
, The University of North Carolina at Greensboro (UNCG), May 2020, Counselor Education & Supervision, CACREP-accredited program
Cognate: Women and Gender Studies
Dissertation: Exploring the Effects of Personal Counseling on the Development of Counselors in Training

, The University of Florida, December 2016, Clinical Mental Health Counseling, CACREP-accredited program

, Virginia Tech, May 2014, Psychology

, Virginia Tech, May 2014, Human Development

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- Licensed Clinical Mental Health Counselor – North Carolina (LCMHC #13682)
 - National Certified Counselor (NCC #1058111)
 - Approved Clinical Supervisor (ACS #4771)
 - Yoga Alliance Registered Yoga Teacher (RYT 200)
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College of Education, Seattle, WA.

Students: Masters' level, Environment: Virtual (V)
: (September 2023 – present)

- CNS 738 – Clinical Mental Health Practicum [V (x6)]
- CNS 744 – Clinical Mental Health Internship [V (x2)]
- CNS 771 – Clinical Mental Health Counseling [V (x1)]
- CNS 773 – Family Counseling [V (x1)]

The Family Institute, The Center for Applied Psychological and Family Studies, Clinical Mental Health Counseling, CACREP-accredited, Evanston, IL.

Students: Masters' level, Environment: Virtual (V)

: (April 2020 – December 2023)

- Clinically supervise students via group supervision and teach graduate level courses in Clinical Mental Health Counseling synchronously and asynchronously.

Courses Taught:

- COUN 411-6 – Psychodynamic Counseling – Individuals and Systems [V (x3)]
- COUN 422-6 – Foundations of Family, Marital, and Couple Counseling [V (x14)]
- COUN 480-7 – Methods II: Advanced Counseling Skills [V (x1)]
- COUN 486-6 – Reflective Practitioner Supervision I [V (x3)]
- COUN 487-6 – Reflective Practitioner Supervision II [V (x4)]
- COUN 488-6 – Reflective Practitioner Supervision III [

School of Human Development and Organizational Studies, CACREP-accredited, Gainesville, FL.
*Students: Undergraduate level, **Environment: Traditional (T) and Virtual (V)***

: (January 2017 – present)

- Teach undergraduate courses in Human Development.

Courses Taught

- EDF 3132: The Young Adolescent [**T** (x1)]
- EDF 3135: The Adolescent [**V** (x11)]

: (January – December 2016)

- Taught undergraduate courses in Human Development

Courses Taught

- EDF 3132: The Young Adolescent [**T** (x1)]
- EDF 3110: Human Growth and Development [**T** (x1)]

School of Professional Counseling, CACREP-accredited, Columbia, KY.

*Students: Masters' level, **Environment: Virtual (V)***

: (April 2020 – July 2021)

- Taught graduate level courses in Clinical Mental Health Counseling.

Courses Taught:

- CHD 5033 – Counseling Theories and Techniques – Cognitive Behavioral [**V** (x1)]
- CHD 5023 – Counseling Theories and Techniques – Humanistic Affective [**V** (x2)]
- CHD 5313 – Psychopathology and Clinical Diagnosis [**V** (x1)]

Department of Counseling and Educational Development, CACREP-accredited, Greensboro, NC.

*Students: Undergraduate level, **Environment: Traditional (T)***

: (August 2019 – May 2020)

- Taught undergraduate courses in counseling related studies.

Courses Taught:

- CED 310 – Helping Skills [**T** (x2)]
- CED 392 – Love, Sex, and Relationships [**T** (x2)]

*Students: Masters' level, **Environment: Traditional (T)***

: (August 2017 – May 2020)

- Facilitated graduate courses in clinical mental health counseling related studies.

Courses Facilitated:

- CED 605 – Counseling Diverse Populations [**T** (x1)]
- CED 610 – Helping Relationships [**T** (x1)]
- CED 620 – Counseling Theories and Practice [**T** (x1)]
- CED 653 – Practicum in Counseling: Group [**T** (x1)]
- CED 675 – Practicum in Counseling in Community Settings [**T** (x1)]
- CED 679 – Advanced Counseling Practicum [**T** (x1)]
- CED 680 – Counseling Internship [**T** (x2)]
- CED 687 – Diagnosis and Treatment Planning in Counseling [**T** (x1)]
- CED 691 – Advanced Clinical Seminar – Couples Counseling [**T** (x1)]

June 2019 – present

KHD Counseling, Virtual Practice

- Provide individual, family, and couples counseling services in a private practice setting (telehealth); clientele consists of adults and adolescents.

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KHD

- Borders, L.D., Wester, K.L., &

Doctoral Students' Research Barriers & Supports:



- Decided preliminary determinations and recommendations regarding decisions related to CACREP accreditation or reaccreditation.
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ACADEMIC & PROFESSIONAL

September 2022 – present

American Mental Health Counselors Association (AMHCA)

- Actively participate in monthly meetings where members discuss current happenings in their professional development as well as discuss ideas surrounding advocacy, development, and training for graduate students and new professionals.
- Contributed to group proposal for the AMHCA National Conference which focuses on a panel for graduate students to help prepare them for graduation, licensure, job search, and professional development.

January 2022 – present

Northwestern University - The Family Institute, Evanston, IL

- Supervise and provide mentorship to master's level counseling students creating and completing their capstone project and presentation (their culminating academic experience).
- Facilitate the research process with students from start to finish (i.e., discuss and sF8 (a)6 (c-B9 (het)-1 (

RESEARCH

June 2018 – May 2020

Journal of Counseling and Values

- Participated on a blind editorial panel and was responsible for editing and reviewing manuscript submissions.
- Provided feedback and comments to improve the quality of manuscripts.

COMMUNITY

October 2014 – May 2017

The United Church of Gainesville, Gainesville, FL

- Facilitated Christian-based group discussion with elementary school age children.
- Worked with a team of youth group leaders to supervise children of all ages for activities, projects, and retreats.

May – August 2016

Milestone in the Making, Assessment & Interd(V)(6o)4l)2unt-3e)8012-0)EMC2sBo)8-41012)81C1D)810) Witdly
