

Jessica M. Holm, Ph.D, LPC

Associate Professor of Counseling | The University of Texas at Tyler
jholm@uttyler.edu |

Education

Doctor of Philosophy in Counseling (*CACREP accredited*) 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 (*CACREP accredited*) December 2010
University of Central Florida
Specialization: Mental Health Counseling

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

Academic Appointments

University of Texas at Tyler
Associate Professor of Counseling 2021-Present
Assistant Professor of Counseling 2015-2021
Department of Psychology and Counseling (*CACREP accredited*)

Academic Leadership

Program Coordinator 2026-Present
Clinical Mental Health Counseling, The University of Texas at Tyler
Provide program-level leadership through curriculum coordination, accreditation activities, program assessment, faculty collaboration, student support, and ongoing program development.

Practicum and Internship Coordinator 2023-Present
Clinical Mental Health Counseling, The University of Texas at Tyler
Coordinate practicum and internship experiences, including site development and partnerships, student placement, clinical training requirements, supervision processes, and communication with students, faculty, and clinical sites.

Professional Licensure

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

Peer-Reviewed Publications

Published

Molina, C. E., **Holm, J. M.**, Bradley, E., Lindo, N. A., Carr, S., Palacios, N., & Jackson, N. (2026). Results from a pilot study of students' participation in an expressive arts small-group career intervention. *Professional School Counseling, 30*(1), 1–12.

<https://doi.org/10.1177/2156759X261438314>

Stephen Lenz, A., **Holm, J. M.**, & Gonzales-Wong, C. D. (2026). Differential associations between relational health and mental health among civilian and military-affiliated samples reporting moral injury. *Journal of Counseling & Development.*

<https://doi.org/10.1002/jcad.70047>

Holm, J. M., Prosek, E. A., Lockhart, J. R., Rawls, M., & Gerthe, J. (2024). Program evaluation of a community-engaged partnership between a counselor preparation program and adult probation. *Counseling Outcome Research and Evaluation.*

<https://doi.org/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.

<https://doi.org/10.1177/07435584211043880>

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. <https://doi.org/10.1002/jaoc.12094>

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.

<https://doi.org/10.1080/00228958.2021.1851587>

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.
<https://doi.org/10.35608/ruraled.v41i3.1098>

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.
<https://doi.org/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 persistence in counseling. *Children and Youth Services Review*, 67, 184-190.
<https://doi.org/10.15241/rmm.7.2.155>

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. <https://doi.org/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. <https://doi.org/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. <https://doi.org/10.15241/eap.4.2.9>

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

Manuscripts Under Review

Molina, C., **Holm, J. M.**, Bradley, E. (under review). Experiences of graduate school counseling interns in rural, high-need schools.

Holm, J. M., Sunal, Z., Molina, C., West, E. (under review). Critical learning incidents within a counselor training program.

Lindo, N. A., Molina, C., **Holm, J. M.**, Bradley, E., Carr, S., Palacios, N., & Jackson, N. (under review). Facilitating child and adolescent career construction: School counselors' lived experiences.

Sponsored Projects & Grants

Funded Grants

U.S. Department of Education 2023-2025
 Mental Health Matters
 Project: Mental Health Matters: Supporting East Texas Youth in Schools
 Role: Primary Investigator
 Award: \$1,937,949.00

University of Texas at Tyler 2018
 New Faculty Grant
 Project Title: Social Emotional Learning within East Texas Schools
 Role: PI
 Award: \$9,953.85

Non-Funded Grants

Spencer Foundation 2026
 Project: Building Sustainable School-Based CARE Collaboratives in East Texas
 Amount Requested: \$396,707.30

Rural Health Transformation Funding Program 2025
 Project: Collaborative Solutions for Rural Mental Health in East Texas
 Amount Requested: \$300,000
 Status: Under Review

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

Scholarly Presentations

National

Holm, J. M., Faul, B. (September, 2026). A Lifetime at War Within: EMDR for Complex PTSD Beyond Military-Focused Treatment. Association for Assessment and Research in Counseling Annual Conference. Dallas, Texas.

Holm, J. M., Faul, B. (September, 2026). The Lived Experiences of Shared Military Identity in Therapeutic Relationships: An Interpretive Phenomenological Analysis of Veteran

Therapists. Association for Assessment and Research in Counseling Annual Conference. Dallas, Texas.

Holm, J. M., Prosek, E. A. (September, 2024). Program Evaluation of a Community-Engaged Partnership Between a Counselor Preparation Program and Adult Probation Services. Association for Assessment and Research in Counseling Annual Conference. Pittsburgh, Pennsylvania.

Holm, J. M., Lenz, S. (September, 2024). Bringing AARC Home: Expanding the Influence of AARC's Mission by Starting a Chapter in Your Home State. Association for Assessment and Research in Counseling Annual Conference. Pittsburgh, Pennsylvania.

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

Oliveras, Y. O., **Holm, J. M.** (November 2025). *Call to Action*. Mental Health Matters. Tyler Texas.

Holm, J. M., Molina, C., & Sunal, Z. (November, 2024). Learning from our Students' Experiences: Critical Learning Incidents in a Counselor Trainee Program. Dallas, Texas.

Holm, J. M. (September, 2023). *Youth Substance Use Epidemic: Risk and Protective Factors*. Mental Health Matters: Supporting Youth Across Schools and Communities Conference. Tyler, Texas.

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.

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.

Teaching Experience

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

Career Counseling and Assessment 2016-Present

Developed and taught course addressing career development theories, assessment, and counseling interventions.

Addictions Counseling 2015-Present

Developed and taught course addressing substance use and behavioral addictions, assessment and diagnosis, co-occurring disorders, etiology, and evidence-based counseling and treatment approaches.

Seminar in Counseling: Play Therapy 2017

Developed and taught introductory course in child-centered play therapy, emphasizing therapeutic relationships, child development, and foundational play therapy skills.

University of North Texas, Denton, Texas
Department of Counseling and Higher Education (*CACREP-accredited*)

Group Process in Helping Relationships 2015

Instructor/Teaching Fellow; taught theoretical and experiential foundations of group development, dynamics, and facilitation.

Survey of Career Development and Career Guidance 2014

Instructor/Teaching Fellow; taught career development theories and career guidance while facilitating student career exploration.

Ethical, Legal and Professional Issues in Clinical Mental Health Counseling 2014

Co-Instructor; taught ethical, legal, professional, and emerging issues in clinical mental health counseling.

Basic Counseling Skills 2013

Teaching Assistant; facilitated skills practice and role-play activities focused on foundational counseling techniques.

Counseling Culturally Diverse Clients 2013-2015

Teaching Assistant; supported development of culturally responsive counseling skills and strategies for working with diverse clients.

Systems, Leadership and Program Development in Clinical Mental Health Counseling 2013

Teaching Assistant; supported instruction in clinical mental health counseling systems, leadership, program development, and program evaluation.

Biopsychosocial Assessment and Wellness in Counseling 2012

Teaching Assistant; supported instruction in biopsychosocial assessment, case conceptualization, diagnosis, treatment planning, prevention, and wellness.

Clinical Supervision

University of Texas at Tyler, Tyler, Texas

Department of Counseling and Higher Education (CACREP-accredited)

Internship I & II 2016-Present

Provide weekly group supervision for master's-level counseling interns, supporting clinical development, ethical practice, case conceptualization, documentation, and professional development.

Practicum in Counseling 2018-2025

Provided individual, triadic, and group supervision for master's-level counseling students, with emphasis on clinical skill development, case conceptualization, and professional practice.

Helping Relationships and Clinical Interviewing 2015-2019

Provided clinical supervision and formative feedback to master's-level counseling students conducting counseling sessions with peer clients.

University of North Texas, Denton, Texas

Department of Counseling and Higher Education (CACREP-accredited)

Practicum in Counseling 2013-2014

Provided individual, triadic, and group supervision for master's-level counseling students.

Advanced Counseling Skills

2013-2014

Provided triadic supervision and formative feedback to master's-level counseling students developing foundational counseling skills.

Research Team Leadership

Mental Health Matters Research Team

2022-Present

College of Education and Psychology, University of Texas at Tyler

Facilitated the development, collection, and evaluation of a comprehensive, multi-year school-based collaboration. This program included 40 school counseling and clinical mental health counseling graduate student interns who provided counseling services across nine K-12 independent school districts.

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 across four independent school districts..

Research Team Leader, Addictions and Adolescent Research Team

2015-2017

Counseling Program, University of North Texas

Research Team Leader, Mental Health Outcomes Research Team

2012-2015

Counseling Program, University of North Texas

Lead Researcher, AARC Needs Assessment

2013-2014

Association for Assessment and Research in Counseling (AARC)

Research Assistant, Addictions Counseling Research Team

2013-2013

Counseling Program, University of North Texas

Clinical and Professional Experience

Licensed Professional Counselor

2025-Present

Dr. Holm Counseling, PLCC

Private Practice

Provide individual counseling for adults and adolescents presenting with mental health or co-occurring disorders utilizing telehealth. Manage all aspects of business management, conduct intake interviews; provide counseling services, and maintain appropriate documentation of services rendered.

Licensed Professional Counselor

2017-2025

Cari Foote, M.A., LPC, LMFT & Associates, PLCC

Private Practice

Rockwall, Texas

Licensed Professional Counselor 2014-2015
 Carrollton Springs Psychiatric Hospital
 Carrollton, Texas

Individual and Group Counselor 2012-2015
 Counseling and Human Development Center and Child and Family Resource Clinic
 University of North Texas; Denton, Texas

Individual and Group Counselor 2010-2011
 New Horizons Program | High School Division
 Center for Drug Free Living; Orlando, Florida

Individual and Group Counselor 2010
 Men's Residential Treatment Facility
 Center for Drug Free Living; Orlando, Florida

Honors and Awards

Certification in Effective College Instruction 2022-2023
 Associate of College and University Educators
A comprehensive, year-long training in advanced teaching pedagogies and methodologies.

Doctoral Research Fellowship 2012-2015
 Toulouse Graduate School, University of North Texas

Doctoral-Level Exemplary Practice and Research Award 2014
 Association for Assessment and Research in Counseling

Professional Service and Leadership

University Service
 Mental Health Matters Conference, Co-Chair 2023-Present
 Faculty Affairs Committee, Chair 2025-2026
 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 2019-2022
 College of Education and Psychology: Diversity Committee 2019-2022
 Committee Chair 2020-2022
 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
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Program Service

Faculty Search Committee Chair	2023-Present
Department Chair Search Committee	2019-2020
Faculty Search Committee	2017-2020
Program Assistant, Accreditation Focus	2013-2015
Graduate Student Mentor	2013-2015
Graduate Student Candidate Interviews	2013-2015

Professional Service

TAARC President <i>(Texas Association for Assessment and Research in Counseling)</i>	2026-Present
TAARC Member at Large	2023-2026
TAARC TCA Senator Alternate	2023

Professional Memberships

American Counseling Association
 Texas Counseling Association
 Association for Assessment and Research in Counseling
 Association for Counselor Education and Supervision
 Texas Association for Assessment and Research in Counseling