

## CURRICULUM VITAE

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### Jessica M. Holm (DeGeorge)

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Department of Psychology and Counseling • University of Texas at Tyler • 3900 University Blvd.  
Tyler, Texas 75799 • (903) 566-7298 • jholm@uttyler.edu

### Academic Positions

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<b>University of Texas at Tyler</b> Assistant Professor of Counseling ( <i>CACREP accredited</i> ) Department of Psychology and Counseling	2015-Present
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### Education

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<b>Doctor of Philosophy in Counseling</b> ( <i>CACREP accredited</i> ) University of North Texas Specialization: Adolescent and Adult Counseling Dissertation: A Predictive Model of Adolescent Persistence in Counseling	May 2015
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<b>Master of Arts in Counselor Education</b> ( <i>CACREP accredited</i> ) University of Central Florida Specialization: Mental Health Counseling	December 2010
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<b>Bachelor of Science</b> University of Florida Major: Psychology Minor: Education	December 2007
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### Credentials

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Licensed Professional Counselor (LPC) Issued by Texas State Board of Examiners of Professional Counselors License #70152	2015-Present
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Registered Mental Health Counseling Intern Issued by the Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling License #IMH8779	2011-2013
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## Refereed Publications

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### Published

**Holm, J. M.**, Prosek, E. A., Bennett, C. M., & Sims, M. K. (in press). Understanding predictors and withdrawal symptoms of internet gaming disorder. *Journal of Addictions and Offender Counseling*.

Moate, R. M., Gnilka, P. B., & **Holm, J. M.**, (in press). Perfectionism and the SASSI-3: Differences in alcohol and substance abuse. *Journal of Counseling and Development*.

Zolkoski, S., **Holm, J. M.**, West, E. W., Isamel, H., Kennedy, B. R., Votaw, A., Miller, G. J., Stocks, E., & Sass, S. (2021). Social emotional learning in rural schools: Parent perspectives. *Kappa Delta P Record*, 57(1).

**Holm, J. M.**, Prosek, E. A., & Bevly, C. M. (2018). The relationship between counseling students' theoretical orientation and treatment outcomes. *The Journal of Counselor Preparation and Supervision*, 11(2).

Prosek, E. A., Giordano, A. L., **Holm, J. M.**, Bevly, C. M., Sender, K. M., Ramsey, Z. B., & Abernathy, M. R. (2017). Experiencing shame: Collegiate alcohol abuse, religiosity, and spirituality. *Journal of College Counseling*, 20(2), 126-138. doi: 10.1002/jocc.12065

Moate, R. M., **Holm, J. M.**, West, E. (2017). Perceived helpfulness of teachers in clinical courses. *The Professional Counselor*, 7(2), 155-168.

**Holm, J. M.**, Barrio Minton, C. A. (2016). A predictive model of adolescent attrition in counseling. *Children and Youth Services Review*, 67,. doi: 10.1016/j.chilyouth.2016.06.005

**Holm, J. M.**, Prosek, E. A., & Godwin Weisberger, A. C. (2015). A phenomenological investigation of counseling doctoral students becoming mothers. *Counselor Education and Supervision*, 54(1), 2-16. doi: 10.1002/j.1556-6978.2015.00066.x

Giordano, A. L., Prosek, E. A., Daly, C., **Holm, J. M.**, Ramsey, Z., Abernathy, M., & Sender, K. M. (2015). Exploring the relationship between religious coping and spirituality among three types of collegiate substance abuse. *Journal of Counseling and Development*, 93(1), 3-18. doi: 10.1002/j.1556-6676.2015.00182.x

Prosek, E., & **Holm, J. M.** (2014). Counselors and the military: When protocol and ethics conflict. *The Professional Counselor*, 4, 93-102. doi:10.15241/eap.4.2.93.

Prosek, E. A., **Holm, J. M.**, & Daly, C. M. (2013). Benefits of required counseling for counseling students. *Counselor Education and Supervision*, 52, 242-254. doi: 10.1002/j.1556-6978.2013.00040.x

## Under Review

Zolkoski, S., Estrada, S., West, E. W., Holm, **J. M.**, Miller, G. J., Sass, S., & Stocks, E. (under review). Teacher perceptions of skills, knowledge, and resources needed to promote social and emotional learning in rural classrooms.

Prosek, E. A., Bevely, C. M., **Holm, J. M.**, Otting, T. L., Stamman, J., & Treadway, H. (under review). Trends in counselor trainees' diagnostic assessment of non-dominant populations.

## Refereed Professional Presentations

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### International

**DeGeorge, J.** (November, 2010). *Reality therapy: Practical use*. European Branch of the American Counseling Association Annual Conference. Wiesloch-Heidelberg, Germany.

**DeGeorge, J.** (November, 2009). *Autism from the eyes of the sibling*. European Branch of the American Counseling Association Annual Conference. Weiskirchen, Germany.

### National

**Holm, J. M.**, Avalos, M. D. (July, 2020). *Navigating Mental Health Needs Following COVID-19*. Consortium for Belize Educational Cooperation. Tyler, Texas.

**Holm, J. M.** (September, 2019). *Conducting Research in Schools*. Association for Assessment and Research in Counseling Annual Conference. San Antonio, Texas.

Prosek, E. A., Burgin, E., **Holm, J. M.** (September, 2019). *A Primer to Mixed Methods Program Evaluation*. Association for Assessment and Research in Counseling Annual Conference. San Antonio, Texas.

Prosek, E. A., **Holm, J. M.**, Otting, T. L. (September, 2016). *Developing a Meaningful Research Agenda*. Association for Assessment and Research in Counseling Annual Conference. Ft. Lauderdale, Florida.

Barrio Minton, C. A., **Holm, J. M.** (September, 2014). *DSM-5: Assessment and Documentation*. Association for Assessment and Research in Counseling Annual Conference. Moline, Illinois.

- Giordano, A. L., Prosek, E. A., **Holm, J. M.**, Stare, B. (September, 2014). *Predictors of Empathy in Addictions Counseling*. Association for Assessment and Research in Counseling Annual Conference. Moline, Illinois.
- Prosek, E. A., & **Holm, J. M.** (March, 2014). *The benefits of required counseling for counseling students*. American Counseling Association Annual Conference. Honolulu, Hawaii.
- Holm, J. M.**, & Prosek, E. A. (March, 2014). *A phenomenological study of new motherhood during a doctoral program in counseling*. American Counseling Association Annual Conference. Honolulu, Hawaii.
- Prosek, E. A., **DeGeorge, J. M.**, & Daly, C. M. (October, 2013). *Utilization of a counselor training clinic: The mental health benefits for graduate and undergraduate students*. Association for Counselor Education and Supervision Annual Conference. Denver, Colorado.
- Ohr, J., Ener, E., & **DeGeorge, J. M.** (October, 2013). *Burnout prevention and wellness: Effects of a group supervision intervention*. Association for Counselor Education and Supervision Annual Conference. Denver, Colorado.
- Giordano, A. L., Prosek, E. A., Daly, C., **Holm, J. M.**, Abernathy, M., & Sender, K. M. (September, 2013). *Factors of religious coping and spirituality that predict substance use among college students*. Association for Assessment and Research in Counseling Annual Conference. Houston, Texas.
- Ohr, J., Limberg, D., & **DeGeorge, J. M.**, (September, 2012). *The effects of a wellness supervision intervention of counselor trainees'*. Association for Assessment in Counselor Education Annual Conference. Orlando, Florida.
- Prosek, E. A., & **DeGeorge, J. M.** (September, 2012). *Proposed changes to the DSM-5: Investigating outcomes for vulnerable populations*. Association for Assessment in Counselor Education Annual Conference. Orlando, Florida.

## Regional

- Holm, J. M.**, Otting, T., Webster, L., & Barrio-Minton, C. A. (November, 2014). *Counseling transgender adolescents in the schools*. Texas Counseling Association. Dallas, Texas.
- Prosek, E. A., Lindo, N., Yates, L., **Holm, J. M.**, Bevely, C. (November, 2014). *Strategies for culturally competent supervision*. Texas Counseling Association. Dallas, Texas.
- Giordano, A. L., Prosek, E. A., **Holm, J. M.**, Stare, B. (October, 2014). *Providing research membership through research teams*. Southern Association for Counselor Education and Supervision. Birmingham, Alabama.

Godwin, A., & DeGeorge, J. M. (February, 2013). *The use of sandtray in clinical supervision*. Texas Association of Counselor Education and Supervision Midwinter Conference. Austin, Texas.

DeGeorge, J. M. (February, 2013). *Required counseling services and the mental health benefits for counseling undergraduate and graduate students*. University of North Texas Graduate Student Research Exhibition. Denton, Texas.

## Research Experience

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### **Social Emotional Learning Research Team** 2018-Present

College of Education and Psychology, University of Texas at Tyler

*Engagement in a multidisciplinary team of faculty and students with the goal of evaluating the implementation of a social emotional learning program in schools.*

### **Research Team Leader, Addictions and Adolescent Research Team** 2015-2017

Counseling Program, University of North Texas

*Facilitate the development of research competencies for a team of undergraduate and graduate students through the examination of research in the areas of adolescence and addictions across the lifespan.*

### **Research Team Leader, Mental Health Outcomes Research Team** 2013-2015

Counseling Program, University of North Texas

*Supervise team of students who enter clinical data into large database (over 375 variables); responsible for maintenance and security of database; serve as liaison between student team members and faculty team member; actively contribute to writing of resulting manuscripts.*

### **Research Team Member, Mental Health Outcomes Research Team** 2012-2013

Counseling Program, University of North Texas

*Served as member on team assessing clinical outcomes of community clinic; entered clinical data using SPSS software; navigated large database (over 375 variables); actively contributed to writing of resulting manuscripts.*

### **Lead Researcher, AARC Needs Assessment** 2013-2014

Association for Assessment and Research in Counseling (AARC)

*Created, disbursed, and analyzed nationwide needs assessment of counseling graduate students focused on the areas of research and publication.*

### **Research Assistant, Addictions Counseling Research Team** 2013-2013

Counseling Program, University of North Texas

*Served as member on team assessing occurrence of substance use in college students; administered assessments to participants; entered assessment data using SPSS software actively contributed to writing of resulting manuscripts.*

**Research Assistant, Department of Developmental Psychology**

2007-2007

University of Florida

*Served as member of team assessing effects of peer pressure on decision making in middle school students; administered surveys; contacted parents to obtain pertinent demographic information; entered survey information using SPSS software.*

## **Clinical and Professional Experience**

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**Licensed Professional Counselor**

2017-Present

Cari Foote, M.A., LPC, LMFT &amp; Associates, PLLC

Private Practice

Rockwall, Texas

*Provide individual, family, and couples counseling for adults and adolescents presenting with mental health or co-occurring disorders in an outpatient, private practice setting; conducted initial intake interviews; provided counseling services; maintained appropriate documentation of services rendered.*

**Individual and Group Counselor**

2014-2015

Carrollton Springs Psychiatric Hospital

Carrollton, Texas

*Provide individual, family, and group counseling for adults presenting with psychiatric or co-morbid disorders in an inpatient and outpatient setting; conduct initial intake assessments to determine appropriate level of care; maintain appropriate documentation of services rendered.*

**Individual and Group Counselor**

2012-2015

Counseling and Human Development Center and Child and Family Resource Clinic

University of North Texas; Denton, Texas

*Provided individual and group counseling for adults; provided activity therapy for adolescents and play therapy for children; collaborated with family members; conduct initial intake interviews; maintained appropriate documentation of services rendered.*

**Group Facilitator**

2013-2014

Department of Counseling and Higher Education

University of North Texas; Denton, Texas

*Facilitated weekly process groups for master's-level graduate and undergraduate students participating the group course.*

**Individual and Group Counselor**

2010-2011

New Horizons Program

Center for Drug Free Living; Orlando, Florida

*Provided individual and group counseling for adolescent students at a Title I High School; provided crisis interventions; conducted school-wide assessments and screenings for substance*

*use and other at-risk behaviors; collaborated with family members and school administration; conducted initial intake interviews; maintained appropriate documentation of services rendered; facilitated groups throughout the community: county prison, Department of Juvenile Justice, and the Boys and Girls club; developed curriculum for high school students, facilitated program with over 500 students county-wide.*

### **Individual and Group Counselor**

2010

Men's Residential Treatment Facility

Center for Drug Free Living; Orlando, Florida

*Provided individual and group counseling for adult males with substance use and co-morbid disorders; collaborated with family members and treatment teams; conducted initial intake interviews; maintained appropriate documentation of services rendered.*

### **Individual and Group Counselor**

2009-2010

Community Counseling Center

University of Central Florida; Orlando, Florida

*During this practicum experience, provided individual and group counseling for adults and adolescents; maintained appropriate documentation of services rendered; facilitated counseling group for adolescent girls focused on developing positive self-esteem and healthy relationship*

### **Intern**

StandUp For Kids, Orlando, Florida

2009

*Served as an executive board intern for a National outreach program for at-risk and homeless youth; organized fundraisers and secured funding sources; advocated to establish supportive relationships within the community.*

### **Substitute Teacher**

2007-2008

Marion County, Florida

*Facilitated classroom lessons across various age groups and education levels.*

### **Teaching Assistant**

2006-2007

Sidney Lanier Anchor Center; Gainesville, Florida

*Assisted children with pervasive developmental disorders or those identified as at-risk, supported the children through creating a positive and stable learning environment, fostering the learning of healthy communication; aided in classroom maintenance and development of lesson plans; met with the school's psychologists to develop and implement behavior and education plans.*

### **Behavioral Counselor**

2005

Conductive Education Summer Camp; Gainesville, Florida

*Provided behavioral counseling services to children with pervasive developmental disorders; assisted in the development of motor and verbal skills; collaborated with, and educated parents.*

## Clinical Supervision Experience

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### University of Texas at Tyler, Tyler, Texas

Department of Counseling and Higher Education (*CACREP-accredited*)

#### Internship I & II

Fall 2016; Spring 2017, Fall 2017; Spring 2018; Summer 2018, Fall 2018; Spring 2019; Summer 2019; Fall 2019; Spring 2020, Summer 2020

*Provided weekly group supervision for master's-level internship students, supervising clinical work with clients and administrative requirements.*

#### Helping Relationships and Clinical Interviewing

Fall 2015; Spring 2016; Fall 2016; Spring 2017; Fall 2017; Spring 2018, Summer 2018; Fall 2019

*Provided weekly supervision to master's-level counseling students conducting sessions with peer clients, assisted with grading assignments, and providing written feedback for students concerning progression of clinical skills.*

#### Practicum in Counseling

Fall 2018; Spring 2019; Fall 2019; Spring 2020

*Provided weekly individual and triadic supervision for master's-level practicum students, supervising clinical work with clients and administrative requirements; assisted in weekly group supervision.*

### University of North Texas, Denton, Texas

Department of Counseling and Higher Education (*CACREP-accredited*)

#### Practicum in Counseling

Fall 2013; Spring 2014

*Provided weekly individual and triadic supervision for master's-level practicum students, supervising clinical work with clients and administrative requirements; assisted in weekly group supervision.*



**Advanced Counseling Skills**

Spring 2013; Fall 2014

*Provided weekly triadic supervision to master's-level counseling students conducting sessions with peer clients, assisted with grading assignments, and providing written feedback for students concerning progression of clinical skills.*

## Teaching Experience

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**Assistant Professor****University of Texas at Tyler, Tyler, Texas**Department of Counseling and Higher Education (*CACREP-accredited*)**Career Counseling and Assessment**

Spring 2016; Summer 2016;  
 Spring 2017; Summer 2017;  
 Spring 2018; Summer 2018;  
 Spring 2019; Summer 2019;  
 Spring 2020; Summer 2020

*New course development. Responsible for 100% of course delivery, developed online course format, facilitated discussions and personal-exploration, developed assessments, provided supportive feedback, and graded course materials.*

*This course provides an overview of career theories and techniques for facilitating career development.*

**Addictions Counseling**

Fall 2015; Summer 2016;  
 Fall 2016; Summer 2017;  
 Fall 2017; Summer 2018;  
 Fall 2018; Summer 2019;  
 Fall 2019; Summer 2020

*New course development. Responsible for 100% of course delivery, developed hybrid course format, facilitated discussions and personal-exploration, developed assessments, provided supportive feedback, and graded course materials.*

*This course examines substance abuse and addiction disorders (e.g., gambling, sex, gaming, eating, tobacco) in multiple client populations, and their treatment. Students learn how to conduct assessment for and diagnosis of substance abuse and addiction disorders, including co-occurring disorders; the effects of substances and addictions on the client and others; etiology; and best practices in counseling and treatment.*

**Seminar in Counseling: Play Therapy**

Summer 2017

*New course development. Responsible for 100% of course delivery, facilitated discussions and personal-exploration, developed assessments, provided supportive feedback of role play experiences, and graded course materials.*

*This course is an introduction to the basic concepts of child-centered play therapy. Students will learn the attitudes and skills necessary to establish and maintain facilitative relationships with children that encourage their self-expression and facilitate change.*

## **Teaching Fellow**

**University of North Texas, Denton, Texas**

Department of Counseling and Higher Education (CACREP-accredited)

### **Group Process in Helping Relationships**

Spring 2015

*Instructor/Teaching Fellow – Responsible for 100% of course delivery, facilitated discussions and personal-exploration, developed assessments, provided supportive feedback, and graded course materials.*

*This course provides undergraduate students with a theoretical and experiential understanding of group development and dynamics.*

### **Survey of Career Development and Career Guidance**

Fall 2014

*Instructor/Teaching Fellow – Responsible for 100% of course delivery, facilitated discussions and person-exploration, developed assessments, provided supportive feedback, and graded course materials.*

*This undergraduate course is designed to provide students with an overview of career development and allows students to engage in personal career-exploration.*

### **Ethical, Legal and Professional Issues in Clinical Mental Health Counseling**

Summer 2014

*Co-Instructor – Responsible for 30% of course delivery, including three of ten four-hour class periods, facilitated weekly discussions, provided supportive feedback, and graded half of course materials.*

*This course provides master's-level counseling students an understanding of the history and philosophy of counseling as well as examines the ethical, legal, professional, and emerging issues specific to clinical mental health counseling.*

### **Basic Counseling Skills**

Fall 2013

*Teaching Assistant - Assisted in course delivery, including four three-hour class periods, facilitated weekly discussions, supervised students in the utilization of counseling skills, provided supportive feedback, and graded half of course materials.*

*This course is designed to introduce master's-level counseling students to the basic techniques of counseling. Additional focus is given to weekly role-playing of acquired skills.*

### **Counseling Culturally Diverse Clients**

Summer 2013; Fall 2014; Spring 2015

Teaching Assistant- *Assisted in course delivery by engaging in course discussions, provided supportive feedback during class and through online discussions, and graded one-third of course materials.*

*This master's-level course supports the development of counseling skills and strategies based upon the special needs and characteristics of culturally and ethnically diverse clients.*

**Systems, Leadership and Program Development in Clinical  
Mental Health Counseling**

Spring 2013

Teaching Assistant - *Assisted in course delivery by engaging in course discussions and provided supportive feedback.*

*This master's-level course provides an examination of principles and practices of counseling in clinical mental health settings with special attention to counselor functions, services, leadership, program development, and program evaluation.*

**Biopsychosocial Assessment and Wellness in Counseling**

Fall 2012

Teaching Assistant - *Assisted in course delivery, including two three-hour class periods, facilitated weekly discussions, provided supportive feedback, and assisted in the grading of course materials.*

*This master's level course provides students an understanding of the principles and models of biopsychosocial assessment, case conceptualization and concepts of normalcy leading to an appropriate framework for counseling treatment plans or referral within a managed care framework. DSM-IV diagnosis, disorder prevention and promotion of optimal mental health are studied.*

**University of Florida, Gainesville, Florida**  
Psychology Department

**Abnormal Psychology**

Fall 2007

Teaching Assistant - *Assisted in course delivery by engaging in course discussions and provided supportive feedback.*  
*and assisted in the grading of course materials*

*This undergraduate course examines the varieties of disordered experience and conduct, and their contribution to an understanding of more effective personal and social adjustment. Topics include the neuroses, psychoses and psychosomatic and conduct disturbances.*

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## Grants

**University of Texas at Tyler**

Fall 2018

New Faculty Grant

Project Title: Social Emotional Learning within East Texas Schools

Role: PI

Amount Requested: \$9,953.85

Status: Funded

**Hogg Foundation for Mental Health**

Spring 2017

Improving Academic Achievement through Mental Health

Project Title: *Positively Successful at School*

Role: Co-PI

Amount Requested: \$297,957.00

Status: Not Funded

**College of Education - Dissertation and Thesis Support Grant**

Fall 2014

University of North Texas

Amount Requested: \$500.00

Status: Funded

**Toulouse Graduate School Travel Grant**

Spring 2014

University of North Texas

Amount Requested: \$1,250.00

Status: Funded

**Student Government Travel Grant**

Fall 2013

University of North Texas

Amount Requested: \$1,250.00

Status: Funded

## **Awards and Recognitions**

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**Doctoral Research Fellowship**

2012-2015

Toulouse Graduate School, University of North Texas

*A competitive, university-level, multi-year funding package that provides a stipend and tuition waiver to graduate students who demonstrate strong experience and scholarship potential.*

**Doctoral-Level Exemplary Practice and Research Award**

2014

Association for Assessment and Research in Counseling

*A competitive, national award that recognizes students who excel in clinical practice, research, and professional engagement.*

**College of Graduate Studies Research Fellowship**

2009; 2010

University of Central Florida

**Student Government Research Fellowship**

2009; 2010

University of Central Florida

**President's Academic Award**

2004-2007

University of Florida

**Volunteer of the Year Award**

2004

Marion County, Florida

## **Professional Service and Leadership**

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### **University Service**

University Graduate Council	2018-Present
Building Healthy Communities Advisory Board	2018-Present
University Tobacco Cessation Workgroup	2016

### **College Service**

College of Education and Psychology: Environmental Enhancement Committee	2019-Present
College of Education and Psychology: Diversity Committee	2019-Present
College of Education and Psychology: Social and Emotional Learning Committee	2018-Present
College of Education and Psychology: Technology Committee	2017-Present
College of Education and Psychology: Research Committee	2016-Present

### **Program Service**

Department Chair Search Committee	2019-Present
Faculty Search Committee	2017-2020
Program Assistant	Summer 2013; Fall 2014; Spring 2015
<i>Assisted with CACREP and SACES accreditation and accountability requirements, alumni relations, and student learning outcome plans.</i>	
Graduate Student Mentor (Doctoral and Master's)	2013-2015
Student Candidate Interviews (Doctoral and Master's)	2013-2015

### **Professional Service**

Counselor, Private Practice	2017-Present
School Volunteer, Tyler ISD	2016-2017

### **National Service**

Graduate Student Representative, Association for Assessment and Research in Counseling (AARC)	2013-2015
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