsibilities include disseminating information from the Connecticut Counseling Association to the study body as well as the larger group of faculty members. Also coordinates activities with the CACES Student Liaison identified by the Department's faculty.
- 2021 – present      **Nominating Committee Member, Advanced Behavioral Health (Middletown, CT).** At the personal invitation of Dr. Samuel Moy, President and CEO of Advanced Behavioral Health (ABH), assumed the role of Nominating Committee Member. Responsibilities include monthly meetings where candidates are identified and reviewed to potentially serve on ABH's Board of Directors.
- 2021 – present      **Consumer Representative, Advanced Behavioral Health (Middletown, CT).** At the personal invitation of Dr. Samuel Moy, President and CEO of Advanced Behavioral Health, assumed the role of Consumer Representative for Advanced Behavioral Health's Board of Directors in alignment with requirements established by the Centers for Medicare & Medicaid Services (CMS).
- 2020 – present      **Board of Directors Member/Independent Director, Advanced Behavioral Health (Middletown, CT).** Approved by the Board of Directors to serve as an Independent Director effective January 2021 via unanimous vote that occurred in November 2020. Advanced Behavioral Health (ABH®) is a leader in the Northeast behavioral health industry. ABH manages mental health and substance abuse services, provides customized technology to operate programs efficiently, participates in and disseminates research representing best practices in the field, and consults with both contractors and health care providers.
- 2020 – 2021      **Mentorship Program Committee/Design Team Member, American Counseling Association (ACA):** While working directly with the 2020 – 2021 ACA President, Dr. Sue Pressman, served as a committee member who assisted in the development of a formal mentorship program for ACA members seeking professional development opportunities from an advanced counseling practitioner.
- 2019 – 2022      **Graduate Student Committee, American Counseling Association (ACA):** Appointed by 2019 – 2020 ACA President, Dr. Heather Trepal, to

serve as a member of the ACA Graduate Student Committee (GSC) from July 1, 2019 through June 30, 2022. The committee shall promote graduate student members interest in the ACA and work toward establishing active communication between ACA leadership, divisions, branches, and regions in order to promote graduate student involvement in the organization. The committee also prepares annual reports detailing its activities, goals, and objectives as well as publishes monthly blogs.

2019 – 2021

**Graduate Student Conference Subcommittee Member, American Counseling Association (ACA):**

Committee members work with the ACA Graduate Student Committee (GSC) to identify topics relevant to counselor education graduate students. Additionally, committee members attend the ACA's national conference and expo to assist in coordination of events, create proposals and outlines for presentations, conduct presentations with other subcommittee members, oversee the ACA Expo booth, conduct marketing during conference, create the official Spotify playlist for the ACA annual conference, and provide updates during ACA GSC monthly meetings.

2020 – 2021

**Past President, Connecticut Association of Counselor Educators and Supervisors (CACES):** Served as an officer of CACES while assisting the President, as well as the larger division, with activities and events that support the role of counselor educators and supervisors within the counseling profession. CACES, a division of the Connecticut Counseling Association, is composed of school counselors, community, agency and mental health counselors as well as private practitioners and counselor educators who are interested in enhancing the quality education and supervision for all counselors.

2019 – 2020

**President, Connecticut Association of Counselor Educators and Supervisors (CACES):** 2019 – 2020 President of CACES, a division of the Connecticut Counseling Association composed of school counselors, community, agency and mental health counselors as well as private practitioners and counselor educators who are interested in enhancing the quality education and supervision for all counselors.

2018 – 2019

**President-Elect, Connecticut Association of Counselor Educators and Supervisors (CACES).** Served as an officer of CACES while mentoring under the leadership of the President with activities and events that support the role of counselor educators and supervisors within the counseling profession. CACES, a division of the Connecticut Counseling Association, is composed of school counselors, community, agency and mental health counselors as well as private practitioners and counselor educators who are interested in enhancing the quality education and supervision for all counselors.

- 2019                    **Conference Committee Member, Connecticut Counseling Association:**  
Committee member for the 2019 Annual Conference of the Connecticut Counseling Association, *Counseling Connections 2019: A Focus on Families and Relationships*, Norwich, CT.
- 2018                    **Advisory Committee Member, 2018 Mindfulness Conference, Capitol Region Education Council and Central Connecticut State University:**  
Involved in developing, organizing, and recruiting professional counseling graduate students to assist with the *Fourth Annual Mindfulness Conference* co-sponsored by Conference Capitol Region Education Council (CREC) and Central Connecticut State University, December 2018, New Britain, CT.
- 2017 – 2018           **Co-lead and Organizer, Special Interest Group for Addictions Counseling, Connecticut Counseling Association:**  
Identified by the Executive Board of the Connecticut Counseling Association to organize and lead a newly formed special interest group related to counseling and addictions. Focus includes keeping addiction issues and counseling at the forefront of CCA events, such as the annual conference.
- 2017 – 2018           **Conference Chair and Lead Organizer, *Undoing the Ties the Bind: Integrating Trauma-Informed Care to Facilitate Healing and Strengthen Recovery from Addictions*, Department of Counselor Education and Family Therapy, Central Connecticut State University:**  
At the request of the Chair of the Department of Counselor Education & Family Therapy, assumed the role of lead organizer of a 6.0 hour continuing education conference co-sponsored by the Departments of Counselor Education & Family Therapy and Social Work, Central Connecticut State University, New Britain, CT. Due to complicating events, the development of the conference was eventually suspended.
- 2017                    **Advisory Committee Member, 2017 Mindfulness Conference, Capitol Region Education Council and Central Connecticut State University:**  
Involved in developing and organizing the *Third Annual Mindfulness Conference* co-sponsored by the Capitol Region Education Council (CREC) and Central Connecticut State University, December 2017, New Britain, CT.

#### **LEGISLATIVE ACTIVITIES ON BEHALF OF COUNSELING PROFESSION**

- 2019                    **Legislation Advocate, Licensed Professional Counselor Associate:**  
As a member of the Connecticut Counseling Association (CCA), campaigned to counseling students, counselor educators, and the community-at-large in an effort to advocate that Connecticut politicians



and the Department of Public Health support and pass legislation via HB 7132 that would create a first tier of licensure for Licensed Professional Counselors (LPC) known as the Licensed Professional Counselor Associate (LPCA). HB 7132 was successfully passed in June 2019 and is scheduled to go into effect on October 1, 2019.

2019                    **Town Hall Meeting Organizer, Connecticut Counseling Association's Information Session on the Licensed Professional Counselor Associate (LPCA) License:** Organized one of four town hall information sessions across the State of Connecticut on behalf of the Connecticut Counseling Association. This meeting, which occurred on November 18, 2019 on the campus of Central Connecticut State University, announced the legislative passage of and provided information about the new two-tiered licensure now available to the counseling profession in Connecticut.

2017                    **Review Committee Member, Scope of Practice for Licensed Alcohol and Drug Counselors, Connecticut Department of Public Health:** Selected by Trig Hartigan, LPC, President of the Connecticut Counseling Association (CCA), to represent CCA on a committee organized by the Connecticut Department of Public Health to review the scope of practice for Licensed Alcohol and Drug Counselors (LADCs) in response to a request submitted by the Connecticut Association of Addiction Professionals.

## **RESEARCH TEAM MEMBERSHIP**

2018 – 2019                    **Member, IAAOC Process Addictions Committee**  
The Process Addictions Committee (PAC) within the International Association of Addictions and Offender Counselors (IAAOC), a division of the American Counseling Association, is committed to conducting research, presenting at conferences and in webinars, and providing information via the PAC's website for clinical practice related to behavioral and process addictions.

- Kristy L. Carlisle, Ph.D., Assistant Professor and Committee Chair  
Department of Counseling and Human Services  
Old Dominion University  
Norfolk, VA

1995                    **Research Assistant**

- Jon B. Ellis, Ph.D., Professor and Clinical Psychology Graduate Program Coordinator  
Department of Psychology  
East Tennessee State University  
Johnson City, TN

## **SERVICE TO CENTRAL CONNECTICUT STATE UNIVERSITY**

- 2021 – present      **Chair, Grade Appeals Review Board:**  
On behalf of the Grade Appeals Review Board, the Chair receives all grade appeal requests from university administration, schedules meetings for the board members to review the appeal, and provides the committee's decision in writing to the student, instructor, dean, and Provost, as applicable.
- 2020 – present      **Committee Member, Grade Appeals Review Board:**  
The Grade Appeals Review Board, which are elected by the Faculty Senate for a two-year term, is the final arbiter of student grade appeals that cannot be settled by appeal to the instructor, department chair, or dean of the school in which the course was taken.
- 2019 – present      **Hearing Board Officer, Office of Student Conduct:**  
Identified in 2019 by Dr. David Braverman, Interim Director-Office of Student Conduct, to serve as a hearing officer during judicial procedures when a student is charged with violating the Connecticut State University System's Student Code of Conduct. Completed a two-day *Title IX Hearing Officer and Decision-Maker Training & Certification Course* conducted by the Association of Title IX Administrators (ATIXA), Central Connecticut State University, New Britain, CT, June 25-26, 2019.
- 2019 – present      **Faculty Senate Member, Back-up Representative for Department of Counselor Education & Family Therapy:**  
Within the limits imposed by the Board of Trustees for the Connecticut State University, academic policies of the University are a responsibility of the faculty of the University. The powers of the faculty are delegated to the Faculty Senate, which represents the will of the faculty. The Faculty Senate has decision-making authority in such areas as curriculum matters, degree requirements, scholastic standards, academic freedom, admission policies, and student behavior. The Faculty Senate serves in an advisory capacity in the appointment of administrative officers, budget and planning matters, university organizational structure, promotion and tenure policy, and in other matters affecting the educational quality and mission of the university.
- 2018 – present      **Member, Termination Hearing Committee:**  
The five-member Termination Hearing Committee is elected by CCSU AAUP faculty and have the functions and follow the procedures as provided under Article 16 of the 2007– 2016 CSU-AAUP/BOT Contract, and/or in the equivalent section of the current contract.
- Elected in Spring 2018 for a two-year term (09/01/2018 – 08/31/2020).
  - Re-elected in Spring 2020 faculty for a second two-year term (09/01/2020 – 08/31/2022).

- Re-elected in Spring 2022 faculty for a third two-year term (09/01/2022 – 08/31/2024).

2016 – present

**Council Member, Presidential Advisory Council on Alcohol, Tobacco, and Other Drugs (PAC):**

Appointed by the President of Central Connecticut State University, council members serve the University by coordinating efforts to reduce the impact of high-risk substance use on campus and in the community. Key events, activities, and initiatives of the PAC include:

- **Narcan Administration Training Workshop:** Using funds obtained through an opioid-related grant obtained by Dr. Jonathan Pohl, and in partnership with the CCSU Department of Nursing, proposed the idea to organize a campus training event on how to administer naloxone (Narcan) for individuals who overdose on opioids. Which was organized and offered to the CCSU community (March 2022).
- **Co-Organizer, “Uprooting Addiction” Documentary/Panel Discussion and “Remembrance Quilt” Activity:** As a member of the Presidential Advisory Committee (PAC) for Alcohol, Tobacco, and other Drugs and as the faculty advisor for CCSU’s Chi Alpha Mu chapter of Chi Sigma Iota (the International Honor Society in Counseling), organized the viewing of a documentary and panel discussion on addiction, trauma, and recovery in recognition of Alcohol Awareness Month and in memory of those who has lost a loved one to substance use disorders. This event was scheduled to be offered to the CCSU and larger community during Alcohol Awareness Month on April 13, 2020 in Alumni Hall [EVENT CANCELED DUE TO THE COVID-19 PANDEMIC BUT LATER OCCURRED ON MARCH 10, 2022].
- **A Mother’s Story: A Son’s Losing Battle with Drug Addiction:** CCSU community presentation featuring special guest, Ginger Katz, CEO/Foundation of the *Courage to Speak Foundation* (April 2021).
- **Public Access to Naloxone:** Using funding obtained through the Campus Opioid Education and Awareness Program grant spearheaded obtained by Dr. Jonathan Pohl (Chair of PAC), the committee was involved in providing access to emergency doses of naloxone on CCSU’s campus (Fall 2020).
- **Good Samaritan Policy:** Assisted in the development of the Good Samaritan Policy that will be adopted on CCSU’s campus for students who call for help related to alcohol or substance-related problem (initiated 2016 – finalized October 11, 2022 and submitted to CCSU President for final review/approval).
- **Remembrance Quilt Square-Making Event:** The Connecticut Department of Mental Health and Addiction Services (DMHAS) and organizations across the state offer opportunities to create

squares in memory of those we have lost to addiction to be added to the Remembrance Quilts. To help CCSU students, faculty, and staff cope with this loss, I coordinated an event in partnership with the Connecticut Clearinghouse/Wheeler Clinic, the Department of Counselor Education's Honor Society in Counseling (Chi Alpha Mu chapter of Chi Sigma Iota), and the Presidential Advisory Council on Alcohol, Tobacco, and other Drugs (October 2019; March 2022).

- 2016 – present      **Department Liaison, CCSU American Association of University Professors:**  
CCSU AAUP, a constituent unit of the Connecticut State University AAUP, represents full- and part-time instructional, counseling, library, and coaching faculty through collective bargaining; we champion shared governance, defend members' academic freedom, and enforce contractual rights.
- 2016 – present      **Meditation Facilitator, Moment-to-Moment Mediation Group:**  
Offered under the umbrella of The Forum for Contemplative Practices based in the Department of Counseling and Family Therapy at Central Connecticut State University, assist in leading weekly meditation session offered to students, faculty, and staff during spring and fall academic semesters.
- Spring 2022      **Chair, Search Committee: Director of Grants and Funded Research**  
At the direct request of Provost Kimberly Kostelis, accepted the role of chair of the search committee seeking to complete a nationwide search on behalf of the university. This committee is charged with locating the ideal candidate to assume the administrative position, Director of Grants and Funded Research/Office of Post-Award Grants.
- March 2022      **Co-organizer, “Uprooting Addiction” Documentary/Panel Discussion and “Remembrance Quilt” Activity:**  
As a member of the Presidential Advisory Committee (PAC) for Alcohol, Tobacco, and other Drugs and as the faculty advisor for CCSU's Chi Alpha Mu chapter of Chi Sigma Iota (the International Honor Society in Counseling), organized the viewing of a documentary and panel discussion on addiction, trauma, and recovery in recognition of Alcohol Awareness Month and in memory of those who has lost a loved one to substance use disorders. This event offered to the CCSU community on March 10, 2022 in Alumni Hall.
- February 2022      **Interviewer, Director of Doctor of Physical Therapy :** At the request of the Dean of the School of Education and Professional Studies (Dr. Jim Mulrooney) and the Chair of the Department of Counselors Education and

Family Therapy (Dr. Cherie King), joined the department chairs of nursing and social work along with the Dean of the School of Engineering, Science, and Technology to interview the university's candidate for the director of a new program at CCSU, the Doctor of Physical Therapy (DPT).

Fall 2021

**Project Design Team Member, Recorded Guided Meditation Sessions:**

In conjunction with co-coordinator of The Forum for Contemplative Practices (Dr. Jelane Kennedy) and in partnership with Victoria Ginter (Associate Counselor at CCSU's Student Wellness Services), a project is being developed to record guided mindfulness-based meditation sessions that will be uploaded on various CCSU webpages, including The Forum for Contemplative Practices, Student Wellness Services, and The Center for Excellence in Social and Emotional Learning. The objectives of these sessions include making them available to any person interested in practicing mindfulness exercises as well as offering them as a resource to clients receiving services at CCSU's Student Wellness Center.

2020

**Guest, "SEL is CENTRAL to You" Series on Ana Grace Project**

**Facebook Live:** Along with graduate student, Michael Morgan, scheduled to conduct a live discussion on how mindfulness and meditation practices may be a resource for individuals and families during the COVID-19 global pandemic.

2020

**Judge, University Research and Creative Achievement Day (URCAD)**

**Research Award:** URCAD at CCSU features a university-wide Research and Creative Achievement Day (URCAD) with Undergraduate and Graduate student prizes. URCAD features keynote presentations by CCSU research award recipients, breakout sessions for undergraduate and graduate oral presentations, and graduate and undergraduate poster sessions. The 2020 URCAD is scheduled to occur on April 30th, 2020.

2020

**Member, Social and Emotional Learning Conference Committee:**

Member of planning committee for second annual Spring 2020 conference sponsored by the CCSU Ana Grace Project, School of Education and Professional Studies, and the Center for Excellence in Social and Emotional Learning entitled, *Social & Emotional Learning: Central to You-A Day of Learning & Sharing*.

2020

**Lead Organizer, "Uprooting Addiction" Documentary/Panel Discussion and "Remembrance Quilt" Activity:**

As a member of the Presidential Advisory Committee (PAC) for Alcohol, Tobacco, and other Drugs and as the faculty advisor for CCSU's Chi Alpha Mu chapter of Chi Sigma Iota (the International Honor Society in Counseling), organized the viewing of a documentary and panel discussion on addiction, trauma, and recovery in recognition of Alcohol

Awareness Month and in memory of those who has lost a loved one to substance use disorders. This event was scheduled to be offered to the CCSU and larger community during Alcohol Awareness Month on April 13, 2020 in Alumni Hall. [EVENT CANCELED DUE TO THE COVID-19 PANDEMIC; TENTATIVELY RECHEDULED FOR SPRING 2022].

2018 – 2021

**Attendee, SEPS Alumni Reception:**

Support CCSU's School of Education and Professional Studies (SEPS) and the Department of Counselor Education and Family Therapy by attending an evening reception honoring SEPS alumni.

2019

**Lead Organizer, "Gone But Not Forgotten, A Remembrance Quilt Square-Making Event":** On behalf of the Chi Alpha Mu Chapter of Chi Sigma Iota (the International Honor Society in Counseling) and the Presidential Advisory Council on Alcohol, Tobacco, and Drugs (PAC), and in conjunction with the Connecticut Clearinghouse, Wheeler Clinic, and the Connecticut Department of Mental Health and Addiction Services (DMHAS), organized an activity in recognition of National Substance Abuse Prevention Month and in memory of those who has lost a loved one to substance use disorders. This event was offered to all CCSU students, faculty, and staff on October 10, 2019 in the Willard-DiLoreto Atrium.

2019

**Member, Social and Emotional Learning Conference Committee:**

Member of planning committee for Spring 2019 conference sponsored by the CCSU Ana Grace Project, School of Education and Professional Studies, and the Center for Excellence in Social and Emotional Learning entitled, *Exploring Social/Emotional Learning Through the Lens of Connection and Healthy Relationships*.

2019

**Attendee, Center for Excellent in Social & Emotional Learning Panel Discussion: "Where Are We Now?"**

2019

**Coffee Over Culture:** Joined President Toro, Rusty Barceló, Interim Vice President of the Office of Diversity, Inclusion, and Equity, and CCSU colleagues on September 24 to kickstart a yearlong conversation on making the CCSU campus more inclusive and welcoming.

2018 – 2019

**Member, Mediation Committee:**

Elected in Spring 2018 by CCSU AAUP faculty, the Mediation Committee shall have the functions and follow the procedures as provided under Article 16 of the 2007–2016 CSU-AAUP/BOT Contract, and/or in the equivalent section of the current contract. Membership was honorably recused in Spring 2019 due to conflicting duties as a member of the Termination Hearing Committee.

2016 – 2018

**Member, CCSU Campus of Compassion Presidential Committee:**

The Presidential Committee on Compassion strives to weave compassion into the fabric of university life, become a center for research and scholarly work on compassion, and help nearby schools and communities to cultivate compassion. An increased focus on others' well-being will help build a strong sense of community in which all students, faculty, and staff feel welcome and respected. A commitment to compassion also recognizes the need to connect faculty, staff, students with the surrounding New Britain and Greater Hartford communities through outreach and service learning. Committee meetings suspended until further notice.

2018

**Workshop Attendee, *How to Write A CACREP Self-Study Workshop Session*, Council for Accreditation of Counseling and Related Educational Programs (CACREP), Cleveland Ohio:**

Given the responsibility by the Chair of the Department of Counselor Education to attend a hands-on workshop addressing the process of preparing to write your CACREP Self-Study. It covered the initial planning phase through the actual development and submission of a Self-Study Report. Attention was given to the CACREP Standards, Policies, program evaluation, and the assessment of student learning. Participants reviewed actual self-studies and asked individualized questions of CACREP Board member(s), workshop facilitators, and/or staff.

2018

**Representative, Presidential Advisory Council on Alcohol, Tobacco, and Other Drugs: Tobacco-Free Campus Partners Workshop, Central Connecticut State University, New Britain, CT:**

Conference made possible through a grant from the CT Department of Public Health and the CT Tobacco and Health Trust Fund.

- Trends in Tobacco Use Among College Students
- Alternative Tobacco Use Among College Students
- Opportunities for Funding, Training and Technical Assistance
- Panel Discussion with Student Leaders/Tobacco-Free Ambassadors
- Tobacco 21 Discussion

2017 – 2018

**Steering Committee Member, CCSU School of Education and Professional Studies Center for Social and Emotional Learning:**

Identified by Michael Alfano, Ph.D., Dean of the School of Education and Professional Studies, and Peg Donohue, Ph.D., Assistant Professor in the Department of Counselor Education and Family Therapy, to become a taskforce member of the newly designed Center for Social and Emotional Learning (SEL). A goal of the Center is to provide education, training, and research support to CCSU students, educators, Connecticut citizens, and professional organizations to promote innovative approaches to enhancing and sustaining SEL across the life span. As a member of the taskforce, a primary responsibility involves coordinating training on mindfulness with Copper Beech Institute.

- 2017                      **CCSU Representative, Department of Mental Health and Addiction Services:**  
Nominated by Michael Alfano, Ph.D., Dean of the School of Education and Professional Studies, to represent CCSU at a workforce forum designed to increase awareness among college and university students of the benefits and opportunities in the substance abuse and mental health professions.
- 2016                      **Presentation Reviewer, Social and Emotional Learning Planning Committee:**  
Provided feedback to the Social and Emotional Learning Planning Committee in the School of Education and Professional Studies at CCSU during a rehearsal of a professional development workshop designed for educators in Connecticut schools.
- 2016                      **Volunteer, Sandwich Heroes, Central Connecticut State University:**  
Represented the Department of Counselor Education and Family Therapy by volunteering to make sandwiches for distribution to homeless shelters in Hartford, Connecticut.

#### **SERVICE TO DEPARTMENT OF COUNSELOR EDUCATION & FAMILY THERAPY**

- 2022 – present                      **Chair-Elect, Department of Counselor Education and Family Therapy:** Voted by departmental faculty in Spring 2022 to assume the role of chair effective Fall 2023. Will mentor until the current chair during the 2022-2023 academic year before assuming full responsibilities.
- 2022 – present                      **Department Evaluation Committee (DEC) Member, Department of Counselor Education and Family Therapy:** As a tenured faculty member, serve on the department's DEC to evaluate faculty performance during the renewal and promotion and tenure (P&T) process. Also involved in revising the department's P&T guidelines.
- 2020 – present                      **Program Coordinator, Clinical Professional Counseling Program:**  
Coordinate program specialization endeavoring to meet professional standards established by national association and relevant accrediting bodies (i.e., Council for Accreditation of Counseling and Related Educational Programs [CACREP]). Consult with the department chair in determining course schedule and teaching assignments. Provide students with accurate and up-to-date program handbooks. Revise program forms and documents. Complete course verification forms for former students seeking state licensure. Respond to inquiries from individuals interested in applying for admission into the master's program. Coordinate clinical practicum and internship applications. Maintain accurate and up-to-date program information on the university's webpage. Schedule professional



advisory meetings and arrange for minutes to be taken. Seek faculty consent for substantive program change (e.g., admission policy, curriculum changes).

Additional duties of Clinical and Program Coordinator roles included the following:

- Directly involved in analyzing assessment data and writing a comprehensive self-study report to support our program's ongoing CACREP accreditation status.
- As the designated Counselor Preparation Comprehensive Examination (CPCE) Campus Coordinator, oversee the registration and results of the CPCE for the counselor education internship students, which includes both the clinical professional counseling and school counseling programs (Fall 2020 – present).
- Coordinates the Professional Counseling Program's involvement in the School of Graduate Studies Open House (spring/fall).
- Interviews applicants seeking admission into the program and conducts new student orientation sessions (spring).
- Directly responds to e-mail and/or phone inquiries from individuals interested in applying for admission into the M.S. in Counselor Education with Specialization in Clinical Professional Counseling program.
- Completes course verification forms for former students seeking state licensure as either a Licensed Professional Counselor (LPC), Licensed Alcohol and Drug Counseling (LADC), and Licensed Professional Counselor-Associate (LPC-A).
- Using SELECTSURVEY.NET V5.0, created an online survey to collect data from agencies offering clinical professional counseling practicum and internship opportunities for our graduate students (Fall 2020).
- Assisted with development of telebehavioral health policies and procedures for the clinical professional counseling program's field placement practicum and internship students.
- Assists with development of key assessments and grading rubrics in line with CACREP accreditation standards (Fall 2019 – present).
- Revises and continually works to improve all clinical forms/documents and the student handbook for the professional counseling program.
- Manages the clinical counseling laboratory and interfacing with teaching faculty, vendors, and CCSU IT (Spring 2019 – present).
- Served as liaison between Taskstream administrator and department chair and program coordinators (Spring 2019 – 2021).
- Revises and continually improves CNSL 503 and CNSL 594 course syllabi that was adopted by all professional counseling course instructors (2019 – present).
- Provided primary input regarding revision of student opinion surveys (2019 – 2020).

- Revised *Counselor-in-Training Skills and Competencies Checklist* (2018, 2020).
- Wrote “Incomplete Grade Policy” for department (2022).

2019 – present

**Lead Coordinator, Forum for Contemplative Practices:**

The Forum for Contemplative Practices, based in the Department of Counseling and Family Therapy at Central Connecticut State University, is open to students, faculty, and interested individuals from the central Connecticut area who wish to explore emerging theory and research of contemplative practices in teaching and the practice of counseling and psychotherapy and who are interested in practicing mindfulness and meditation.

2021: Revising the content of the Form’s webpage and involved in recording guided meditations that will be available to the community via the Forum’s webpage.

2019 - present: Coordinated annual CEFT student self-care & mindfulness retreat [ANNUAL RETREAT SUSPENDED DUE TO THE COVID-19 PANDEMIC].

2020: Obtained funding to support the Forum’s activities/events from Dr. Judith Rosenberg’s residual grant funding (≈ \$1,500)

2020: Explored partnership with the Capitol Region Education Council (CREC) for the annual mindfulness conference [DISCUSSIONS SUSPENDED DUE TO THE COVID-19 PANDEMIC].

2020: Created marketing logo

2018 – present

**Chapter Faculty Advisor & Business Delegate, Chi Alpha Mu Chapter of Chi Sigma Iota, the International Honor Society of Professional Counseling, Department of Counselor Education and Family Therapy:** The mission of Chi Sigma Iota is to promote scholarship, research, professionalism, leadership, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. Chapter Faculty Advisor (CFA) duties include attending monthly business meetings, submitting the annual chapter plan and end-of-year chapter report, supervising social and community engagement events, encouraging student members to participate in CSI grant applications and essay contests, overseeing the yearly identification and induction of new members and election of chapter officers. Other chapter activities included:

- **Annual Induction Ceremony:** Coordinates new member induction ceremonies and schedules guest speakers every spring semester (2018 – present).
- **Remembrance Quilt Square-Making Event:** The Connecticut Department of Mental Health and Addiction Services (DMHAS) and organizations across the state offer opportunities to create squares in memory of those we have lost to addiction to be added to the Remembrance Quilts. To help CCSU students, faculty, and staff cope with this loss, I coordinated an event in partnership with the Connecticut Clearinghouse/Wheeler Clinic, the Department of Counselor Education's Honor Society in Counseling (Chi Alpha Mu chapter of Chi Sigma Iota), and the Presidential Advisory Council on Alcohol, Tobacco, and other Drugs (October 2019 & April 2022). [APRIL 2020 EVENT CANCELED DUE TO THE COVID-19 PANDEMIC].
- **Counselor Education Speaker Series:** Planned webinars involving guest speakers who represent clinicians and counseling organizations within the community. Topics include counseling-related strategies, counselor education resources, and state licensing requirements for counselor education graduates (Spring 2022 – present).
- **Maria's Place Food Drive:** Organized a food drive on behalf of the food pantry located on CCSU's campus (Fall 2021); Provided a \$200 donation (Fall 2022).
- **Friendship Center Donation:** Provided \$250 donation to local emergency housing shelter (Fall 2022).
- **Alcohol Awareness Fair:** Supported CCSU's Student Wellness Services by participating in the annual Alcohol Awareness Fair, which helps students learn how to remain safe in regard to alcohol consumption as well help others who may be in need (October 2020).
- **State Networking Grant (\$695):** Proposal submitted entitled, *Licensed Professional Counselor Associate Town Hall Information Session: A Town Hall Information Session Sponsored by Chi Alpha Mu Chapter of Chi Sigma Iota* (September 2019).
- **Chapter Business Delegate Representative:** Attended CSI's annual Delegate Business Meeting held onsite at the national conference of the American Counseling Association (2018, 2019, 2020: online due to COVID-19).
- **Attendee, Chi Sigma Iota Regional Chapter Development Summit:** The Chi Sigma Iota International Counseling Honor Society's Chapter Development Committee hosted a summit to provide chapter leaders information on submitting for awards and an opportunity for chapter leaders to connect and share ideas (October 2019, April 2020).

- **Student Clothing Drive:** Sponsored student event to collect articles of clothing for donation to local domestic violence shelter (March 2019) and addiction residential treatment center (January 2020).
  - **Sandwich Heroes:** Assisted student members in making sandwiches for distribution to homeless shelters in Hartford, CT (January 2019 & May 2020). [MAY 2020 EVENT CANCELED DUE TO THE COVID-19 PANDEMIC].
  - **Chapter Development Grant (\$250):** Awarded a grant from Chi Sigma Iota to support the Department of Counselor Education and Family Therapy's annual student self-care and mindfulness retreat (October 2018).
  - **Domestic Violence Awareness Event, *Building Healthy Relationships*:** Sponsored student members to raise money and provide educational information on campus for Domestic Violence Awareness Month. \$200 was donated to Prudence Crandall Center, New Britain, CT (October 2018).
- 2021 – present      **Co-Faculty Advisor, The Central Counseling Society, Department of Counselor Education and Family Therapy:**  
Offer consultation and support to Dr. Sarah Zalewski, who assumed the role of primary faculty advisor effective Fall 2021.
- 2022 - 2023      **Coordinator, CJK Foundation Scholarship:**  
Acted as a liaison between the CJK Foundation and CCSU's Institutional Advancement office to establish an annual \$1,000 scholarship for students enrolled in the Clinical Professional Counseling program.
- 2022      **Exhibitor, Connecticut Counseling Association Annual Conference:**  
Represented and marketed the Clinical Professional Counseling and Advanced Official Certificate Programs within the Department of Counselor Education and Family Therapy at the annual conference of the Connecticut Counseling Association, Norwich, CT, October 14, 2022.
- 2021 – 2022      **Co-chair, Faculty Search Committee, Department of Counselor Education and Family Therapy:** Committee co-chairperson involved in organizing the formal search for a tenure-track Assistant Professor position (search #C21-127) within the Clinical Professional Counseling program.
- 2021      **Interim Chair, Department of Counselor Education and Family Therapy:** Due to department chair going on short-term medical leave, assumed department chair responsibilities effective April 2021 through end of the Spring 2021 academic semester. Responsibilities include liaising between faculty and the dean, attending the dean's Council of Chairs meetings, overseeing the department faculty and counselor education assessment meetings, monitoring course registration and

coordinating faculty contracts for the Summer 2021 term, writing the department's annual report, and supervising the department secretary and assessment coordinator.

2021

**Policy and Procedure Developer, Graduate Degree Program**

**Transfer:** Wrote policy and procedure outlining the process involved when a matriculate graduate student within the Department of Counselor Education and Family Therapy desires to change majors/degree programs. The policy was reviewed by CEFT faculty on March 9, 2021 and approved for immediate implementation.

2021

**Workshop Attendee, *How to Write A CACREP Self-Study Workshop Session*, Council for Accreditation of Counseling and Related Educational Programs (CACREP), Virtual Format: April 21-22, 2021.**

Attendee at a virtual format workshop addressing the process of preparing to write your CACREP Self-Study. The workshop will cover the initial planning phase through the actual development and submission of a Self-Study Report. Attention will be given to the CACREP Standards, Policies, program evaluation, and the assessment of student learning. Participants will review actual self-studies and asked individualized questions of CACREP Board member(s), workshop facilitators, and/or staff.

2020 – 2021

**Interim Assessment Coordinator, CACREP Assessment Team:** Under the leadership of the Department Chair and in partnership with counselor education faculty members, coordinated the process of organizing key assessments and updating course rubrics while ensuring they are built in Taskstream and accurately linked to the applicable 2016 CACREP Standards for our CACREP accredited clinical mental health, clinical rehabilitation, and school counseling programs.

2017 – 2021

**Primary Faculty Advisor, The Central Counseling Society, Department of Counselor Education and Family Therapy:**

The Central Counseling Society's (CCS) mission is to educate, develop, and foster a sense of community among graduate counseling students. This can be accomplished through meaningful experiences that meet member's needs and interests, as well as networking opportunities involving current students, alumni, and professionals. Responsibilities included overseeing the development, submission, and expenditure of Graduate Student Association Society grant awards, which were allocated to celebrate the Department's graduates at the end of each academic year.

- 2019: Provided oversight of new logo for CCS.
- 2017-2018: Graduate Student Association Society Award (\$1,500)
- 2018-2019: Graduate Student Association Society Award (\$1,255)
- 2019-2020: Graduate Student Association Society Award (\$1,500)
- 2020-2021: Graduate Student Association Society Award (\$1,500)

- 2017 – present      **Student Admissions Committee, Department of Counselor Education and Family Therapy:**  
Faculty member involved in reviewing and interviewing applicants for admission to the Clinical Professional Counseling program within the Department of Counselor Education and Family Therapy.
- 2016 – present      **Student Advisor, Department of Counselor Education and Family Therapy:**  
Provide academic advising for graduate students who are enrolled in the Clinical Professional Counseling and Advanced Official Certificate Programs.
- 2016 – present      **Program Representative, CCSU School of Graduate Studies Open House:**  
Each spring and fall semester, represent the Clinical Professional Counseling program during open house activities for prospective students hosted by the School of Graduate Studies.
- 2020      **Faculty Search Committee, Department of Counselor Education and Family Therapy:**  
Committee member involved in reviewing applicants for a tenure-track Assistant Professor position (search #C20-060). The successful candidate would become a core faculty member within the Clinical Professional Counseling program [CAMPUS INTERVIEWS CANCELED DUE TO THE COVID-19 PANDEMIC].
- 2019 – 2020      **Clinical Coordinator, Counselor Education Programs:**  
Assumed role of Clinical Coordinator for the Counselor Education programs within the Department of Counselor Education and Family Therapy. The primary function of this position is to administratively coordinate the clinical program within the department (professional, school, and student development & higher education specializations) to assure consistency with accreditation and professional/state certification/licensing requirements.
- 2019      **Chair, Faculty Search Committee, Department of Counselor Education and Family Therapy:**  
Committee chairperson involved in organizing the formal search for a tenure-track Assistant Professor position (search #C19-072) within the Professional Counseling program. While in this role I revised/reformatted the faculty search forms, which were subsequently adopted by other counselor education professors who were chairing their own search committees.
- 2018 – 2019      **Assistant Organizer, Counseling Laboratory Design, Department of Counselor Education and Family Therapy:** Assisted the Department

Chair in obtaining video database software proposals, scheduling meetings with key university stakeholders, and coordinating practice demonstrations for counseling skills training and clinical observation equipment.

2018

**Committee Member, Counselor-in-Training Counseling Skills and Competencies Evaluation, Department of Counselor Education and Family Therapy:**

Member of committee organized by the Chair to evaluate potential instruments, and make final recommendations to the faculty at large, that may be used to assess the attitudes and attributes of students admitted to the counseling programs within the department.

- **Summer 2018:** Individually tasked by the Chair to design the primary instrument, which was unanimously adopted for use by the department faculty (i.e., *Counselor-in-Training Skills and Competencies Checklist*).

2018

**Co-lead and Organizer, CCSU Department of Counselor Education, Self-Care and Mindfulness Retreat Day:**

Involved in organizing the second annual fall retreat, in coordination with Copper Beech Institute, for faculty and the graduate students enrolled in the counseling and marriage/family therapy programs.

2018

**Chi Alpha Mu Chapter Representative, Annual Meeting of Chi Sigma Iota, the International Honor Society of Professional Counseling:**

Annual Conference of the American Counseling Association, Atlanta, GA.

2018 & 2022

**Editorial Reviewer & Sub-Committee Chair, Department of Counselor Education and Family Therapy, Central Connecticut State University, New Britain, CT:**

At the request of the department chair, provided final editorial review of the revised departmental bylaws and the *Policy on Gatekeeping and Professional Behavior and Functioning*. In 2022 began the process of overseeing the revisions of the departmental bylaws, which is currently in process.

2017 – 2018

**Faculty Search Committee, Department of Counselor Education and Family Therapy:**

Committee member involved in reviewing applicants for a tenure-track Assistant Professor position (search #C18-023). The successful candidate will be a core faculty member within the School Counseling program.

2017

**Committee Member, CCSU Department of Counselor Education Self-Compassion and Mindfulness Retreat Day:**

Involved in organizing the first annual fall retreat, in coordination with Copper Beech Institute, for faculty and the graduate students enrolled in the professional and school counseling programs.

2016 – 2017      **Faculty Search Committee, Department of Counselor Education and Family Therapy:**  
Committee member involved in reviewing applicants for a tenure-track Assistant Professor position (search #C17-018). The successful candidate would be a core faculty member within the Clinical Professional Counseling program.

2016      **Sabbatical Committee Member, Department of Counselor Education and Family Therapy:**  
Involved in the review and recommendation process regarding faculty sabbatical applications.

### **MASTER'S THESIS COMMITTEE MEMBERSHIP**

2019 – 2020      Bush L. (thesis proposal formerly in development). *Intentional Communities: Leaving the Bruderhof*. Central Connecticut State University, New Britain, CT. Assisted student in early stages of developing the thesis proposal.

2017 – 2018      Luce, E. L. (2019). *A systemic analysis of perinatal mood and anxiety disorders in African American women*. Central Connecticut State University, New Britain, CT. Assisted student in early stages of developing and editing the thesis proposal.

### **ACADEMIC POSITIONS**

**Central Connecticut State University**, New Britain, CT  
Associate Professor (Full-Time Tenured), 2022 – Present  
School of Education and Professional Studies

- Department of Counselor Education and Family Therapy (CACREP)

Assistant Professor (Full-Time Tenure-Track), 2016 – 2022  
School of Education and Professional Studies

- Department of Counselor Education and Family Therapy (CACREP)

**University of Missouri-St. Louis**, St. Louis, MO

Adjunct Assistant Professor, 2015 – 2016

College of Education

- Department of Counseling and Family Therapy (CACREP)

**Webster University**, St. Louis, MO

Adjunct Assistant Professor, 2015 – 2016

College of Arts and Sciences

- Department of Professional Counseling (CACREP)



## **GRANT ACTIVITIES**

2019 Central Connecticut State University Office of Grants and Funded Research

- **Faculty Development Grant:** Awarded to tenure-track, full-time faculty members to enhance members' ability to be productive and innovative professionals.
  - **Grant awarded (\$2,167)** for faculty development titled, *Supporting a tenure-track faculty member serving in the roles of workshop presenter, business delegate, academic writer/textbook editor, counselor educator, and professional networker at the 2020 Conference and Expo of the American Counseling Association.*

2019 Chi Sigma Iota International Counseling Academic and Professional Honor Society

- **Statewide/Regional Networking Grant:** Chi Sigma Iota Chapter Grants are intended to support activities in chapters that promote and recognize excellence in the areas of leadership, professional identity, advocacy, scholarship, and enhanced member involvement through active counselor community engagement. The Connecticut legislature recently passed a bill (HB 7132) in 2019 that was sponsored by the Connecticut Counseling Association. This new legislation allows the State of Connecticut to join the majority of other states who have a licensing structure that grants recent graduates of counseling-related programs the opportunity to work as licensed mental health professionals while they complete the mandatory supervised hours needed for the second-tier independent licensure (i.e., Licensed Professional Counselor or LPC). These first-tier counselors will be referred to as "Licensed Professional Counselor Associates" (LPCA). The Chi Alpha Mu Chapter of Chi Sigma Iota will host and sponsor a town hall workshop on the campus of Central Connecticut State University to support the Connecticut Counseling Association's mission to provide individuals with the information they need to understand the tiered licensure structure, the specifics of the new statute, and what it means for clinical practice. This event will be open to our university's counseling students, faculty, and staff as well as the larger community of counseling practitioners, consumers, and advocates. Members of the Connecticut Counseling Association, including the current CCA President, will be on site to lead this forum, disseminate legislative information, and offer more details about the implementation of the bill, which is scheduled to take effect on October 1, 2019.
  - **Grant proposal (\$695)** submitted entitled, *Licensed Professional Counselor Associate: A town hall information session sponsored by Chi Alpha Mu Chapter of Chi Sigma Iota.*

2018 Chi Sigma Iota International Counseling Academic and Professional Honor Society

- **Excellence in Counseling Research Grant (Wellness Counseling Research):** Wellness refers to the optimization of development and functioning and presupposes a focus on holism. There is a strong foundation for wellness research in the counseling literature and familiarity with wellness models based in counseling is essential for this funding priority. Wellness of counselors, counselor educators, and clients, as well as other professionals who interact with clients may be the focus of research efforts.

- **Grant proposal (\$2,500)** submitted for research entitled, *Teaching contemplative practices to counselors-in-training: Exploring the experience of students enrolled in a mindfulness-based graduate course.*
- 2018 Central Connecticut State University Office of Grants and Funded Research
- **Faculty Development Grant:** Awarded to tenure-track, full-time faculty members to enhance members' ability to be productive and innovative professionals.
    - **Grant proposal (\$1,830)** submitted for faculty development entitled, *Subsidizing faculty development for mental health addiction treatment and recovery.*
- 2018 Chi Sigma Iota International Counseling Academic and Professional Honor Society
- **Chi Sigma Iota 2018-2019 Chapter Development Grant:** Chi Sigma Iota Chapter Development Grants are intended to support activities in chapters that promote and recognize excellence in the areas of leadership, professional identity, advocacy, scholarship, and enhanced member involvement through active counselor community engagement.
    - **Grant awarded (\$250)** for chapter and student development entitled, *3<sup>rd</sup> annual student self-care and mindfulness 2019 retreat.* Department of Counselor Education and Family Therapy, Central Connecticut State University, New Britain, CT.
- 2018 North Atlantic Region Association for Counselor Education and Supervision
- **NARACES Research Grant:** Funding opportunity available to support the scholarly work of professional members of the North Atlantic Region Association for Counselor Education and Supervision.
    - **Grant proposal (\$2,500)** submitted for research entitled, *Teaching contemplative practices to counselors-in-training: Exploring the experience of students enrolled in a mindfulness-based graduate course.*
- 2018 Connecticut State University-American Association of University Professors
- **CSU-AAUP Faculty Research Grant:** Awarded to full-time faculty members to enhance the educational mission, visibility, and research stature of the Connecticut State Universities.
    - **Grant awarded (\$1,250)** for research entitled, *Teaching contemplative practices to counselors-in-training: Exploring the experience of students enrolled in a mindfulness-based graduate course.*
    - Additional technological support awarded by Dean of the School of Education and Professional Studies: NVivo qualitative data analysis software and laptop.
- 2017 Central Connecticut State University Office of Grants and Funded Research
- **Faculty Development Grant:** Awarded to tenure-track, full-time faculty members to enhance members' ability to be productive and innovative professionals.

- **Grant proposal (\$4,250)** submitted to attend a nine-month certificate program in “*Mindfulness and Psychotherapy*” offered by the Institute of Meditation and Psychotherapy.
- 2017 Central Connecticut State University Office of Grants and Funded Research
- **Curriculum Development Grant:** Awarded to tenure-track, full-time faculty members to support the development of courses or programs new to the university, significant revisions to existing courses or programs, or for other activities related to teaching and learning.
    - **Grant proposal (\$4,438)** submitted to develop a new graduate level course in the Department of Counselor Education and Family Therapy titled, *CNSL 571 Mindfulness-Based Mental Health Counseling*.
- 2017 **Mind & Life 1440**
- **Awards for Contemplative Education Research Grant: Supports the** investigation of social, relational, and academic outcomes of contemplative practice in K-12 educational settings.
    - **Grant proposal (\$25,000)** submitted with Peg Donohue, Ph.D., Assistant Professor, Central Connecticut State University, New Britain, CT for proposed research entitled, *Educators’ perceptions of effectiveness of a two-year pilot of the MindUP curriculum: An exploration of implementation factors in a Grades 7-8 mindfulness-based program*.
- 2015 Joseph H. and Florence A. Roblee Foundation
- **Grant Reviewer:** Provided editorial services for a grant application (\$1,000) on behalf of Inside Dharma, a non-profit Buddhist organization offering outreach services to the incarcerated, recently released offenders, and the homeless community in the St. Louis, Missouri region.
- 2014 University of Missouri-St. Louis, Dr. James A. Shymansky, E. Desmond Lee Endowed Professor in Science Education
- **Dissertation Scholarship Awarded (\$1,500)**
- 2014 University of Missouri-St. Louis, College of Education
- **Dissertation Research Grant Awarded (\$690)**
- 2014 University of Missouri-St. Louis, College of Education
- **Dissertation Travel Grant Awarded (\$283)**
- 2013 University of Missouri-St. Louis, College of Education
- **Dissertation Travel Grant Awarded (\$283)**

### **CLINICAL & ADMINISTRATIVE POSITIONS**

**R3 Continuum**, Edina, MN (formerly known as Crisis Care Network)

Disruptive Event Management Consultant/Critical Incident Response Clinician, 2005 – present

- A member of a nationwide network of clinicians and consultants who provide ad hoc onsite disruptive event management (DEM) to worksites impacted by various levels of disruptive situations (e.g., death of an employee, natural disasters, mass layoffs), and varying degrees of workplace violence. Disruptive event management consultants are instrumental in helping people and organizations recover from the distress caused by a disruptive workplace event. This could include downsizing, employee deaths, robberies, forces of nature, and many other large and small-scale disruptions. DEM consultants provide customized support to client leadership and employees, and partner closely with leadership to develop effective response plans designed to suit the unique needs of various cultures and industries. Central to the role is helping employees enhance their natural resilience and bolstering the recovery of both individuals and teams by helping them normalize the common behavioral and psychological reactions to the event. The core purpose of a DEM consultant is to help people and organizations stay resilient and thrive in the midst of the unthinkable.

**R. W. Holt Counseling Services, LLC, St. Louis, MO/Maryville, IL**

Owner and clinician, 2005 – 2016

- Provided outpatient MHSA psychotherapy, Employee Assistance Program (EAP) counseling, and critical incident stress debriefing services (CISD). Credentialed provider with major managed behavioral healthcare and Employee Assistance Program organizations.

**Family Life Consultants, LLC, Collinsville, IL**

Independent Contractor, 2001 – 2005

- Provided outpatient MHSA psychotherapy and EAP services in a private practice setting.

**Gateway Regional Medical Center, Granite City, IL**

Therapist II, Mental Health and Chemical Dependency Programs, 1997 – 2001

- Provided individual, family, and group psychotherapy for child, adolescent, and adult mental health and chemical dependency populations. Responsible for conducting utilization reviews and filing appeals on behalf of the Behavioral Health System. Served as a team member who reviewed and revised various behavioral health system policies and procedures and assisted with JCAHO accreditation site visits.

**Providence Occupational Health Services, Granite City, IL**

Employee Assistance Program Counselor, 1998 – 2001

- Provided brief, solution-focused counseling services on a per diem basis for individuals, couples, and families.

**Frontier Health Services, Johnson, City, TN**

Director, Special Needs Inpatient Basic Skills Unit, Northeast Correction Center, 1996 – 1997

- Managed a maximum security, 24-bed unit housing incarcerated adult males diagnosed with chronic mental illness and intellectual disabilities who were subject to victimization in the general population.

Mobile Crisis Response Team, 1995 – 1997

- Conducted regional mobile crisis interventions in emergency departments, county and

city jails, and a 24-hour crisis center.

**Woodridge Psychiatric Hospital (division of Frontier Health), Johnson City, TN**

Treatment Planning Representative, 1994 – 1996

- Developed MHSA multidisciplinary treatment plans for the adolescent, adult, and intensive treatment inpatient units. Completed managed care utilization reviews, coordinated treatment team meetings, and revised policies and procedures. Assisted with JCAHO accreditation site visits as member of the Quality Assurance/Quality Improvement team under the Director of Nursing.

Psychiatric Technician, 1993 – 1994

- Provided vital, front-line functions and hands-on care to adults with varying degrees of mental illness and/or addictions on the intensive treatment and chemical dependency units.

**Rainbow Homes (division of Frontier Health), Johnson City, TN**

Resident Assistant, 1993

- Supervised adults with chronic mental illnesses developmental disabilities in a group home setting.

**MANAGED BEHAVIORAL HEALTHCARE & ADMINISTRATIVE POSITIONS**

**UnitedHealth Group, St. Louis, MO**

Central Region Hospital and Facility Contract Manager, Optum Health, 2011 – 2016

- Responsible for regional behavioral health and substance abuse contract negotiations, preparation, financial analysis, administration and negotiation of facility, hospital, group, and ancillary contracts for commercial and public-sector programs.
  - Negotiated contracts with IPAs, PHOs, hospitals, and ancillary providers.
  - Assured that negotiation met strategic objectives as well as compliance with departmental policies and procedures.
  - Developed and maintained regional internal and external business relationships.
  - Assured compliance with credentialing program for organizational providers per NCQA standards.
  - Prepared, analyzed, and reviewed financial impacts of various negotiation strategies.
  - Met regional rate targets and performance metrics including financial targets, service standards, and data integrity objectives.
  - Supported and achieved new business implementation objectives.

Senior Behavioral Health Network Manager, Optum Health, 2008 – 2011

- Responsible for the full range of provider relations and service interactions. Designed and implemented programs to build and nurture positive relationships between the health plan, providers (physician, hospital, ancillary, etc.), and practice managers. Directed and implemented strategies relating to the development and management of a provider network. Identified gaps in network composition and services to assist the network contracting and development staff in prioritizing contracting needs. Involved in

identifying and remediating operational shortfalls and researching and remediating claims. Provided support to the Regional Director of Behavioral Network Services.

Clinical Program Manager, United Behavioral Health, 2004 – 2008

- Managed a 24-member clinical operations team within the Outpatient Care Advocacy Department involving the outpatient phone queue, Intensive Outpatient Programs (IOP), ALERT, Inpatient Follow-Up, Life Solutions, and other medical-behavioral referral programs. Participated in various inter- and intra-office committees supporting the business goals of the organization, including NCQA and URAC accreditation site visits.

Triage Team Lead, United Behavioral Health, 2003 – 2004

- Supervised the Triage Care Management Department responsible for the authorization of emergent and urgent levels of care, including mental health and/or substance abuse inpatient, residential, and partial hospitalization programs.

Triage Care Manager, United Behavioral Health, 2002 – 2003

- Conducted initial reviews to determine medical necessity for admission to mental health and/or substance abuse inpatient, residential, and partial hospitalization programs.

**Gateway Regional Medical Center**, Granite City, IL

Utilization Review Manager, Psychiatric Inpatient and Outpatient Departments, 2001 – 2002

- Conducted utilization reviews within a comprehensive behavioral healthcare environment. Levels of care included inpatient, partial hospitalization, intensive outpatient programs, and routine outpatient services.

## **CLINICAL SUPERVISION EXPERIENCE**

**Central Connecticut State University**

Department of Counselor Education and Family Therapy

New Britain, CT

- Graduate level counselors-in training:
  - Counseling techniques/foundational skills development: 2016 – present
  - Practicum and internship group supervision: 2019 – present

**University of Missouri-St. Louis**

Department of Counseling and Family Therapy

St. Louis, MO

- Graduate level counselors-in training (individual and group): 2010 – 2014

## **ACCREDITATION EXPERIENCE**

- Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- National Committee for Quality Assurance (NCQA)
- Utilization Review Accreditation Commission (URAC)
- Council for Accreditation of Counseling and Related Educational Programs (CACREP)

## **PROFESSIONAL MEMBERSHIPS & AFFILIATIONS**

- National Board of Certified Counselors (NBCC)
- American Counseling Association (ACA)
- Association for Counselor Education and Supervision (ACES)
- North Atlantic Region Association for Counselor Education and Supervision (NARACES)
- Connecticut Counseling Association (CCA)
- Connecticut Association for Counselor Education and Supervision (CACES)
- Connecticut Certification Board, Inc. (CCB)
- International Association of Addictions and Offender Counselors (IAAOC)
- Chi Sigma Iota, the International Counseling Academic and Professional Honor Society (Chi Alpha Mu Chapter Faculty Advisor)
- National Organization for Human Services (past member)
- The Institute for Meditation and Psychotherapy (past member)
- Illinois Counseling Association, Lewis and Clark Chapter (past member and secretary)
- Advanced Psychodynamic Psychotherapy Alumni, St. Louis Psychoanalytic Institute
- Psi Chi Honor Society in Psychology, East Tennessee State University
- Pi Gamma Mu International Honor Society in Social Sciences, East Tennessee State University
- Graduate Student Association of Psychology, Secretary and Treasurer, East Tennessee State University, Johnson City, TN (1994 – 1996)

## **AWARDS / ACHIEVEMENTS / RECOGNITIONS**

- Recipient, *Excellence in Teaching Award*, Central Connecticut State University, New Britain, CT, 2022-2023.
- Nominee, *Online Teaching Award*, Central Connecticut State University, New Britain, CT, 2022
- Completed a two-day *Title IX Hearing Officer and Decision-Maker Training & Certification Course* conducted by the Association of Title IX Administrators (ATIXA), Central Connecticut State University, New Britain, CT, 2019
- Recipient, *Excellence in Teaching Honor Roll*, Central Connecticut State University, New Britain, CT, 2018-2019
- Recipient, *Excellence in Teaching Honor Roll*, Central Connecticut State University, New Britain, CT, 2017-2018
- Recipient, *Excellence in Teaching Honor Roll*, Central Connecticut State University, New Britain, CT, 2016-2017
- Initiated into *Chi Sigma Iota*, International Counseling Academic and Professional Honor Society, 2018
- Co-recipient of the *American Counseling Association Branch Award for Best Innovative Practice-North Atlantic Region*, Connecticut Counseling Association Special Interest Group (SIG) for Addictions Counseling, American Counseling Association 2018 National Conference & Expo, Atlanta, GA, 2018

- Completed *Assessing and Managing Suicide Risk: Core Competencies for Behavioral Health Professionals*, Central Connecticut State University, New Britain, CT, 2018
- Completed *QPR Suicide Prevention Gatekeeper Program*, Central Connecticut State University, New Britain, CT, 2018
- Recipient of UnitedHealth Group's *Bravo! Recognition Award for Compassion and Volunteer Activities*, 2016
- Nominated for *The Professional Counselor's Dissertation Excellence Award*, 2016
- Recipient of UnitedHealth Group's *Bravo! Recognition Award for Performance*, 2015
- Recipient of *Who's Who Among Students in American Universities and Colleges* award, 2015
- Completed *Six Sigma Green Belt* training, UnitedHealth Group, 2008
- Completed critical incident stress debriefing training, Crisis Care Network, Chicago, IL, 2005
- Completed *IEX Call Center* training, UnitedHealth Group, 2004
- Recipient of the *Georgianna Moses-Eilerman Memorial Scholarship for Healthcare Professionals*, Gateway Regional Medical Center, Granite City, IL, 2001
- Recipient of the *Inter Fraternity Outstanding Scholar* award, East Tennessee State University, Johnson City, TN, 1994
- Member of the *Senators Pages*, host corps for the president of the college, Walters State Community College, 1989-1991

## **BOARD MEMBERSHIP**

**Advanced Behavioral Health, Board Member**, January 2021 – present  
Middletown, CT  
[www.abhct.com](http://www.abhct.com)

- Approved by the Board of Directors to serve as a board member effective January 2021 via unanimous vote that occurred in November 2020.
- Advanced Behavioral Health (ABH®) is a leader in the Northeast behavioral health industry.
- ABH manages mental health and substance abuse services, provides customized technology to operate programs efficiently, participates in and disseminates research representing best practices in the field, and consults with both contractors and health care providers.

**Inside Dharma, Board Member**, July 2015 – June 2016  
St. Louis, MO  
[www.insidedharma.net](http://www.insidedharma.net)

- Supplies Volunteers in Corrections (VIC) to Missouri prisons where meditation is taught, in addition to introducing dharma teachings to inmates.
- Sends reading and practice materials and the "Inside Dharma Newsletter" to inmates. The newsletter is mailed to nearly 700 inmates every two months.
- Provides referrals to recently released ex-offenders for agencies and opportunities through the "Start Here Project" ([www.startherestl.org](http://www.startherestl.org)). Cell phones, clothing, bicycles, and other needed items are provided to people who are released to St. Louis after incarceration. Inside



Dharma also engages in special projects serving the homeless community (e.g., distributing backpacks to individuals on the street), which includes many ex-offenders.

- “Laughing Bear Bakery” established in November 2015. Hires ex-offenders to ease reentry to the community. Provides employment/work experience to mitigate recidivism rates.

### **SOCIAL JUSTICE ACTIVITIES**

2011 – 2016 **Inside Dharma**, St. Louis, MO

A non-profit, 501(c)3 organization dedicated to offering teachings, support, and encouragement to incarcerated and recently released individuals in a manner consistent with Buddhist principles. Inside Dharma also engages in special projects serving the homeless community, which includes many ex-offenders.

### **CONTEMPLATIVE STUDIES / PRACTICES / TRAININGS**

#### **Becoming a Mindfulness Meditation Teacher**

Radical Compassion Institute: Tara Brach, Ph.D. and Jack Kornfield, Ph.D.

- This training invites participants to consider what qualities, personal experiences and attitudes are important in those drawn to teaching meditation, as well as the challenges and pitfalls that may arise.
- Ten session course-completed 2022

#### **The Complete Trauma-Sensitive Mindfulness Training: A Two-Part Program for Mindfulness Practitioners**

David Treleaven, Ph.D. d/b/a Trauma-Informed Education, LLC

- This comprehensive, two-part training includes the fundamental components of preventing re-traumatization and advanced tools to help clinicians support trauma survivors on their path to recovery in mindfulness practice. Faculty instructors include notable experts such as David Trevealen, Christopher Germer, Tara Brach, Rick Hanson, and Babette Rothschild.
- Twenty hour continuing education course-enrolled 2021

#### **Buddhism Through Its Scriptures**

Harvard University

Boston, MA

- Four-week course-enrolled 2018

#### **Mindful Education Summit**

The Awake Network and Mindful.org

- Five-day online event featuring 25+ leading neuroscience researchers, mindfulness experts and dedicated educators who are making a difference in their communities reviewed the latest research and best practices for introducing mindfulness into the classroom or home-enrolled 2018.

**Mindfulness Certificate Course for Treating Kids and Teens: Interventions for ADHD, Anxiety, Trauma, Emotional Regulation and More**

Christopher Willard, Psy.D.

- Nineteen-hour seminar certificate course-completed 2018

**Working with Mindfulness: Practices and Perspectives for Individuals and Organizations**

Mirabai Bush, Founding Director, Center for Contemplative Mind in Society

- Week-long seminar and retreat, Cape Cod Institute-completed 2017

**Forum for Contemplative Practices and Moment-to-Moment Meditation Group**

Central Connecticut State University

New Britain, CT

- Member and meditation facilitator-active 2016-present

**Shinzo Zen Meditation Center**

6419 Clemens Ave.

St. Louis, MO 63130

[www.ShinzoZMC.org](http://www.ShinzoZMC.org)

- Pro re nata meditation leader and Dharma talk facilitator-active 2014 through 2016
- Practitioner-active 2011 through 2016

**PROFESSIONAL COUNSELING / ACADEMIC INTERESTS**

- Mindfulness-based meditation interventions
- Clinical mental health and addictions recovery counseling
- Counselor education/clinical mental health supervision