

Curriculum Vitae

PERSONAL INFORMATION

Ericka Cables, PhD, LPC, NCC, ACS

407 E. Lockwood Ave.

Saint Louis, Missouri 63119

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ACADEMIC APPOINTMENTS

Assistant Professor (June 2023 – Present)

Webster University, Webster Groves, Missouri

Department of Professional Counseling | College of Science and Health

407 E. Lockwood Ave.

Saint Louis, Missouri 63119

Visiting Professor (January 2023 – May 2023)

Webster University, Webster Groves, Missouri

Department of Professional Counseling | College of Science and Health

407 E. Lockwood Ave.

Saint Louis, Missouri 63119

Adjunct Professor (January 2023 – February 2023)

Theories of Helping Relations (COUN 5323)

University at the Southwest, New Hobbs, New Mexico

Department of Professional Counseling

6610 North Lovington Highway

Hobbs, New Mexico 88240

Adjunct Professor (August 2021 – December 2021)

Clinical Mental Health Counseling Practicum (CNS ED 6370)

University of Missouri – St. Louis, Saint Louis, Missouri

Department of Education Sciences & Professional Programs | College of Education

1 University Blvd.

Saint Louis, Missouri 63121

Adjunct Professor (August 2021 – October 2021)

Theories of Counseling (COUN 5200)

Webster University, Webster Groves, Missouri

Department of Professional Counseling | College of Science and Health

407 E. Lockwood Ave.

Saint Louis, Missouri 63119

EDUCATION

Certificate in University Teaching (December 2022)

University of Missouri – St. Louis, Saint Louis, Missouri

Doctor of Philosophy in Counselor Education & Supervision (August 2022)
University of Missouri - St. Louis (CACREP accredited), Saint Louis, Missouri
Dissertation: Resilience in Black Mental Health Counselors
<https://irl.umsl.edu/dissertation/1178>
Dr. Mary Edwin, Dissertation Chair & Advisor

Graduate Certificate in Program Evaluation and Assessment (May 2022)
University of Missouri – St. Louis, Saint Louis, Missouri

Online Teaching Certification (October 2021)
University of Missouri – St. Louis, Saint Louis, Missouri

Certificate in Women’s Entrepreneurship (December 2020)
eCornell University, Ithaca, New York

Master of Arts in Professional Counseling and School Counseling (K-12) (April 2013)
Missouri Baptist University, Saint Louis, Missouri

Bachelor of Science in Healthcare Management (December 2007)
Harris-Stowe State University, Saint Louis, Missouri

AREAS OF SPECIALIZATION: Resilience and Posttraumatic Growth, Perspectives of Racial-Ethnic Mental Health Counselors, Counselor Identity Development, Clinical Supervision

PROFESSIONAL CREDENTIALS

06/2023	Project ASSIST Trainer Enrichment Learning Community (TELC)
02/2023	Approved Clinical Supervisor (ACS) #ACS-5477
08/2021	Trauma-informed Supervision Learning Collaborative
04/2021	Nationally Certified Counselor (NCC) #997959
03/2021	EMDR trained (EMDRIA)
12/2020	Adult Mental Health First Aid
12/2020	Youth Mental Health First Aid
08/2019	Trauma-focused Cognitive Behavior Therapy trained (MO)
08/2019	Licensed Professional Counselor Supervisor (Missouri)
07/2019	Gottman Level 1 and 2 Training
1/2019	Trauma Responsive Trainer
06/2017	Licensed Professional Counselor (Missouri) #2015030521

PUBLICATIONS

Cables, E., Smith, P. & Edwin, M. (2023). Moments of Excellence in Career Counseling: Empathy. In E. Balin, M. Edwin, D. Ulupinar, & C. Zalaquett (Eds.), *Moments of Excellence in Counseling and*

Psychotherapy: Learning What Works for Relationship Building and Increased Effectiveness. Coherent Digital, LLC.

Cables, E. (2023). Culturally Responsive Cognitive Behavioral Therapy. In S.B. Dermer and J.R. Abdullah (Eds.), *The SAGE Encyclopedia of Multicultural Counseling, Social Justice, and Advocacy*. SAGE Publications, Inc.

Cables, E., "Resilience in Black Mental Health Counselors" (2022). Dissertations. 1178.
<https://irl.umsl.edu/dissertation/1178>

Cables, E. (January 2019). *Healthy Kids – Healthcare Careers*. St. Louis American, Saint Louis, Missouri (non-refereed)

Cables, E. (October 2018). *Twice is nice: From master's to doctoral field experience*. Counselor Connection. University of Missouri, Saint Louis, Missouri (non-refereed)

Manuscripts in Progress

Miller, R. D., Paul, Z. A., Brown, E. C., Coker, A. D., Martin, C., Hurless, N. L., **Cables, E. R.**, Freedle, A., Hussmann, M., & Abernathy, M. M. Women and the practice of self-censorship.

Martin, C., **Cables, E.**, & Kashubeck-West, S. Predictors of attitudes toward trauma-informed care among mental health professionals working with immigrant and refugee clients.

PRESENTATIONS

National Presentations (Peer-reviewed)

Martin, C., **Cables, E.**, Smith, A., George, R., & Culver, J. (October, 2023). Navigating the Many Crooked Rooms of Academia as Female Counselor Educators of Color. Co-presenter at 2023 Association of Counselor Education & Supervision Conference, Denver, Colorado.

Cables, E. (September 2023). The Initial Validation of the Race-Based Resilience Scale (RBRS). Presenter at 2023 Association for Assessment and Research in Counseling Conference, Nashville, Tennessee. **declined invitation**

Martin C., Culver, J., & **Cables, E.** (September 2023). Anti-Oppression Clinical Supervision Principles: A Foundational Approach to Social Justice Supervision. Co-presenter at 2023 Association for Assessment and Research in Counseling Conference, Nashville, Tennessee. **declined invitation**

Cables, E., Martin C., & Culver, J. (September 2023). Yes, I'll Supervise You: Dismantling the Mammy Narrative in Supervision. Co-presenter at 8th annual 2023 Black Mental Health Symposium, Jacksonville, Florida.

Abernathy, M. M., Brown, E. C., Coker, A. D., **Cables, E.**, Dooley-Hussman, M., Freedle, A., Hurless, N. L., Martin, C., Miller, R. D., & Paul, Z. A., R. (June 2021). Women and the practice of self-censorship. Co-presenter at 2021 AMCD Virtual Conference.

Cables, E. (October 2020). Predictors of resilience in African American female mental health therapists. Presenter at 2020 North Central Association for Counselor Education and Supervision, Omaha, Nebraska. **canceled due to COVID-19**

Cables, E., Martin, C. (October 2020). Incorporating trauma work in supervision. Co-presenter at 2020 North Central Association for Counselor Education and Supervision, Omaha, Nebraska. **canceled due to COVID-19**

Coker, A., Martin, C., Miller, R., **Cables, E.,** Paul, Z. (April 2020). Women and the practice of self-censorship: Implications for counselor education. Co-presenter at American Counseling Association 2020 Conference & Expo, San Diego, California. **canceled due to COVID-19**

Cables, E. (April 2019). Creating connection in a therapeutic relationship. Presenter during breakout session at 2nd Annual “CMHC & Beyond” Virtual Conference, Chicago, Illinois.

Local Presentations

Cables, E. and White, E. R. (August 2023). Trauma and Urban Youth. Co-Presenter, Gateway Science Academy, Saint Louis, Missouri.

Martin, C., **Cables, E.,** and White, E. R. (February 2022). Mental Health Summit. Co-Organizer and Presenter, Truman State University, Kirksville, Missouri.

Martin, C., **Cables, E.** (March 2020). Fostering efficacy: Trauma work in supervision. Co-presenter and Grief and Trauma Mini-conference, University of Missouri, Saint Louis, Missouri.

Cables, E. (February 2020). Time management. Presenter at Ponce University, Saint Louis, Missouri.

Ai, Y., **Cables, E.** Scott, S., Egelhofer-Wells, N. (September 2019). The student perspective on online course design. Panelist at the Focus on Teaching and Technology Conference, University of Missouri, Saint Louis, Missouri.

Coker, A. D., Martin, C., **Cables, E.,** Paul, Z. (June 2019). Black women and the practice of self-censorship. Breakout session presented at the Crooked Room Conference, Saint Louis, Missouri.

Cables, E. (May 2019). Time management. Presenter at Ponce University, Saint Louis, Missouri.

Invited Speaking Engagements

Cables, E., (September 2019). Black women, depression, and suicide: It’s time to heal. Invited Panelist, Saint Louis, Missouri.

Williams, J., Snelson, K., Gorden, S., **Cables, E.** (August 2018). Let’s talk: Submitted, saved but sad. Invited Panelist, Saint Louis, Missouri.

Cables, E. (June 2018). Written communication, phone etiquette, verbal communication, non-verbal communication. Invited Presenter for Girls Inc., Eureka, Missouri.

Madison, T. & **Cables, E.** (January – April 2018). The makeover process – the makeover home. Invited Counselor, Saint Louis, Missouri.

Cables, E. (January 2018). Black girl heal – conscious conversations. Invited Mediator/Counselor, Saint Louis, Missouri.

Hubbard, V., Lopez, A., Lopez, V., Williams, L., **Cables, E.**, & Culver, J. (June 2017). Breaking the silence: The fatherless speak dinner – the makeover home. Invited Panelist at 1st Annual Makeover Home Dinner, Saint Louis, Missouri.

Cables, E. & Griffin, N. (February 2017). Supervision and licensure process. Guest Speaker at Webster University, Webster Groves, Missouri.

RESEARCH EXPERIENCE

09/2021 – 02/2022

University of Missouri – St. Louis, Saint Louis, Missouri

Secondary Analysis of Longitudinal Transitions in Youth (SALTY)

Research Team Member

Principal Investigators – Dr. Tim Poynton, University of Massachusetts - Boston; Dr. Mary Edwin, University of Missouri - St. Louis

04/2019 – 03/2020

University of Missouri – St. Louis, Saint Louis, Missouri

Cultural Perceptions of Sexual Harassment for African American Women

Research Lab Member

Principal Investigator – Ericka Cables, University of Missouri - St. Louis

08/2018 – 12/2019

University of Missouri – St. Louis, Saint Louis, Missouri

Women and the Practice of Censorship (IRB Approval #1343097-2)

Research Team Member

Principal Investigators – Dr. Angela Coker, San Diego University; Dr. Emily Brown, University of Missouri - St. Louis

06/2017 – 06/2018

University of Missouri – St. Louis, Saint Louis, Missouri

Pursuing the Professoriate: Exploring the Academic Career Development of Black Female Doctoral Students at Predominantly White Institutions (IRB Approval #1158768-1)

Research Assistant

Principal Investigator – Jennifer Culver, University of Missouri - St. Louis

TEACHING EXPERIENCE

Fall 2023 (Synchronous, in-person)

Counseling Learning I (Practicum) (COUN 6100)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Will orient students to field experience through group supervision and individual consultation, as necessary; collaborate with site supervisors to monitor the adequacy of supervision, experience, and skill development.

Fall 2023 (Synchronous, in-person)

Counseling Learning II (Practicum) (COUN 6100)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Will continue to orient students to field experience through group supervision and individual consultation, as necessary; collaborate with site supervisors to monitor the adequacy of supervision, experience, and skill development.

Fall 2023 (Synchronous, in-person)

Theories of Counseling (COUN 5200)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Taught foundational counseling theoretical approaches and application.

Summer 2023 (Synchronous, in-person)

Theories of Counseling (COUN 6500)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Provide group supervision and individual consultation as necessary; collaborate with site supervisors to monitor the adequacy of supervision, experience, and skill development.

Summer 2023 (Synchronous, in-person)

Techniques of Group Counseling (COUN 5600)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Provided engaging lectures and discussion board assignments; met with students individually and in small groups as needed; and hosted a week-long intensive session to facilitate skill development and deeper learning.

Spring 2023 (Synchronous, in-person)

Theories of Counseling (COUN 5200)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Taught foundational counseling theoretical approaches and application.

Spring 2023 (Synchronous, in-person)

Techniques of Counseling (COUN 5610)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Helped counselor trainees in the development of foundational counseling and interpersonal skills.

Spring 2023 (Synchronous, in-person)

Internship (COUN 6500)

Department of Professional Counseling | College of Science and Health

Webster University, Saint Louis, Missouri

Responsibilities: Provide group supervision and individual consultation as necessary; collaborate with site supervisors to monitor the adequacy of supervision, experience, and skill development.

01/2023 (Asynchronous, online)

Theories of Helping Relations (CNS ED 5323)

Adjunct Professor

**Department of Education Sciences & Professional Programs | College of Education
University at the Southwest, New Hobbs, New Mexico**

Responsibilities: Taught foundational counseling theoretical approaches and application

03/2022 (Asynchronous, online)

Foundations of Clinical Mental Health Counseling (CNS ED 6300)

Guest Lecturer

**Department of Education Sciences & Professional Programs | College of Education
University of Missouri – St. Louis, Saint Louis, Missouri**

Responsibilities: Discussed essential details on operationalizing a private counseling practice to master's level students

Fall 2021 (Synchronous, online)

Counseling Skills Lab (IPC 55200)

Guest Lecturer

Department of Counseling

Lindenwood University, St. Charles, Missouri

Responsibilities: Introduced master's level students to Relational Cultural Theory

Fall 2021 (Synchronous, online)

Adult Survivors of Trauma (IPC 61004)

Guest Lecturer

Department of Counseling

Lindenwood University, St. Charles, Missouri

Responsibilities: Provided an overview of TF-CBT to master's level counseling students

Fall 2021 (Synchronous, online)

Ethics and Professional Issues (IPC 51200)

Guest Lecturer

Department of Counseling

Lindenwood University, St. Charles, Missouri

Responsibilities: Discussed ethical considerations in private practice

Fall 2021 (Synchronous, online)

Research Methods and Program Evaluation (IPC 54100)

Guest Lecturer

Department of Counseling

Lindenwood University, St. Charles, Missouri

Responsibilities: Discussed the relationship of counselors, school counselors, and career counselors as researchers

08/2021 (Hybrid)

Ethical and Professional Issues in Counseling (CNS ED 6020)

Graduate Student Instructor

**Department of Education Sciences & Professional Programs | College of Education
University of Missouri – St. Louis, Saint Louis, Missouri**

Responsibilities: Constructed course syllabus and selected course supplemental reading materials. Created grading rubrics and evaluate student papers and reflections. Facilitated class discussions, experiential activities, and delivered lectures in a blended format (synchronous and asynchronous).

Spring 2021 (Synchronous, online)

Foundations of Clinical Mental Health Counseling (CNS ED 6300)

Guest Lecturer

Department of Educational Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Discussed essential details on operationalizing a private counseling practice to master's level students

05/2020 (Asynchronous, online)

Counseling African American Clients (CNS ED 6830)

Graduate Student Instructor

Department of Education Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Co-constructed course syllabus and selected course supplemental reading materials. Co-created grading rubrics and evaluated student papers and reflections. Facilitated class discussions, experiential activities, and delivered lectures in an online format.

Fall 2020 (Synchronous, online)

Clinical Mental Health Counseling Field Experience (CNS ED 6380)

Guest Lecturer

Department of Educational Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Presented online interview with course instructor on essential details on operationalizing a private counseling practice to master's level students

06/2020 (Synchronous, in-person)

St. Louis Cultural Competence Institute: *Counseling and Cultural Competence in a Global Society* (CNS ED 6870)

Guest Lecturer

Department of Education Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Planned to facilitate class discussions and experiential activities on cultural experiences for master's level counseling students

canceled due to COVID-19

Spring 2020 (Synchronous, in-person)

Introduction to Sociology (CNS ED 6010)

Guest Lecturer

College of Arts & Science

Harris Stowe State University, Saint Louis, Missouri

Responsibilities: Planned to provide students with foundational information about mental health

canceled due to COVID-19

Spring 2020 (Synchronous, online)

Theories of Counseling (CNS ED 6010)

Guest Lecturer

Department of Educational Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Introduced master's level students to Relational Cultural Theory

Fall 2019 (Asynchronous, online)

Clinical Mental Health Counseling Field Experience (CNS ED 6380)

Guest Lecturer

Department of Educational Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Presented online interview with the course instructor on essential details on operationalizing a private counseling practice to master's level students

06/2019 (Synchronous, in-person)

St. Louis Cultural Competence Institute: Counseling and Cultural Competence in a Global Society (CNS ED 6870)

Guest Lecturer

Department of Education Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Facilitated class discussions and experiential activities on cultural experiences for master's level counseling students

08/2018 – 06/2022

Graduate Assistant – Online Class Mentor

Center of Teaching & Learning | Online Class Mentor Program

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Provide faculty and student support for online academic success

Fall 2018 (Synchronous, in-person)

Clinical Mental Health Counseling Field Experience (CNS ED 6380)

Guest Lecturer

Department of Educational Sciences & Professional Programs | College of Education

University of Missouri – St. Louis, Saint Louis, Missouri

Responsibilities: Provided constructive feedback to master's level students during case conceptualization presentations

CLINICAL SUPERVISION EXPERIENCE

06/2020 – 08/2020

University of Missouri – St. Louis, Saint Louis, Missouri

Department of Educational Sciences & Professional Programs | College of Education

Doctoral Student Intern

Responsibilities: Continued to provide weekly individual supervision for three (3) master's practicum counseling students during their clinical placements.

01/2020 – 05/2020

University of Missouri – St. Louis, Saint Louis, Missouri

Department of Educational Sciences & Professional Programs | College of Education

Doctoral Student Intern

Responsibilities: Provided weekly individual supervision for 3 master's practicum counseling students during their clinical placements.

08/2019 – 12/2019

University of Missouri – St. Louis, Saint Louis, Missouri

Department of Educational Sciences & Professional Programs | College of Education

Doctoral Student Intern

Responsibilities: Provided weekly individual supervision for 3 master's practicum counseling students during their clinical placements.

02/2019 – 05/2019

University of Missouri – St. Louis, Saint Louis, Missouri

Department of Educational Sciences & Professional Programs | College of Education

Counseling Student Supervisor – Helping Relationship Skills (CNS ED 6060)

Responsibilities: Reviewed master's level student mock counseling session recordings and provided feedback

07/2018 – 10/2018

Thoughts Out Loud Counseling, LLC, Saint Louis, Missouri

Intern Site Supervisor

Responsibilities: Served as a site supervisor for clinical mental health counseling intern from Lindenwood University; Collaborated in the development of advanced counseling microskills; Evaluation of live counseling sessions; Case conceptualization

01/2017 – 05/2017

Imagine Me Counseling, LLC, Overland, Missouri

Intern Supervisor

Responsibilities: Served as a site supervisor for psychology intern from Langston University; Case conceptualization

COUNSELING EXPERIENCE

01/2023 – Present

Cigna, Fenton, Missouri

Crisis/Triage Case Manager (After hours)

Crisis 24/7 Behavioral Navigation

Responsibilities: Use clinical judgment and medical necessity criteria to perform precert and concurrent reviews for inpatient levels (Detox, Inpatient, Residential, and Partial Hospitalization)

09/2020 – 12/2022

Cigna, Fenton, Missouri

Inpatient Case Management Lead Analyst

Responsibilities: Use clinical judgment and medical necessity criteria to perform precert and concurrent reviews for inpatient levels (Detox, Inpatient, Residential, and Partial Hospitalization)

03/2020 – 08/2020

BJC Behavioral Health, Saint Louis, Missouri

Behavioral Health Case Manager

Responsibilities: Provided community support services including care and treatment planning interventions to clients with complex mental health needs

06/2019 – 08/2019

University of Missouri - St. Louis, Saint Louis, Missouri

Group Facilitator – Group Procedures in Counseling (CNS ED 6040)

Department of Educational Sciences & Professional Programs | College of Education

Responsibilities: Facilitated a process group with master's level counseling students

09/2018 – 12/2018

University of Missouri - St. Louis, Saint Louis, Missouri

Group Facilitator – Group Procedures in Counseling (CNS ED 6040)

Department of Educational Sciences & Professional Programs | College of Education

University of Missouri, St. Louis, MO

Responsibilities: Facilitated a process group with master's level counseling students

06/2017 – Present

Thoughts Out Loud Counseling, LLC, Saint Louis, Missouri

Founder/Clinical Director

Responsibilities: Oversee day-to-day operations including administrative tasks, marketing, insurance billing and credentialing, etc. Work with individuals and families to promote optimum mental and emotional health

07/2018 – 12/2018

Centerpointe Hospital, St. Charles, Missouri

Therapist II (PRN)

Responsibilities: Performed therapy service functions to assist patients with meeting their bio-psychosocial needs. Conducted therapeutic groups addressing psychological and emotional challenges

04/2015 – 09/2017

Imagine Me Counseling, LLC, Overland, Missouri

Contract Counselor/Director of Administration

Responsibilities: Worked with individuals and families to promote optimum mental and emotional health; prepared and maintained all required treatment records and reports; secured school and community partnerships

06/2012 – 06/2013

Christian Psychological and Family Services, Olivette, Missouri

Counselor-in-Training (CIT)

Responsibilities: Provided counseling services to individuals, families, and groups

01/2013 – 05/2013

Northwest Academy of Law (St. Louis Public School), Saint Louis, Missouri

School Counseling Intern – High School

Responsibilities: Assisted building Professional School Counselor in implementing comprehensive school counseling program through individual planning, responsive services, system support and guidance curriculum

09/2012 – 12/2012

Shaw Visual & Performing Arts (St. Louis Public School), Saint Louis, Missouri

School Counseling Intern – Elementary School

Responsibilities: Assisted building Professional School Counselor in counseling activities including, but not limited to responsive services (individual/group) and guidance curriculum

05/2012 – 06/2012

Gateway Foundation, Saint Louis, Missouri

Practicum Student

Responsibilities: Helped coordinate administrative functions of the facility, observation of group and individual counseling session

PROFESSIONAL SERVICE

June 2023

Ad-Hoc Journal Reviewer

Journal of Human Services Scholarship and Interprofessional Collaboration (JHSSIC)

Responsibilities: Review manuscript, complete an evaluation form, and provide written feedback to author(s) for manuscript improvement.

November 2022

Grant Reviewer

St. Louis County Children's Service Fund, Saint Louis, Missouri

Responsibilities: Reviewed grant proposals submitted for the CORE funding cycle 2023 – 2026 and made recommendations for funding distribution

July 2022

Application Reviewer

Trauma Institute Social Justice Scholarship Committee, Northampton, Massachusetts

Responsibilities: Evaluated scholarship applications and made recommendations for finalists to receive a pro-bono trauma therapy certification program

November 2021

Guest Panelist

University of Missouri – St. Louis, Department of Education Sciences & Professional Programs, Saint Louis, Missouri

Responsibilities: Provided information to master's level counseling students through panel discussion focused on starting a private mental health practice

November 2021

Presenter

University of Missouri – St. Louis, College of Education Grand Seminar for Teacher Candidates, Saint Louis, Missouri

Responsibilities: Facilitated education sessions for teacher candidates to support students with emotional challenges in the classroom (Presentation Title: Calming the storm: Working with dysregulated students)

October 2021

Doctoral Student Representative

Master's Counseling Student Admissions, University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Reviewed application materials and made recommendations to interview master's level students for admission to the counseling program

July 2021

Co-presenter

Midtown Community Services, Saint Louis, Missouri

Responsibilities: Facilitated an education session for mothers with children under age 5 to assist with back-to-school preparation (Presentation Title: Preparing for back to school)

June 2021

CSAC Grant Writing Team Member

University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Collaborated with a team of grant writers to identify funding opportunities and create grant proposals that supported the counseling training center

June 2021

Application Reviewer

Trauma Institute Social Justice Scholarship Committee, Northampton, Massachusetts

Responsibilities: Evaluated scholarship applications and made recommendations for finalists to receive a pro-bono trauma therapy certification program

June 2021

Grant Reviewer

Grant Review Committee Association for Assessment Research in Counseling (AARC), a division of American Counseling Association (ACA)

Responsibilities: Blind-reviewed grant proposals for the Hood and MARC research grants

April 2021

Master's Student Interviewer

University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Conducted interviews with counseling faculty, engaged in Q&A sessions, and made recommendations for potential master's level students entering the counseling program

April 2021

Guest Panelist

University of Missouri – St. Louis, Chi Sigma Iota Psi Chapter, Saint Louis, Missouri

Responsibilities: Presented master's level students with post-graduation mental health career options (Workshop Theme: What comes next?)

October 2020

Doctoral Program Advisory Committee

University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Collaborated with faculty and other doctoral students to advocate for programmatic changes in the counseling department

August 2020

Application Reviewer

Trauma Institute Social Justice Scholarship Committee, Northampton, Massachusetts

Responsibilities: Created scholarship criteria, evaluated scholarship applications, and made recommendations for finalists to receive a pro-bono trauma therapy certification program

June 2020

Grant Reviewer

Humanitarian Fund – St. Louis County Children's Fund, Saint Louis, Missouri

Responsibilities: Reviewed grant proposals submitted for special COVID-19 funding cycle and made recommendations for funding distribution

June 2020

Grant Reviewer

Grant Review Committee Association for Assessment Research in Counseling (AARC), a division of American Counseling Association (ACA)

Responsibilities: Blind-reviewed grant proposals for the Hood and MARC research grants

April 2020

Co-presenter

Midtown Community Services, Saint Louis, Missouri

Responsibilities: Planned to provide an education session on play therapy and trauma for program participants (Presentation Title: Play therapy and trauma)

****canceled due to COVID-19****

March 2020

Co-presenter

Midtown Community Services, Saint Louis, Missouri

Responsibilities: Planned to provide psychoeducation session on trauma fundamentals for program participants (Presentation Title: Introduction to trauma)

****canceled due to COVID-19****

February 2020

Doctoral Student Representative

Master's Counseling Student Admissions – University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Reviewed application materials and made recommendations to interview master's level students for admission to the counseling program

December 2019

Presenter

University of Missouri – St. Louis, Counseling and Social Advocacy Center, Saint Louis, Missouri

Responsibilities: Presented workshop exploring the role of race and gender intersections play in the therapeutic relationship (Workshop Title: Race, gender, and the therapeutic relationship)

October 2019

Doctoral Student Representative

Master's Counseling Student Admissions – University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Reviewed application materials and made recommendations to interview master's level students for admission to the counseling program

October 2019

Doctoral Student Representative

Faculty Search Committee – University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Collaborated with counseling faculty by providing feedback on invited counseling faculty candidates

August 2019

Doctoral Student Mentor

University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Acted as a mentor for first-year doctoral students

August 2019

M.Ed. Capstone Reviewer

University of Missouri - St. Louis, Saint Louis, Missouri

Responsibilities: Evaluated and provided feedback on capstone presentations for teacher candidates

October 2019

Presenter (Workshop Title: Let's talk mental health)

Midtown Community Services, Saint Louis, Missouri

Responsibilities: Presented program participants with mental health fundamentals and the impact to BIPOC communities

September 2019

Presenter (Workshop Title: Student success series: Time management)

Ponce Health Sciences University, Saint Louis, Missouri

Responsibilities: Presented time management skills and strategies to BIPOC students

August 2019

Presenter

University of Missouri – St. Louis, Teaching Assistant Academy, Saint Louis, Missouri

Responsibilities: Provided information on different aspects of academic research, including involvement in research teams and organizing research sources.

April 2019

Presenter

University of Missouri – St. Louis, Teaching Assistant Academy, Saint Louis, Missouri

Responsibilities: Provided information on different aspects of academic research, including involvement in research teams and organizing research sources.

March 2019

Conference Proposal Reviewer

The Chicago School of Professional Psychology, Chicago, IL

Responsibilities: Reviewed conference proposals submitted for the annual virtual conference

February 2019

Co-Presenter (Presentation Title: Calming the storm: Working with dysregulated students)

University of Missouri – St. Louis, College of Education Grand Seminar for Teacher Candidates, Saint Louis, Missouri

Responsibilities: Co-facilitated education sessions for teacher candidates to support students with emotional challenges in the classroom

March 2018

Presenter (Workshop Title: From shame to serenity: A women's journey to healing)

InPower Institute, Saint Louis, Missouri

Responsibilities: Presented workshop addressing shame and moving towards emotional healing

October 2017

Presenter (Workshop Title: Blacks don't need counseling...do they?)

InPower Institute, Saint Louis, Missouri

Responsibilities: Presented workshop exploring mental health stigma in Black communities

September 2017

Presenter (Workshop Title: Who am I? A self-reflection workshop)

1st Annual Rock Your Brand Conference, Saint Louis, Missouri

Responsibilities: Presented personal identity strategies to high school-aged students

November 2016

Co-Presenter (Workshop Title: ROAR - Recognizing the power in your voice)

YWCA Young Women’s Leadership Conference, Saint Louis, Missouri

Responsibilities: Interactive workshop that provided high school female students with self-advocacy strategies

NON-COUNSELING PROFESSIONAL EXPERIENCE

12/2015 – 08/2018

Manager, Prior Authorization Regulatory Compliance

Express Scripts, Saint Louis, Missouri

Responsibilities: Oversight daily compliance functions related to prior authorization performance guarantees, Medicaid and privacy incidents (HIPAA); process improvement and project management; retrieval of data for new client implementations

06/2014 – 12/2015

Quality & Performance Specialist

Express Scripts, Saint Louis, Missouri

Responsibilities: Ensured the accuracy of the department production to internal & external customers; researched issues concerning department production and deliverables; assessment utilizing ESI Systems to ensure that the correspondence set up is consistent with Communication Fulfillments policies and procedures

PROFESSIONAL AFFILIATION

American Counseling Association (ACA), member, (2013 - present)

Association for Assessment and Research in Counseling (AARC), member, (2019 - present)

Association for Counselor Education and Supervision (ACES), member, (2019 - present)

Association for Multicultural Counseling and Development (AMCD), member, (2019 - present)

Chi Sigma Iota – Psi Chapter (CSI), member, (2019 - present)

HONORS AND AWARDS

Awardee – (2022) Old Dominion University (ODU) Excite the Dream Scholars Program

Awardee – (2018) Southern Regional Education Board (SREB) Doctoral Scholars Program

Awardee – (2018) University of Missouri – St. Louis Doctoral Underrepresented Minority Recruitment Fellowship

Nominee – (2017) St. Louis American Salute to Young Leaders Award

GRANT APPLICATIONS

JFNA Fig Tree. Aging Gracefully: Older Adult Traumatic Stress Counseling and Caregiver Support. Co-team member (2021, October). \$240,000. Funded.

University of Missouri – Saint Louis, College of Education. Dissertation Grant. (2021, November). \$855. Funded.

ACES Research Grant. (2021, July). \$5,000. Not funded.

University of Missouri – Saint Louis, College of Education. Travel Expense Award. (2019, November). \$750. Funded.