
CURRICULUM VITAE

Jessica M. Holm (DeGeorge)

Department of Psychology and Counseling • University of Texas at Tyler • 3900 University Blvd.
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Academic Positions

University of Texas at Tyler

Associate Professor of Counseling	2021-Present
Assistant Professor of Counseling	2015-2021
Department of Psychology and Counseling (<i>CACREP accredited</i>)	

Education

Doctor of Philosophy in Counseling (<i>CACREP accredited</i>)	May 2015
University of North Texas	
Specialization: Adolescent and Adult Counseling	
Dissertation: A Predictive Model of Adolescent Persistence in Counseling	

Master of Arts in Counselor Education (<i>CACREP accredited</i>)	December 2010
University of Central Florida	
Specialization: Mental Health Counseling	

Bachelor of Science	December 2007
University of Florida	
Major: Psychology	
Minor: Education	

Credentials

Licensed Professional Counselor (LPC)	2015-Present
Issued by Texas State Board of Examiners of Professional Counselors	
License #70152	

Registered Mental Health Counseling Intern	2011-2013
Issued by the Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling	
License #IMH8779	

Refereed Publications

Published

- Holm, J. M.**, Prosek, E. A., Lockhart, J. R., Rawls, M., & Gerthe, J. (In Press). Program evaluation of a community-engaged partnership between a counselor preparation program and adult probation. *Counseling Outcome Research and Evaluation*. doi: 10.1080/21501378.2023.2243293
- West, E. M., Zolkoski, S. M., Lockhart, J. R., **Holm, J. M.**, & Tremont, J. (2022). “Everybody knows everybody”: Adolescents’ perceptions of what helps them succeed in a rural title 1 school. *Journal of Adolescent Research, 37*(5), 672-690.
- Holm, J. M.**, Prosek, E. A., Bennett, C. M., & Sims, M. K. (2021). Understanding predictors and withdrawal symptoms of internet gaming disorder. *Journal of Addictions and Offender Counseling, 42*(2), 66-79.
- Moate, R. M., Gnilka, P. B., & **Holm, J. M.**, (2021). Perfectionism and the SASSI-3: Differences in alcohol and substance abuse. *Journal of Counseling and Development, 99*(3), 337-347.
- Zolkoski, S., **Holm, J. M.**, West, E. M., 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), 43-46.
- Zolkoski, S., Estrada Aguilera, S., West, E. M., Miller, G. J., **Holm, J. M.**, Sass, S. M., Stocks, E. L. (2021). Teacher perceptions of skills, knowledge, and resources needed to promote social emotional learning in rural classrooms. *The Rural Educator, 41*(3), 1-11.
- 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., Bevly, 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

International

Holm, J. M. (May, 2020). *Navigating Mental Health Needs Following COVID-19*. Consortium for Belize Educational Cooperation.

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.
- Ohrt, 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.
- Ohrt, 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. (September, 2022). *Addiction within the family system: A look into their world*. Mental Health Matters: Supporting Youth Across Schools and Communities Conference. Tyler, Texas.

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

Social Emotional Learning Research Team 2018-2022

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

- Licensed Professional Counselor** 2017-Present
Cari Foote, M.A., LPC, LMFT & 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

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; Fall 2020; Spring 2021; Summer 2021; Fall 2021; Spring 2022; Summer 2022, Fall 2022; Spring 2023

Provide 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; Fall 2020; Spring 2021; Fall 2021; Spring 2022; Fall 2022; Spring 2023

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

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;
 Spring 2021; Summer 2021
 Spring 2022; Summer 2022;
 Spring 2023

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;
 Fall 2020; Summer 2021;

Fall 2021; Summer 2022;
Fall 2022

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.

Grants

<p>U.S. Department of Education Mental Health Matters Project: Mental Health Matters: Supporting East Texas Youth in Schools Role: CO-PI Amount Requested: \$1,937,949.00 Status: Funded</p>	<p>Fall 2023-2028</p>
<p>University of Texas at Tyler New Faculty Grant Project Title: Social Emotional Learning within East Texas Schools Role: PI Amount Requested: \$9,953.85 Status: Funded</p>	<p>Fall 2018</p>
<p>Hogg Foundation for Mental Health Improving Academic Achievement through Mental Health Project Title: <i>Positively Successful at School</i> Role: Co-PI Amount Requested: \$297,957.00 Status: Not Funded</p>	<p>Spring 2017</p>
<p>College of Education - Dissertation and Thesis Support Grant University of North Texas Amount Requested: \$500.00 Status: Funded</p>	<p>Fall 2014</p>
<p>Toulouse Graduate School Travel Grant University of North Texas Amount Requested: \$1,250.00 Status: Funded</p>	<p>Spring 2014</p>
<p>Student Government Travel Grant University of North Texas Amount Requested: \$1,250.00 Status: Funded</p>	<p>Fall 2013</p>

Awards and Recognitions

Certification in Effective College Instruction	2022-2023
Associate of College and University Educators <i>A comprehensive, year-long training in advanced teaching pedagogies and methodologies.</i>	
Doctoral Research Fellowship	2012-2015
Toulouse Graduate School, University of North Texas <i>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.</i>	
Doctoral-Level Exemplary Practice and Research Award	2014
Association for Assessment and Research in Counseling <i>A competitive, national award that recognizes students who excel in clinical practice, research, and professional engagement.</i>	
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

University Service	
Mental Health Matters Conference Host	2023
Justice, Equity, Diversity, and Inclusion Presidential Council	2022-2023
University Graduate Council	2018-2021
Building Healthy Communities Advisory Board	2018-2020
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
Committee Chair	2020-Present
College of Education and Psychology: Social and Emotional Learning Committee	2018-2021
College of Education and Psychology: Technology Committee	2017-2021
College of Education and Psychology: Research Committee	2016-2021

Program Service

Faculty Search Committee Chair	2023-Present
Practicum and Internship Coordinator	2023-Present
Department Chair Search Committee	2019-2020
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

T-AARC Member at Large	2023-Present
T-ARC TCA Senator Alternate	2023
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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