

Audrey Zatopek, Ph.D., LPC-S, LCDC, NCC, CYT-200

audreyezatopek@gmail.com • (281) 757-1815 • [Website](#) • [ORCID iD](#) • Last Updated 01/23/2026

CURRICULUM VITAE

EDUCATION

| | | |
|-----------------------|--|-----------------|
| Aug. 2020 – May 2024 | TEXAS TECH UNIVERSITY <i>Doctor of Philosophy in Counselor Education (CACREP)</i> | Lubbock, TX |
| | <ul style="list-style-type: none">• Dissertation: Discovering Counselor Experiences of Receiving Dissociation Education During Master's Coursework: A Quantitative Study• Winner: 2025 ISSTD David Caul Award & ACES 2024 Outstanding Dissertation Award• Nominated: <i>The Professional Counselor's</i> 2024 Dissertation Excellence Award• Nominated: SACES 2023 Outstanding Graduate Student• GPA 4.0 | |
| Aug. 2013 – Dec. 2015 | HOUSTON GRADUATE SCHOOL OF THEOLOGY <i>Master of Arts in Counseling</i> | Houston, TX |
| | <ul style="list-style-type: none">• GPA 3.88, Magna Cum Laude | |
| Jan. 2011 – May 2013 | UNIVERSITY OF TEXAS AT AUSTIN <i>Bachelor of Arts in Psychology, Minor in Spanish</i> | Austin, TX |
| | <ul style="list-style-type: none">• GPA 3.4 | |
| Aug. 2009 – Dec. 2010 | LINDENWOOD UNIVERSITY <i>Candidate for Bachelor of Arts in Business Administration, Minor in Spanish</i> | St. Charles, MO |
| | <ul style="list-style-type: none">• GPA 3.98, Athletic scholarship, Academic All-American, Honor's College, Dean's List | |

LICENSURE, TRAININGS, & CERTIFICATIONS

- Licensed Professional Counselor-Supervisor (LPC-S) in Texas (License #: 76358), Expiration: 2/28/2026
- Licensed Chemical Dependency Counselor (LCDC) in Texas (License #: 13534), Expiration: 6/30/2026
- National Certified Counselor (NCC #: 1731241), Next Renewal: 3/15/2025, Recertification: 3/31/2029
- **Diagnostic Trainings:** Dissociative Disorders Interview Schedule (DDIS; 4/2/2022), Semi-structured Clinical Interview for Dissociative Symptoms and Disorders (SCID-D; 8/3-4/2024, 8/24-25/2024), Multidimensional Inventory of Dissociation (MID; 3/20/2025)
- **Therapeutic Modality Trainings:** Brainspotting (BSP), Deep Brain Reorienting (DBR) Level 1, Eye Movement Desensitization and Reprocessing (EMDR), Hypnosis, Parts and Memory Therapy (P&MT), Revisioning Mirror Therapy, and Sensorimotor Psychotherapy (SP) Level 1
- Distance Education Certification, Texas A&M University-Kingsville (11/18/2024)
- Certified Yoga Teacher 200 Hours (CYT-200), Online Yoga School, Certified 8/18/2023
- Certified in Administration and Scoring of the Impaired Driving Assessment, Texas Center for the Judiciary (2018)

LANGUAGES & SKILLS

- **English:** Native speaker; fluent proficiency in reading, writing, and speaking.
- **Spanish:** Minor in college; excellent proficiency in reading, writing, and speaking.
- **Characteristics:** Highly organized, highly ambitious, strong leadership qualities, and goal oriented.
- **Educational Platforms:** Blackboard, Canvas, Desire 2 Learn (D2L) Brightspace, Microsoft Teams, and Tevera.
- **Self-taught Musician:** demonstration of level of dedication to desired goals.
- **Technology:** Proficient in Microsoft Word, Excel, and PowerPoint, and skilled at creating graphic designs.

AREAS OF CLINICAL EXPERTISE

- Addictions
- Christian Counseling
- Chronic Illness
- Chronic Pain
- Mood Disorders
- Phase of Life Issues
- Psychosis
- Relationship Issues
- Self-Harm
- Substance Abuse
- Suicide Ideation
- Trauma & Dissociation

TEACHING EXPERIENCE

ADJUNCT TEACHING EXPERIENCE

MIDWESTERN STATE UNIVERSITY, College of Education

Adjunct Faculty, M.A. in Clinical Mental Health Program (CACREP) (all asynchronous)

- COUN 5603 Psychopharmacology, Summer 2025, Summer 2023
- COUN 5263 Diagnosis and Treatment Planning, Spring 2026 (2 sections), Spring 2025
- COUN 5303 Advanced Ethics and Issues in Counseling, Spring 2025
- COUN 5273 Theories and Techniques, Fall 2024 (2 sections)

Adjunct Faculty, B.S.E. in Substance Abuse Counseling Program (all asynchronous)

- 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

TEXAS A&M UNIVERSITY - KINGSVILLE, College of Education and Human Performance

Adjunct Faculty, M.S. in Clinical Mental Health Counseling Program (CACREP) (all asynchronous)

- EDCG 5324 Assessment in Counseling, Fall 2024
- EDCG 5355 Career Counseling, Fall 2024
- EDCG 5329 Research in Counseling, Fall 2024

UNIVERSITY OF HOUSTON, College of Education

Adjunct Faculty, M.Ed. in Counseling Program (all synchronous)

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

VISITING LECTURER EXPERIENCE

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

Visiting Lecturer for Tara Fox, Ph.D., LPC-S (all synchronous)

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

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

Visiting Lecturer for Rachael Whitaker, Ph.D., M.Ed.

- PHLS 6315 Career Counseling, Spring 2022 (asynchronous)
- PHLS 6391 Counseling Methods, Spring 2022 (synchronous)
- PHLS 6330 Principles of Human Growth & Development, Fall 2021 (asynchronous)

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

Visiting Lecturer for Jerry Terrill, Ph.D., LPC-S, LMFT-S

- COU 673 Marriage & Family Therapy, Fall 2021 (synchronous)

TEXAS TECH UNIVERSITY, College of Education, M.Ed. in Clinical Mental Health Counseling Program

Visiting Lecturer for Nicole Noble, Ph.D., LPC

- EPCE 5370 Ethical and Legal Issues in Counseling, Fall 2021 (synchronous)

RESEARCH EXPERIENCE

July – October 2025

THE HONG KONG POLYTECHNIC UNIVERSITY, Research Team Member:

Physical and Mental Health Comorbidities Among Adult Population: An International Longitudinal Survey Study

- Team: Yan Li, Ph.D., Hong Wang Fung, Ph.D., RSW, Kate Cheung, Peter To, Shao-Cheng Wang, Audrey Zatopek, Ph.D., LPC-S, LCDC, & Su Rou Low
 - Aided participant recruitment.

RESEARCH EXPERIENCE

Feb. 2025 – May 2025 **HALIÇ UNIVERSITY, Research Team Member: *Measuring ICD-11 Dissociative Identity Disorder: Cross-Cultural Validation of the International Dissociative Identity Disorder Questionnaire***

- Team: Hong Wang Fung, Ph.D., RSW, Anson Kai Chun Chau, Ph.D., Colin A. Ross, M.D., Vedat Sar, M.D., Derin Gorkem, Ph.D., Asli Dila Akit, Ph.D., Henry Tak Shing Chiu, Ph.D., Audrey Zatopek, Ph.D., LPC-S, LCDC, & Grace Wing Ka Ho, Ph.D., R.N.
 - Aided participant recruitment.

Aug. 2022 – May 2025 **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, Ph.D., LPC-S, LCDC, and Catherine Earley, M.S.W.
 - Created and distributed quantitative Qualtrics survey to potential participants.
 - Expanded knowledge on burnout, compassion fatigue, and secondhand depression.

Aug. 2022 – Oct. 2023 **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 coded qualitative data for mental health themes.
 - Enhanced knowledge of autism and attended 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***

- Team: Nicole Noble, Ph.D., LPC, Taylor Fidler, M.A., Nico Bueno, Xinyue Lei, M.A., Audrey Zatopek, M.A., LPC, LCDC, & Miles Lourenco, M.Ed., LPC
 - Manually coded qualitative data about COVID-19 impacts for codes and themes.
 - Furthered my understanding issues related to autism spectrum disorder.

Aug. 2013 – Mar. 2014, **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.
 - Completed baseline diagnostic interviews using the Structured Clinical Interview for the DSM-IV (SCID N/P).
 - Administered baseline assessments including a 30-day Time Line Follow Back calendar, a behavioral distress intolerance task, and a medical screening assessment.
 - Entered data and created surveys on Qualtrics.
 - Familiarization with anxiety, substance abuse, and mood disorders.
 - Obtained CITI Program training.

Jan. – Mar. 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 Bakhshai, 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
 - Functioned as a confederate in the study and helped to run participants.
 - Helped debrief 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

- Deliver individualized treatment to patients with mental health and addiction diagnoses.
- Counsel via virtual therapy with patients aged 18 years and older.
- Facilitate a consultation group with colleagues.
- Provide supervision to LPC-Associates working toward full licensure.

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.

Aug. 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.
- Provided 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.
- Attended bi-weekly court staffing's with probation team.

CLINICAL EXPERIENCE

| | |
|-----------------------|--|
| Oct. 2016 – Oct. 2018 | HARRIS COUNTY COMMUNITY SUPERVISION AND CORRECTIONS DEPT. <i>Men's Counselor for the S.O.B.E.R. Court Specialty Court – Counselor II</i> |
| | <ul style="list-style-type: none"> • Counseled male and female clients completing probation in Harris County. • Conducted intake assessments, individual therapy, and group therapy. • Provided 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. • Attended bi-weekly court staffing's with probation team. |
| Mar. 2017 – July 2018 | CYPRESS CREEK HOSPITAL <i>PRN Staff Therapist</i> |
| | <ul style="list-style-type: none"> • Vacillated between six units with varied milieus as well as outpatient care as a therapist. • Delivered individual*, group, and family* therapy. <i>*Also offered in Spanish.</i> • 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. |
| Aug. – Oct. 2016 | GATEWAY FOUNDATION: Substance Abuse Treatment Facility (SATF) - PEDEN <i>Men's Residential Counselor</i> |
| | <ul style="list-style-type: none"> • 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. • Provided individual and group sessions with CBT and CBI foundations as well as Charting a New Course, parenting, relationships, and Seeking Safety groups. • Guided clients through de-escalation when needed. |

PRACTICUM & INTERNSHIP CLINICAL EXPERIENCE

| | |
|----------------------|---|
| June 2021 – May 2022 | GRACE PSYCHOLOGICAL SERVICES <i>Ph.D. Student Counselor, Group Private Practice for Counselors and Psychologists</i> |
| | <ul style="list-style-type: none"> • 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 continuing education on HIPAA security compliance and ethics. • Completed continuing education hours on Autism Spectrum Disorder. |
| Jan. – Dec. 2015 | SHIELD BEARER CHRISTIAN COUNSELING CENTER <i>Master's Level Student Counselor, Non-Profit Center</i> |
| | <ul style="list-style-type: none"> • 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. • Led a parenting class, Bipolar and Depression Support Group, and Positive Life Practices for Teens Group (for self-harm behavior) as needed. |

PRACTICUM & INTERNSHIP CLINICAL EXPERIENCE

Aug. – Dec. 2015

CYPRESS CREEK HOSPITAL*Master's Level Student Counselor, Psychiatric Hospital*

- Shadowed and provided individual*, group, and family* therapy. *Offered in Spanish.
- Vacillated between inpatient and outpatient care as a counselor as needed.
- 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 for the hospital.

RELEVANT WORK EXPERIENCE

Jan. 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.

May 2009 – Aug. 2013

WAVE VOLLEYBALL*Summer Volleyball Camp Coach and Instructor*

- Taught children and teenagers ages 6-18 how to play volleyball.
- Also taught life skills that include communication, teamwork, integrity, and work ethic.

May 2012 – May 2013

BRICKHOUSE TAVERN & TAP*Waitress/Server*

- Provided quality service to 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 2009 – Aug. 2013

WAVE VOLLEYBALL*Summer Volleyball Camp Coach and Instructor*

- Taught children and teenagers ages 6-18 how to play volleyball.
- Also taught life skills that include communication, teamwork, integrity, and work ethic.

May 2012 – May 2013

BRICKHOUSE TAVERN & TAP*Waitress/Server*

- Provided quality service to 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 2006 – Aug. 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.

RELEVANT VOLUNTEER EXPERIENCE

| | |
|----------------------|--|
| Nov. 2013 | THE MISSION OF YAWEH <i>Volunteer at a Women's Shelter</i> <ul style="list-style-type: none"> • Served food to women and children living at the shelter. • Conducted arts and crafts activities with different groups of children. |
| Nov. 2012 – May 2013 | AMERICAN RED CROSS <i>Volunteer Caseworker for Operation Outreach and Services to Armed Forces</i> <ul style="list-style-type: none"> • 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 <i>Volunteer Summer Camp Huddle Leader</i> <ul style="list-style-type: none"> • 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 <i>Volunteer for a Mission Trip to Mexico</i> <ul style="list-style-type: none"> • 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. • Carried out daytime activities for the Mexican children such as crafts and singing. |

PRESENTATION EXPERIENCE

Zatopek, A. (Presenter). (2025, Nov. 20). *Trailblazers see the whole path: Why dissociation matters when doing healing work.* 69th Annual Texas Counseling Association Professional Growth Conference. Houston, TX.

Zatopek, A. (Presenter). (2025, June 21). *From childhood to the later years: A lifespan approach to trauma healing.* Texas Association for Adult Development and Aging. Zoom.

Zatopek, A. (Presenter). (2025, Apr. 19). *Aging minds: Analyzing normal cognitive decline, dementia, and dissociative amnesia.* Texas Tech Counselor Education Student-Led Roundtable Conference on Leadership & Ethics: Continuing the Discussion on Mental Health and Wellness, Theme: “Dignifying Aging: Mental Health and Wellness for Older Adults.” Texas Tech University. Zoom.

Zatopek, A., & Fox, T. (Co-Presenter). (2025, Mar. 29). *Suicide risk assessment, prevention and intervention in urban, suburban, and rural areas.* 2025 American Counseling Association Conference & Expo. Orlando, FL.

Zatopek, A. (Presenter). (2025, Mar. 16). *An educational issue made visible: The dissociation education experiences of US counselors.* 42nd Annual International Society for the Study of Trauma and Dissociation (ISSTD) Conference. Boston, MA.

Zatopek, A., Giang, L., & Lilly, S. (Co-Presenter). (2024, Nov. 1). *TAADA presents: Multicultural mentoring across the counseling career span.* 68th Annual Texas Counseling Association Professional Growth Conference. Dallas, TX.

Zatopek, A. (Presenter). (2023, Sept. 27). *Destination graduation: Tips for being a successful counselor ed student @ TTU.* Chi Sigma Iota Theta Upsilon Chapter at Texas Tech University. Zoom.

Zatopek, A. (Presenter). (2023, May 31). *Vicarious trauma and self-regulation.* Institute for Contemporary Psychotherapy. New York, NY. Zoom.

Zatopek, A., Trussell, K., Earley, C., & Nguyen, V. (Presenter). (2023, April 6). *Self-care as a counselor education student.* Chi Sigma Iota Theta Upsilon Chapter Induction at Texas Tech University. Zoom.

PRESENTATION EXPERIENCE

Zatopek, A. (Presenter). (2022, November 10). *Suicide risk assessment, prevention, & intervention*. 66th Annual Texas Counseling Association Professional Growth Conference. Dallas, TX.

Zatopek, A., Trussell, K., Earley, C., & Nguyen, V. (Presenter). (2023, April 6). *Self-care as a counselor education student*. Chi Sigma Iota 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.

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 PANELS, PRESENTATIONS & LECTURES

Zatopek, A. (Presenter). (2026, Feb. 27). *Navigating complex and multi-morbid cases: Addiction, trauma, dissociation, suicidality, and more*. Woodlands Mental Health Professionals, The Woodlands, TX. Invited by Bridget Caletka.

Zatopek, A. (Lecturer). (2025, Nov. 4). *Understanding the spectrum of dissociative disorders*. HR 5663 Psychopathology. The University of Oklahoma, Norman, OK. Zoom. Invited by Dr. Katherine Braeuer.

Zatopek, A. (Presenter). (2025, August 26). *Comparing the dissertation proposal and final dissertation: Formatting similarities and differences*. EPCE 8000 Dissertation. Texas Tech University, Lubbock, TX. Zoom. Invited by Dr. Loretta Bradley.

Zatopek, A. (Lecturer). (2025, June 29). *When sexual expression becomes sexual struggle: Understanding sex addiction in the context of human sexuality*. EPCE 5369 Counseling and Human Sexuality. Texas Tech University, Lubbock, TX. Zoom. Invited by Dr. aretha marbley.

Zatopek, A. (Lecturer). (2025, June 13). *Counseling diverse populations: Diversity in aging*. EPCE 5371 Diversity in Counseling. Texas Tech University, Lubbock, TX. Zoom. Invited by Dr. aretha marbley.

Zatopek, A., Gary, D., Giang, L., & Marquez, S. (Panelist). (2025, April 19). *Dignifying aging: Mental health and wellness support for aging adults*. Texas Tech Counselor Education Student-Led Roundtable Conference on Leadership & Ethics: Continuing the Discussion on Mental Health and Wellness, Theme: “Dignifying Aging: Mental Health and Wellness for Older Adults.” Texas Tech University, Lubbock, TX. Zoom. Invited by Dr. aretha marbley.

Zatopek, A. (Presenter). (2024, February 27). *The dos and don'ts of dissertation*. EPCE 8000 Dissertation. Texas Tech University, Lubbock, TX. Zoom. Invited by Dr. Loretta Bradley.

PRESENTATION EXPERIENCE

INVITED PANELS, PRESENTATIONS & LECTURES

Zatopek, A. (Presenter). (2023, October 11). *Understanding the spectrum of dissociative disorders*. Greenbelt Counseling Association. Zoom. Invited by Dr. Tara Fox.

Zatopek, A. (Presenter). (2023, May 31). *Vicarious trauma & self-regulation*. The Trauma Studies Center at the Institute of Contemporary Psychotherapy, New York, NY. Zoom. Invited by ICP.

Zatopek, A. (Lecturer). (2023, April 11). *Dissociative disorders*. CNCO 6351 Counseling Skills & Techniques. St. Edwards University, Austin, TX. Zoom. Invited by Carlos Castañeda, Instructor.

Zatopek, A. (Presenter). (2023, March 3). *Suicide risk assessment, prevention, & intervention*. Texas Lawyers' Assistance Program, Austin, TX. Invited by TLAP.

Zatopek, A. (Lecturer). (2022, March 30). *Relapse prevention and recovery*. CNSL 6355 Psychopathology & Psychopharmacology for the DSM-5. St. Edwards University, Austin, TX. Zoom. Invited by Jeremias Hernandez, Instructor.

Zatopek, A. (Presenter). (2021, July 1). *Tackling notes: Integration*. Grace Psychological Services, The Woodlands, TX. Google Meets. Invited by Dr. Graciela Reyes-McDonald, Owner.

PUBLICATIONS

PEER-REVIEWED JOURNAL PUBLICATIONS

han, T. L., Siu, V. Y. T.^, Huang, S.-Y., Lian, A. E. Z., Reyes, M. E. S., Derin, G., Akiş, A. D., Zatopek, A., Lam, S. K. K., Bengwasan, P. D., & Fung, H. W.* (In Press). Functional neurological symptoms and their predictors across four Asian samples: Should they be classified as a dissociative disorder? *Asian Journal of Psychiatry*.

Fung, H. W., Chau, A. K. C., Ross, C. A., Sar, V., Görkem, D., Akiş, A. D., Chiu, H. T. S., **Zatopek, A.**, & Ho, G. W. K. (In Press). Measuring ICD-11 dissociative identity disorder: Cross-cultural validation of the International Dissociative Identity Disorder Questionnaire. *Asian Journal of Psychiatry*.
<https://doi.org/10.1016/j.ajp.2025.104685>

Bradley, L., Johnson, P., **Zatopek, A.**, & Giang, L. (2025). All-but-dissertation dilemma: A solution. *The Family Journal*. <https://doi.org/10.1177/10664807251346972>

Noble, N., Bueno, N., **Zatopek, A.**, & Hernandez, J. (2024). Helping college students with autism spectrum disorder: Exploring factors affecting use of counselling. *Counselling and Psychotherapy Research*, 24(4) 1310–1321.
<https://doi.org/10.1002/capr.12751>

Noble, N., Brooks, T., Bueno, N., Lei, X., **Zatopek, A.**, & Lourenco, M. (2024). The impact of COVID-19 on college students with autism: Implications for college counselors. *Journal of College Student Psychotherapy*, 38(2), 293–310. <https://doi.org/10.1080/87568225.2023.2181254>

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>

NEWSLETTER PUBLICATIONS

Zatopek, A. (2025, Apr.). You matter: Caring for yourself as a therapist who is caring for a concerning client of any age. *TAADA Newsletter*, 6–7.

Zatopek, A. (2024, Oct.). Changing moods amid changing seasons. *TAADA Newsletter*, 7–8.

Zatopek, A. (2024, May). Earthing, herbalism, & other natural life springs. *TAADA Newsletter*, 6–7.

Zatopek, A. (2024, Mar.). Mentoring in counselor education: Who, what, when, where, why, & how? *Chi Sigma Iota Newsletter*, 1, 2-3. Texas Tech University.

Zatopek, A. (2023, Dec.). You can slow the aging process? No way... Understanding the dynamics of aging. *TAADA Newsletter*, 1, 3.

Zatopek, A. (2022, Nov.). Chronic illness: Kindling for existential dread. *TAADA Newsletter*, 4.

PUBLICATIONS

NEWSLETTER PUBLICATIONS

Zatopek, A. (2022, Jan.). Career counseling for the dissociative identity disorder client. *TCDA Newsletter*, 3(2), 3–4.

TEXT CHAPTER PUBLICATIONS

Zatopek, A. (2025). Animal hoarding certificates. In B. Owenby & K. Campbell (Eds.), *The encyclopedia of mental health trainings, certifications, and credentials*. ONBLLC Publishing.

Zatopek, A. (2025). Complex trauma and dissociation programs. In B. Owenby & K. Campbell (Eds.), *The encyclopedia of mental health trainings, certifications, and credentials*. ONBLLC Publishing.

Zatopek, A. (2025). Hoarding disorder certificates and certification. In B. Owenby & K. Campbell (Eds.), *The encyclopedia of mental health trainings, certifications, and credentials*. ONBLLC Publishing.

Zatopek, A. (2025). Parts and memory therapy. In B. Owenby & K. Campbell (Eds.), *The encyclopedia of mental health trainings, certifications, and credentials*. ONBLLC Publishing.

Zatopek, A. (2025). Revisioning. In B. Owenby & K. Campbell (Eds.), *The encyclopedia of mental health trainings, certifications, and credentials*. ONBLLC Publishing.

Zatopek, A. (2025). Trauma model therapy certification. In B. Owenby & K. Campbell (Eds.), *The encyclopedia of mental health trainings, certifications, and credentials*. ONBLLC Publishing.

MANUSCRIPTS SUBMITTED

Fung, H. W., Lo, M. H., Huang, S.-Y., Zhe Lian, A. E., Reyes, M. E. S., Derin, G., Akiş, A. D., **Zatopek, A.**, Lo, H. H. M., Zhang Z. J., Bengwasan, P. D., Wong, M. Y. C., Yuan, G. F., Chou, P.-H., Wang, S.-C., Li, Y., & Lam, S. K. K. (Submitted). The relationship between mindfulness and dissociation across clinical and nonclinical samples: Which facets of mindfulness are most relevant? *Mindfulness*.

Fung, H. W., Lam, S. K. K., Li, C. M., Reyes, M. E. S., Jaya E. S., Mukhtar, F., Lian, A. E. Z., Derin, G., Bengwasan, P. D., Kuriala, G. K., Uludag, K., Hartanto, S., Dewantary, N. I., Novrianto, R., Li, Y., Wong, M. Y. C., Shanyan Huang, S.-y., **Zatopek, A.**, Chien, W. T., & Yuan, G. F. (Submitted). The protective role of social support against dissociative symptoms: Longitudinal findings from two international survey projects. *Australian and New Zealand Journal of Psychiatry, Social Psychiatry and Psychiatric Epidemiology*.

Fox, T., **Zatopek, A.**, & Earley, C. (Submitted Aug. 2025). Burnout, compassion fatigue, and secondhand depression in clinical mental health professionals. *Counselor Education and Supervision*.

Zatopek, A. (Submitted April 2025). The dissociation education imperative: Counselors' experiences of learning about dissociation during master's coursework in the U.S. *Journal of Trauma & Dissociation*.

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

MANUSCRIPTS IN PREPARATION

Fung, H. W., & **Zatopek, A.** (Writing in Progress). The relationship between mindfulness and dissociation across clinical and nonclinical samples: Which facets of mindfulness are most relevant?

TEXT CHAPTERS IN PREPARATION

Zatopek, A. (In progress). Common chronic adult illnesses. In M. Kerulis (Ed.), *Counseling athletes: Wellness across the lifespan*. Cognella.

Zatopek, A., & Fancher, S. (In progress). Crisis. In J. Hernandez, C. Pace, Y. Kim, & M. Miller (Eds.), *Flourish 2.0*.

Zatopek, A., & Ferrel, M. (In progress). Compulsivity. In J. Hernandez, C. Pace, Y. Kim, & M. Miller (Eds.), *Flourish 2.0*.

Zatopek, A. (In progress). Covertness. In J. Hernandez, C. Pace, Y. Kim, & M. Miller (Eds.), *Flourish 2.0*.

Zatopek, A., Nobis, L., & Braeuer, K. (In progress). Chronic illness and mental health. In M. Kerulis (Ed.), *Counseling athletes: Wellness across the lifespan*. Cognella.

PUBLICATIONS

TEXT CHAPTERS IN PREPARATION

Zatopek, A., Nobis, L., & Braeuer, K. (In progress). Impact of illness on mental health. In M. Kerulis (Ed.), *Counseling athletes: Wellness across the lifespan*. Cognella.

INTERVIEW & PODCAST

Zatopek, A. (Interviewee). (2025, Nov. DAY). *Sunflower fireside chat on addiction* [Interview]. Sunflower Sober. Interviewed by Keith Sakata, M.D. <https://www.youtube.com/watch?v=S8Vgc1swKeo&t=4432s>

Zatopek, A. (Guest). (2024, Nov. 5). *Overcoming mental illness* [Podcast and Video]. The I AM Podcast. YouTube and Roku. <https://www.youtube.com/watch?v=S8Vgc1swKeo&t=4432s>

EDITORIAL EXPERIENCE

| | |
|---------------------|--|
| Aug. 2025 – Present | Ad Hoc Reviewer, <i>Counselor Education and Supervision</i> (CES) |
| Feb. 2025 – Present | Editorial Reviewer, <i>Journal of Counseling Sexology and Sexual Wellness</i> (JCSSW) |
| July 2024 – Present | Emerging Editorial Board Member, <i>Journal of Addictions and Offender Counseling</i> (JAOC) |
| Mar. 2024 – Present | Ad Hoc Reviewer, <i>Journal for Social Action in Counseling and Psychology</i> (JSACP) |
| Aug. 2023 – Present | Ad Hoc Reviewer, <i>Journal of Human Services Scholarship and Interprofessional Collaboration</i> (JHHSIC) |
| July 2023 – Present | Freelance Editor |
| July 2025 | Reviewer, <i>Masterclass on Advanced Psychotherapy Skills: Working With Stuck Clients</i> , Victor Yalom, Ph.D., & Orah Krug, Ph.D., Psychotherapy.net |
| Apr. 2025 | Reviewer, <i>Masterclass on Advanced Psychotherapy Skills: Working in the Here-and-Now</i> , Victor Yalom, Ph.D., & Orah Krug, Ph.D., Psychotherapy.net |
| Oct. 2023 | Reviewer, <i>Grief Therapy Masterclass: Advanced Skills in Working Through Loss</i> , Victor Yalom, Ph.D., Robert A. Neimeyer, Ph.D., & Carolyn Ng, Ph.D., Psychotherapy.net |

EDITED PUBLISHED WORKS

Zatopek, A. (Ed.) (2025, Apr.). Spring TAADA newsletter. *TAADA Newsletter*, 1–7. Texas Counseling Association.

Zatopek, A. (Ed.) (2024, Oct.). Fall TAADA newsletter. *TAADA Newsletter*, 1–10. Texas Counseling Association.

Zatopek, A. (Ed.) (2024, May). Summer TAADA newsletter. *TAADA Newsletter*, 1–9. Texas Counseling Association.

Zatopek, A. (Ed.) (2024, Mar.). Spring CSI newsletter. *Chi Sigma Iota Newsletter*, 1, 1–11. Texas Tech University.

Zatopek, A., Lilly, S., & Johnson, P. (Eds.) (2023, Dec.). Winter TAADA newsletter. *TAADA Newsletter*, 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.

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

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

CONFERENCE EXPERIENCE

| | |
|------------|---|
| April 2022 | SOCIAL JUSTICE, ADVOCACY LEADERSHIP, & ETHICS MINI-CONFERENCE <i>Sustainable, Disenfranchised, and Underserved: Mental Health, Mental Illness, and Wellness</i> |
| | <ul style="list-style-type: none"> • Conference Organizer: Dr. aretha marbley, Texas Tech University, Virtual & Student-Led <ul style="list-style-type: none"> ○ Served in role of Conference Facilitator. |

CONFERENCE EXPERIENCE

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
 - Served as Conference Co-Chair, Co-Chair of Printing and Marketing/PR Committees.
 - Created and managed slideshows played during intermissions.

CONFERENCES ATTENDED

Nov. 2025 69th Annual TCA Professional Growth Conference, Houston, TX
 Apr. 2025 Texas Tech Counselor Education Student-Led Roundtable Conference on Leadership & Ethics
 Mar. 2025 2025 ACA Conference & Expo, Orlando, FL
 Mar. 2025 42nd Annual ISSTD Conference, Boston, MA
 Nov. 2024 68th Annual TCA Professional Growth Conference, Dallas, TX
 Mar. 2024 41st Annual ISSTD Conference, Frisco, TX
 Feb. 2024 16th Annual Counselor Education Growth Conference, Texas Tech University, Virtual
 Nov. 2023 67th Annual TCA Professional Growth Conference, Houston, TX
 Aug. 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 Annual ISSTD 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
 Aug. 2018 American Psychological Association Annual Convention, San Francisco, CA
 Jan. 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)

Annual Conference Participation

- Volunteered for Conference Ambassador, 2025 ISSTD Annual Conference, Boston, MA
- Poster Competition Judge, 2025 ISSTD Annual Conference, Boston, MA
- Poster Competition Judge, 2024 ISSTD Annual Conference, Frisco, TX

Southern Regional Online Community (ROC), Founder & Chair, 6/23/2022 – 12/31/2025

Virtual and Regional Conference Committee (VRCC), Committee Member, 4/10/2024 – Present

TEXAS COUNSELING ASSOCIATION (TCA)

Annual TCA Professional Growth Conference (PGC)

- Volunteered to review and score conference proposals, 69th Annual, Virtual, 4/2025
- Volunteered to review and score conference proposals, 68th Annual, Virtual, 4/2024
- Volunteered to review and score conference proposals, 67th Annual, Virtual, 4/2023
- Volunteer for conference session facilitation, 67th Annual, Houston, TX, 11/2023
- Volunteered to review and score conference proposals, 66th Annual, Virtual, 7/2022
- Volunteer for conference session facilitation, 66th Annual, Dallas, TX, 11/2022
- Volunteer for conference registration, 65th Annual, Galveston, TX, 11/2021

PROFESSIONAL SERVICE & LEADERSHIP

ASSOCIATIONS

TEXAS COUNSELING ASSOCIATION (TCA)

Annual TCA Professional Growth Conference (PGC)

Volunteer for conference session facilitation, 65th Annual, Galveston, TX, 11/2021

Annual TCA Professional School Counselor Conference (PSCC)

Volunteered to review and score conference proposals, 20th Annual, Virtual, 6/2024

Annual TACES Mid-Winter Conference

Asked to review and score conference proposals, 2026 Conference, Virtual, TBD

Texas Association for Adult Aging and Development (TAADA)

Leadership Position, Secretary-Treasurer, 6/2023 – 8/2025

Texas Career Development Association (TCDA)

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

TEXAS TECH UNIVERSITY

CHI SIGMA IOTA INTERNATIONAL HONOR SOCIETY, THETA THETA UPSILON CHAPTER

Leadership Roles

President, 5/1/2023 – 4/30/2024

President-Elect, 12/15/2022 – 4/30/2023

Secretary-Treasurer, 5/1/2022 – 4/30/2023

Secretary-Treasurer Elect, 12/15/2021 – 4/30/2022

COUNSELOR EDUCATION PH.D. PROGRAM

EPCE 8000 Dissertation Course

Volunteered to review Ph.D. student qualifying exam presentations, 8/22/2024

AWARDS, HONORS, & SCHOLARSHIPS

| | |
|------------------------|---|
| Mar. 2025 | David Caul Award, The International Society for the Study of Trauma and Dissociation |
| Oct. 2024 | Faculty Travel Award, Center for Faculty Excellence, Texas A&M University-Kingsville |
| Oct. 2024 | Scholarship, Texas Association for Adult Development and Aging |
| Oct. 2024 | Travel Award, College of Education, Texas Tech University |
| Oct. 2024 | ACES 2024 Outstanding Dissertation Award, Nominated by Chair, Dr. Loretta Bradley |
| Mar. 2024 | The National Society for Leadership and Success, Texas Tech University |
| Feb. 2024 | Nominated for <i>The Professional Counselor's</i> 2024 Dissertation Excellence Award by Dissertation Chair, Dr. Loretta Bradley |
| July 2023 | Nominated for the SACES 2023 Outstanding Graduate Student - Doctoral Level Award by TTU Professor, Dr. Nicole Noble |
| June 2023 | Education Designated Scholarship at Texas Tech University |
| July 2022 | Golden Key International Honor Society, Texas Tech University |
| Dec. 2021 | Education Designated Scholarship at Texas Tech University |
| Nov. 2021 | Chi Sigma Iota International Honor Society, Texas Tech University |
| Aug. 2021 | Education Designated Scholarship at Texas Tech University |
| May 2021 | Education Designated Scholarship at Texas Tech University |
| Jan. 2021 | Competitive Tuition Scholarship at Texas Tech University |
| Dec. 2020 | Education Designated Scholarship at Texas Tech University |
| July 2020 | Competitive Tuition Scholarship at Texas Tech University |
| Dec. 2015 | Magna Cum Laude at Houston Graduate School of Theology |
| Dec. 2012 | Sigma Alpha Lambda National Leadership and Honors Organization at UT Austin |
| Dec. 2010 – Aug. 2009 | Volleyball Scholarship at Lindenwood University |
| Dec. 2010, Dec. 2009 | Academic All-American at Lindenwood University |
| Dec. 2010 | Honor's College at Lindenwood University |
| Dec. 2009-10, May 2010 | Dean's List at Lindenwood University |

PROFESSIONAL AFFILIATIONS, CLUBS, & MEMBERSHIPS

| | |
|----------------------|--|
| Mar. 2024 – Present | National Certified Counselor, National Board for Certified Counselors |
| Mar. 2024 – Present | The National Society for Leadership and Success, Texas Tech University |
| 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 |
| Aug. 2020 – Present | Texas Counseling Association, Member, Divisions: TAADA, TACES, and TCDA |
| Nov. 2014 – Present | American Counseling Association, Member, Divisions: ACES, SACES, IAAOC, and IARTC |
| May 2013 – Present | Texas Exes at the University of Texas at Austin |
| 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 |
| Mar. 2022 – 2023 | Christian Counselors of Texas |
| Nov. 2020 – 2022 | American Psychological Association, Member |
| Nov. 2012 – May 2013 | Texas Exes Student Chapter at University of Texas at Austin |
| Nov. 2012 – May 2013 | American Red Cross Club at University of Texas at Austin |

COUNSELING TRAINING HIGHLIGHTS

- 200+ CE Hours in Treating Trauma and Dissociative Disorders (2020-Present)
- Revisioning Mirror Therapy, Dr. Mark Rider (May 2024-Present)
- Deep Brain Reorienting Level 1, Cindy Shrigley and Dr. Tina Shrigley, DBR (11/6-8/2025)
- Sensorimotor Psychotherapy Level 1, Lana Epstein and Janina Fischer, SPI (11/2024-5/2025)
- Parts and Memory Therapy Levels 1 and 2, Patrick Tobey (11/9-10/2024)
- Brainspotting (BSP) Phase 4 Training, Dr. David Grand (10/18-20/2024)
- Innovations in Treating Complex Trauma and PTSD Advanced Strategies Using a Sensorimotor Psychotherapy Approach, Sensorimotor Psychotherapy Institute, Dr. Pat Ogden and Traci Jarvis (09/5-6/2024)
- 2024 ISSTD Virtual EMDR Seminar: The Complexities of Complex Trauma, Dissociation and EMDR, Jennifer Madere & D. Michael Coy (7/12-13/2024)
- Clinical Hypnosis for the Treatment of Dissociative Disorders, Wendy Lemke, ISSTD Conference (3/22/2024)
- Parts and Memory Therapy Level 2, Dominique Wilson and Deissy Rosenbaum (3/9/2024)
- Parts and Memory Therapy Level 1, Dominique Wilson and Deissy Rosenbaum (2/24/2024)
- Brainspotting Harmonic Brain Healing, Cynthia Schwartzberg (12/8/2023)
- ASCH Level 2 Intermediate Hypnosis Training, ISSTD (10/20-22/2023)
- Dissociative Identity Phenomena (DIP), Attachment, Developmental, and Traumatic Wounding, & Parts: Advanced Brainspotting Training Presented by Dr. Connie Johnshoy-Currie (10/6-8/2023)
- BSP Phase 3 Training, Dr. David Grand (7/21-23/2023)
- BSP From Freeze to Thaw: Unlocking Trauma in the Body Training, Mary Jane O'Rourke and Serene Calkins (6/2-4/2023)
- ASCH Level 1 Basic Hypnosis Training, ISSTD (4/28-30/2023)
- BSP Clearing Limbic Countertransference, Dr. Cherie Lindberg and Cynthia Schwartzberg (3/10-12/2023)
- BSP Phase 2 Training, Drs. Christine Ranck and Pie Frey (2/26/2023)
- BSP Imagespotting, Cynthia Schwartzberg (1/27/2023)
- BSP 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 Advanced Practice Curriculum Training (9/28/2018)
- Cognitive Behavioral Interventions CBI-CC and CBI-SA 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 & CERTIFICATES

- **Collaborative Institutional Training Initiative (CITI) Program:** Trainings via Texas Tech University
 - Disaster Planning for the Research Enterprise (DPRE) Basic Course (Valid 8/31/2025-8/31/2028)
 - Human Subject Research Required Basic (Valid 8/29/2025-8/29/2028)
 - Social and Behavioral Responsible Scholarship (RECR) Course (8/31/2025, no expiration)

RESEARCH TRAININGS & CERTIFICATES

- Writing About Statistics, Graduate Writing Center, TTU (3/10/2025)
- TTU Human Subjects Training Certificate (Valid 10/14/2021-10/14/2024)
- Tips for Writing Research Questions, Graduate Writing Center, TTU (7/10/2024)
- 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

- Redefining Counseling and Supervision: Transitioning from Crisis Management to Preventative Care (11/20/2025)
- Creating the Road Map for Effective Supervision, Telehealth Certification Institute (9/14/2025)
- Trauma-Informed Supervision (9/12/2024)
- Dr. Sarah Stillwell Presents: Supervising LGBTQ+ Competencies (4/22/2024)
- Dr. Johana Rocha Presents: Supervisees Enhancing and Hindering Behaviors in Clinical Supervision (2/26/2024)
- Dr. Kate Walker facilitates a panel discussion: Supervising Associates in Private Practice (1/29/2024)
- 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

- Compass Rose Leader & Culture Development Model Series (Values, 8/5; Character, 8/9; Ethics, 8/13; Self-Development, 8/16; Management, 8/20; Decision Making, 8/23), Office of Leader and Culture Development, TTU System
- Teaching Controversial Topics, Association of College and University Educators (ACUE; 7/16/2024)
- Classroom Management Plan, Graduate School Instructional Development, TTU (4/5/2024)
- Strategies for Discussion Questions training, Graduate School Instructional Development, TTU (1/25/2024)
- 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)

TEACHING TRAININGS

- 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)
- 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)