
James “Ross” Spears

Department of Psychology and Counseling
The University of Texas at Tyler
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EDUCATIONAL BACKGROUND

August 2023 **Doctor of Philosophy in Counselor Education and Supervision**
The University of Texas at San Antonio, San Antonio, TX
(CACREP Accredited)

Dissertation: *Development of Student Neurofeedback Learning Competencies: A Delphi Method Study*
(Chair- Derek Robertson, PhD, LPC-S)

August 2020 **Master of Science in Clinical Mental Health Counseling**
The University of Texas at San Antonio, San Antonio, TX,
(CACREP Accredited)

August 2018 **Bachelor of Science in Psychology**
Abilene Christian University, Abilene, TX

LICENSURE

Licensed Professional Counselor, Texas, License #86786, 2023- present

PROFESSIONAL EMPLOYMENT HISTORY

August 2024-
Present **Assistant Professor of Counseling**, Department of Psychology and Counseling, *University of Texas at Tyler*, Tyler, TX

August 2023-
August 2024 **Assistant Professor of Practice**, *Department of Counseling, University of Texas at San Antonio*, San Antonio, TX

January 2022-
Present **Counselor and Neurofeedback Practitioner**, *The Well Mind Center* San Antonio, TX

June 2021-
March 2022 **Neurofeedback Practitioner**, *Waves of Change Performance Institute, Neurology Institute of San Antonio*, San Antonio, TX

August 2020 -
Present **Graduate Research Assistant**, *The Department of Counseling, University of Texas at San Antonio, College of Education and Human*

Development, San Antonio, TX

- November 2018 - August 2020 **Graduate Assistant**, *Center for Civic Engagement, The University of Texas at San Antonio, San Antonio, TX*
- August 2019 - August 2020 **Neurofeedback Student Counselor**, *Sarabia Family Counseling Center, The University of Texas at San Antonio, San Antonio, TX*
- August 2019 - December 2019 **Practicum Student Counselor**, *Sarabia Family Counseling Center, The University of Texas at San Antonio, San Antonio, TX*
- August 2016 - May 2018 **Assistant Director for Edwards Residence Hall**, *Student Life, Abilene Christian University, Abilene, TX*
- Fall 2014 - May 2018 **Senior Student Services Representative**, *Wildcat Central, Abilene Christian University, Abilene, TX*

AWARDS AND HONORS

- 2026 President's Award, Association of Specialists in Group Work
- 2025 Emerging Leader, Texas Association for Assessment and Research in Counseling
- 2024 Outstanding Dissertation Award, UTSA Graduate School, University of Texas at San Antonio
- 2023 Jay Gunkelman Scholarly Research Award, International Society of Neuroregulation and Research
- 2023 First Place Student Content Presentation, International Society of Neuroregulation and Research
- 2023 Outstanding Doctoral Student, Sigma Alpha Chi Chapter, University of Texas at San Antonio
- 2022 Genie B. Davis Award, Biofeedback Certification International Alliance
- 2022 In Memoriam Award, International Society of Neuroregulation and Research
- 2022 Student Content Presentation Award, International Society of Neuroregulation and Research
- 2022 Outstanding Practitioner, Sigma Alpha Chi Chapter, University of Texas at San Antonio
- 2021 Student Poster Award, International Society of Neuroregulation and Research

- 2021 Travel Diversity Award, Association for Counselor Education and Supervision
- 2020 Presidential Volunteer Service Award, President's Council on Service and Civic Participation (AmeriCorps and Points of Light),
- 2019 Certificate of Appreciation, The Neurofeedback Society of UTSA, University of Texas at San Antonio
- 2019 Outstanding presentation at Counselors at the Capitol: Professional Advocacy Mini-Conference, Sigma Alpha Chi Chapter, University of Texas at San Antonio
- 2016 Certificate of Recognition for Spanish Texas: Legend and Legacy, Department of Language and Literature, Abilene Christian University
- 2011 Boy Scouts of America (BSA), Rank of Eagle Scout

RESEARCH AND SCHOLARLY ACTIVITIES SUMMARY

Research Labs

<u>Expansive Practices in Counseling (EPIC) Research Lab</u> [Est. 2025]	<u>Strengths and Wellbeing – Innovation Research Lab (SW-IRL)</u> [Est. 2020]
Founder, Lab Director, Faculty Mentor	Affiliate Faculty Researcher and Mentor

Refereed Publications

(* denotes graduate student, ** denotes data-based manuscript)

- Smedley, D., Hurt, K., **Spears, J. R.**, & Stokes, A. (2025). Towards mutuality: Relational ethics for family counselors. *The Family Journal*. <https://doi.org/10.1177/10664807251374907>
- Selvaraj, J. L., **Spears, J. R.**, Prasath, P. R., & Purushothaman, G. (2025). Studying associations among mental health and psycap in persons with stuttering. *Psychological Reports*. 1-24. <https://doi.org/10.1177/00332941251355192>
- Spears, J. R.**, Villalobos, N., *Rich, W., Prasath, P. R., & *Ray, W. (2025). Exploring neuromyths in counselor education: A neuro-informed cognitive behavioral therapy approach. *Teaching and Supervision in Counseling*, 7(1), 1-13. <https://doi.org/10.7290/tsc07jkay>
- Rich, W., Romero, D. E., **Spears, J. R.**, Jones, M. S., & Cummins, G. (2024). Examining collected qEEGs of SWAT team operators: A pilot study. *Journal of Police and Criminal Psychology*. <https://doi.org/10.1007/s11896-024-09702-w>
- Spears, J. R.**, Romero, D. E., Robertson, D. L., & Prasath, P. R. (2024). Development of neurofeedback training competencies for counselors: A delphi study. *Counselor Education and Supervision*, 63(4), 1–15. <https://doi.org/10.1002/ceas.12318>

Spears, J. R., Romero, D. E., McVay, K. E., & Surratt, E. (2024). Trauma-informed neurofeedback for law enforcement occupational and organizational stress. *NeuroRegulation*, 11(1), 81-91. <https://doi.org/10.15540/nr.11.1.81>

Spears, J. R., Duffey, M. E., & Prasath, P. R. (2024). Examining counselor-in-training self-efficacy through a “choose-your-own-adventure” classroom activity. *Journal of Creativity in Mental Health*. <https://doi.org/10.1080/15401383.2024.2303495>

Prasath, P. R., Kumaran, A. C. P., **Spears, J. R.,** & Jackson, K. (2021). Creativity in the classroom: A content analysis of the journal of creativity in mental health from 2005 to 2020. *Journal of Creativity in Mental Health*, 1-22. <https://doi.org/10.1080/15401383.2021.1983493>

Romero, D. E., Anderson, A., Gregory, J. C., Potts, C. A., Jackson, A., **Spears, J. R.,** Jones, M. S., & Speedlin, S. (2020). Using neurofeedback to lower PTSD symptoms. *NeuroRegulation*, 7(3), 99-106. <https://doi.org/10.15540/nr.7.3.99>

Refereed Publications Under Review

Spears, J. R., Prasath, P. R., Duffey, M., & Gilmore, E. (submitted). Mapping syntheses of artificial intelligence in higher education: Implications for counselor education. [Manuscript submitted to *Journal of Counseling Preparation and Supervision*]. Department of Psychology and Counseling, University of Texas at Tyler.

Interiano-Shiverdecker, C. G., Robertson, D. L., **Spears, J. R.,** & Rich, W. Z. (submitted). Promoting cultural humility growth in trainee counselors: Insights from an international study abroad journey. [Manuscript submitted to the *Journal of Multicultural Counseling & Development*]. Department of Counseling. University of Texas at San Antonio.

Interiano-Shiverdecker, C. G., Robertson, D. L., **Spears, J. R.** (submitted). Examining cultural humility through liberation psychology among counselors-in-training following a study abroad experience. Manuscript submitted to the *Journal of Multicultural Counseling & Development*. Department of Counseling. University of Texas at San Antonio.

Manuscripts in Progress

Spears, J. R., Gregory, J. C., Romero, D. E., & Jones, M. S. (*data collection phase*). Development and Validation of the Counselor Neurofeedback Competencies Scale (CNCS). To be submitted to the Journal of Mental Health Counseling (JMHC).

Spears, J. R., Romero, D. E., Rich, W. (*data collection phase*). Fostering counselor identity through neurofeedback training: An empirical analysis of role integration and professional growth. To be submitted to the Journal of Mental Health Counseling (JMHC).

Spears, J. R., Scheer, M., LaRocca, V., & Breeding, S. (*data collection phase*). Andragogy in Counselor Education: Exploring Teaching Style Preference of Counselors-in-Training. To be submitted to the Journal of Counselor Preparation and Supervision (JCPS).

Spears, J. R., Elmore, C., Lovette, J., Gibson, S., & Lewis, K. (*writing phase*). Integrating neuroscience into educational training: A qualitative content analysis of counseling literature. To be submitted to the *Journal of Mental Health Counseling*.

Rich, W. Z., **Spears, J.R.,** Romero, D. E., Jones., M. S., (2024, *data collection*). Exploring Law Enforcement Performance: Neurofeedback and Alpha Down Protocols in Multiple Case Studies.

Spears, J. R., Prasath, P. R., & Duffey, M. (*writing phase*). Maintaining competency in an evolving educational landscape: A scaffolded framework for integrating artificial intelligence in counselor education. To be submitted to *Teaching and Supervision in Counseling*.

Scholarly Presentations

(*students)

International – Refereed Contributions

*Gilbert, Z., *Dang, S., & **Spears, J. R.** (2025). *Bridging relational cultural theory and qEEG: Toward a neuroaffirming model of connection*. [Content Presentation] International Society for Neuroregulation and Research, Niagara Falls, New York.

Spears, J. R. & *Rich, W. (2024). *Shaping professional identity: Perspectives and recommendations from mental health clinicians utilizing neurofeedback*. [Educational content presentation] International Society for Neuroregulation and Research, Chicago, Illinois.

Spears, J.R., *Rich, W., & *Cummins, G. (2023). *Special weapons and tactics: Examining collected qEEGs for the assessment and mental health implications of SWAT personnel*. [Educational content presentation] International Society for Neuroregulation and Research, Dallas, Texas.

Spears, J.R. (2023). Development of Student Neurofeedback Learning Competencies. [Poster presentation] International Society for Neuroregulation and Research, Dallas, Texas.

Spears, J.R., & Rich, W. (2022, July 28). *Freeze! you're under too much stress: Utilizing neurofeedback for the mitigation of law enforcement stressors*. [Educational content presentation] International Society for Neuroregulation and Research, Orlando, Florida.

Spears, J.R., & Edmonds, C. (2021, June 26). *Navigating virtual neurofeedback treatment during COVID-19: A retrospective analysis*. [Poster presentation] International Society for Neuroregulation and Research, Virtual.

National – Refereed Contributions

- Spears, J. R.,** Prasath, P., & Duffey, M. (2026). *Shaping the future of group work: Perspectives from group counseling leaders*. [Content Presentation]. American Counseling Association (ACA) conference, Columbus, Ohio.
- Duffey, M., **Spears, J.R.** (2026). *When politics gets personal: Counseling clients in a divided world*. [Content Presentation]. American Counseling Association (ACA) conference, Columbus, Ohio.
- Spears, J. R.,** Duffey, M., Martin, J., Person, M., Fields, A., & Tian, X. (2026). *From forming to adjourning: Enhancing each stage of group development with artificial intelligence tools*. [Content Presentation]. Association of Specialists in Group Work (ASGW) conference, Chicago, Illinois.
- Gregory, J. C., & **Spears, J. R.** (2025). *Wired to learn: Integrating neuroscience into counselor education*. [Content Presentation]. Association of Counselor Education and Supervision (ACES) conference, Philadelphia, Pennsylvania.
- Spears, J. R.,** Tapia, J., & Duffey, M. (2025). *Promoting access and inclusion: Expanding best teaching practices for disabled LGBTQ+ students*. [Poster Presentation]. Association of Counselor Education and Supervision (ACES) conference, Philadelphia, Pennsylvania.
- Smedley, D., & **Spears, J. R.** (2025). *From data to practice: Leveraging SCED to advance experiential training in counseling*. [Roundtable Presentation] Association for Assessment for Assessment and Research in Counseling (AARC) conference, Daytona Beach, Florida.
- Ausloos, C., Tapia-Fuselier, J., & **Spears, J. R.** (2024). *Responding with cultural humility and advocacy for LGBTQ+ persons with disabilities*. [Content Presentation] Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) conference, Golden, Colorado.
- Spears, J. R.,** *Rich, W., & *Cummins, G. (2024). *Assistance for all: Ethical considerations for counselors working with law enforcement officers*. [Educational content presentation] Law and Ethics in Counseling Conference, New Orleans, Louisiana.
- Spears, J. R.** (2024). *Ethical considerations for integrating neurofeedback into the counseling profession*. [Roundtable] Law and Ethics in Counseling Conference, New Orleans, Louisiana.
- Spears, J. R.,** & *Rich, W. (October, 2023). *Todos Son Bienvenidos: Enhancing cultural humility and racial identity development among counselors-in-training through a study abroad experience to Oaxaca, Mexico*. [Roundtable] Association of Counselor Education and Supervision (ACES), Denver, Colorado.
- Spears, J. R.** (2022). *“Hi gay!”: Strategies for moving beyond LGBT implicit bias*. [Educational content presentation] Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) conference, Chicago/Northbrook, Illinois.

- Prasath, P. R., Ajitha, C. P., **Spears, J. R.**, Jackson, A. (2022). *Creativity + research = systematic content analysis to explore creative teaching*. [Educational content presentation] American Counseling Association Virtual Conference Experience. Virtual.
- Duffey, T., Hudspeth, E. F., Cruz, T., Duffey, M., Lillis, M., & **Spears, J. R.** (2022). *Getting creative: Bringing creativity into any practice*. [Educational content presentation] American Counseling Association Conference, Atlanta, Georgia.
- Spears, J. R.**, Cruz, T., & Lillis, M. (2022). *Considerations for doctoral students engaging in supervision of graduate-level counseling students*. [Roundtable] Law and Ethics in Counseling Conference 2022, New Orleans, Louisiana.
- Duffey, M., **Spears, J.R.**, Cruz, T., McVay, K.E., & Lillis, M. (2021). *Zoom university: First year doctoral student development during covid-19 in counseling programs*. [Poster presentation] Association for Counselor Education and Supervision Conference, Atlanta Georgia.
- Prasath, P., Ajitha, C. P., **Spears, J. R.**, & Jackson, K. (2021). *Creativity in the classroom: A systematic content analysis of the journal of creativity in mental health*. [Educational content presentation]. Association for Counselor Education and Supervision Conference, Atlanta, Georgia.
- Lillis, M., Cruz, T., McVay, K., Duffey, M., & **Spears, R.** (2021, March-April). *Virtually connected: The five good things and relational growth during virtual learning*. [Educational content presentation] American Counseling Association Conference, Virtual.

Regional – Refereed Contributions

- Spears, J. R.**, *Gilmore, E., & *Contreras, A. (2024). *Attending to Neuromyths in Counselor Education: A Neuro-Informed Classroom Lecture*. [25-minute Express Session] Southern Association of Counselor Education and Supervision (SACES), Dallas, Texas.
- Spears, J. R.**, *Duffey, M., & Prasath, P. R. (2024). *Fostering Student Self-Efficacy: Integrating Creativity into the Classroom*. [Roundtable] Southern Association of Counselor Education and Supervision (SACES), Dallas, Texas.
- Flangan, C.Y., Lorey, D., Newton, S., **Spears, J.**, & Spooner, V. (2018). *Confidence is key: The relationship between self-esteem and the big five*. [Poster presentation] Southwestern Psychological Association, Houston, TX.
- Gallup, S., Banks, E., Lowe, M., Redmayne, K., Ruiz, E., **Spears, R.** (2017, April). *The Role of Parental Involvement in Achievement Motivation Among College Students*. [Educational content presentation] Southwestern Psychological Association, San Antonio, Texas.

State – Refereed Contributions

- Spears, J.R., & Zahar-Rich, W. (2026).** Beyond stigma: Using biofeedback and neurofeedback to support mental health in law enforcement. [Content Session]. Biofeedback Society of Texas Annual Conference, Dallas, Texas.
- *Breeding, S., & Spears, J. R. (2026).** Reducing recidivism through connection: How integrating a relational approach could improve offender outcomes. [Poster Presentation]. LSUS Regional Student Scholars Forum, Shreveport, Louisiana.
- Wedel, O., Spears, J. R., Jackson, N., & Chapa-Herrera, G. (2026).** Empowering tomorrow's leaders today: Pathways to support leadership in counselor education. [Content Presentation]. Texas Association of Counselor Education and Supervision, Austin, Texas.
- Spears, J.R., Scheer, M., LaRocca, V., & Breeding, S. (2026).** Teaching that transforms: Linking adult learning and student wellbeing in counselor education and supervision. [Content Presentation]. Texas Association of Counselor Education and Supervision, Austin, Texas.
- Spears, J.R., *Lewis, K., *Gibson, S., *Lovette, J., & *Elmore, C. (2026).** *Advocating for neuro-literacy: Integrating neuroscience across CACREP core areas in counselor education.* [Content Presentation]. Texas Association of Counselor Education and Supervision, Austin, Texas.
- Spears, J. R., & *Rich, W. (2025).** *Neuro-informed counseling: Exploring the role of neurofeedback in professional identity development.* [Content Presentation] Texas Association of Counselor Education and Supervision, Austin, Texas.
- Smedley, D., & Spears, J. R. (2024).** *Towards mutuality: Relational ethics for family counselors.* [Content Presentation] Texas Counseling Association Professional Development Conference, Dallas, Texas.
- Spears, J. R., & *Rich, W. (2024).** *Cultivating compassion: A cultural humility approach to counseling LEO professionals.* [Content Presentation] Texas Counseling Association Professional Development Conference, Dallas, Texas.
- Spears, J. R., *Rich, W., & *Cummins, G. (2024).** *Integrating cultural humility training among counselors working with law enforcement* [Content Presentation]. Texas Association for Counselor Education and Supervision, Georgetown, TX.
- Spears, J. R., Interiano-Shiverdecker, C., Robertson, D., & Rich, W. (2024).** *Fostering cultural humility for counselors-in-training through a short-term study abroad experience* [Roundtable]. Texas Association for Counselor Education and Supervision, Georgetown, TX.
- Spears, J. R., Rich, W., Villalobos, N., Prasath, P. R., & Ray, W. (2023).** *Mitigation of neuromyths in counselors-in-training through a neuro-informed classroom lecture.* [Poster presentation] Texas Counseling Association Professional Development Conference, Houston, Texas.

- Spears, J. R.,** Robertson, D., & Leal, A. J. (2023). *'It's just a phase': Understanding and attending to LGBT implicit bias in counselor education*. [Educational content presentation]. Texas Association for Counselor Education and Supervision, Georgetown, Texas.
- Spears, J. R.,** Duffey, M., Prasath, P. R., & Daou, C. (2023). *'It depends': Examining student self-efficacy through a 'choose-your-own-adventure' classroom activity*. [Poster Presentation] Texas Association for Counselor Education and Supervision, Georgetown, Texas.
- Rich, W., **Spears, J. R.,** & Robertson, D. (2023). *Study abroad andragogy for facilitating cultural humility and racial identity development in counselors-in-training*. [Educational content presentation] Texas Association for Counselor Education and Supervision, Georgetown, Texas.
- Spears, J. R.,** Duffey, M., & Prasath, P. R. (2022). *Two paths diverged: Using a 'choose-your-own-adventure' activity to increase student self-efficacy*. [Poster presentation] Texas Counseling Association Professional Development Conference, Dallas, Texas.
- Spears, J. R.** & Robertson, D. (2022). *Helping counselors in training recognize and navigate LGBT implicit bias*. [Educational content presentation] Texas Association for Counselor Education and Supervision Conference, Arlington, Texas.
- Spears, J.R.,** McVay, K. E., Duffey, M., & Cruz, T. (2021). *Unintentional virtual learning: First-year doctoral student's experiences through a strength-based lens*. [Poster session] Texas Counseling Association 2021 Conference, Galveston, Texas.
- Ajitha, C.P., Prasath, P., Jackson, K., & **Spears, J.R.** (2021). *Wondering how to be creative in the classroom? Tips for early career faculty from our practice-based creativity research* [Content session] Texas Counseling Association Professional Development Conference, Galveston, Texas.
- Leeth, C., McVay, K., **Spears, J.R.,** Lillis, M., Cruz, T., & Duffey, M. (2021). *Bystander intervention for bullying*. [Educational content presentation] Chicago School of Psychology Annual Conference, Virtual.
- Spears, R.,** Villalobos, N., & Gutierrez, J. (2020). *Latinx and healthy boundaries: how westernized counseling approaches influence client growth*. [Educational content presentation] Texas LPC-Intern Association's first annual conference, Austin, TX.

Local – Refereed Contributions

- Spears, J. R.** (2024). *Neuro-informed understanding: Fostering Youth Regulation and Resilience*. [Educational content presentation]. Mental Health Matters annual conference, Tyler, TX

- Spears, J. R.** (2023). *Responding to law enforcement stressors through neurofeedback*. [Educational content presentation]. UTSA Graduate School 3-Minute Research Competition, San Antonio, TX.
- Spears, J. R., & McVay, K. E.** (2021). When the honeymoon ends: Counseling considerations when navigating partner infidelity. Sigma Alpha Chi Chapter of Chi Sigma Iota Newsletter.
- Spears, J.R., & Villalobos, N.** (2019). The simplicity of advocacy. Sigma Alpha Chi Chapter of Chi Sigma Iota Newsletter.
- Spears, R.** (2019). *Counselor Advocacy Experience*. [Poster session] The University of Texas at San Antonio's Counselors at the Capitol: Professional Advocacy Mini-Conference, San Antonio, TX.
- Spears, R.** (2019). *Van de Kolk's PTSD Protocol* [Poster session] The University of Texas at San Antonio's Neurofeedback Society Mini-Conference: Unlocking the Power of Your Mind's Healing Potential, San Antonio, TX, October 26.
- Gallup, S., Banks, E., Lowe, M., Redmayne, K., Ruiz, E., **Spears, R.** (2017). *The Role of Parental Involvement in Achievement Motivation Among College Students*. [Poster presentation] Abilene Christian University Undergraduate Research Festival, Abilene, Texas.

Local - Non-refereed Presentations

- Smedley, D., & **Spears, J. R.** (2025). *Ethical engagement in family counseling: A relational cultural approach to authenticity and mutuality* [Content Presentation] Chi Upsilon Sigma, Chapter of Chi Sigma Iota, Virtual.
- Spears, J. R. & Rich, W.** (2023). *Chi Sigma Iota (CSI): Pro tips for pitching a counseling proposal*. Virtual workshop presented to clinical mental health and school counseling graduate students at The University of Texas at San Antonio. The University of Texas at San Antonio, San Antonio, TX.
- McVay, K., **Spears, J. R.**, Duffey, M. (2020). *Chi Sigma Iota (CSI): Masters portfolio workshop*. Virtual workshop presented to clinical mental health and school counseling graduate students at The University of Texas at San Antonio. The University of Texas at San Antonio, San Antonio, TX.

MEDIA CONTRIBUTIONS AND HIGHLIGHTS

- Tapia, J. (Producer). (2025, July 28). The Reflective Lens: Sharpening Your Authentic Self (No.300) [Audio Podcast]. *The Thoughtful Counselor*. Retrieved from <https://concept.paloalto.edu/resources/the-thoughtful-counselor-podcast/the-refelctive-lens-sharpening-your-authentic-self>

Spears, J. R., & Rich, W. [Guest Speakers]. (2024). Working effectively with law enforcement: A brain-based and cultural humility framework. [Audio Podcast episode]. In *Brainstorm Neuroscience Network*.

Spears, J. R., & Rich, W. [Guest Speakers]. (2022). Counseling considerations for counselors working with law enforcement personnel. [Audio Podcast episode]. In *NuroFlex*.

GRANTING ACTIVITIES

External

2025 *Development and Validation of the Counselor Neurofeedback Competencies Scale.* (PI, \$2,200). Association of Assessment and Research in Counseling. Not Funded. [Research]

2025 *Examining the Safe and Sound Protocol for Polyvagal Nerve Regulation in Schizophrenia: A Preliminary Investigation.* (PI, \$10,020). Renée Fleming Neuroarts Investigator Awards. Not Funded. [Research].

2024 *Graduate Neurofeedback Training and Counselor Identity.* (PI, \$500). Texas Association for Counseling Education and Supervision Research Grant. Funded. [Research].

2023 *Development of Student Neurofeedback Learning Competencies: A Delphi Method Study.* (PI, \$2000). Foundation for Neurofeedback and Neuromodulation (FNNR) Research Mini Grant. Funded. [Research].

2022 *Student Neurofeedback Learning Competencies.* (PI, \$500). Texas Counseling Association (TCA) Educational Endowment Fund. Funded. [Research].

2021 *Diversity Travel Scholarship.* Association for Counselor Education and Supervision. (\$500). Funded. [Instructional].

Internal

2022 *Travel Grant.* UTSA Graduate School Travel Grant, University of Texas at San Antonio. (\$700). Funded. [Research].

2022 *Travel Grant.* Department of Education and Human Development, University of Texas at San Antonio. (\$500). Funded. [Instructional]. 2022.

2021 *Travel Grant.* UTSA Graduate School Travel Grant, University of Texas at San Antonio. (\$500). Funded. [Research].

2020 *Center for Student Success Summit Stipend,* UTSA Center for Student Success, University of Texas at San Antonio. (\$150). Funded. [Instructional].

TEACHING ACTIVITIES

Courses Taught:

University of Texas at Tyler

COUN 5368	Assessment in Counseling
COUN 5391	Essentials in Counseling Skills
COUN 5392	Helping Relationships and Clinical Interviewing
COUN 5393	Practicum in Counseling
COUN 5330	Counseling Children and Adolescents
COUN 5396	Internship in Counseling I
COUN 5397	Internship in Counseling II

University of Texas at San Antonio

COU 5213	Counseling Theories
COU 5393	Development: Counseling Skills
COU 5683	Practicum in Counseling

Courses Co-Taught:

University of Texas at San Antonio

COU 5233	Group Theory and Process
COU 5243	Diagnosis in Counseling
COU 5283	Counseling in a Multicultural
COU 5713	Internship I&II in Clinical Mental Health Counseling
COU 6153	Career Development and Choice
COU 6523	Couples and Family Counseling

SERVICES ACTIVITIES

University of Texas at Tyler

College of Education and Psychology, School Counseling Application Reviewer (Spring 2026)
College of Education and Psychology Community Success Committee Member (2024- present)
College of Education and Psychology Technology Committee Member (2025-present)

University of Texas at San Antonio

UTSA College of Education and Human Development Awards Committee Member (2023-2024)
Center for Civic Engagement (CCE)

UTSA CACREP Renewal Committee Member (August 2022 – August 2023)
Sigma Alpha Chi chapter of Chi Sigma Iota (2019 – 2023)

Awards Committee Chair, (2021-2022)
Awards Committee Co-Chair, (2020-2021)
Counselor Engagement Summit and Chapter Networking Taskforce, (2019-2020)
The Neurofeedback Society of UTSA, Member 2018 - present
Past President (2021-2022)
President, (2020-2021)
President-Elect, (2020)
Secretary, (2019-2020)

Professional Service

2025	Biofeedback Society of Texas President Conference Planning Committee
2025	Association for Specialists in Group Work Special Initiatives Committee Co-Chair
2024	Society for Sexual, Affectional, Intersex, and Gender Expansive Identities Conference Planning Committee Member
2022	International Society for Neuroregulation and Research Student Conference Volunteer
2023-present	Texas Association for Counselor Education and Supervision Midwinter Conference Proposal Reviewer
2025	TACES Graduate Student Scholarship Reviewer
2019	Texas Counseling Association Texas Counseling Association Advocacy Day

Professional Memberships

Active Memberships

American Counseling Association (ACA)
Association for Counselor Education and Supervision (ACES)
Biofeedback Society of Texas (BST)
Chi Sigma Iota (CSI)
International Society for Neuroregulation and Research (ISNR)
Southern Association for Counselor Education and Supervision (SACES)
Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)
Texas Counseling Association (TCA)
Texas Association for Counselor Education and Supervision (TACES)
Texas Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (TxSAIGE)

Professional Trainings

CAREER BUILDER: Mentoring 101. *University of Texas at San Antonio*, San Antonio, TX

CITI Human Research Program Course. *University of Texas at San Antonio*, San Antonio, TX

CITI Social and Behavioral Sciences Responsible Conduct of Research (RCR) Course.
University of Texas at San Antonio, San Antonio, TX

Online Trauma Informed Care (Fall 2019). *Texas Department of Family and Protective Services*,
San Antonio, TX

Reporting Suspected Abuse or Neglect of a Child: A Guide for Education Professionals Web-based Training (Fall 2019). *Texas Department of Family and Protective Services*, San Antonio, TX