

# Shawn P. Parmanand, PhD, LCPC-S, NCC

Assistant Professor of Practice  
Clinical Mental Health Counseling  
Department of Educational  
Leadership, Counseling, and  
Social Work  
St. Joseph's University  
[sparmanand@sju.edu](mailto:sparmanand@sju.edu)

---

## EDUCATION

Doctor of Philosophy, Counselor Education and Counseling

May 2010

Idaho State University, Pocatello, Idaho

*Major:* Marital, Couple and Family Counseling (CACREP Accredited)

*CACREP Core Areas:* Helping Relationships, Human Growth & Development & Group Work

*Dissertation:* Grounded Theory of the Process and Experience of Student Selection for Master's Level Counseling Students.

Master of Counseling

May 2007

Idaho State University, Pocatello, Idaho

*Major:* Marital, Couple and Family Counseling-CACREP Accredited

**Bachelor of Arts**

August 2004

Idaho State University, Pocatello, Idaho

*Major Emphasis:* General Studies

---

## CERTIFICATIONS AND LICENSURE

**Licensed Clinical Professional Counselor, Idaho**

July 2007

LCPC # 6743

**Registered Clinical Supervisor, Idaho**

August, 2019

**National Certified Counselor**

July 2007-Current

---

---

## PROFESSIONAL EXPERIENCE

### **Assistant Professor of Practice**

Clinical Mental Health Counseling Program

St. Joseph's University

Department of Educational Leadership, Counseling, and Social Work

- Teaching both core and clinical courses as outlined by CACREP in both the Mental Health specialty
- Pursuing scholarly activities including presenting at local, regional, and national levels as well as submitting to refereed journal
- Engaging in service activities and committees, including admissions and student remediation
- Engaged in CACREP accreditation preparation activities
- Providing mentorship and advising to master's level students

### **Lecturer (May 2024- August, 2025)**

Clinical Mental Health Counseling Program

University of Oklahoma

Department of Human Relations

- Teaching both core and clinical courses as outlined by CACREP in both the Mental Health specialty
- Pursuing scholarly activities including presenting at local, regional, and national levels as well as submitting to refereed journal
- Engaging in service activities and committees, including field work and admissions
- Providing mentorship and advising to master's level students

### **Clinical Assistant Professor (part-time, 2019-Current)**

Idaho State University

Department of Counseling

- Overseeing operations at the Pocatello Counseling Clinic, including financials, staffing, supervision and client care
- Providing training and supervision to staff
- Securing presenters and providing continuing education offerings for licensed counselors

### **Clinical Faculty (2018-2024)**

Southern New Hampshire University

Clinical Mental Health Counseling Program

College of Online & Continuing Education

- Teaching both core and clinical courses as outlined by CACREP in both the Mental Health specialty
- Pursuing scholarly activities including presenting at local, regional, and national levels as well as submitting to refereed journals.
- Engaging in service activities on the college, university, and community level.
- Mentorship of master's level students

### **Core Faculty (2012-2018)**

Walden University

M. S. Marriage, Couples, and Family Counseling

School of Counseling and Social Services.

- Teaching both core and clinical courses as outlined by CACREP in both the Mental Health and Marriage, Couple and Family specialty
- Part of various committees to help bring about Walden University's vision of social change

- Pursuing scholarly activities including presenting at local, regional, and national levels as well as submitting to refereed journals.
- Engaging in service activities on the college, university, and community level.

### **Assistant Professor (2010-2012)**

Western Illinois University, Quad Cities

Department of Counselor Education, Moline, Illinois

- Teaching both core and clinical courses as outlined by CACREP in both the Mental Health and School Counseling Tracts.
- Providing both individual and triadic supervision for master's level students.
- Preparing new coursework for the CNED department, including a new Ethics course to meet changing hourly requirements of CACREP.
- Mentoring master's level students.
- Chairing thesis committees.

### **Instructor and Co-Instructor (2008-2010)**

Idaho State University

Department of Counselor Education, Pocatello, Idaho

- Taught both core and clinical courses as outlined by CACREP
- Provided both individual and triadic supervision for master's level students
- Assisted in curriculum review and development
- Mentored master's level students
- Pursued scholarly activities including presenting at local, regional, and national levels as well as submitting to refereed journals
- Submitted several grants at the university and national level
- Engaged in service activities at the college, university, and community level
- Taught master's level course COUN 659: Counseling Adolescents
- Co-Taught multiple master's level courses.
- Twice Co-Taught undergraduate course COUN 451: Introduction to Counseling.

---

## **COURSES TAUGHT**

### **University of Oklahoma**

- HR 5283: Clinical Practicum
- HR 5633: Advanced Counseling Skills
- HR 5833: Introduction to the Counseling Profession
- HR 5513: Couples and Family Counseling
- HR 5463: Counseling Skills in Human Relations
- HR 5533: Theories in Clinical Mental Health Counseling

### **Southern New Hampshire University**

- COU 500: The Counseling Profession
- COU 510: Human Development
- COU 520: Diversity in Counseling
- COU 530: Theories of Counseling

- COU 540: Helping Skills & Techniques
- COU 605: Counseling Families/Couples/Children
- COU 660: Group Counseling (Course Lead, beginning Spring 2020 through Winter 2020)

### **Walden University**

- COUN 6204: Mentoring Forum
- COUN 6101: Foundations of Counseling
- COUN 6250: Group Process and Dynamics
- COUN 6722: Counseling & Psychotherapy Theories
- COUN 6361: Human Sexuality in Counseling
- COUN 6601: Residency

### **Western Illinois University, Quad Cities**

- CNED 540: Marriage and Family Relations
- CNED 547: Techniques of Counseling
- CNED 581: Group Counseling Theories and Procedures
- CNED 500: Introduction to Counseling Skills and Practice
- CNED 593: Counseling Practicum
- CNED 433g: Families Caught in the Crossfire: An Introduction to Military Culture, PTSD, and Trauma
- CNED 533: Legal and Professional Issues in Mental Health Counseling
- CNED 500: Introduction to Counseling Skills and Practice
- CNED 551: Counseling Addictions

### **Idaho State University**

#### ***CACREP Core Courses***

- COUN 697: Practicum (Spring, 2021- Spring 2025)
- COUN 621: Professional Orientation and Ethics (Fall, 2025)
- COUN 691: Issues in Mental Health Counseling (Spring, 2009)
- COUN 692: Wellness and Prevention in Counseling (Spring, 2009)
- COUN 627: Conceptualizing Counseling Theory (Fall, 2009)
- COUN 628: Application of Counseling Theory (Spring, 2009)
- COUN 630: Substance Abuse Counseling (Spring, 2010)
- COUN 694: Psychodiagnosis and Psychotropic Drugs (Fall, 2009)
- COUN 676: Small Group Activity (Fall 2007, 2008, & Summer 2009)
- COUN 677: Group Counseling Techniques (Fall 2008)
- COUN 696: Prepracticum Counseling Techniques (Fall 2007, 2008, & 2009)
- COUN 699: Internship/Practicum Lab (Fall & Spring 2007, Fall & Spring 2008, Fall & Spring 2007)

#### ***Marital, Couple and Family Specific Courses***

- COUN 660: Theories of Family Counseling (Fall, 2009)
- COUN 662: Theories of Couple Counseling (Spring, 2009)
- COUN 664: Family Assessment (Spring, 2007)

- COUN 665: Advanced Family Systems Theory (Summer, 2008)
- COUN 669: Family/Couple Counseling Practicum (Fall 2008, 2009)

### ***Elective Courses***

- COUN 659: Adolescent Counseling

### ***Undergraduate Courses***

- COUN 491: Introduction to Counseling Services (Fall 2008, 2009)

## **SUPERVISION EXPERIENCE**

### **Idaho State University**

#### *Individual & Triadic Supervision*

- COUN 6697: Practicum
  - Spring 2021-2025

### **Southern New Hampshire University**

#### *Group Supervision*

- COUN 540: Helping Skills & Techniques
  - Residency (Fall, 2018): Nashua, NH
  - Residency (Summer, 2019): Manchester, NH
  - Residency (Summer, 2020): Virtual
  - Residency (Fall, 2020, 2021, 2022): Virtual

### **Walden University**

#### *Group Supervision*

- COUN 6316: Practicum in Counseling
- RESI 6602, 6621: Residency in Mental Health/ Marriage, Couple, and Family Counseling (Atlanta, Portland, Houston, Orlando, San Diego, Indianapolis, Anaheim, Phoenix)

### **Western Illinois University**

#### *Live Supervision*

- CNED 500: Introduction to Counseling Skills and Practice (Fall 2010, 2011)
- CNED 547: Techniques of Counseling (Spring 2011)

#### *Group Supervision*

- CNED 593: Counseling Practicum (Fall 2010, 2011)

#### *Individual & Triadic Supervision*

- CNED 593: Counseling Practicum (Fall 2010, 2011)
  - Provided both individual and triadic supervision for seven students working to complete their school counseling and clinical mental health practicum.

## **Idaho State University**

### *Live Supervision*

- COUN 696 Pre-practicum Counseling Techniques (Fall 2007, 2008, & 2009)
- COUN 669 Advanced Family Practicum (Fall 2008 & 2009)
  - Utilized BITE supervision for above classes

### *Group Supervision*

- COUN 699 Internship/Practicum Lab (Fall & Spring, 2007-2010)

### *Individual & Triadic Supervision*

- Individually supervised ten master's level students in weekly training during practicum and internship experiences for mental health, school, and marital, couple and family majors.

---

## **RESEARCH AND SCHOLARSHIP**

### **Book Chapters**

**Parmanand, S. P.**, Akins, L. S., Perry, E. J., & Bastian-Hanks, B. (2024). Infertility Counseling. In S. B. Dermer & J R. Abdullah, *Encyclopedia of Multicultural Counseling, Social Justice and Advocacy*. Sage Publications.

**Parmanand, S. P.**, & Benoit, E. (2020). Structural family therapy. In D. Capuzzi & M. Stauffer, *Foundations of Couples, Marriage, and Family Counseling* (pp. 215-237). 2<sup>nd</sup> ed. San Francisco, CA: John Wiley and Sons Publishing.

**Parmanand, S. P.** (2016). Postpartum Depression. In J. Carlson & D. Shermer, *Encyclopedia of Marriage, Family, and Couples Counseling*. Sage Publications.

**Parmanand, S. P.**, Binkley, E. E. (2014). Using music in a small group setting. In K. Fineran, A. Nitza, B. Houlberg, H. Reynolds, & J. McCoy, *Work Experts Share Their Favorite Activities: A Guide to Choosing, Planning, Conducting, and Processing*. American Counseling Association Publishing.

### **Refereed or Invited Refereed Articles**

Murray, K., Desmond, K., & **Parmanand, S. P.** (2015). The impact of counselor education training on student-parents. *The Journal of the Pennsylvania Counseling Association*, 93, 71-78.

McCaughan, A. M., **Parmanand, S. P.**, Binkley, E. E., Wilde, B. J., & Allen, V. (2013). Observing the development of constructivist pedagogy in one counselor education

doctoral cohort: A single case design. *The Practitioner Scholar: Journal of Counseling and Professional Psychology*, 2, 95-107.

Binkley, E. E., Wilde, B. J., **Parmanand, S. P.**, McCaughan, A. M., & Kleist, D. M. (2012). Developing counseling skill using the Landro Play Analyzer (LPA): A grounded theory. *The Practitioner Scholar: Journal of Counseling and Professional Psychology*, 1, 25-39.

Hamann, E., Nikels, H., & **Parmanand, S. P.** (2012). Three approaches to counseling a couple: Solution-Focused, Emotionally-Focused, and Somatic Experiencing. *Microtraining and Multicultural Development*, video.

Harrawood, L. K., **Parmanand, S. P.**, Wilde, B. J. (2011). Experiencing emotion across a semester-long family role-play and reflecting team: Implications for counselor development. *The Family Journal*, 19(2), 198-203.

Binkley, E. E. & **Parmanand, S. P.** (2010). Members' experience of using music in a small group setting: A phenomenological study. *American Counseling Association Vistas*. Article 57, 1-10.

#### **Articles / Submissions in Progress**

**Parmanand, S. P.**, & Smith, T. Navigating a young family and tenure: A male's perspective. *Counseling and Values*.

**Parmanand, S. P.**, & Hill, N. R. The process and experience of selecting master's level counseling students: A grounded theory.

**Parmanand, S. P.**, & Wilde, B. J. Advocating for humor in supervisory relationships: Strategies for promoting counselor wellness.

#### **Professional Grants**

Awarded the Western Illinois University Travel Grant for presentations at the American Counseling Association Conference. Total amount of grant \$750.

Mentoring Children of Prisoners Grant submitted by Western Illinois University in Fall 2010. The grant was co-written by Holly J. Nikels, Carrier Alexander-Albritton, and Shawn P. Parmanand in an effort to create a parent education program for youth with incarcerated parents. The grant supports research in prisons as well as a culminating manual and parent education program. Total amount of grant \$934,000.

Awarded **Rocky Mountain Association for Counselor Education Travel Grant** (Fall, 2010).

Awarded **ASISU Graduate Discretionary Scholarship** (Spring, 2008)



---

## PRESENTATIONS AND WORKSHOPS

### Keynote Presentations

Parmanand, S. P. (2016). Self-growth and development across a Counselor Education program. *Idaho State University, Chi Sigma Iota Induction Ceremony*. Pocatello, ID.

### International Presentations

**Parmanand, S. P.** & Smith, T. (2019). Systemic Support for Couples Experiencing Infertility. *International Association of Marriage and Family Counselors Conference*. New Orleans, LA.

Parmanand, S. P. (2017). Suffering in silence: Understanding the unique needs of couples experiencing infertility. *International Association of Marriage and Family Counselors Conference*. New Orleans, LA.

### National Presentations

**Parmanand, S. P.**, J. Rogers, J. Dohleman, K. Kram & M. Gonzales (Submitted, 2025). Building relationships in online counselor education: A catalyst for growth, competence and social justice. *Association for Counselor Education and Supervision Conference*. Philadelphia, PA.

**Parmanand, S. P.** & Smith, T. (2018). Giving a voice to the silent: Working with couples experiencing infertility. *American Counseling Association Conference*. Atlanta, GA.

Alexander-Albritton, C., Bastian-Hanks, B., & **Parmanand, S. P.** (2013). Vicarious trauma: Supervising students working with high risk populations. *Association for Counselor Education and Supervision Conference*. Denver, CO.

Alexander-Albritton, C., Bastian-Hanks, B., & **Parmanand, S. P.** (2013). Tenure track and parenting: Balancing the demands while maintaining your sanity. *Association for Counselor Education and Supervision Conference*. Denver, CO.

**Parmanand, S. P.** (2011). The process and experience of student selection for master's level counseling students: A grounded theory. *Association for Counselor Education and Supervision Conference*. Nashville, TN.

Binkley, E. E., McCaughan, A. M., Wilde, B. J., **Parmanand, S. P.**, & Kleist, D. M. (2011). Learning through Landro-based supervision: A grounded theory. *Association for Counselor Education and Supervision Conference*. Nashville, TN.

Smith, T., **Parmanand, S. P.** (2011). Breakthrough interventions to achieve balance at work and home: Attending to the needs of our students. *Association for Counselor Education and Supervision Conference*. Nashville, TN.

**Parmanand, S. P.**, Binkley, E. E, Wilde, B. J., McCaughan, A. M., & Kleist, D. M. (2011). Learning through Landro-based supervision: A grounded theory. *American Counseling Association Conference*. New Orleans, LA.

**Parmanand, S. P.** & Binkley, E. (2009). Members' perception of using music in a small group setting: A phenomenological study. *Association for Counselor Education and Supervision Conference*. San Diego, CA.

Lamprecht, L., & **Parmanand, S. P.** (2009). Compassionate letter writing: Using humanistic principles and Morita Therapy to grow the quality of the relationship. *Association for Counselor Education and Supervision Conference*. San Diego, CA.

Hill, N., & **Parmanand, S. P.** (2009). Survey research in counselor education and supervision: Issues of quality and worthiness for publication. *American Counseling Association Conference*. Charlotte, NC.

### **Regional Presentations**

**Parmanand, S. P.** & Green, N. (2024). Bridging the gap: Integrating clinical counseling practice into counselor education. *Rocky Mountain Association for Counselor Education and Supervision*, Whitefish, MT.

**Parmanand, S. P.** & Lane, W. (2018). Infusing clinical lived experience into counselor education pedagogy. *Rocky Mountain Association for Counselor Education and Supervision*, Park City, UT.

**Parmanand, S. P.**, Bastian Hanks, B., & Alexander-Albritton, C. (2016). Providing support and centeredness: The new frontier of online counselor education. *Rocky Mountain Association for Counselor Education and Supervision*, Steamboat Springs, CO.

Bastian Hanks, B., Murray, K., Alexander-Albritton, C., **Parmanand, S. P.** (2016). Integrating self-care into curriculum and supervision: Practicing what we preach. *Rocky Mountain Association for Counselor Education and Supervision*, Steamboat Springs, CO.

Bastian-Hanks, B., & **Parmanand, S. P.** (2014). Meeting the needs of students in an online world. *Rocky Mountain Association for Counselor Educators and Supervisors Conference*. Jackson, WY.

- Parmanand, S. P., & Bastian-Hanks, B.** (2014). Compassionate mentoring: Applying lessons learned as a supervisee to trauma-focused supervision. *Rocky Mountain Association for Counselor Educators and Supervisors Conference*. Jackson, WY.
- Parmanand, S. P. & Smith, T.** (2012). *Navigating tenure with a young family: Systemic implications*. Paper presented at the Rocky Mountain Association for Counselor Education and Supervision Conference, Park City, Utah, USA.
- Parmanand, S. P.** (2010). Faculty perception of selection criteria for counseling students. *North Central Association for Counselor Education and Supervision Conference*. Itasca, IL.
- Parmanand, S.P., Binkley, E., & McCaughan, A.** (2010). Use of technology-based supervision in the development of basic counseling skills. *North Central Association for Counselor Education and Supervision Conference*. Itasca, IL.
- McCaughan, A. A., Wilde, B. J., **Parmanand, S. P., & Binkley, E. E.** (2010). The process and experience of learning through Landro-based supervision: A grounded theory. *Rocky Mountain Association for Counselor Education and Supervision Conference*, Jackson, WY.
- Parmanand, S. P., & Hill, N. R.** (2008). Counselor trainees with families: Unique challenges and creative strategies for mentoring. *Rocky Mountain Association for Counselor Education and Supervision Conference*. Breckenridge, CO.
- Wilde, B. J., & **Parmanand, S. P.** (2008). Advocating for humor in supervisory relationships: Strategies for promoting counselor wellness. *Rocky Mountain Association for Counselor Education and Supervision Conference*. Breckenridge, CO.

### **State and Local Presentations**

- Parmanand, S. P.** (2024). Attending to overall wellness while adhering to one's unique value system. *Church of Jesus Christ of Latter Day Saints Relief Society Congregation*. Pocatello, ID.
- Parmanand, S. P.** (2023). Understanding mental health and relational dynamics. *Church of Jesus Christ of Latter Day Saints Relief Society Congregation*. Pocatello, ID.
- Parmanand, S. P. & Lane, W.** (2019). Happy Holidays: Managing Holiday Stress Using Mindfulness Strategies. *Health Bengal Wellness Seminar*. Pocatello, ID.
- Parmanand, S. P.** (2019). Supporting couples experiencing infertility: Exercising compassion and resilience. *Idaho Counseling Association/Idaho School Counseling Association Conference*. Boise, ID.

- Parmanand, S. P.** (2017). Trauma Focused Cognitive Behavioral Therapy: Best Practices in Schools. *School District 55 Training*. Blackfoot, ID.
- Parmanand, S. P.** (2016). The connection between workplace communication and burnout: Protecting ourselves through words. *School District 25 Training*. Pocatello, ID.
- Parmanand, S. P.,** Staley, C., & Schaugaard C. (2014). Understanding intimacy and sexual relations within the context of religion. *Church of Jesus Christ of Latter Day Saints Relief Society Congregation*. Pocatello, ID.
- Parmanand, S. P.** (2014). Vicarious trauma and self-care: Healing begins within. *Idaho Counseling Association Conference*. Pocatello, ID.
- Parmanand, S. P.** (2012). Utilizing existential and cognitive methods to connect with today's youth: A collaborative approach. *Illinois Counseling Association Counselor Academy*. Geneseo, IL.
- Nikels, H. J., **Parmanand, S. P.,** Alexander-Albritton, C., & Glazier, J. (2011). Mentoring: Lessons Learned. *Illinois Counseling Association Conference*. Skokie, IL.
- Harrison, S. C. & **Parmanand, S. P.** (2011). HIV/AIDS: What every counselor should know. *Illinois Counseling Association Conference*. Skokie, IL.
- Parmanand, S. P.** (2011). Understanding and recognizing pitfalls: Avoiding burnout in the helping professions. Local presentation given to 30 attendees at Transitions Mental Health Center in Moline, IL.
- Parmanand, S. P.** (2011). Understanding and preventing burnout in the helping professions. Guest lectured in a Recreation, Park, and Tourism Administration graduate course.
- Parmanand, S. P.,** Leech, J., Mindrup, K., & Kreger, J. (2011). Identifying triggers and buttons: How to best react when confronted. *Family Services Presentation*.
- Parmanand, S. P.** (2011). Counselor burnout, what is it and how do we avoid it? Strategies for identifying and avoiding burnout. *Western Illinois University Counselor Association Presentation*.
- Parmanand, S. P.** (2011). Understanding and implementing music into clinical work. *Western Illinois University Presentation to Internship Students*.
- Parmanand, S. P.** (2010). Faculty perception of selection criteria for counseling students: A qualitative outlook toward the future. *Idaho State University Annual Research Day Conference*. Pocatello, Idaho.

**Parmanand, S. P., & Binkley, E. E.** (2009). Members' perception of using music in a small group setting: A phenomenological study. *Idaho Counseling Association Conference*. Coeur D'Alene, Idaho.

Binkley, E. E., McCaughan, A. M., Wilde, B. J., & **Parmanand, S. P.** (2009). The use of technology based supervision in the development of basic counseling skills: A preliminary qualitative investigation. *Idaho Counseling Association Conference*. Coeur D'Alene, Idaho.

Binkley, E.E., Wilde, B. J., McCaughan, A. M., & **Parmanand, S. P.** (2009). Developing the art of social constructivist pedagogy. *Idaho State University Annual Research Day Conference*. Pocatello, Idaho.

Alexander-Albritton, C., Dewall, R., Lowe, K., **Parmanand, S.**, & Wilde, B. (2008). Creative counseling techniques. *Idaho Counseling Association Conference*. Boise, Idaho.

Provost, K., & **Parmanand, S. P.** (2008). Working with resistant clients and supervisees using encouragement and motivational strength-based approaches. *Idaho Counseling Association Conference*. Boise, Idaho.

Bastian Hanks, B., **Parmanand, S.**, & Holliday, J. (2007). Interventions when working with clients who have been sexually abused. *Idaho Counseling Association Conference*. Pocatello, Idaho.

### **Professional Development Workshops**

**Parmanand, S. P.**, Alexander-Albritton, C., Nikels, H. J., & Newgent, R. N. (2011). Department of Counselor Education site supervisor training: Clinical supervision for site supervisors. Western Illinois University.

**Parmanand, S. P.**, O'Ryan, L. W., & Alexander-Albritton, C. (2010). Department of Counselor Education site supervisor training: Western Illinois University.

**Parmanand, S. P.**, Alexander-Albritton, C. (2011). Department of Counselor Education new student orientation. Western Illinois University.

**Parmanand, S. P.**, Wilde, B. J., Glorfield, C., & Wissel, A. (2009). Clinical supervision for counselors. Department of Counseling Professional Development Workshop. Boise, Idaho. (15 contact hours)

**Parmanand, S. P.**, & Wilde, B. J. (2008). Clinical supervision for counselors. Department of Counseling Professional Development Workshop. Twin Falls, Idaho. (15 contact hours)

---

## **PROFESSIONAL SERVICE AND LEADERSHIP**

### **National Services and Leadership**

- Program Reviewer, American Counseling Association Conference (2013-2025)
- Program Reviewer, Association for Counselor Education and Supervision National Conference (2009, 2011, 2013, 2015, 2017, 2019, 2021, 2023, 2025)
- Essay Reviewer, Chi Sigma Iota Essay Contest (2011)
- National Convention Volunteer, Association for Counselor Education and Supervision Justice Summit. San Diego, CA. (2009)
- National Conference Volunteer, Association for Counselor Education and Supervision. Columbus, OH. (2007)
- Trained as CACREP program reviewer (2007)

### **State Service and Leadership**

- New Faculty Interest Representative, Idaho (2012-2015)
- Program Reviewer, Illinois Counseling Association Conference (2011)
- State Representative for Illinois, New Faculty Interest Network (2010-2014)
- Membership Chair, Idaho Counseling Association (2007-2009)

### **Department Service and Leadership**

- **University of Oklahoma**
  - Member, Academic Development Committee (2024-Current)
  - Member, Admissions Committee (2024-Committee)
  - Member, Non-Thesis Committee (2025-Current)
- **Southern New Hampshire University**
  - Course Lead, Counseling 660 – Group Counseling (2020)
  - Member, Admissions Committee (2018-2021)
  - Chair, Admissions Committee (2021-Current)
  - Member, Continuing Education Committee (2022-2023)
  - Member, Ad Hoc Program Director Hiring Committee (2021)
  - Member, Student Support Committee (2019-2021)
  - Member, Skills Development Committee (2023-2024)
- **Walden University**
  - Member, Student Development Committee (2012- 2017)
  - Member, School of Counseling Curriculum and Academic Planning Committee (2016-2018)
  - Member, Ad Hoc Admissions Committee (2012)
  - Member, Faculty Award Review Committee (2012-2017)
  - Member, Assessment Committee (2013-2015)
  - Liaison, Techniques and Student Development Committee (2012-2014)
  - MCFC Representative, Residency Assessment Summit (2013)
  - Subject Matter Expert, Group Counseling – COUN6250 (2017)

## **Community Service and Leadership**

- Volunteer, Youth Football Coach, (2025)
- Volunteer, Youth Basketball Coach (2015, 2024)
- Volunteer, Cubmaster in Cub Scouting Program (2014-2015)
- Volunteer, Thanksgiving Dinner Drive Thru (2022, 2024)
- Presenter, Identifying Your Hot Buttons and Avoiding Confrontation. Raised money and provided hygiene items to youth in Family Services (2011)
- Volunteer, Our Savior Lutheran Church & Preschool. Read beginning level children's book to local preschool (2011)
- Volunteer, Bannock County Sheriff's Camp. Teamed with Bright Tomorrows Child Advocacy Center to educate attendees about sexual abuse and advocacy (2009)
- Volunteer, Puppet show. Facilitated puppet show for Bright Tomorrows Child Advocacy Center. Helped to educate and raise awareness for children and parents about sexual abuse (2008)

---

## **PROFESSIONAL AND CLINICAL EXPERIENCE**

### **TrueNorth Counseling & Consulting**

October 2019 – Current

Owner & Clinician, Pocatello, Idaho

Provide individual and couple counseling for members of the community. Also, provide continuing education webinars and training for clinicians in the area. Supervision for clinicians also provided as they work towards licensure.

### **Bright Tomorrows Child Advocacy Center**

June 2006 – October 2019

Counselor, Pocatello, Idaho

Provide individual, couple, family, play therapy, and group counseling to those who have been sexually abused. Work with a variety of children ages 3-17 as well as adults. Involved in community outreach to further knowledge of sexual abuse and its enduring effects. Psychoeducation is done through plays performed at the local library and various community outreach activities. Also included in the outreach was presenting and facilitating groups at the local Sheriff's Camp for troubled youth. Researched and implemented a processing group for boys ages 9-12 about the impact of being sexually abused.

### **MK Place**

December 2015 – June 2015

Counselor, Pocatello, ID

Provide individual, couple, family, and group counseling to inpatient and outpatient clients who have been impacted by addiction. Structured treatment around ASAM stages and worked in tandem with local law enforcement to ensure families and individuals

were receiving proper treatment. Lead process, drug education, and male gender groups as well.

**Bannock County Juvenile Justice**  
Counselor, Pocatello, Idaho

June 2007-August 2010

Provide individual, family, and group counseling clients placed on mandatory probation and their families. Helped implement a county wide parenting program, Parenting with Love & Limits. Completed assessments and provided additional treatment for many of the adolescents that were seen in counseling. Clients struggle with a variety of issues including grief and loss, conflict management, and sexual deviance. Attend monthly staff meetings where we consulted and discussed clients.

**Idaho Youth Ranch**  
Counseling Intern, Pocatello, Idaho

January 2007-June 2007

Provided individual, couple, and family counseling to adolescents who had been temporarily removed from their family and were living in a residential treatment center. Included in the counseling was conflict management and increased awareness of communication patterns. Often these adolescents dealt with a variety of issues including abuse, running away, and drug use.

**Franklin Middle School**  
Counseling Intern, Blackfoot, Idaho

August 2004-May 2005

Provided individual counseling in a school setting. Helping students develop conflict resolution and communication skills and providing opportunities for students to explore college education options through strength based assessments and client centered goals. Gained experience with working with adolescent students. Spent significant time treatment planning involving students, their parents, and teachers.

---

## **PROFESSIONAL AFFILIATIONS**

- American Counseling Association (ACA), 2006-Present
- Association for Counselor Education and Supervision (ACES), 2007-Present
- International Association for Marriage and Family Counseling (IAMFC), 2008-Present
- Chi Sigma Iota (CSI), 2006-Present
- Illinois Counseling Association (ICA), 2011-2013
- Illinois Association for Couple and Family Counselors (IACFC), 2011-2013
- Illinois Association for Specialists in Group Work (IASGW), 2011-2013
- Illinois Association for Counselor Educators and Supervisors (ICES), 2011-2013
- Idaho Counseling Association (ICA), 2006-Present



- Idaho Association for Marriage, Couple and Family Counselors (IDAMFC), 2008- Current
- Idaho Association for Counselor Educators & Supervisors (IACES), 2010- Current

---

### **PROFESSIONAL AWARDS & NOMINATIONS**

Walden Faculty Excellence Award Nominee, 2017

---