

Education

Ph.D., Counselor Education (4.0), December 2019, Texas Tech University, Lubbock, Texas (CACREP ACCREDITED)

M.A., Counseling, Fall 2010, Wayland Baptist University, Plainview, Texas

B.A., Psychology, May 2008, Wayland Baptist University, Plainview, Texas

Honors and Awards

- **Nominated for Outstanding Counselor Educator through Texas Association for Counselor Education and Supervision (Spring 2023)**
- **Teaching Excellence Award Winner for West College of Education (Spring 2022)**
- **Nominated for Teaching Excellence Award West College of Education (Fall 2021)**
- **Nominated for Scholarly Excellence Award West College of Education (Fall 2021)**
- **Nominated for Nielsen Center Fellowship Program (Fall 2021)**
- **Member of Chi Sigma Iota Texas Tech University Chapter Beta Theta Upsilon (Spring 2017-Present)**
- **Lead Coordinator for lecture presented at National Association for Rural Mental Health Conference in San Diego, California (September, 2017)**

Licenses and Certification

- Licensed Professional Counselor Supervisor for the State of Texas: 67482 Renewal Date 12/31/23

Campus Involvement

- Guest Lecturer – Mental Health – Spring 2023
- Guest Lecturer Honors Program Educational Research – Fall 2022
- College Research Committee – Fall 2022 – Current
- West College of Education Awards – Teaching Committee – Fall 2022 – Current
- EURECA Advisor Council Committee Member – Fall 2022 - Current
- EURECA Faculty Mentor for undergrad psychology student – Fall 2022
- Graduate Council – Graduate Coordinator Clinical Mental Health – Fall 2022
- Mustang Walk Planning Committee West College of Education – Spring 2022
- Chair of West College of Education Diversity, Equity, and Inclusion (DEI) Committee – Spring 2022 - Present
- West College of Education College Council – Spring 2021 – Present
- Clinical Mental Health Advisory Board Leader – Spring 2021 - Present
- Clinical Mental Health Search Committee – Spring 2022
- Intercultural Developmental Circle – Fall 2021 – Summer 2022
- West College of Education Dean Search Committee – Fall 2021 – Spring 2022
- Clinical Mental Health Search Committee – Fall 2020

Community Involvement

- Treasurer of Greenbelt Counseling Association – Spring 2024 to Current
- Co-leader of Free Zoom Clinical Mental Health Consultation Meetings Spring 2021
- President of Greenbelt Counseling Association – Spring 2022 – Fall 2023
<https://www.greenbeltcounselingassociation.org/>
- Mentor and Supervisor for Texas Tech University Doctoral Candidate Audrey Zatopek Fall

2021 – Summer 2023

- Interim President of Greenbelt Counseling Association – Fall 2021
- Mentor and Supervisor for Texas Tech University Doctoral Student Catherine Earley Fall 2020 – Summer 2023
- Rural Advocacy Leader for Texas Rural Mental Health providers. Fall 2021 – Current.
- Wichita Falls Impact 100 Member. <https://www.impact100wf.org/> 2021 - Current

Teaching Experience

***Graduate Coordinator for Clinical Mental Health Graduate Program* **Midwestern State University in Wichita Falls, Texas** (August 2022 – Present)**

- Works directly with graduate school coordinating program admissions.
- Serves on graduate council for Clinical Mental Health program.
- Collaborates with the Academic Advisor ensuring students are well served.
- Collaborates with the Chair of Graduate and Adult Education to ensure quality of the program.

***Program Coordinator for Clinical Mental Health Graduate Program* **Midwestern State University in Wichita Falls, Texas** (Summer 2021 – Present)**

- Direct recruiting efforts for the programs.
- Primary contact for student issues within the program.
- Coordinate curriculum and design assessment related to CACREP.
- Coordinate quality assessments with accreditation/assessment manager.
- Verify schedule, course sequence with department chair and academic advisor.
- Host new student orientations each semester.
- Coordinate, train, and assist adjuncts within the program.
- Create program courses including syllabi, D2L shell, and aligning standards.

***Assistant Professor, Midwestern State University in Wichita Falls, Texas* (August 2020 – Present)**

- Teach and conduct research
- Selecting and compiling tests, assignments and/or online discussion exercises that permit measurement of performance relative to standardized learning objectives.
- Coordinate courseware and curriculum with academic department chair.
- Guide and supervise graduates

***Adjunct Professor, Midwestern State University in Wichita Falls, Texas* (June 2020 – August 2020)**

- Selecting and compiling tests, assignments and/or online discussion exercises that permit measurement of performance relative to standardized learning objectives.
- Coordinate courseware and curriculum with academic department chair.

Clinical Experience

***LPC Supervisor, Choosing Change Wellness in Plainview/Wichita Falls, Texas* (December 2017 – Present)**

- Provides continuing education online and face to face for mental health providers
- Coordinates with other professionals to share opportunities for professional growth and development Works closely with leaders in mental health in Texas to make sure all courses conform to latest licensure laws
- Provides supervision for LPC Associates during their 18 months or more of supervision to gain 3,000 hours (1,500 direct and 1,500 indirect)

***Behavioral Health Specialist, Central Plains Center in Plainview, Texas* (October 2016 – June 2020)**

- Provides clinical mental health services in the form of intakes, evaluation, assessment, diagnosing, counseling, and consultation
- Administers cognitive behavioral therapy to 15-30 clients weekly

- Develops, tailors and updates individual treatment plans assisting with psychiatric disorders, and life transitions
- Develops relationships with area primary care providers in order to facilitate behavioral health referrals
- Maintains documentation and data for services provided and communicates data to director
- Establishes communication with treatment team in order to insure the best possible care for the client
- Tracks patient charts, schedules, session notes and interagency communication using “e-MD’s Solution Series” software and Streamline software
- Counseling Therapies used: Cognitive Behavioral Therapy

Lead Therapist, Inspirations Outpatient Counseling in Plainview, Texas (April 2013 – October 2016)

- Facilitated therapy and counseling groups for older adults
- Corresponded with families of patients to assist them in interactions with their family members
- Implemented and promoted treatment with nursing homes, assisted living facilities and home health agencies
- Developed, tailored and updated individual treatment plans assisting with psychiatric disorders, life transitions and grief/loss counseling for 25-30 clients a month
- Spearheaded weekly staff meetings with resident psychiatrist to coordinate and collaborated treatment plans
- Counseling Therapies used: Cognitive Behavioral, Cognitive, Behavioral, Existential, Person Centered, Gestalt, Reality/Choice and Motivational Enhancement Therapy.

Counselor/Owner, Private Practice in Plano, Texas (October 2012 – April 2013)

- Administered individual counseling for adults and children
- Scheduled and arranged appointments
- Evaluated and strategized treatment plans for clients
- Counseling Therapies used: Cognitive Behavioral, Cognitive, Behavioral, Existential, Person Centered, Gestalt, and Reality/Choice Therapy

PRN Therapist, at Allegiance Behavioral Health in Plainview, Texas (June 2011 – July 2012)

- Established a safe therapeutic environment for counseling groups for older adults in an inpatient and outpatient treatment facility
- Led therapy groups for inpatient and outpatient group members
- Coordinated and collaborated with lead therapist to adhere to treatment plan goals
- Counseling Therapies used: Cognitive Behavioral, Cognitive, Behavioral, Existential, Person Centered, Gestalt, Reality/Choice and Motivational Enhancement Therapy.

Advocate, Counselor and Volunteer Director, Crisis Center of the Plains in Plainview, Texas

(February 2010 – July 2012)

- Facilitated Domestic Violence, Parenting and Life skills groups
- Conducted individual counseling with victims of Domestic Violence and Sexual Assault
- Aided clients with basic life skills such as parenting, job hunting, resumes and continuing education.
- Answered the Domestic Violence and Sexual Assault Hotline
- Collaborated with Executive Director in grant writing
- Supervised and managed volunteers that service the Crisis Center
- Promoted volunteer training and activities to classes at Wayland Baptist University
- Created, organized and developed volunteer training curriculum
- Administered volunteer training every quarter 40 hours each class

Association Memberships

- **Greenbelt Counseling Association** (December 2021 – Present)
- **National Association for Rural Mental Health** (May 2017 – December 2022)
- **Texas Association for Counselor Education and Supervision** (December 2016 – Present)
- **American Counseling Association** (November 2015 – Present)
- **Texas Counseling Association** (November 2015 – Present)
- **Association for Counselor Education and Supervision** (December 2015 – Present)
- **Southern Association for Counselor Education and Supervision** (December 2015 – Present)
- **South Plains Counselors** (December 2010 – December 2020)

Technical Skills

- Brightspace D2L
- Microsoft Word, Excel, and PowerPoint
- Apple or PC Troubleshooting
- Types 100 wpm
- Teaching and Presenting via Zoom

Research

My current research interests include integrated health care, rural mental health services, wellness, mindfulness, higher education, and online learning. My dissertation explored the attitudes, beliefs and perspectives of counseling clients, medical providers, and clinical mental health in regard to integrated behavioral healthcare. By utilizing integrated behavioral healthcare, it allows for collaborative partnerships between mental health and medical providers to be created in order to better serve rural populations. While pursuing my doctorate, my Texas Tech University Counselor Education cohort and I completed a research application experience project regarding rural mental health services in the rural areas surrounding Lubbock, Texas. This qualitative project, through interviews with rural mental health providers, explores the array of mental health services in rural West Texas.

Manuscripts Under Review

Fox, T., Helmcamp, W., Gupta, D., & Medellin, K. (2023). *Climate Change in Teacher Education: Student Well-Being and Class Check-Ins for Mental Health*. Manuscript submitted.

Fox, T. (2023). Rural Counseling: Ethics, Practice, Supervision, and Training. In Owenby, B., & Campbell, K. (Eds.), *Starting Off in the Right Lane: A Guide to Certifications and Trainings for the Mental Health Professional*. Manuscript submitted.

Helmcamp, W., **Fox, T.**, & Humphreys, K. (2023). *Non-Suicidal Self-Injury: An Overview for School Counselors*. Manuscript submitted.

Fox, T., & Bradley, L. (2023). *Integrated Health Care: A rural social justice issue*. Manuscript submitted.

Fox, T., Lindt, S, & Smith, E. N. (2023). *Mindfulness Training to Reduce Stress and Increase Mindfulness Practices for University Students: A Mixed-Methods Study*. Manuscript submitted.

Fox, T. (2023). Understanding and Working with Attention/Deficit Hyperactivity Disorder. *Journal of The Texas Educational Diagnosticians' Association*. Manuscript submitted.

Publications

- Smith, E., **Fox, T.**, & Lindt, S. (2023). 10 Mindful Practices for Educational Diagnosticians: Tools for stress Reduction. *Journal of The Texas Educational Diagnosticians' Association*, 12–14.
- Helmcamp, W. M., & **Fox, T.** (2022, November 6). Creating Connection with Online Learners. *Journal of Technology in Counselor Education and Supervision*: Vol. 2: Iss. 2, Article 7.
DOI: <https://doi.org/10.22371/tces/0023>
- Fox, T.** (2021, October 6). Is telehealth an effective way to increase accessibility to counseling services? In Reeves, E.K., & McIntyre, C. J. (Eds.), *Multidisciplinary Perspectives on Diversity and Equity in a Virtual World*. IGI Global.
- Bradley, L., Hendricks, B., Noble, N., & **Fox, T.** (2021, March 4). COVID-19: Counseling with Bereaved Parents. *The Family Journal*. <https://doi.org/10.1177/1066480721992510>
- Fox, T.** (2021, January 13). Competency of Online Instructor's Influence Student Learning Experiences. *SACES Newsletter, Fall 2020*, 14-16. Retrieved from <http://saces.wildapricot.org/resources/Documents/Fall%202020%20Newsletter.pdf>
- Fox, T.** (2019, December 1). Integrated behavioral healthcare: The future of rural mental health. Retrieved from <https://ttu-ir.tdl.org/handle/2346/85520>

Professional Presentations

- **Fox, T.**, & Galloway, K. (2023, November). *The Rural Rules: Best practices for ethics, supervision, and practice in rural areas*. Workshop presented at the annual meeting of the Texas Counselor's Association in Houston, TX.
- Earley, C., & **Fox, T.** (2023, November). *Ethics, Abuse, Neglect, & Exploitation: Reporting in Texas*. Workshop presented at the annual meeting of the Texas Counselor's Association in Houston, TX.
- **Fox, T.** (2023, September). *Learning to Balance Your Mental Health to Better Serve Others*. Invited to speak at OneOp Webinar in partnership with the Department of Defense.
- **Fox, T.** (2023, March). *Cultivating Resilience to Prevent Harmful Behavior*. Invited to speak at Army Resilience Directorate Live Social Media Event.
- **Fox, T.** & Helmcamp, W. (2023, March). *Implementing Creative Strategies to Enhance Knowledge of Identity, Practice and Theory*. Roundtable discussion presented at the annual meeting of the Texas Association of Counselor Education and Supervision Mid-Winter Conference in Georgetown, Texas.
- Earley, C. & **Fox, T.** (2023, January). *Ethics, Abuse, Neglect, and Exploitation: Reporting in Texas*. Invited to speak at Greenbelt Counseling Association Continuing Education Event.
- **Fox, T.** & Helmcamp, W. (2023, January). *Becoming a More Effective Educator: Through the lens of Self-Care*. Invited to speak at Vernon College's Spring Faculty and Staff Kick-Off in Vernon, Texas.
- **Fox, T.** (2022, November). *Reducing Holiday Stress: A discussion about mental health and resilience*. Invited to speak at Army Resilience Directorate Live Social Media Event.
- **Fox, T.**, Walker, K., & Galloway, K. (2022, November). *Reaching Underserved and Rural*

Texans through Supervision and Advocacy. Workshop presented at the annual meeting of the Texas Counselor's Association in Dallas, TX.

- Helmcamp, W. & **Fox, T.** (2022, November). *Cultivating Counselor Identity within Online Counselor Education Programs*. Workshop presented at the annual meeting of the Texas Counselor's Association in Dallas, TX.
- **Fox, T.** & Helmcamp, W. (2022, October). *Becoming a More Effective Mental Health Professional*. Invited to speak at North Texas State Hospital's 34th Annual Forensic Conference in Vernon, Texas.
- **Fox, T.** & Helmcamp, W. (2022, October). *Becoming a More Effective Educator*. Invited to speak Virtually at Vernon College's Fall Professional Development.
- Walker, K., **Fox, T.**, & Galloway, K. (2022, February). *We are all rural providers: Supervising to serve underserved Texas*. Workshop presented at the annual meeting of the Texas Association of Counselor Education and Supervision Mid-Winter Conference in Arlington, Texas.
- **Fox, T.**, & Helmcamp, W. (2022, February). *Creating Counselor Identity within Online Counselor Education Programs*. Workshop presented at the annual meeting of the Texas Association of Counselor Education and Supervision Mid-Winter Conference in Arlington, Texas.
- Helmcamp, W., & **Fox, T.** (2022, February). *Creating Connection with Online Learners*. Workshop presented to the Palo Alto University Counselor Education Distance Learning Virtual Conference.
- Lindt, S. F., **Fox, T.**, & Smith, E. (2022, February). *Analyzing students' mindfulness in higher education: A pilot study of the effectiveness of a training program*. Paper presented at the annual meeting of the Southwest Educational Research Association (SERA), New Orleans, LA.
- **Fox, T.**, & Galloway, K. (2021, November). *Navigating Burnout, Compassion Fatigue, and Secondhand Depression within the Clinical Mental Health Field*. Workshop presented at the annual meeting of the Texas Counselor's Association in Galveston, TX.
- **Fox, T.**, Lindt, S. F., & Smith, E. (2021, November). *Analyzing Students' Mindfulness in Higher Education: Effectiveness of a Training Program*. Workshop presented at the annual meeting of the Texas Counselor's Association in Galveston, TX.
- **Fox, T.** (2021, May). *Emcee and Host*. Speech presented at Harlan Steph Counseling Conference featuring Katherine Bacon, Ph.D., LPCS presenting Texas Ethics: Case Examples and Regulatory Updates from TSBEPCC virtually.
- **Fox, T.**, & Risner, W. (2021, February). *Increasing Counselor Education Student Learning Experiences through Communication and Connection*. Lecture presented at Virtual TACES Mid-Winter Conference.
- **Fox, T.** (2019, July). *Integrated Behavioral Healthcare*. Lecture presented at Quarterly Continue Education in West Texas Area Health Education Center in Plainview, Texas.
- Crews, C., **Fox, T.**, Clark, K. (2018, April). *Dirt Road Counseling: Evidenced-Based Interventions for Rural Mental Health Delivery*. Lecture presented at American Counseling Association Conference in Atlanta, Georgia.
- Hendricks, B., Delony, J., Pearson, L., & **Fox, T.** (2017, November). *Counseling Resistant*

Influentials. Lecture presented at Texas Counseling Association 61st Annual TCA Professional Growth Conference in Galveston, Texas.

- Rosen, E., **Fox, T.**, Mounts, B., Tanner, M., & Davis, K. (2017, September). *Mental Health Needs for the Rural South Plains*. Lecture presented at National Association for Rural Mental Health Conference in San Diego, California.
- **Fox, T.** (2017, August). *Negativity, Boundaries, and Self-Awareness*. Lecture presented at First Baptist Church Women's Ministry Mirror, Mirror Conference in Plainview, Texas.
- **Fox, T.** (2017, March). *Working with the Geriatric Population*. Lecture presented at Counseling the Aging Population in College of Education at Texas Tech University in Lubbock, Texas.
- **Fox, T.** (2016, November). *The Baby Booming Cohort*. Lecture presented at Behind the Perspective Better Water, More Jobs: Health, Mental Health, and Environmental Equity, Justice, and Sustainability in Marginalized Communities in College of Education at TTU in Lubbock, Texas.
- **Fox, T.** (2016, November). *Dynamics and Ethics of Group Counseling*. Lecture presented at Quarterly Continue Education in West Texas Area Health Education Center in Plainview, Texas.
- **Fox, T.** (2015, November). *Emcee*. Speech presented at Leading a Revolution in American Mental Health: Combating STIs, HIV/AIDS, Teenage Pregnancy, and Addressing the Cultural Dimensions of Sexual Health in Holden Hall at Texas Tech University (TTU) in Lubbock, Texas.
- Brown, M., James, K., & **Fox, T.** (2012, May). *Dynamics of Domestic Violence*. Lecture presented at Quarterly Continue Education in West Texas Area Health Education Center in Plainview, Texas.

References

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