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# Elizabeth R. Pennock, PhD, LMHC, NCC, CCMHC, QS(FL)

Reformed Theological Seminary, Orlando  
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## *Curriculum Vitae*

### EDUCATION

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<b>Ph.D. in Education - Counselor Education</b> CACREP accredited doctoral program University of Central Florida, Orlando, FL	Aug 2021
<b>Master of Arts (M.A.) in Counseling</b> Reformed Theological Seminary, Orlando, FL	May 2011
<b>Bachelor of Arts (B.A.) in Political Science and French, <i>summa cum laude</i></b> Furman University, Greenville, SC	June 2002

### CREDENTIALS

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**Licensed Mental Health Counselor**, Florida License #MH12551  
**Qualified Supervisor MHC**, Florida License #MH12551  
**National Certified Counselor**, #758275  
**Certified Clinical Mental Health Counselor**, #758275

### SPECIALIZED TRAINING

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- EMDR, Basic Training, Levels 1 & 2
- Advanced Counseling Certificate in Narrative Trauma Therapy  
(from the *Seattle School of Theology and Psychology*)
- Trauma-Focused Cognitive-Behavioral Therapy for Children
- Intensive Training Workshop on Adlerian Play Therapy
- Dialectical Behavioral Therapy, Level 1 Training

### PROFESSIONAL EXPERIENCE

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#### *Academic*

**MA in Counseling (MAC) Program Director** June 2022 - present  
Reformed Theological Seminary

Director of the RTS MAC program (which is offered on two campuses: Jackson, MS and Orlando, FL). Among the various administrative duties associated with this role, the Program Director is responsible for faculty course assignment, program admissions, and accreditation submittals. This includes overseeing the on-going compliance of the RTS MAC program with the accreditation standards of the Council for the Accreditation of Counseling and Related Educational Programs (CACREP).

**Assistant Professor of Counseling  
Practicum and Internship Coordinator**  
Reformed Theological Seminary, Orlando, FL

Jan 2019 - present

Responsibilities include teaching graduate level mental health counseling courses; advising MAC students; clinical supervision for student practicum and internship students; participating in curriculum planning and development; and overseeing the practicum and internship placements of all MAC students.

### *Clinical Counseling*

#### **Private Mental Health Counseling Practice**

Elizabeth Pennock Counseling, Oviedo, FL	2018 - present
Agape Counseling Center, Winter Park, FL	2014 - 2016
Living Water Counseling, Orlando, FL	2012 - 2014
Twelve Stones Counseling, Oviedo, FL	2011 - 2012

- Individual and group counseling with children, adolescents, adults, and families.

#### **Mental Health Counselor & Staff Development Consultant**

PIONEERS-USA, Orlando, FL	2009 - 2015
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- Counseling and crisis care for 1000+ employees working in remote and impoverished areas around the globe;
- Assisting in psychological assessment of applicants to assess readiness for job placement in high-stress environments (includes MMPI-2, MCMI-III, MBTI, marital satisfaction inventory and psychosocial interview);
- Debriefing staff and their children after completion of international assignments (using the Cerny-Smith Assessment to evaluate stress levels and roadblocks to adaptation);
- Training staff members in the areas of cultural adjustment, conflict resolution, spiritual and emotional formation, personal and team development.

#### **Other Clinical Experience**

Hamilton Elementary School, Sanford, FL	2015
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- Child and family counseling in after-school program;
- Doctoral-level advanced practicum site.

Oviedo Counseling Clinic, Oviedo, FL	2010 - 2011
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- Individual and group counseling with adolescents, adults, and families;
- Masters level practicum and internship site.

### **HONORS & AWARDS**

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*Journal for Specialists in Group Work - 2019 Outstanding Article Award* 2019  
Association for Specialists in Group Work  
Presented at the 2019 American Counseling Association Conference; Oh, S., Mitchell, M. D., McKinzie Bennett, C., Rendon Finnell, L., Saliba, Y., Heard, N. J., & Pennock, E. R. (2018). Journal sharing on group cohesion and goal attainment in experiential growth groups. *Journal for Specialists in Group Work*, 43:3, 206-229.

*Counselor Education & Supervision (CE&S) Editorial Fellow,* 2017-2018  
Association for Counselor Education and Supervision  
*CE&S* is the peer-reviewed journal of the Association for Counselor Education and Supervision. Fellows are matched with an editorial board member, who serves as a mentor, and meet with *CE&S* editors quarterly.

*SACES Emerging Leader Fellow,* 2016  
Southern Association for Counselor Education and Supervision  
The Emerging Leaders program is designed to engage talented and dedicated counseling professionals to serve as future leaders in the field of Counselor Education and Supervision.

*Trustee's Doctoral Fellowship,* 2015-2018  
University of Central Florida  
The most distinguished fellowship offered to doctoral students at UCF, providing multi-year support to the most qualified applicants to the institution.

*Chi Sigma Iota, International Honor Society in Counseling,* 2016  
University of Central Florida

## **RESEARCH & SCHOLARLY PRODUCTIVITY**

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### **Research Interest and Focus**

- Trauma and Trauma-Informed Care
- Counselor Education and Supervision
- Spirituality & Counseling

### **Research and Publications**

#### ***Dissertation***

**Pennock, E. R.** (2021). *Trauma-Informed Clergy: An Investigation of Factors Predicting the Trauma-Related Attitudes and Beliefs of Christian Clergy in Florida*. Counselor Education, University of Central Florida.

#### ***Book Chapters***

Hagedorn, W. B., **Pennock, E. R.**, & Rendon Finnell, L. (2018). Addressing spiritual and religious themes with play, creativity, and experiential interventions. In C. S.Gill & R. Freund (Eds.). *Spirituality and Religion in Counseling: Competency-Based Strategies for Ethical Practice* (pp. 189-206). New York, NY: Routledge.

#### ***Journal Articles (In Press)***

Oh, S., Mitchell, M. D., McKinzie Bennett, C., Rendon Finnell, L., Saliba, Y., Heard, N. J., & **Pennock, E. R.** (2018). Journal sharing on group cohesion and goal attainment in experiential growth groups. *Journal for Specialists in Group Work*, 43:3, 206-229. doi: 10.1080/01933922.2018.1484541

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**INSTRUMENT DEVELOPMENT**

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Kelchner, V. P., **Pennock, E. R.**, & Lambie, G. W. (2016). Child's Counseling Session Experience Scale© (CCSES). Unpublished instrument.

The Child's Counseling Session Experience Scale© (CCSES) is designed to assess elementary school aged students' experiences with individual counseling sessions. The two primary areas examined by the CCSES are (a) the therapeutic relationship in counseling and (b) supporting the client change process in counseling. The CCSES is aligned with the theoretical tenets of Motivational Interviewing (Miller & Rollnick, 2012) with elementary school aged clients. (IRB#: 15-11547)

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**RESEARCH FUNDING / GRANTS**

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*Funded*

Kelchner, V. P., Principle Investigator; Barden, S., Co-Investigator; Shillingford-Butler, Co-Investigator; & **Pennock, E. R.**, Project Assistant. *Assessing the impact of school-based family counseling on improving student outcomes and family functioning.* University of Central Florida, Office of Research and Commercialization In-House Research Grants, 2016-2017. \$7,500.00

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**PROFESSIONAL PRESENTATIONS (refereed)**

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**National & International**

Heard, N. J., McKinzie Bennett, C., Mitchell, M. D., Oh, S., **Pennock, E. R.**, Rendon Finnell, L., & Saliba, Y. (2021, October). *Outside looking within: Creating an anti-racist culture on the journey from student to faculty.* Program to be presented at the national conference of the Association for Counselor Education and Supervision (ACES), Atlanta, GA.

**Pennock, E. R.**, & Kelchner, V. P. (2017, October). *Supervisor perspectives on novice counselors' trauma competency: A phenomenological inquiry.* Program presented at the national conference of the Association for Counselor Education and Supervision (ACES), Chicago, IL.

Hagedorn, W. B., Rendon Finnell, L., & **Pennock, E. R.** (2017, October). *I'm not sure I can do that: Preparing students to facilitate forgiveness.* Program to be presented at the national conference of the Association for Counselor Education and Supervision (ACES), Chicago, IL.

**Pennock, E. R.**, & Kelchner, V. P. (2017, March). *Trauma-informed counselors: Supervisor perspectives on counselor preparation.* Poster presented at the national conference of the American Counseling Association (ACA), San Francisco, CA.

**Pennock, E. R.**, Oh, S., & McKinzie Bennett, C. (2017, March). *Trauma-informed advocacy: Giving a voice to trauma survivors through community engagement.* Poster presented at the national conference of the American Counseling Association (ACA), San Francisco, CA.

- Oh, S., McKinzie Bennett, C., & **Pennock, E. R.** (2017, March). *Global perspective on professional counselor identity: History, current identity, and future paradigm*. Poster presented at the national conference of the American Counseling Association (ACA), San Francisco, CA.
- Pennock, E. R.**, Saliba, Y., & Oh, S. (2016, September). *The art of story: Experiential classroom activities for developing curiosity, empathy, and insight*. Program presented at the national conference of the Association for Creativity in Counseling (ACC), Savannah, GA.
- Oh, S., **Pennock, E. R.**, & Saliba, Y. (2016, September). *Using drawing in assessment and therapy: The cross-cultural utility of the Person Picking an Apple from a Tree Assessment*. Program presented at the national conference of the Association for Creativity in Counseling (ACC), Savannah, GA.
- Kelchner, V. P., & **Pennock, E. R.** (2016, September) *Engaging at-risk youth through community service: A qualitative study*. Program presented at the national conference of the Association for Assessment and Research in Counseling (AARC), Ft. Lauderdale, FL.
- Kelchner, V. P., **Pennock, E. R.**, Evans, K. & Heard, N. J. (2016, April). *Meeting the needs of transitioning youth from a multi-systemic perspective*. Program presented at the international conference of the American Counseling Association (ACA), Montreal, QC, Canada.
- Hagedorn, W. B., Cashwell, C. S., Lenes, E., Foster, K. J., Brennan, C., Tresemer, D., Vossenkemper, T., Kondili, E., Heard, N. J., & **Pennock, E. R.** (2016, April). *On common ground: Counselors of varied spiritual and religious backgrounds engage in case discussion*. Program presented at the international conference of the American Counseling Association (ACA), Montreal, QC, Canada.
- Mallicoat, W., Kelchner, V. P., & **Pennock, E. R.** (2015, October). *Let's talk about sex: Integrating sexuality training throughout counselor education programs*. Program presented at the national conference of the Association for Counselor Education and Supervision (ACES), Philadelphia, PA.
- Dye, J., Evans, K., Kelchner, V. P. & **Pennock, E. R.** (2015, October). *Supervisor LGBTQI ally status and supervisees experiencing moral conflicts in counseling LGBTQI clients*. Program presented at the national conference of the Association for Counselor Education and Supervision (ACES), Philadelphia, PA.

### **Regional & State**

- Mitchell, M. D., Saliba, Y., Heard, N. J., Rendon Finnell, L., Oh, S., Mckinzie Bennett, C., & **Pennock, E.** (2018, January). *#CohortLove: How to Utilize Graduate School as a Cultural Immersive Experience*. Program presented at the University of Central Florida Counseling Conference, Orlando, FL.
- Saliba, Y., & **Pennock, E. R.** (2017, January). *Now what? Using the art of story to foster resilience after loss*. Program presented at the University of Central Florida Counseling Conference, Orlando, FL.

- Kelchner, V. P., **Pennock, E. R.**, & Rendon Finnell, L. (2016, October). *Community connections: Engaging at-risk youth*. Program presented at the annual conference of the Florida Counseling Association (FCA), Orlando, FL.
- Pennock, E. R.**, Hagedorn, W. B., Kelchner, V. P., & Rendon Finnell, L. (2016, October). *Trauma is everywhere: The case for a trauma-informed curriculum*. Program to be presented at the regional conference of the Southern Association for Counselor Education and Supervision (SACES), New Orleans, LA.
- Rendon Finnell, L., Kelchner, V. P., & **Pennock, E. R.** (2016, October). *Bridge the gap: Preparing counselors to work collaboratively to reach student mental health needs*. Program presented at the regional conference of the Southern Association for Counselor Education and Supervision (SACES), New Orleans, LA.
- Pennock, E. R.** (2016, February). *Returning to a secure base: Using attachment theory to work with adult clients*. Program presented at the University of Central Florida Counseling Conference, Orlando, FL.
- Pennock, E. R.** (2016, February). *Trauma-informed counseling practice: What all counselors need to know about trauma*. Program presented at the University of Central Florida Counseling Conference, Orlando, FL.

## **PROFESSIONAL PRESENTATIONS & PROGRAMS (non-refereed)**

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### **Invited Presentations**

- Pennock, E. R.**, Browne-James, L., Kincaide, L., Prikhidko, A., & Knight, K. (2017, April). *Trauma, triumph and the helpers that soar: A panel discussion about trauma treatment and counselor self-care*. Invited panelist at the 2017 Florida Counseling Association Trauma Symposium in Orlando, FL.

### **Guest Lectures**

- Pennock, E. R.** (2017, September). *Considering trauma in addiction treatment*. Guest lecture presented at University of Central Florida, Orlando, FL.
- Pennock, E. R.** (2016, October). *Counselor self-care practices*. Guest lecture presented at University of Central Florida, Orlando, FL.
- Pennock, E. R.** (2016, March). *EMDR as an integrative therapy*. Guest lecture presented at University of Central Florida, Orlando, FL.
- Pennock, E. R.** (2016, March). *Clinical assessment*. Guest lecture presented at University of Central Florida, Orlando, FL.
- Pennock, E. R.** (2016, February). *Person-centered therapeutic approaches with children and adolescents*. Guest lecture presented at University of Central Florida, Orlando, FL.

**Pennock, E. R.** (2016, February). *The process of counselor development*. Guest lecture presented at University of Central Florida, Orlando, FL.

**Pennock, E. R.** (2015, October). *Challenging skills in counseling*. Guest lecture presented at University of Central Florida, Orlando, FL.

**Pennock, E. R.** (2015, October). *What happens in a counseling session?* Guest lecture presented at University of Central Florida, Orlando, FL.

### **Training Workshops**

**Pennock, E. R.** (2021, August). *Introduction to trauma-informed care for primary care medical providers*. Training workshop to be presented for the administrative and medical staff at Grace Medical Home, Orlando, FL.

**Pennock, E. R.** (2015, January). *Understanding attachment dynamics*. Training workshop presented at Pioneers-USA, Orlando, FL.

**Pennock, E. R.** (2014, August). *Working with attachment styles in the counseling room*. Training workshop presented at the Oviedo Counseling Clinic, Oviedo, FL.

**Pennock, E. R.** (2012-2015). *Walking the road between: Connecting with God in grief and loss*. Training workshop presented twice per year at Pioneers-USA, Orlando, FL.

**Pennock, E. R.** (2012-2015). *Practicing the presence of people: Emotionally healthy spirituality*. Training workshop presented twice per year at Pioneers-USA, Orlando, FL.

**Pennock, E. R.** (2009-2015). *Conflict resolution on teams*. Training workshop presented several times per year at Pioneers-USA, Orlando, FL.

**Pennock, E. R.** (2008-2015). *Using the MBTI for personal and team development*. Training workshop presented several times per year at Pioneers-USA, Orlando, FL.

**Pennock, E. R.** (2008-2011). *FIRO-B: A tool for understanding relationship needs on teams*. Training workshop presented several times per year at Pioneers-USA, Orlando, FL.

## **COUNSELOR EDUCATION (TEACHING & SUPERVISION)**

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### **Teaching (Counselor Education)**

PSY 5210 Theory & Practice of Counseling (*graduate-level course*)

- This course examines major theories and models of counseling and their application in the practice of clinical mental health counseling.
- Reformed Theological Seminary, Orlando
- Course instructor, Fall 2019, Fall 2021, Fall 2022

PSY 5120 Social and Cultural Issues in Counseling (*graduate-level course*)

- This course exposes students to the psychosocial similarities, differences, and adversities that exist among people groups and to encourage the development of a multidimensional contextual framework for understanding people and providing counseling services.
- Reformed Theological Seminary, Orlando
- Course instructor, Fall 2022.

PSY 5130 Human Growth & Development (*graduate-level course*)

- This course centers on human growth and development and will provide an overview of the major theories, concepts, and issues of life span development.
- Reformed Theological Seminary, Orlando
- Course instructor, Fall 2019, Fall 2020, Fall 2021

PSY 5220 Group Theories and Practice (*graduate-level course*)

- This course provides an understanding of group development, group dynamics, and group counseling theories.
- Reformed Theological Seminary, Orlando
- Course instructor, Summer 2019, Fall 2020, Summer 2021, Summer 2022

PSY 5270 Application of Counseling and Theology (*graduate-level course*)

- This course is designed to help students demonstrate their ability to integrate and consolidate their thinking and positions on a variety of issues related to counseling and theology.
- Reformed Theological Seminary, Orlando
- Course co-instructor; Spring 2019, Spring 2020, Spring 2021, Spring 2022

PSY 5250 Counseling in Community Settings (*graduate-level course*)

- The purpose of this course is to examine: 1) the study of current trends and topics in community counseling, 2) the practice of specific techniques and interventions, and 3) the application of the techniques in community settings.
- Reformed Theological Seminary, Orlando
- Course instructor; Spring 2018, Spring 2019, Summer 2019, Summer 2020, Summer 2021, Summer 2022

MHS 6938 Foundations of Trauma & Crisis Counseling (*graduate-level course*)

- Overview of the effects of crisis, disasters, and trauma on diverse individuals across the lifespan and how this influences the counseling process. Basic crisis intervention and trauma-informed treatment strategies within counseling are discussed.
- University of Central Florida
- Planned/developed proposal for new course and received university approval
- Designed syllabus and lesson plans
- Co-taught course with faculty member; Summer 2017

MHS 6500 Group Procedures & Theories in Counseling (*graduate-level course*)

- This course is designed to give the student an understanding of the role of theories in group counseling as well as the many process applications of groups.
- University of Central Florida
- Co-taught course with faculty member; Spring 2017
- Led experiential growth groups for students; Fall 2015, Spring 2016

MHS 6401 Techniques of Counseling (*graduate-level course*)

- The nature of counseling and its relationships to theoretical concepts.
- University of Central Florida
- Co-taught course with faculty member; Fall 2016

MHS 6403 Practicum in Counselor Education (*graduate-level course*)

- Supervised counseling, emphasizing competence in: (1) individual counseling, (2) working with groups, (3) tests in educational-career-personal counseling.
- University of Central Florida
- Co-taught course with faculty member; Fall 2016

MHS 6450 Addictions Counseling (*graduate-level course*)

- Examination within systematic, theoretical framework of the function that a substance, individual, and the environment play in use and abuse of illicit and licit substances.
- University of Central Florida
- Co-taught course with faculty member; Summer 2016

**Supervision**

## Qualified Supervisor for Mental Health Counseling Interns

since June 2017

- State of Florida
- Provide clinical supervision for licensure for registered mental health counselor interns

## PSY 5290 Clinical Internship

since Jan 2018

- Internship is part of the MAC clinical sequence whereby students, under supervision, meet with clients in various settings and apply helping skills, bio-psycho-social-spiritual assessment, theoretical case conceptualization, counseling interventions and ethical principles to helping interactions with persons enrolled in counseling. These experiences provide opportunities for students to counsel clients who represent the ethnic and demographic diversity of their community.
- Reformed Theological Seminary, Orlando

## PSY 5280 Practicum

since Jan 2018

- The first professional practice course for MAC students. Student learn to apply helping skills, bio-psycho-social-spiritual assessment, theoretical case conceptualization, counseling interventions, and ethical principles.
- Reformed Theological Seminary, Orlando

## MHS 6403 Practicum in Counselor Education

Fall 2016, Spring 2017

- Provided group, triadic, and live supervision to MA students completing their practicum through the University of Central Florida's partnership with the Seminole County School District to provide child and family counseling on the campuses of Title 1 schools, Midway Elementary School, Sanford, FL (Fall 2016); as well as at the Community Counseling and Research Clinic at the University of Central Florida (Spring 2017).
- University of Central Florida

**Graduate Assistantship****Graduate Teaching and Research Assistant**

2015 - 2017

Department of Child, Family, and Community Sciences  
 Counselor Education Program  
 University of Central Florida, Orlando, FL

- Assisted on multiple qualitative and quantitative research projects, as well as manuscript preparation and revision.
- Helped with grant-writing and data analysis for the School-Based Counseling and Research Partnership between the University of Central Florida and the Seminole County Public School district.
- Grading and classroom support for:
  - MHS 6220 Individual Psychoeducational Testing I
  - MHS 6430 Family Counseling I
  - MHS 6431 Family Counseling II
  - MHS 6440 Couples Counseling

**PROFESSIONAL LEADERSHIP & SERVICE**

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**Association for Counselor Education and Supervision**Editorial Fellow, *Counselor Education & Supervision*

2017-2018

**American Mental Health Counselors Association**Member, Editorial Review Board, *Journal of Mental Health Counseling*

2017-2019

Ad Hoc Editorial Board Member, *Journal of Mental Health Counseling*

2016

**Association for Creativity in Counseling**

Member, Newsletter Committee

2016 - 2018

**American Counseling Association**

Member, Trauma Interest Network

2016 - 2021

**Florida Counseling Association**

Proposal Reviewer, FCA 2017 Traumatology Symposium

2017

Conference Planning Committee Member, 2017 Traumatology Symposium

**Professional Memberships**

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**National and International**

American Counseling Association

2013 - present

Association for Counselor Education and Supervision

2015 - present

American Mental Health Counselors Association

2016 - present

Association for Spiritual, Ethical, and Religious Values in Counseling

2017 - present

Association for Creativity in Counseling

2015 - present

Chi Sigma Iota, International Honor Society for Counseling

2016 - present

Christian Association for Psychological Studies

2016 - present

**Regional, State, and Local**

Southern Association for Counselor Education and Supervision	2015 - present
Florida Counseling Association	2015 - present
Mental Health Counselors of Central Florida	2012 - present

**CONFERENCES ATTENDED**

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**National and International**

- Association for Counselor Education and Supervision (ACES) National Conference, Atlanta, GA (2021, October)
- Association for Counselor Education and Supervision (ACES) National Conference, Chicago, IL (2017, October)
- American Counseling Association (ACA) National Conference, San Francisco, CA (2017, March)
- Association for Assessment and Research in Counseling (AARC) National Conference, Ft. Lauderdale, FL (2016, September)
- Association for Creativity in Counseling (ACC) National Conference, Savannah, GA (2016, September)
- American Counseling Association (ACA) International Conference, Montreal, Quebec, Canada (2016, April)
- Association for Counselor Education and Supervision (ACES) National Conference, Philadelphia, PA (2015, October)

**Regional and State**

- Florida Counseling Association (FCA) 2nd Annual Traumatology Symposium, Orlando, FL (2017, April)
- University of Central Florida (UCF) Annual Counseling Conference, Orlando, FL (2017, January)
- Southern Association for Counselor Education and Supervision (SACES) Regional Conference, New Orleans, LA (2016, October)
- Florida Counseling Association (FCA) Annual Conference, Orlando, FL (2016, October)
- University of Central Florida (UCF) Annual Counseling Conference, Orlando, FL (2016, February)