

## **Coralis Solomon, Ph.D., LMHC, NCC**

### **Curriculum Vitae**

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[www.selfcompassionlife.com](http://www.selfcompassionlife.com)

### **EDUCATION**

**Ph.D.**, Counselor Education (CACREP accredited) | University of Central Florida, 2017

- **Dissertation:** *Hispanic teachers' experiences with stressors in Title I elementary schools: A phenomenological investigation using a self-compassion framework*

**M.S.**, Counseling & Psychology (CACREP accredited) | Troy University, 2012

**B.A.**, Psychology | University of Central Florida, 2000

### **RESEARCH INTEREST & FOCUS**

- Mindful Self-Compassion Approaches for Burnout Prevention and Emotional Resilience
- Multicultural & Social Justice Issues
- School-Based Mental Health Counseling Interventions for Teachers and Underserved Populations

### **LICENSURE & CERTIFICATIONS**

- **Licensed Mental Health Counselor** (state of Florida), MH #12559
- **National Certified Counselor** #308883
- **Qualified Supervisor in Mental Health Counseling**
- **Hatha Yoga Instructor** (level I & II)
- **Laughter Yoga Facilitator**
- **Gottman Seven Principles Program Educator**
- **Mindful Self-Compassion Trainer**

### **AWARDS & HONORS**

- **Outstanding Community Partner**, 2019, University Behavioral Center
- **Featured presenter**, 2016, Association of Humanistic Counseling (AHC) national conference
- **National Holmes Scholar of the Month**, 2015, Holmes Scholars Program
- **Volunteer of the Year**, 2014, Florida Mental Health Counselors Association (FMHCA)
- **Scholastic & Professional Excellence Award**, 2013, Chi Sigma Iota International

## **RESEARCH/GRANT EXPERIENCE**

Lambie, G. W., **Solomon, C.** Joe, R., & Campbell, L. (2014). *Influence of school-based counseling Services on Elementary School Students*. The UCF Toni Jennings Exceptional Education Institute (TJEEI), \$5,000.00. (Internal Funding).

Lambie, G. W., **Solomon, C.**, Joe, J. R., Kelchner, V. P., & Perleoni, M. (*under review*). *The influence of school-based mental health counseling services on elementary students*.

## **PUBLISHED ARTICLES: PEER REVIEWED JOURNALS**

**Solomon, C.**, Lambie, G. W. (2020). Hispanics' teachers experiences with stressors working in title I elementary schools: A phenomenological investigation using a self-compassion framework. *The Journal of Latinos and Education*, (19)2, 3, 148-163.

Lambie, G. W., **Solomon, C.**, Joe, R., Kelchner, V. P., & Perleoni, M. (2019). A school-based mental health counseling intervention with students in Title I elementary schools. *Children & Schools*, 41(3), 161-168.

Belser, C., Wheeler, N, Bierbrauer, S., **Solomon, C.**, Harris, S., Crunk, E., & Lambie, G. W. (2018). The experiences of practicum students in a school-based mental health counseling clinic. *The Journal of Counseling Preparation and Supervision*.

**Solomon, C.**, Lambie, G. W. Belser, C., Bierbrauer, S., Harris, S., Wheeler, N., & Crunk, E. (2016). Experiences of caregivers & students in an elementary school-based mental health counseling practicum program. *Journal of Child and Adolescent in Counseling*, (2)2,125-142.

**Solomon, C.** & Barden S. M. (2016). Self-compassion: A mentorship framework for counselor educator mothers. *The Journal of Counselor Education and Supervision*, (55)2, 137-149.

## **SUBMITTED ARTICLES**

Solomon, C., DiLorenzo, A., Johnson, S. (submitted in 05/2021). *Attending to the emotional resilience of teachers of color: Mindful self-compassion interventions for mental health counselors working in schools*. *Journal of Humanistic Counseling*, Special Issue.

Borland, J. R., Joe, J. R., Perleoni, M. K., **Solomon, C.**, & Lambie, G. W. (accepted). Humanistic counseling with latinx youth from low-income communities. *Journal of Child and Adolescent Counseling*.

### **CURRENT EMPIRICAL INVESTIGATIONS**

**Solomon, C.** (2019-present). *The experiences of teachers with a self-compassion training for emotional resilience*.

### **TEXTBOOK/MAGAZINE/NEWSLETTER CONTRIBUTIONS**

**Solomon, C.** (May, 2021). Keynote address: Finding peace during difficult times with self-compassion practices. *AMHCA: The Advocate Magazine*. 2021(44)1, 18-19.

**Solomon, C.** (August, 2020). Coping skills. *Wellbeing at Home and School in New Mexico*, 1(6) p. 5-6.  
<http://coehs.unm.edu/departments-programs/ifce/wash-nm.html>

**Solomon, C.** (2020, March). The Beginnings of Lessons: Interview with Dr. Lance Tatum. *Troy University College of Education Lessons*, 2020 (13), 5.  
<https://www.troy.edu/academics/colleges-schools/education/about-college/lessons-magazine.html>

**Solomon, C.** (2017). Critical incidents. In M. S. Corey, G. Corey, & C. Corey (Eds.). *Groups: Process and Practice* (10th ed.). Belmont, CA: Brooks/Cole.

**Solomon, C.** & Harris, S. (2015). A review of anger management in counseling and psychotherapy. *The Professional Counselor*.

### **KEYNOTE SPEAKER PRESENTATIONS**

**Solomon, C.** (June, 2021). *Finding inner peace with self-compassion practices*. Keynote Speaker for the American Mental Health Counseling Association (AMHCA) annual virtual conference.

**Solomon, C.** (January, 2020). *Mindful self-compassion: The pathway to happiness*. Keynote Speaker for the Family Leadership Academy, ESOL District for Parents, Sanford, FL.

**Solomon, C.** (October, 2019). *Mindful self-compassion practices*. Keynote Speaker for the Seminole Public Schools District Parent Academy Fall 2019, Sanford, FL.

**Solomon, C.** (February, 2018). *Burnout prevention in the workforce*. Keynote Speaker for the Women's Initiative in Leadership, Orlando, FL.

**Solomon, C.** (October, 2017). *Self-compassion for emotional resilience*. Keynote Speaker for the Leadership Empowerment Summit, University of Central Florida, Orlando, FL.

**Solomon, C.** (September, 2016). *The art of self-care: Promoting wellness with self-compassion*. Keynote speaker for the Department of Health during the Hispanic Heritage Employee Event, Orlando, FL.

**Solomon, C.** (April, 2016). *Laughter yoga: Removing layers of Inhibition to find an infinite ability to laugh*. Invited as one of the featured wellness presenters at the American Counseling Association in Montreal, Canada.

**Solomon, C.** (January, 2014). *Self-compassion: A therapeutic approach to help clients find freedom from destructive thoughts and emotions*. Keynote speaker for Mental Health Counselors of Central Florida Annual Holiday Breakfast, Winter Park, FL.

#### **INVITED PRESENTATIONS (NATIONAL, REGIONAL, & LOCAL)**

**Solomon, C.** (April, 2021). *Healing emotionally with laughter yoga*. Invited to present at the 2021 Chicago School of Psychology virtual conference, Illinois, Chicago, IL.

**Solomon, C.** (March, 2021). *Self-Compassion: A different approach to navigate stress and emotional resilience*. Invited to present at Florida Southern College, Professional Issues in Psychology class. Tampa, FL.

**Solomon, C.** (March, 2021). *Self-Compassion: A different approach to navigate stress and emotional resilience*. Invited to present as the monthly staff meeting for East Bay Community Action Program. Newport, RI.

**Solomon, C.** (February, 2021). *Laughter yoga for emotional resilience*. Invited to present for the Third Annual CSI Florida Statewide Conference. Orlando, FL.

**Solomon, C.**, (January, 2021). *Finding inner peace during difficult times with self-compassion practices*. Invited to present for AMHCA's Webinar series.

**Solomon, C.**, (October, 2020). *Uncovering happiness with mindful self-compassion*. Invited to present for Troy's University' Covid-19 Wellness Series. Tampa, FL.

**Solomon, C.**, (October, 2020). *Healing emotionally with mindful laughter practices*. Invited to present for Troy's University Covid-19 Wellness Series. Tampa, FL.

**Solomon, C.**, DiLorenzo A. (September, 2020). *Heroic and fatigued: Self-Compassion and awareness for teachers, caregivers, and healthcare professionals*. Invited to present at the Symposium for Mental Health and Wellness in the Age of Covid-19. Alachua County Crisis Center, Gainesville, FL.

**Solomon, C.** (August, 2020). *Finding happiness with self-compassion practices*. Invited to present webinar at the UCF's Teacher Quality Program, Orlando, FL.

**Solomon, C.** (May, 2020). *Want to be a compassionate leader during a time of crisis? Start with self-compassion*. Invited to present at the SCPS monthly leadership meeting, Orlando, FL.

**Solomon, C.** (June, 2020). *Mindful self-compassion in clinical practice: A step by step intervention to enhance clients' emotional resilience*. Invited to present virtually for the Mental Health Counselors Association of Central Florida, Orlando, FL.

**Solomon, C.**, Amanda DiLorenzo (May, 2020). *Heroic and fatigued: Self-Compassion awareness and practices for teachers*. Invited to present virtually for the teachers in Seminole County Public Schools. Lake Mary, FL.

**Solomon, C.** (March, 2020). *Finding happiness with self-compassion practices*. Invited to present at the Troy University College of Education Research Conference. Troy, AL.

**Solomon, C.** (October, 2019). *Self-compassion: The link to wise leadership*. Invited to present for SCORE at the National Entrepreneur Center, Orlando, FL.

**Solomon, C.** (August, 2019). *Uncovering happiness with mindful self-compassion practices*. Invited to present at the Teacher Reinvestment Summit for the NAMI Greater Orlando, Fern Park, FL.

**Solomon, C.** (July, 2019). *Self-Compassion for Emotional Resilience*. Program presented at the Marriage and Family Research Institute Annual All Staff Training, UCF, Orlando, FL.

**Solomon, C.** (May, 2019). *Mindful self-compassion for emotional resilience*. Invited to present for the 18<sup>th</sup> Annual Neighborhood Center for Families' Conference at Nova University, Orlando, FL.

**Solomon, C.** (April, 2019). *Self-compassion for emotional resilience*. Invited to present at the College of Nursing in the University of Central Florida, Orlando, FL.

**Solomon, C.** (March, 2019). *Self-compassion: A different approach to navigate stress and increase emotional resilience*. Invited to present for the clinical staff of Boley Centers, Saint Petersburg, FL.

**Solomon, C.** (February, 2019). *Uncovering happiness with mindful self-compassion practices*. Invited to present for counselors at the University Behavioral Center, Orlando, FL.

**Solomon, C.** (January, 2019). *Mindful self-compassion: A different approach to reduce stress and anxiety*. Invited to present for the teachers at the Montverde Academy, Orlando, FL.

**Solomon, C.** (February, 2018). *Mindfulness and self-compassion practices: The pathway to happiness*. Presented to the community of Active Minds at the University of Central Florida, Orlando, FL.

**Solomon, C.** (September, 2017). *Self-compassion for emotional resilience*. Presented to female staff at the Orange County Correctional Facility, Orlando, FL.

**Solomon, C.** (May, 2017). *Finding grit in a graduate program*. Presented at the Tao Upsilon Chapter of Chi Sigma Iota Chapter Initiation, Troy University, Orlando, FL.

**Solomon, C.** (March, 2016). *Promoting self-advocacy and maintaining health with mindful self-compassion practices*. Program presented at the UCF/FAMU Dissertation Symposium & Retreat, Orlando, FL.

**Solomon, C.** (March, 2016). *Promoting self-advocacy and maintaining health with mindful self-compassion practices*. Program presented at the UCF/FAMU Dissertation Symposium and Retreat, Orlando, FL.

Shillingford-Butler, A., & **Solomon, C.** (May, 2016). *Promoting wellness among faculty of color*. Presented at the University of Central Florida Faculty Summer Conference in their diversity track, Orlando, FL.

**Solomon, C.** (May, 2013). *What to expect after graduation: Transitioning from student to a registered intern*. Presented at an Ethics class at Troy University, Orlando, FL.

**Solomon, C.** (April, 2013). *Mindfulness for anger management*. Program presented at Seminole County Juvenile Detention Center, Sanford, FL.

**Solomon, C.** (April, 2013). *Mindfulness for anger management*. Program presented at Eugene Gregory Memorial Youth Academy, Sanford, FL.

**Solomon, C.** (April, 2013). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Program presented at Eating Disorders Network of Central Florida, Orlando, FL.

**Solomon, C.** (March, 2013). *Mindfulness for anger management*. Program presented at Seminole County Juvenile Detention Center, Sanford, FL.

**Solomon, C.** (September, 2012). *What to expect after graduation: Transitioning as a registered intern*. Presented as part of a panel for an Ethics class at Troy University, Orlando, FL.

**Solomon, C.** (July, 2012). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Program presented for management staff of Intervention Services, Orlando, FL.

**Solomon, C.** (December, 2009). *The impact of divorce on young children and adolescents.* Program presented at the South Seminole Middle School, Casselberry, FL.

**CONFERENCE PRESENTATIONS (NATIONAL & INTERNATIONAL)**

Solomon, C. (June, 2021). Discovering the core essence of being human with self-compassion practices. Program presented at the 2021 Association of Humanistic Counseling Conference.

Borland, J., Richelle, J., **Solomon, C.**, Lambie, G., Wright, G. (April, 2021). Humanistic counseling with hispanic youth from low-income communities. Paper presented at the Virtual 2021 American Counseling Conference.

**Solomon, C.** (April, 2021). Healing emotionally with laughter yoga. Program presented at the 2021 Virtual Conference for the Chicago School of Professional Psychology. Chicago, IL.

**Solomon, C.,** DiLorenzo, A. (April, 2020). *Self-Compassion practices: The pathway to emotional wellbeing and happiness.* Program presented at the 3<sup>rd</sup> Annual Clinical Mental Health Counseling Virtual Conference for the Chicago School of Professional Psychology, Chicago, IL.

**Solomon, C.** (November 2019). *Integrating self-compassion practices in clinical supervision.* Paper presented at the International Conference on Psychotherapy and Supervision, Puerto Rico and Dominican Republic.

**Solomon, C.,** DiLorenzo, A. (October, 2019). *Awakening happiness with self-compassion practices.* Presented at the 70<sup>th</sup> Annual Convention for the Florida Counseling Association, Tampa, FL.

**Solomon, C.** (June, 2019). *Laughter yoga.* Program presented at the American Mental Health Counselor Association Conference, Herndon, Virginia.

**Solomon, C.,** Sajel, Barden, S. M. (October, 2016). *Self-compassion: A mentorship framework for counselor educator mothers.* Paper presented at the Southern Association for Counselor Education and Supervision (SACES), New Orleans, Louisiana.



**Solomon, C.,** Belser, C. T., Bierbrauer, S. L., Lambie, G. W., & Finnell, L. R. (April, 2016). *Students', families', and counselors' experiences with a school-based counseling program*. Paper presented at the American Counseling Association Annual Conference in Montreal, Canada.

**Solomon, C.,** & Harris, S. (June, 2015). *Meaningful self-compassion: A valid clinical approach to help clients navigate destructive thoughts and emotions*. Paper presented at the Association of Humanistic Counseling conference in Cleveland, Ohio.

**Solomon, C.,** & Barden S. M. (October, 2015). *Self-compassion: a mentorship framework for counselor educator mothers*. Paper presented at the Association for Counselor Education and Supervision Conference in Philadelphia, PA.

Ali, S., & **Solomon, C.** (March, 2015). *Counseling and coming-out: Understanding the process of sexual minority disclosure*. Paper presented at the American Counseling Association annual conference, Orlando, FL.

**Solomon, C.** (October, 2015). *Self-compassion for emotional resilience*. Program presented at the international division of American Counselor Associations (EB-ACA), Naples, Italy.

**Solomon, C.** (October, 2015). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Program presented at the international division of American Counselor Associations (EB-ACA), Milan, Italy.

**Solomon, C.** (September, 2014). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Program presented at the international division of American Counselor Associations (EB-ACA), Milan, Italy.

Holladay, K. & **Solomon, C.** (September, 2014). *Revenge porn*. Program presented at the international division of American Counseling Association (EB-ACA), Milan, Italy.

#### **CONFERENCE PRESENTATIONS (REGIONAL & LOCAL)**

**Solomon, C.** (January 2018). *Uncovering happiness with the practice of self-compassion*. Presented at the UCF Counseling Conference, Orlando, FL.

**Solomon, C.,** Perleoni, M., (February 2017). *Laughter yoga for emotional resilience*. Presented at the UCF Counseling Conference in Orlando, FL.

**Solomon C.,** Perleoni, M., (February 2017). *Cultivating happiness: Transform your inner critic with the practice of self-compassion*. Presented at UCF Counseling Conference in Orlando, FL.

**Solomon, C.,** (February 2017). *Mindful self-compassion: A therapeutic approach to help clients navigate stress and increase emotional resilience*. Featured presenter for the Florida Mental Health Counselors Association Conference in Orlando, FL.

**Solomon, C.,** (February 2017). *Laughter yoga for emotional resilience*. Leadership Empowerment Program for Faculty of Color. University of Central Florida, Orlando, FL.

**Solomon, C.,** Barden, S., (October 2016). *Self-compassion: A mentorship framework for counselor educator mothers*. Paper presented at the Southern Association of Counselor Educators in New Orleans, LA.

**Solomon, C.** (January 2016). *Mindfulness for emotional balance*. Seminole County Public Schools, ESOL Program in Lake Mary, FL.

**Solomon, C.** (March, 2016) *Counseling At-risk Children and Adolescents*. Presented at the University of Central Florida, Orlando, FL.

**Solomon, C.,** & Harris, S. (February, 2016). *Self-compassion for emotional resilience*. Presented for the Holmes Scholars, University of Central Florida, Orlando, FL.

**Solomon, C.** (February, 2016). *Laughter yoga: Removing layers of Inhibition to find an infinite ability to laugh*. Program presented at the University of Central Florida counseling conference in Orlando, FL.

**Solomon, C.** (February, 2016). *Self-compassion: A therapeutic approach to help clients find freedom from destructive thoughts and emotions*. Program presented at the University of Central Florida counseling conference in Orlando, FL.

**Solomon, C.** (October, 2015). *Laughter yoga for athletic performance*. Program presented for the female Lacrosse team at Rollins College, Winter Park, FL.

**Solomon, C.** (April, 20015). *Laughter yoga: Removing layers of Inhibition to find an infinite ability to laugh*. Program presented at the Florida Mental Health Counselors Association, Orlando, FL.

**Solomon, C.** (April, 2015). *Self-compassion: A therapeutic approach to help clients find freedom from destructive thoughts and emotions*. Program presented at the Florida Mental Health Counselors Association, Lake Mary, FL.

**Solomon, C.** (May, 2014). *Self-compassion Rather than self-esteem: A healthier psychological approach to help your kids increase resilience, motivation, positive emotions, and success in their life*. Seminole County Public School Title I 2014 Family Engagement Conference, Sanford, FL.

**Solomon, C.** (February, 2014). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Program presented at the conference of Florida Mental Health Counselors Association, Lake Mary, FL.

**Solomon, C.** (February, 2013). *Laughter yoga: Removing layers of inhibitions to find an infinite ability to laugh*. Program presented at the annual conference of Florida Mental Health Counselors Association, Palm Harbor, FL.

**Solomon, C.** (August, 2012). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Program presented at the monthly meeting of Mental Health Counselors of Central Florida Association, Orlando, FL.

### **TRAINING WORKSHOPS**

**Solomon, C & DiLorenzo, A.** (October, 2019). *Self-compassion training for educators level II*. Six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School presented at SCPS Development Center, Sanford, FL.

**Solomon, C & DiLorenzo, A.** (July, 2019). *Self-compassion training for educators*. Six-hours

workshop offered for teachers through their continuing education Power of You program in Seminole County Public School presented at Lyman High School, Oviedo, FL.

**Solomon, C & DiLorenzo, A.** (July, 2019). *Self-compassion training for educators*. Second training series of six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School presented at Lyman High School, Oviedo, FL.

**Solomon, C & DiLorenzo, A.** (June, 2019). *Self-compassion training for educators*. Six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School presented at Lake Howell High School, Oviedo, FL.

**Solomon, C & DiLorenzo, A.** (June, 2019). *Self-compassion training for educators*. Second training series of six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School presented at Lake Howell High School, Oviedo, FL.

**Solomon, C & DiLorenzo, A.** (June, 2019). *Self-compassion: The wise path to leadership*. Three-hours workshop offered for Administrators in Seminole County Public Schools through their professional development at their Educational Support Center, Administration Building, Lake Mary, FL.

**Solomon, C & DiLorenzo, A.** (February, 2019). *Self-compassion training for educators: Advanced Level*. Six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School at their Educational Support Center, Administration Building, Lake Mary, FL.

**Solomon, C & DiLorenzo, A.** (October, 2018). *Self-compassion training for educators*. Six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School at their Educational Support Center, Administration Building, Lake Mary, FL.

**Solomon, C & DiLorenzo, A.** (September, 2018). *Self-Compassion Training for Educators*. Six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School at Hagerty High School, Oviedo, FL.

**Solomon, C & DiLorenzo, A.** (August, 2018). *Self-Compassion Training for Educators*. Six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School at Hagerty High School, Oviedo, FL.

**Solomon, C & DiLorenzo, A.** (June, 2018). *Self-Compassion Training for Educators*. Six-hours workshop offered for teachers through their continuing education Power of You program in Seminole County Public School at Lyman High School, Longwood, FL.

**Solomon, C** (February, 2018). *Mindful self-compassion practices for emotional resilience*. Four-weeks workshop for the Life Long Learning Program at Rollins College, Winter Park, FL.

**Solomon, C.** (December, 2017). *Self-compassion for emotional resilience*. Eight-hour workshop (CEUs provided) for counselors presented at the Mental Health Counseling Association of Florida (MHCAF), Orlando, FL.

**Solomon, C.** (June, 2017). *Mindful self-compassion: A therapeutic approach to help clients navigate stress and increase emotional resilience*. Three-hour workshop (CEU's provided) for counselors presented at La Amistad Behavioral Center, Winter Park, FL.

**Solomon, C.** (June, 2015). *Self-Compassion for emotional resilience*. Five-hour workshop (CEU's provided) for counselors presented at the Community Center, Oviedo, FL.

## **ACADEMIC POSITIONS**

**Assistant Professor, Tenure Track, Program Coordinator, 2019 to Present**

- Troy University, Tampa, FL

**Supporting Faculty, 2017- 2018**

- Rollins College, Winter Park, FL

**Supporting Faculty, 2010-2018**

- University of Central Florida, Orlando, FL

## **TEACHING: GRADUATE COURSES**

### **TROY UNIVERSITY**

- CP 6610: Facilitation Skills and Counseling Techniques, (Hybrid) Spring 2019
- CP 6650: Counseling Practicum, Spring 2019
- CP 6659/60/61: Mental Health Counseling Internship I, II & III, Spring 2019
- CP 6641 Counseling Diverse Populations, (Hybrid) Fall 2019
- CP 6642 Group Dynamics & Counseling, (Hybrid) Fall 2019, Spring 2020, Summer 2020
- CP 6605 Foundations of Mental Health Counseling (Hybrid) Fall 2019
- CP 6669 Behavior Pathology, (Hybrid) Fall 2019

### **ROLLINS COLLEGE**

- CPY 538: Multicultural and Social Justice Counseling, Fall 2018
- PSY 680: Practicum in Clinical Mental Health Counseling, Fall 2018
- PSY 690: Internship I in Clinical Mental Health Counseling, Fall 2018
- CPY 525: Counseling Theories & Practice, Spring 2018
- PSY 695: Internship in a Mental Health Setting, Spring 2018
- CPY 520: Group Dynamics & Process, Fall 2017
- PSY 690: Internship I in Clinical Mental Health Counseling, Fall 2017
- PSY 680: Practicum in Clinical Mental Health Counseling, Spring 2017
- CPY 540: Advanced Theory & Practice of Group Counseling, Summer 2017, Summer 2018

### **UNIVERSITY OF CENTRAL FLORIDA**

- MHS 5938: Foundations of Trauma and & Crisis Counseling, Summer 2018
- MHS 6420: Multicultural Counseling (co-instructor), Spring 2016
- SDS 6347: Career Development (guest lecturer), Spring 2016
- MHS 6803: Practicum in Counselor Education (co-instructor), Fall 2014, Spring 2015, Fall 2015, Spring 2016
- MHS 6401: Techniques of Counseling (co-instructor), Fall 2015
- MHS 5005: Introduction to Counseling (co-instructor), Fall 2014, Spring 2015
- MHS 6702: Ethical & Legal Issues in Counseling (co-instructor), Fall 2014

## **TEACHING: UNDERGRADUATE COURSES**

- EEC 4402: Cultural and Family Systems (3x), University of Central Florida, (Online)2017-2018
- PEM 2104: Personal Fitness (5x), University of Central Florida, 2010-2012
- PSY 101: Introduction to Psychology (2x), Lincoln Technical Institute, 2012

## **COUNSELING & CLINICAL EXPERIENCE**

**Licensed Mental Health Counselor (MHS# 12559), 2012-Present**

### Private Mental Health Practice, Tampa/Orlando, FL

- Provides counseling services for 10 clients weekly, focusing on anxiety management, depression, and couples therapy.
- Specializes in holistic approaches, implementing a blend of Eastern and Western philosophies. Teach mindfulness, self-compassion, and body-centered therapies such as trauma-sensitive yoga and restorative yoga.
- Handles all aspects of billing and records management while also acting as speaker, advocate, collaborator, and volunteer for various organizations.

### Graduate Assistant to Dept. Chair/Clinical Coordinator for Practicum Program, 2014-2017

#### University of Central Florida, Orlando, FL

- Acted as a liaison between UCF and Seminole County Public Schools partnership to ensure school-based mental health counseling services in Title I elementary schools.
- Coordinated practicum students with counseling services for up to 30 clients a week at the schools.
- Collaborated with school counselors, teachers and parents to ensure appropriate student referrals.
- Recruited graduate student for Practicum sections and facilitated orientations
- Collected, entered, and managed required counseling documents and data for research/grant proposals.

### Mental Health Therapist | Group Facilitator | Yoga Instructor, 2011-2014

#### La Amistad Behavioral Health Services, Winter Park, FL

- Facilitated up to 12 weekly psychoeducational groups encompassing curriculum development and delivery focused on Mindfulness and Dialectical Behavioral Therapy.
- Implemented Trauma Sensitive Yoga and Laughter Yoga practices into the program to assist residents with anxiety coping.
- Progressed from internship position to consulting / contract roles as group facilitator.
- Provided guidance, support, and psychotherapy to diverse populations with or affected by mental health disorders including dual diagnosis with addictive disorders.

### Pro Bono Counselor & Consultant, 2010-2014

#### The LGBT Center of Central Florida, Orlando, FL

- Provided free counseling services for LGBT community, fostering personal development and quality of life.
- Developed therapeutic relationships and provided emotional support and counseling to patients and family members with mental and emotional disorders.
- Advocated for LGBT community by supporting special events among non-profit organizations.

### **Targeted Case Manager, 2009-2010**

Family Preservation Services, Lake Mary, FL

- Established clients' requirements by completing intake interviews; determining need for therapeutic medical, psychosocial, and psychiatric evaluations; reviewing therapist evaluations, treatment objectives, and plans.
- Monitored cases by verifying clients' attendance; observing and evaluating treatments and responses; advocating for needed services; intervening in crises; providing personal support.
- Communicated clients' progress by conducting evaluations, disseminating results and obstacles to therapeutic team and family and identifying treatment influences.
- Implemented successfully mental health services to clients.

### **Targeted Case Manager, 2003-2004**

Children's Home Society, Orlando, FL

- Established clients' requirements by completing intake interviews; determining need for therapeutic medical, psychosocial, and psychiatric evaluations; reviewing therapist evaluations, treatment objectives, and plans.
- Monitored cases by verifying clients' attendance; observing and evaluating treatments and responses; advocating for needed services; intervening in crises; providing personal support.
- Communicated clients' progress by conducting evaluations, disseminating results and obstacles to therapeutic team and family and identifying treatment influences.
- Successfully implemented mental health services for diverse range of clients.

### **LOCAL MEDIA INTERVIEWS**

Kent, Butler (Podcast Host) (November, 2020). Matters of diversity [UCF, Office of Diversity and Inclusion]. UCF, Orlando, FL.

Natalia, Fernandez (Reporter) (April, 2020). How the quarantine can have an effect in mental health [Telemundo 31 Noticias]. NBC Universal, Orlando, FL.

<https://www.telemundo31.com/noticias/local/como-puede-afectar-la-cuarentena-a-la-salud-mental-psicoterapeuta-lo-explica/1988526/>

Kendra Davies (Reporter) (April, 2020). AdventHealth EMS Group, Facebook Live Interview on Self-Compassion for Healthcare Workers, Orlando, FL.

Tania Sims (Writer) (April, 2020). Students turn out to online dating-socializing amid COVID-19 outbreak. Nicholson Student Media, UCF, Orlando, FL.

[http://www.nicholsonstudentmedia.com/life/ucf-students-turn-to-online-dating-socializing-amid-covid-19-outbreak/article\\_c68eaefa-78e7-11ea-bf36-8bd11dd2c6d5.htm](http://www.nicholsonstudentmedia.com/life/ucf-students-turn-to-online-dating-socializing-amid-covid-19-outbreak/article_c68eaefa-78e7-11ea-bf36-8bd11dd2c6d5.htm)

Giorgio, D (Reporter) (January, 2012). Emotional Eating: When is it more than just a craving [Orlando News, Channel 6]. WKMG-TV, Orlando.



Delgado, I. (Reporter) (2012). Emerging adults 18 - 20 still attached to parents [Entravision TV].

Chamorro, M. (Reported) & Vanesa Vicuna (Producer) (2012, July). Desordernes alimenticios [Salud, Orange TV]. Orlando, FL.

Chamorro, M. (Reporter) & Vanesa Vicuna (Producer) (2012, July). Medicina alternativa [Salud, Orange TV]. Orlando, FL.

### **DEPARTMENT/COLLEGE/UNIVERSITY SERVICE FOR TROY UNIVERSITY**

- IRB Committee Member- 2020-2022
- Committee Member: CPCE Review of Policies, 2020
- Committee Co-Chair Member: Alternative CPCE during COVID-19 Crisis, 2020
- Proposal Reviewer for the Psychology Conference, 2020
- Search Committee Member: Lecturer Position, Tampa Site, 2019
- Search Committee Member: CMHC Faculty Position, Montgomery Site, 2019
- Editorial Board Member for College of Education's Lesson Magazine, 2019,2020
- Presented for CRIT faculty on Emotional Wellbeing, 2019

### **PROFESSIONAL SERVICES & GOVERNANCE**

- **Board of Governor**, European Branch of the American Counseling Association (EB-ACA), 2019- Present
- **President**, Counselor Education Doctoral Students Organization (CEDSO), 2015-2016
- **Interview Committee Member**, Holmes Scholars' University Chapter, 2016-2017
- **Interview Committee Member**, Counselor Education Ph.D. Prospectives, 2015-2016
- **Committee Member**, Masters' Students Orientation, 2015-2016
- **Facilitator**, Graduate Students Counseling Skills Club, 2015

### **PROFESSIONAL SERVICES & VOLUNTEERING (NATIONAL)**

- **Proposal Reviewer**, Association for Counselor Education & Supervision (ACES), 2015
- **Grants & Awards Committee Member**, Association of Humanistic Counseling (AHC), 2015- 2016
- **AHC Representative**, AHC booth at national ACA conference, 2015

### **PROFESSIONAL SERVICES & VOLUNTEERING (STATE & LOCAL)**

- **Membership & Marketing Chair, Executive Board**, Mental Health Counselors of Central Florida (MHCCF), 2014-2018
- **Volunteer Committee Member**, Holmes Scholars Dissertation Symposium & Retreat, 2016
- **Conference Volunteer Coordinator Chair & Committee Member**, Florida Mental Health Counselors Association (FMHCA), 2015

- **Poster Sessions Chair & Committee Member**, Florida Mental Health Counselors Association (FMHCA), 2015
- **Florida State Representative for Registered Mental Health Interns**, Florida Mental Health Counselors Association (FMHCA), 2014-2015

### **COMMUNITY SERVICE**

- **How might we prepare leaders in a post COVID-19 world?** Taskforce member for Sprintbase leadership project, Orlando, FL. (April 2020)
- **Virtual Interview with Miss Puerto Rico Pageant:** Effects of COVID-19 with our Mental Health (May, 2020).
- **Community Educator** for the Orlando United Counseling (Pulse Survivors' Program)
- **Emergency Responder** for displaced Puerto Rican families following Hurricane Maria, Family Community Center, Oct. 2017
- **Emergency Responder** for the Pulse tragedy, United Church, Jun. 2017
- **HIV Awareness Month**, University of Central Florida, Jun. 2015
- **Member**, Speaker's Bureau

### **SPECIALIZED TRAINING**

- Faculty Center for Teaching and Learning Faculty
- Development Dialectical Behavioral Therapy
- Core Strategies Mindfulness/Meditation Therapy Training
- The Mindful Path to Self-Compassion/Teacher Training
- CBT Mindfulness & Beyond: Neurologically Enhanced Therapy
- Gottman Method Couples Training Level I & II
- Frontiers of Trauma Yoga Treatment
- EMDR Therapy: Basic Training
- Brief Family Counseling & Consultation: Resilience-based interventions (Adlerian Training Institute)

### **PROFESSIONAL MEMBERSHIPS & ASSOCIATIONS**

- **Mental Health Counselors of Central Florida (MHCCF)**, 2014-Present
- **Southern Association for Counselor Education & Supervision (SACES)**, 2014-2018
- **European Branch of ACA**, 2019-Present
- **American Counseling Association (ACA)**, 2012-Present
- **Aerobic and Fitness Association of America (AFAA)**, 2008 – Present
- **Chi Sigma Iota International (CSI)**, 2012 – 2014
- **American Mental Health Counselor Association (AMHCA)**, 2019- Present