

Audrey Zatopek, M.A., LPC-S, LCDC

audrey.zatopek@msutexas.edu

CURRICULUM VITA

EDUCATION

- Aug. 2020 – Present **TEXAS TECH UNIVERSITY** Lubbock, TX
Counselor Education and Supervision Ph.D. Candidate., Est. Graduation in 2024
• Current GPA 4.0
- Aug. 2013 – Dec. 2015 **HOUSTON GRADUATE SCHOOL OF THEOLOGY** Houston, TX
Master of Arts in Counseling, Magna Cum Laude
• GPA 3.88
- Jan. 2011 – May 2013 **UNIVERSITY OF TEXAS AT AUSTIN** Austin, TX
Bachelor of Arts Degree in Psychology, Minor in Spanish
• GPA 3.4
- Aug. 2009 – Dec. 2010 **LINDENWOOD UNIVERSITY** St. Charles, MO
Candidate for Bachelor of Arts in Business Administration, Minor in Spanish
• GPA 3.98

LICENSURE & CERTIFICATIONS

- Licensed Professional Counselor-Supervisor (LPC-S) in Texas (License #: 76358), Expiration: 2/29/2024
- Licensed Chemical Dependency Counselor (LCDC) in Texas (License #: 13534), Expiration: 6/30/2024
- Certified Yoga Teacher 200 Hours (CYT-200), Online Yoga School, Certified 8/18/2023
- Certification: Administration and Scoring of the Impaired Driving Assessment, Texas Center for the Judiciary (2018)

TEACHING EXPERIENCE

ADJUNCT TEACHING EXPERIENCE

MIDWESTERN STATE UNIVERSITY, College of Education

Graduate Adjunct Instructor, M.A. in Clinical Mental Health Program

- COUN 5603 Psychopharmacology, Summer 2023

Undergraduate Adjunct Instructor, B.S. in Substance Abuse Counseling Program

- COUN 4503 Consultation and Supervision for Addictions Professionals, Spring 2024
- COUN 4233 Substance Abuse and Diversity, Fall 2023, Spring 2023
- COUN 4243 Suicide and Violence Assessment, Prevention, and Treatment, Fall 2023
- COUN 3013 Socio-Cultural and Political Advocacy in Substance Abuse Counseling, Spring 2023
- COUN 4023 Documentation, Ethics, and Law for Substance Abuse, Fall 2022
- COUN 4033 Adolescents and Substance Abuse, Fall 2022

UNIVERSITY OF HOUSTON, College of Education

Graduate Adjunct Instructor, M.Ed. in Counseling Program

- PHL 6315 Career Counseling, Spring 2024
- PHL 7302 Internship I, Fall 2023, Fall 2022
- PHL 7303 Internship II, Spring 2024, Spring 2023

TEACHING ASSISTANT EXPERIENCE

MIDWESTERN STATE UNIVERSITY, College of Education, M.A. in Counseling Program

Internship Graduate Teaching Assistant for Tara Fox, Ph.D., LPC-S

- COUN 6043 Graduate Internship, Spring 2022
- COUN 5293 Practicum, Fall 2021

UNIVERSITY OF HOUSTON, College of Education, M.Ed. in Counseling Program

Internship Graduate Teaching Assistant for Rachael Whitaker, Ph.D., M.Ed.

- PHL 6315 Career Counseling, Spring 2022
- PHL 6391 Counseling Methods, Spring 2022
- PHL 6330 Principles of Human Growth & Development, Fall 2021

HOUSTON GRADUATE SCHOOL OF THEOLOGY, M.A. in Counseling Program

Internship Graduate Teaching Assistant for Jerry Terrill, Ph.D., LPC-S, LMFT-S

- COU 673 Marriage & Family Therapy, Fall 2021

TEACHING EXPERIENCE

TEACHING ASSISTANT EXPERIENCE

- TEXAS TECH UNIVERSITY, College of Education, M.Ed. in Clinical Mental Health Counseling Program**
Internship Graduate Teaching Assistant for Nicole Noble, Ph.D., LPC
- EPCE 5370 Ethical and Legal Issues in Counseling, Fall 2021

RESEARCH EXPERIENCE

- Aug. 2022 – Present **MIDWESTERN STATE UNIVERSITY, Research Team Member: *Burnout, Compassion Fatigue, and Secondhand Depression in Mental Health Providers***
- Team: Tara Fox, Ph.D., LPC-S, Audrey Zatopek, M.A., LPC-S, LCDC, and Catherine Earley, M.S.W.
 - Created and distributed Qualtrics survey to potential participants.
- Aug. 2022 – Present **TEXAS TECH UNIVERSITY, Research Team Member: *CASE WRAP Study: Helping College Students with Autism Improve Their Mental Health in the CASE Program***
- Team: Nicole Noble, Ph.D., LPC, Taylor Fidler, M.A., Audrey Zatopek, M.A., LPC-S, LCDC, Nico Bueno, and Jeremias Hernandez, M.A., LPC-Associate
 - Manually coding qualitative data for mental health themes.
 - Furthering my understanding issues related to Autism Spectrum Disorder.
 - Attending weekly research team meetings.
- Aug. 2021 – June 2022 **TEXAS TECH UNIVERSITY, Research Team Member: *CASE WRAP Study: Impact of the COVID-19 Pandemic on Autistic Individuals in the CASE Program***
- Supervisors: Nicole Noble, Ph.D., LPC, and Taylor Fidler, M.A.
 - Manually coded qualitative data about COVID-19 impacts.
 - Aided in narrowing of identified codes and themes.
 - Furthered understanding of Autism Spectrum Disorder.
 - Attended weekly research team meetings.
 - Helped write and edit the paper written for journal submission.
- Aug. 2013 – Mar. 2014, Mar. 2015 – June 2015 **UNIVERSITY OF HOUSTON ANXIETY AND HEALTH RESEARCH LABORATORY, SUBSTANCE USE TREATMENT CLINIC: Research Assistant: *Distress Intolerance & Cannabis Use Disorder: An Initial Empirical Investigation (unfunded)***
- Supervisors: Michael J. Zvolensky, Ph.D., and Julianna Hogan, M.Ed.
 - Conducted baseline diagnostic interviews using the Structured Clinical Interview for the DSM-IV (SCID N/P).
 - Administering of baseline assessments including a 30-day Time Line Follow Back calendar, a behavioral distress intolerance task, and a medical screening assessment.
 - Entry of data and creation of surveys on Qualtrics.
 - Familiarization with anxiety, substance abuse, and mood disorders.
 - Completed CITI Program training.
- Jan. – March 2014 **UNIVERSITY OF HOUSTON ANXIETY AND HEALTH RESEARCH LABORATORY, SUBSTANCE USE TREATMENT CLINIC: Research Assistant: *Spanish Speaking Mental Health Project***
- Supervisors: Michael J. Zvolensky, Ph.D., and Jafar Bakhshae, M.D.
 - Utilized Spanish knowledge to compare English and Spanish questionnaires, aiding in the correction of translation discrepancies. Also engaged in poster-making.
 - Aided in the creation of a proposal application and the submission of journal articles.
 - Trained on for clinical interviewing for DSM-5 disorders.
 - Acquired M.I.N.I. questionnaire familiarity in both English and Spanish.
- Jan. – May 2013 **UNIVERSITY OF TEXAS AT AUSTIN, DEPARTMENT OF PSYCHOLOGY: Research Assistant: *Facebook with Friends Study: Investigated how undergraduates interacted using Facebook messenger or on the Facebook wall***
- Supervisors: Michael Telch, Ph.D., and Annie K. Steele
 - Was a confederate in the study and helped to run participants.
 - Aided in debriefing of participants.

RESEARCH EXPERIENCE

- Jan. – May 2013 **UNIVERSITY OF TEXAS AT AUSTIN, DEPARTMENT OF PSYCHOLOGY:**
Research Assistant: *The RACE Study: Enhancing exposure therapy for anxiety disorders with Reconsolidation and Compound Extinction*
- Supervisors: Michael Telch, Ph.D., and Adam Cobb, M.A., LPC
 - Recruited participants for the study.
 - Became well acquainted with PTSD and its diagnostic criteria.
 - Found and rated videos to be used for the study.
 - Entered data into Qualtrics.

CLINICAL EXPERIENCE

- Oct. 2023 – Present **MENTAL HEALTH INSTITUTE**
Owner, Managing Member, & Psychotherapist, Private Practice
- Offer individualized treatment for patients with mental health and/or addiction diagnoses.
 - Conduct virtual therapy with patients aged 18 years and older.
 - Facilitate a consultation group with colleagues.
- June 2019 – Oct. 2023 **THE RESILIENCE CENTER OF HOUSTON**
Formerly The Anxiety Center of Houston (Name Changed 5/1/2023)
Psychotherapist, Group Private Practice
- Provided tailored treatment for patients with mental health and/or addiction diagnoses.
 - Conducted individual, couples, and family therapy with patients aged 13 years and older.
 - Offered counseling sessions in English and Spanish.
 - Provided counseling services in-person and via telehealth.
 - Engaged in bi-weekly consultation meetings with colleagues, involving the proposal of knowledge, resources, and interventions to be used with complex cases.
- June 2020 – Feb. 2021 **WELLPATH at MONTGOMERY COUNTY JAIL**
PRN Mental Health Professional (MHP)
- Conducted initial and follow-up suicide screening for male and female inmates.
 - Fulfilled inmate Keefe requests to speak to an MHP about mental health concerns.
 - Utilized brief therapeutic interventions as needed, e.g. psychoeducation on coping skills.
- Nov. 2018 – 2020 **WOODLAND SPRINGS BEHAVIORAL HEALTH HOSPITAL**
Outpatient Therapist: Chemical Dependency Counselor & PRN
- Conducted individual, group, and family therapy.
 - Provided psychotherapy and psychoeducation to adults aged 18 years and older struggling with mental health and/or addiction issues.
 - Provided individualized treatment planning and treatment interventions for each patient.
 - Utilized de-escalation and grounding to soothe patients that decompensate.
 - Maintained Crisis Prevention Institute (CPI), CPR, SBIRT, and HealthStream training.
- August 2019 – 2020 **BETTER HELP**
Virtual Therapist
- Conducted individual and couples teletherapy via video, messaging, and phone.
 - Addressed singular or co-morbid mental health and addiction issues.
 - Engaged in individualized treatment planning for all clients.
- Oct. 2016 – Oct. 2018 **HARRIS COUNTY COMMUNITY SUPERVISION AND CORRECTIONS DEPT.**
Men's Counselor for the S.O.B.E.R. Court Specialty Court – Counselor II
- Counseled male and female clients completing probation in Harris County.
 - Conducted intake assessments, individual therapy, and group therapy.
 - Conducted Cognitive Behavioral Interventions (CBI) groups on a weekly basis and counsel from primarily Cognitive Behavioral Theory (CBT) foundations.
 - Engaged in ongoing assessment of level of care needed for those who abused substances.
 - Monitored client urinary analyses to determine necessity of counseling interventions.
 - Engaged in bi-weekly court staffing's with probation officers, judges, and prosecuting and defense attorneys to discuss progression of clients in the program as well as sanctions to be given for violations of probation.

CLINICAL EXPERIENCE

March 2017 – July 2018 **CYPRESS CREEK HOSPITAL**

PRN Staff Therapist

- Vacillated between six units with varied milieus as well as outpatient care as a therapist.
- Conducted individual*, group, and family* therapy. **Also offered in Spanish.*
- Utilized de-escalation skills to soothe patients experiencing decompensating moods.
- Completed psychosocial assessment and Mental Status Examination (MSE) of patients.
- Completed Crisis Prevention Institute (CPI), CPR, and HealthStream trainings.

August – Oct. 2016

GATEWAY FOUNDATION: Substance Abuse Treatment Facility (SATF) - PEDEN

Men's Counselor

- Worked with a male population coming from jail or that broke probation due to substance use/abuse, possession, or other criminogenic concerns, and qualified for inpatient care.
- Created master treatment plans as well as conducted weekly and monthly check-ins.
- Completed the Addiction Severity Index assessment and TCU Drug Screen-5.
- Conducted individual and group sessions with CBT and CBI foundations as well as Charting a New Course, parenting, relationships, and Seeking Safety groups.
- Engaged in de-escalation of clients when needed.

PRACTICUM & INTERNSHIP CLINICAL EXPERIENCE

June 2021 – May 2022 **GRACE PSYCHOLOGICAL SERVICES**

Ph.D. Student Counselor, Group Private Practice for Counselors and Psychologists

- Provided individualized treatment and counseling services to clients aged nine and older.
- Co-led Girl Power psychoeducational group for junior high girls during Summer 2021.
- Attended weekly supervision with other licensed counselors and psychologists.
- Completed 3 hours of Continuing Education on HIPAA security compliance and ethics.
- Completed continuing education hours on Autism Spectrum Disorder.

Jan. – Dec. 2015

SHIELD BEARER CHRISTIAN COUNSELING CENTER

Master Student Counselor, Non-Profit Center

- Functioned as the secretary on an as-needed basis.
- Conducted intake assessments either in person or on the phone.
- Provided tailored counseling sessions for a variety of client issues and clients aged five years old (if relatively verbal) and older.
- Used an integrative approach to counseling, catering to the specific needs of clients.
- Researched the best methodologies that aid in the improvement of the issues of clientele.
- Offered counseling services in both Spanish and English.
- Conducted the parenting class as well as the Bipolar and Depression Support Group and Positive Life Practices for Teens Group (for self-harm behavior) as needed.

August – Dec. 2015

CYPRESS CREEK HOSPITAL

Master Student Counselor

- Shadowed other counselors until there was a level of comfort to do work alone.
- Vacillated between six units involving patients of varying mental illnesses/substance use or abuse disorders as well as outpatient care as a counselor based upon needed help.
- Conducted individual*, group, and family* therapy on all units. **Also offered in Spanish.*
- Observed mood decompensation in patients, utilizing de-escalation skills to soothe them.
- Engaged in psychosocial assessment and Mental Status Examination (MSE) of patients.
- Observed and educated on Electroconvulsive Therapy (ECT).
- Completed Crisis Prevention Institute (CPI), CPR, and HealthStream trainings.
- Translated the Safety Discharge Plan from English into Spanish as it was not yet created and was needed for use with Spanish speaking patients and their support persons.

RELEVANT WORK EXPERIENCE

- January 2015 – 2016 **RESOURCE COMMERCIAL REAL ESTATE**
Executive Assistant
- Completed clerical work, organization, filing/shredding, emailing, creation of Excel and Word documents, and the mailing of important documents.
 - Secretarial work conducted as was needed.
- Aug. 2013 – Feb. 2015 **PERRY'S STEAKHOUSE**
Waitress/Server
- Offered personalized service based on the needs of each table, took food to tables, opened and served wine, and created a satisfying fine-dining experience for each and every guest.
 - Interacted with a variety of clientele with different personalities, as well as some mental health issues, and offered the requisite type of service accordingly.

RELEVANT WORK EXPERIENCE

- May-Aug. 2009-2013 **WAVE VOLLEYBALL**
Summer Volleyball Camp Coach/Instructor
- Taught children and teenagers ages 6-18 how to play volleyball.
 - Also taught life skills that include communication, working as a team for the same goal, the importance of honesty, and the value of hard work.
- May 2012 – May 2013 **BRICKHOUSE TAVERN & TAP**
Waitress/Server
- Waited on customers and ensured that their needs were met.
 - Interacted with a variety of personality types, adapting to each one, and created a comfortable atmosphere via providing both quality service and an enjoyable experience.
- May- Aug. 2006-2011 **WOODLANDS OIL & GAS COMPANY**
Summer Intern: Clerical Worker
- Created and alphabetized an entire paper-based filing system for the company.
 - Sorted invoices and ensured the transfer/sending of important documents.
 - Typed anything in need of typing.

VOLUNTEER EXPERIENCE

- Nov. 2013 **THE MISSION OF YAWEH**
Volunteer at a Women's Shelter
- Served food to women and children living at the shelter.
 - Conducted arts and crafts activities with children.
- Nov. 2012 – May 2013 **AMERICAN RED CROSS**
Volunteer Caseworker for Operation Outreach and Services to Armed Forces
- Provided resources to veterans who are reintegrating into society so that they are less likely to become homeless and more likely to reintegrate successfully.
 - Followed up with families of veterans via phone to assess if needs were met with ARC intervention and if requested Emergency Communications Messages were sent to and received by the identified enlisted person.
- May 2010 – 2011 **FELLOWSHIP OF CHRISTIAN ATHLETES**
Volunteer Summer Camp Huddle Leader
- Led a small group of ten or more girls for a week.
 - Encouraged and educated them in their religious faiths.
 - Acted as a counselor/mentor to youth and as a support system to peers.
- July 2005 **METROPOLITAN BAPTIST CHURCH**
Volunteer for a Mission Trip to Mexico
- Passed out food and clothing to the native people of each of the pueblos visited.
 - Shared the message of Christianity with people of all ages in Spanish.
 - Aided in daytime activities for the Mexican children such as crafts and singing.

CONFERENCE EXPERIENCE

- April 2022 **SOCIAL JUSTICE, ADVOCACY LEADERSHIP, & ETHICS MINI-CONFERENCE**
Sustainable, Disenfranchised, and Underserved: Mental Health, Mental Illness, and Wellness
- Conference Organizer: Dr. aretha marbley, Texas Tech University, Virtual
 - Student-led conference; served in role of Conference Facilitator
- April 2021 **SOCIAL JUSTICE, ADVOCACY LEADERSHIP, & ETHICS MINI-CONFERENCE**
Sustainable and Resilient Pathways to Wellbeing and Recovery from COVID-19
- Conference Organizer: Dr. aretha marbley, Texas Tech University, Virtual
 - Student-led conference; served in role of Conference Co-Chair
 - Co-Chair of Printing and Marketing/PR Committees
 - Created and managed slideshows played during intermissions.

PRESENTATION EXPERIENCE

- Zatopek, A.** (Presenter). (2023, Sept. 27). Destination Graduation: Tips For Being A Successful Counselor Ed Student @ TTU. *Chi Sigma Iota Theta Theta Upsilon Chapter at Texas Tech University*. Zoom.
- Zatopek, A.** (Presenter). (2023, May 31). Vicarious Trauma and Self-Regulation. *Institute for Contemporary Psychotherapy*. Zoom. New York, NY.
- Zatopek, A.**, Trussell, K., Earley, C., & Nguyen, V. (Presenter). (2023, April 6). Self-Care as a Counselor Education Student. *Chi Sigma Iota Theta Theta Upsilon Chapter Induction at Texas Tech University*. Zoom.
- Zatopek, A.** (Presenter). (2022, November 10). Suicide Risk Assessment, Prevention, & Intervention. 66th Annual *Texas Counseling Association Professional Growth Conference*. Dallas, TX.
- Zatopek, A.** (Presenter). (2022, September 10). A Hidden Hindrance: Identifying & Addressing Dissociation in Addiction Recovery. *48th Annual Texas Association of Addiction Professionals State Conference on Addiction Studies*. San Antonio, TX.
- Zatopek, A.** (Presenter). (2021, December 10). Suicide Assessment Across the Lifespan. *The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine*. Zoom. El Paso, TX.
- Zatopek, A.** (Presenter). (2021, October 5). Multicultural Counseling. *Midwestern State University*. Zoom. Wichita Falls, TX.
- Zatopek, A.** (Presenter). (2021, September 21). Ethical Counseling. *Midwestern State University*. Zoom. Wichita Falls, TX.
- Zatopek, A.** (Presenter). (2021, July 1). Tackling Notes: Integration. *Grace Psychological Services*. Google Meets. The Woodlands, TX.
- Castaneda, C., Flinchum, M., Lourenco, M., Marquez, S., Wilhite, H., & **Zatopek, A.** (Co-Presenter). (2021, April 23). Social Justice: Principles and Declarations. *Texas Tech University*. Zoom. Lubbock, TX.
- Alexander, T., Lourenco, M., Marquez, S., Wilhite, H., & **Zatopek, A.** (Co-Presenter). (2021, April 24). Health Disparities in the Wake of the Covid-19 Pandemic + Ethical Implications and Concerns for Special Populations. *Texas Tech University: 2021 Social Justice, Advocacy Leadership, and Ethics Virtual Student-Led Mini-Conference*. Zoom. Lubbock, TX.
- Zatopek, A.** (Presenter). (2020, November 20). Treating Dissociative Disorders. *Texas Tech University*. Zoom. Lubbock, TX.
- Zatopek, A.** (Presenter). (2015, June). Understanding and Counseling Sex Addiction. *Shield-Bearer Counseling Centers*. Houston, TX.
- ### **INVITED PRESENTATIONS**
- Zatopek, A.** (Presenter). (2023, October 11). Understanding the Spectrum of Dissociative Disorders. *Greenbelt Counseling Association*. Zoom.
- Zatopek, A.** (Presenter). (2023, May 31). Vicarious Trauma & Self-Regulation. *The Trauma Studies Center at the Institute of Contemporary Psychotherapy*. Zoom. New York, NY.
- Zatopek, A.** (Presenter). (2023, April 11). Dissociative Disorders. *St. Edwards University*. Zoom.

PRESENTATION EXPERIENCE

INVITED PRESENTATIONS

Zatopek, A. (Presenter). (2023, March 3). Suicide Risk Assessment, Prevention, & Intervention. *Texas Lawyers' Assistance Program*. Austin, TX.

Zatopek, A. (Recorded lecture). (2022, March 30). Relapse Prevention and Recovery. *St. Edwards University*. Zoom. Austin, TX.

PUBLICATIONS

Zatopek, A. (2023, Dec.). You can slow the aging process? No way... Understanding the dynamics of aging. *Texas Association for Adult Development and Aging Newsletter*, 1, 3.

Zatopek, A. (Ed.) (2023, Aug.). Fall CSI Newsletter. *Chi Sigma Iota Newsletter*, 1, 1-8. Texas Tech University.

Zatopek, A. (Ed.) (2023, Feb.). Spring CSI Newsletter. *Chi Sigma Iota Newsletter*, 1, 1-5. Texas Tech University.

Noble, N., Winkelman, L., Bradley, L. J., Hendricks, B., **Zatopek, A.**, & Flinchum, M. (2023). Disparity reduction diagnoses: LGBTGEQIAP+ clients and the new DSM-5-TR. *Journal of LGBTQ Issues in Counseling*, 17(4), 341-358. <https://doi.org/10.1080/26924951.2023.2247966>

Noble, N., Brooks, T., Bueno, N., Lei, X., **Zatopek, A.**, & Lourenco, M. (2023). The impact of COVID-19 on college students with autism: Implications for college counselors. *Journal of College Student Psychotherapy*. <https://doi.org/10.1080/87568225.2023.2181254>

Zatopek, A. (Ed.) (2022, Nov.). Fall CSI Newsletter. *Chi Sigma Iota Newsletter*, 1, 1-5. Texas Tech University.

Zatopek, A. (2022, Nov.). Chronic illness: Kindling for existential dread. *TAADA Newsletter*.

Zatopek, A., & Noble, N. (Eds.) (2022, Jan.). Texas Career Development Association. *TCDA Newsletter*, 3(2), 1-15. https://www.txca.org/docs/TCDA_Jan_Newsletter_2022.pdf

Zatopek, A., & Noble, N. (Eds.) (2021, Oct.). Texas Career Development Association. *TCDA Newsletter*, 3(1), 1-10. https://www.txca.org/docs/TCDA_Oct_Newsletter_2021.pdf

Zatopek, A. (2021, Oct.). Career counseling for the dissociative identity disorder client. *TCDA Newsletter*, 3(2).

PUBLICATIONS SUBMITTED

Castañeda, C., **Zatopek, A.**, Olson, H., & Marquez, S. (Submitted May 2022). Intellectual disabilities and differences. *SAGE Encyclopedia*.

WORKS IN PROGRESS

Fox, T., **Zatopek, A.**, & Earley, C. (Study in Progress). Burnout, Compassion Fatigue, and Secondhand Depression in Mental Health Professionals.

EDITORIAL EXPERIENCE

EMPLOYMENT

Aug. 2023 – Present **THE JOURNAL OF HUMAN SERVICES SCHOLARSHIP AND INTERPROFESSIONAL COLLABORATION (JHHSIC)**

Ad hoc Reviewer

- Evaluate manuscripts under the supervision of the journal editor.

July 2023 – Present **FREELANCE EDITOR**

Self-Employed Editor

- Provide editorial services for resumes, curriculum vitae, books, doctoral dissertation-related writings, and other written works.

EDITED PUBLISHED WORKS

Zatopek, A., & Lilly, S. (Eds.) (2023, Dec.). Fall TAADA Newsletter. *Texas Association for Adult Development and Aging Newsletter*, 1, 1-6.

Zatopek, A. (Ed.) (2023, Aug.). Fall CSI Newsletter. *Chi Sigma Iota Newsletter*, 1, 1-8. Texas Tech University.

Zatopek, A. (Ed.) (2023, Feb.). Spring CSI Newsletter. *Chi Sigma Iota Newsletter*, 1, 1-5. Texas Tech University.

EDITORIAL EXPERIENCE

EDITED PUBLISHED WORKS

Zatopek, A., & Noble, N. (Eds.) (2022, Jan.). Texas Career Development Association. *TCDA Newsletter*, 3(2), 1-15. https://www.txca.org/docs/TCDA_Jan_Newsletter_2022.pdf

Zatopek, A., & Noble, N. (Eds.) (2021, Oct.). Texas Career Development Association. *TCDA Newsletter*, 3(1), 1-10. https://www.txca.org/docs/TCDA_Oct_Newsletter_2021.pdf

CONFERENCES ATTENDED

Nov. 2023 67th Annual TCA Professional Growth Conference, Houston, TX
August 2023 Texas Counselors and Healthcare Integration Project (Tex-CHIP) Virtual Symposium
Feb. 2023 15th Annual Counselor Education Growth Conference, Texas Tech University, Virtual
Nov. 2022 66th Annual TCA Professional Growth Conference, Dallas, TX
Sept. 2022 48th Annual State TAAP Conference on Addiction Studies, San Antonio, TX
April 2022 39th ISSTD Annual Conference, Seattle, WA, Virtual
Feb. 2022 14th Annual Counselor Education Growth Conference, Texas Tech University, Virtual
Nov. 2021 65th Annual TCA Professional Growth Conference, Galveston, TX
April 2021 2021 Social Justice, Advocacy Leadership, & Ethics Mini Conference, Texas Tech University, Virtual
Feb. 2021 38th Annual Teachers College Winter Roundtable Conference, Columbia University, Virtual
Feb. 2021 13th Annual Counselor Education Growth Conference, Texas Tech University, Virtual
Nov. 2020 64th Annual TCA Professional Growth Conference, Virtual
August 2018 American Psychological Association Annual Convention, San Francisco, CA
January 2018 Texas Center for the Judiciary, DWI Court Team Advanced Conference, Georgetown, TX
Feb. 2017 Texas Center for the Judiciary, DWI Court Team Basic and Advanced Conference, Galveston, TX
Feb. 2014 Walking Together Conference, United Methodist Church, Houston, TX

PROFESSIONAL SERVICE & LEADERSHIP

ASSOCIATIONS

INTERNATIONAL SOCIETY FOR THE STUDY OF TRAUMA AND DISSOCIATION (ISSTD)

2022 Fall Virtual Conference

Volunteered to be a session facilitator, 10/2022

Southern Regional Online Community (ROC)

Founder & Chair, 6/2022 – Present

TEXAS COUNSELING ASSOCIATION (TCA)

Texas Association for Adult Aging and Development (TAADA)

Leadership Position, Interim Secretary-Treasurer, 6/2023 – Present

67th Annual TCA Professional Growth Conference, Houston, TX

Volunteered to review and score conference proposals, 4/2023

66th Annual TCA Professional Growth Conference, Dallas, TX

Volunteered to review and score conference proposals, 7/2022

Volunteer for conference session facilitation, 11/2022

Texas Career Development Association (TCDA)

Co-edited the TCDA Newsletter 3(1 & 2) with Dr. Nicole Noble on, 8/2021-12/2021

65th Annual TCA Professional Growth Conference, Galveston, TX

Volunteer for registration, 11/2021

Volunteer for conference session facilitation, 11/2021

PROFESSIONAL SERVICE & LEADERSHIP

TEXAS TECH UNIVERSITY

CHI SIGMA IOTA INTERNATIONAL HONOR SOCIETY, THETA THETA UPSILON CHAPTER

President, 5/15/2023 – Present
President-Elect, 12/2022 – 5/15/2023
Secretary-Treasurer, 5/15/2022 – 5/15/2023
Secretary-Treasurer Elect, 12/2021 – 5/14/2022

HONORS & SCHOLARSHIPS

July 2022 – Present	Golden Key International Honor Society
Nov. 2021 – Present	Chi Sigma Iota Honor Society at Texas Tech University
Dec. 2012 – Present	Sigma Alpha Lambda National Leadership and Honors Organization at UT Austin
Dec. 2009 – Present	Alpha Lambda Delta Honor Society at Lindenwood University
June 2023	Education Designated Scholarship at Texas Tech University
Dec. 2021	Education Designated Scholarship at Texas Tech University
August 2021	Education Designated Scholarship at Texas Tech University
May 2021	Education Designated Scholarship at Texas Tech University
Dec. 2020	Education Designated Scholarship at Texas Tech University
July 2020, Jan. 2021	Competitive Tuition Scholarship at Texas Tech University
Dec. 2015	Magna Cum Laude at Houston Graduate School of Theology
Aug. 2009 – Dec. 2010	Volleyball Scholarship at Lindenwood University
Dec. 2009, Dec 2010	Academic All-American at Lindenwood University
Dec. 2009, Dec. 2010, May 2010	Dean's List at Lindenwood University

PROFESSIONAL AFFILIATIONS, CLUBS, & MEMBERSHIPS

July 2022 – Present	Golden Key International Honor Society
Mar. 2022 – Present	Texas Association of Addiction Professionals
Dec. 2021 – Present	Chi Sigma Iota International Honor Society at Texas Tech University
May 2021 – Present	International Society for the Study of Trauma and Dissociation, Member
Aug. 2020 – Present	Texas Counseling Association, Member <i>Divisions:</i> TAADA and TCDA
Nov. 2014 – Present	American Counseling Association, Member <i>Divisions:</i> ACES and IAAOC
May 2013 – Present	Texas Exes, Member
Mar. 2022 – 2023	Christian Counselors of Texas
Nov. 2020 – 2022	American Psychological Association, Member
Nov. 2012 – May 2013	Texas Exes Student Chapter at UT Austin
Nov. 2012 – May 2013	American Red Cross Club at UT Austin

LANGUAGES

- English: Native speaker; fluent proficiency in reading, writing, and speaking.
- Spanish: Minor in college; excellent proficiency in reading, writing, and speaking.

SKILLS

- Highly organized, highly ambitious, and goal oriented.
- Self-taught musician: demonstration of level of dedication to desired goals.
- Technology: Proficient in Microsoft Word, Microsoft Excel, and Microsoft PowerPoint.
- Skilled at creating graphic designs and excellent typing skills.

COUNSELING TRAININGS

- 100+ CE Hours in Treating Trauma and Dissociative Disorders (2020-Present)
- Brainspotting Harmonic Brain Healing, Cynthia Schwartzberg (12/8/2023)
- ASCH Level 2 Hypnosis Training, International Society for the Study of Trauma and Dissociation (10/20-22/2023)
- Brainspotting Phase 3 Training, Dr. David Grand (7/21-23/2023)

COUNSELING TRAININGS

- Brainspotting From Freeze to Thaw: Unlocking Trauma in the Body Training, Mary Jane O'Rourke and Serene Calkins (6/2-4/2023)
- ASCH Level 1 Hypnosis Training, International Society for the Study of Trauma and Dissociation (4/28-30/2023)
- Brainspotting Phase 2 Training, Drs. Christine Ranck and Pie Frey (2/26/2023)
- Brainspotting Imagespotting, Cynthia Schwartzberg (1/27/2023)
- Brainspotting Phase 1 Training, Drs. Christine Ranck and Pie Frey (12/4/2022)
- Eye Movement Desensitization and Reprocessing (EMDR) Training, Compassion Works (5/14/2022)
- Cognitive Behavioral Interventions CBI-CC and CBI-SA Curriculum Training (9/28/2018)
- Cognitive Behavioral Interventions Advanced Practice Curriculum Training (9/28/2018)
- 28 Hours in Understanding and Treating Sexual Addiction (5/16/2015)
- 45 Hours in Cognitive Behavioral Therapy (12/9/2014)

RESEARCH TRAININGS & CERTIFICATIONS

- CITI Program: Human Subjects TTU Social and Behavioral Investigators (Valid 9/12/2022-9/11/2025)
- TTU Human Subjects Training (Valid 10/14/2021-10/14/2024)
- 9 Key Areas of Responsible Research training, Graduate Writing Center, TTU (11/14/2023)
- Using AI Writing Tools Responsibly training, Graduate Writing Center, TTU (11/10/2023)
- Strategies for Reading Academic Articles training, Graduate Writing Center, TTU (6/8/2022)
- Writing About Statistics training, Graduate Writing Center, TTU (2/10/2022)
- **Certificate of Completion:** Graduate Research Strategies Initiative, TTU Libraries (12/2021)
 - Copyright & Fair Use training, Brian Quinn, TTU Library (4/2/2021)
 - Managing Your Research Data training, Brian Quinn, TTU Library (3/5/2021)
 - Identifying Grants for Research Funding training, Brian Quinn, TTU Library (2/26/2021)
 - Managing Your Citations training, Brian Quinn, TTU Library (2/19/2021)
 - Poster Presentation training, Brian Quinn, TTU Library (2/12/2021)
 - How to Do a Literature Review training, Brian Quinn, TTU Library (1/29/2021)
 - Best Practices in Library Research training, Brian Quinn, TTU Library (1/21/2021)
 - Predatory Publishing training, Brian Quinn, TTU Library (10/16/2020)
- Research Statements Workshop, Graduate Writing Center, TTU (3/4/2021)
- Human Subjects Research and Responsible Conduct of Research, University of Houston (2013)

SUPERVISION TRAININGS

- Dr. Aaron Robb Presents: HIPAA, Subpoenas, and Testifying (11/27/2023)
- Dr. Le'Ann Solmonson Presents: Supervising Associates in the School Setting (10/30/2023)
- Supervising Associates Who Work With Kids, Jennifer Cain, LPC-S (8/28/2023)
- "Ask a Lawyer" with Laurel Clement, PC, LPC (6/30/2023)
- NARACES 2022-2023 Clinical Supervision: A 5-Part CE Series on Topical Areas for the Clinical Supervisor, Drs. Marsha Riggio and Sherritta Hughes (5/12, 5/19, 5/26, 6/2, 6/9/2023)
- EPCE 6366 Advanced Supervision in Counselor Education Course, TTU, Dr. Bret Hendricks, 40 Hours (6/2022)

TEACHING TRAININGS

- Responding to Feedback on Academic Writing training, Graduate Writing Center, TTU (7/20/2023)
- Reverse Outlining as a Revision Practice training, Graduate Writing Center, TTU (7/7/2023)
- Introduction to Revision training, Graduate Writing Center, TTU (6/20/2023)
- Designing the Course Calendar training, Graduate School Instructional Development, TTU (3/23/2023)
- Creating Learning Outcomes training, Graduate Writing Center, TTU (3/9/2023)
- Creating Healthy Boundaries with Students training, Graduate Writing Center, TTU (3/8/2023)
- Developing Mentorship & Leadership Skills in CES Students, NCACES, 1 CE (1/13/2023)
- Emotional Intelligence webinar, University Career Center, TTU (1/1/2023)
- Crafting Professional Emails training, Graduate Writing Center, TTU (7/6/2022)
- Groundwork Program for enhancing teaching skills, Graduate Writing Center, TTU (5/18-20/2022)
- Drafting Your Diversity Statement training, Graduate Writing Center, TTU (4/29/2022)
- Writing Your Diversity Statement training, Graduate Writing Center, TTU (4/27/2022)
- Discover Your Diversity Statement training, Graduate Writing Center, TTU (4/25/2022)
- Writing for Academic Audiences training, Graduate Writing Center, TTU (2/24/2022)
- Understanding and Preventing Self-Plagiarism, Graduate Writing Center, TTU (2/22/2022)

TEACHING TRAININGS

- APA Basics, 7th Edition training, Graduate Writing Center, TTU (11/15/2021)
- Writing Your Teaching Philosophy training, Graduate Writing Center, TTU (9/25/2020)
- Your Teaching Statement training, Graduate Writing Center, TTU (9/25/2020)
- Your Teaching Philosophy training, Graduate Writing Center, TTU (9/25/2020)