

# Courtney M. Alvarez

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## Education

**Doctor of Philosophy, Counselor Education** – *May 2015*

**Dissertation:** Experiences of Career Counselors in Group Supervision Integrating  
Work-Life Balance

Texas A&M University – Corpus Christi, Corpus Christi, Texas  
*CACREP Accredited Program*

**Master of Science, Counseling** – *August 2009*

**Emphasis:** Marriage, Couple, and Family Counseling

Texas A&M University – Corpus Christi, Corpus Christi, Texas  
*CACREP Accredited Program*

**Bachelor of Science, Psychology** – *December 2006*

University of Houston, Houston, Texas  
*Magna Cum Laude*

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## Credentials

**Licensed Professional Counselor – Approved Supervisor**

Texas State Board of Examiners of Professional Counselors

**National Certified Counselor**

National Board for Certified Counselors

**Certified Clinical Mental Health Counselor**

National Board for Certified Counselors

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## Teaching Experience

**Assistant Professor**

*Carlow University, Pittsburgh, PA*

August 2016 – present

**National Counselor Examination (NCE) Coordinator**

April 2017 – present

- Coordinate semi-annual administration of the NCE at Carlow university; and assist students in qualifying and registering for the exam with the National Board for Certified Counselors (NBCC).

**PRC 705 The Helping Relationship**

Fall 2016 – present

- Teach graduate students in course designed to teach students how to apply counseling skills and knowledge in the counseling process through lecture, observation of Master-counselor video demonstrations, student live and video-recorded roleplay, and supervisory feedback.

**PRC 725 Interventions with Children**

Fall 2016 - present

- Teach graduate students in course designed to review developmental, legal, and ethical concerns with special attention to how they intersect with child and adolescent counseling; and introduced primary issues and areas of concern when counseling children and adolescents through major theoretical lenses, addressing evidence-based interventions designed to target diagnoses and concerns.

**PRC 731 Special Topics: Play Therapy**

Spring 2017

- Taught graduate students in course designed to introduce the primary theories and basic skills of play therapy through lecture, live roleplay, supervisory observation and feedback, observation of Master-play therapist video demonstrations, and case study conceptualization and application.

**PRC 711 Diagnosis**

Summer 2017

- Teach graduate students in course designed to introduce the major mental health diagnoses included in the DSM-5, including how to conduct a diagnostic interview, select the most appropriate diagnosis based on DSM-5 criteria, and determine an evidence-informed treatment plan. Teaching methods include lecture, live demonstration of psychosocial and diagnostic interviews, video demonstrations, video character studies, case studies and application, and objective exams.

**PRC 760/761 Internship I/II**

Summer 2017

- Provide group supervision to students completing 300-hour clinical field experience, including video demonstration and transcription of counseling skills, presentation of example of clinical conceptualization and treatment planning, and the development of a personalized professional development plan.

**Graduate Teaching Assistant**

*Texas A&M University – Corpus Christi, Corpus Christi, TX*

August 2010 – May 2013

**CNEP 5384, The Counseling Process**

Spring 2013

- Taught graduate students in course designed to teach students how to apply counseling skills and knowledge in the counseling process while primary instructor was on leave; prepared lecture material for class sessions covering micro-counseling skills, including: reflecting feeling, reflecting meaning, summarizing, immediacy, and challenging skills; provided students with examples of how counseling skills and the counseling process are applied in real world counseling settings; monitored students' application of skills and provided feedback through weekly role-play practice; and assisted students in preparing role-play video assignments to be graded by primary instructor.

### **CNEP 5397, Practicum**

Summer 2012

- Co-taught graduate students in course designed to provide students with knowledge of the duties and skills required in professional counseling and group supervision of 100 hours of clinical experience; prepared and delivered lecture material on relevant counseling techniques; provided students with feedback on audio/visual tapes of clinical experience and case presentations; and facilitated group supervision experience.

### **CNEP 5322, Strategies in Marriage, Couple, and Family Counseling**

Summer 2012

- Co-taught graduate students in course designed to teach students interventions related to the practice of marriage, couple, and family counseling through didactic and experiential methods; monitored and provided feedback during student role-plays; provided lecture material on the use of assessment in family counseling; and assisted instructor with the administration of the mid-term and final exams.

### **CNEP 5371, Psychometrics**

Spring 2012

- Co-taught graduate students in course designed to cover the function of testing, theoretical aspects of psychometrics, issues related to the use of testing in education and counseling, and aspects of ethical test selection and administration; assisted instructor with online delivery of course materials; provided lecture, classroom activities, and assignments related to: ethical and legal issues in assessment, the use of assessment in counseling, and career counseling assessment; and created and distributed evaluations to measure student learning outcomes in relevant areas.

### **CNEP 5324, Counseling Couples**

Spring 2011

- Co-taught graduate students in course designed to cover intimate relationships, marriage, and the assessment and treatment of couples; provided teaching materials and assignments online via Blackboard software; and evaluated students on research critique and poster presentation assignments.

**CNEP 5326, Family Counseling with Children and Adolescents**  
Fall 2010

- Co-taught graduate students in course designed to cover the parent-child relationship and the development of treatment strategies to address difficulties in the parent-child relationship; provided online class material via Blackboard software; and prepared case studies and class activities to enhance lecture material.

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**Clinical Experience**

**Licensed Professional Counselor – Supervisor**

*Private Practice, Corpus Christi, TX*

February 2015 – December 2016

- Provided weekly supervision to Licensed Professional Counselor – Interns while they gained practical experience as required by the Texas State Board of Examiners of Professional Counselors.

**Child & Family Specialist**

*Presbyterian Children's Homes and Services, Corpus Christi, TX*

May 2010 – August 2016

- Provided individual counseling, family counseling, play therapy, and parent consultation to an average of 63 families (including 163 children) per year to address: behavioral and academic problems in school, ADHD, depression, anxiety, grief, co-parenting issues, and difficulty coping with divorce or other family changes.
- Completed psychosocial, developmental, and family/relational assessments as needed; facilitated the creation of solution-focused, client-centered family treatment plans at 3 month intervals with all clients; and maintained electronic case records through Kaleidacare and CSWIS databases.
- Advocated for special education testing and services for clients; educated parents about special education services and relevant laws; assisted parents in understanding assessment reports; and collaborated with school faculty to ensure appropriate provision of services and behavioral intervention plans when unmet academic needs and behavioral/mental health concerns intersected.
- Provided parent education and intervention within neurodevelopmental and attachment-based framework through Trust-Based Relational Intervention (TBRI); received 40 hours of training in TBRI; and participated in case consultation to ensure fidelity and efficacy of services provided to families.
- Administered program operations and outreach budget (\$16,000); collaborated with development department to complete grant applications and program evaluation (successful grants in the amount of \$31,000); and provided presentations and written reports to donors (\$80,500 raised from individuals and organizations).

- Served on Program Quality Improvement Committee: Met quarterly to review reports from Case Record Review Team, Incident Review Team, and Data Quality Assurance Team to recommend improvements, ensure programmatic problems were resolved in a timely manner, and maintain compliance with accreditation standards.

### **Program Counselor**

*Connections Individual and Family Services, Mathis, TX*

May 2009 - May 2010

- Provided brief, solution-focused individual and family counseling through Texas Department of Family and Protective Service's STAR Program targeting at-risk children and families for the following issues: truancy, delinquent behavior, family conflict, and substance abuse prevention.
- Conducted curriculum-based parenting classes and school-based youth skills groups to prevent substance abuse and delinquent behavior.
- Provided assessments and referrals for crisis calls to South Texas Region; and served as on-call staff for temporary youth shelter, providing services to runaway youth and children in foster care.

### **Play Therapist**

*Family Outreach, Corpus Christi, TX*

January 2009 - May 2010

- Conducted psychosocial and developmental assessments, play therapy sessions, and parent consultation to address the following presenting concerns: adjustment issues, ADHD, attachment disorders, anxiety, aggressive behavior, and trauma.
- Received weekly training and supervision in Child-Centered and Object-Relations Play Therapy.

### **Case Manager**

*Summer Program in Career Exploration, Corpus Christi, TX*

April 2009 - July 2009

- Recruited and screened applicants for participation based on program requirements; and selected standardized assessments and evaluated program outcomes according to grant criteria.

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## **Presentations**

**Alvarez, C.** (2016, March). *Addressing attachment issues when counseling parent-child dyads involving parents with serious mental illness and trauma reactions*. Presented at the annual conference of the International Association of Marriage and Family Counselors, New Orleans, LA.

**Alvarez, C.** (2015, October). *Experiences of career counselors in a supervision group*

*integrating work-life balance*. Presented at the annual conference of the Association for Counselor Education and Supervision, Philadelphia, PA.

**Alvarez, C.** (2015, January). *Career counseling group supervision integrating work-life balance*. Presented at the annual conference of the Texas Association for Counselor Education and Supervision, Austin, TX.

Oliver, M., & **Alvarez, C.** (2013, January). *The use of psychodrama methods in group supervision*. Presented at the annual conference of the Texas Association for Counselor Education and Supervision, Austin, TX.

Sangganjanavanich, V.F., Schomaker, S., & **Alvarez, C.** (2012, July). *Ethical, legal, and multicultural considerations in career counseling supervision*. Presented at the annual conference of the National Career Development Association, Atlanta, GA.

Holt, M.L., Oliver, M., **Alvarez, C.**, & Heard, C. (2012, January) *The ethics of supervision: Dual perspectives from supervisors and supervisees*. Presented at the annual conference of the Texas Association for Counselor Education and Supervision, Austin, TX.

**Alvarez, C.M.**, & Lee, S. (2011, October). *Building a relationship with numbers: Cultivating interest in assessment and testing within counselor education programs*. Presented at the annual conference of the Association for Counselor Education and Supervision, Nashville, TN.

**Alvarez, C.M.** (2011, September). *Moving beyond crisis in goal-setting: Using the Personal Wellness Card Sort with clients from low socioeconomic backgrounds*. Presented at the annual meeting for the Presbyterian Children's Homes and Services' Child and Family Program, Irving, TX.

**Alvarez, C.M.** (2011, January). *Creating an environment for success in supervision through the use of a solution-focused approach*. Presented at the annual conference of the Texas Association for Counselor Education and Supervision, Austin, TX.

**Alvarez, C.M.**, Jackson-Hernandez, D.R., & Doubrava, P. (2011, January). *Strategies for addressing trauma-related issues in supervision*. Presented at the annual conference of the Texas Association for Counselor Education and Supervision, Austin, TX.

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## Publications

Oliver, M., Davis, R.J., & **Alvarez, C.M.** (in progress). The use of psychodrama methods in group supervision.

**Alvarez, C.M.**, & Lee, S. (2012). An international perspective on professional

counselor identity. *Journal of Professional Counseling: Practice, Theory & Research*, 39, 49 - 54.

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## **Service**

### **Reviewer**

*2016 Southern Association for Counselor Education and Supervision Conference*

- Reviewed conference proposals in the following areas: relevance for conference, methodology, legal/ethical issues, and multicultural issues.

### **Reviewer**

*2016 National Latino/a Psychological Association Conference*

- Reviewed conference presentation proposals in the following areas: relevance for conference, sound methodology, and content of proposal.

### **Doctoral Supervisor**

*Texas A&M University – Corpus Christi, Corpus Christi, TX*

January 2011 - August 2012

- Provided weekly individual and triadic supervision to students in the Masters level Practicum course.

### **Planning Committee Member**

*2010 Grandparents Raising Children Conference, Corpus Christi, TX*

May 2010 - October 2010

- Met bi-monthly with planning committee members to determine timeline, presentations, and activities for annual conference; edited marketing and program materials; organized photo contest for children and solicited donations; and recruited presenters and sponsors for conference.

### **Member**

*Build-Up Mathis Coalition, Mathis, TX*

May 2009 - May 2010

- Attended monthly meetings regarding updates and requirements of grant-funded projects; assisted with community activities related to community-based drug prevention; and provided presentations to community members about family-based drug prevention strategies.

### **Research Assistant**

*University of Houston Psychology Research and Services Center, Houston, TX*

May 2005 - December 2006

- Administered and scored standardized assessments for custody evaluations; and transcribed parent-child interaction sessions and custody evaluation interviews.

- Developed Research Assistant Assessment Manual outlining protocols for assessments administered within the Forensic Psychology Services division, including: Child Behavior Checklist, Piers-Harris Children's Self-Concept Scale, Children's Depression Inventory, Parent-Child Relationship Inventory, Peabody Picture Vocabulary Test, and Minnesota Multiphasic Personality Inventory -2.
  - Assimilated and administered research packets for doctoral research project examining validity of assessments in custody evaluations.
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### **Honors & Awards**

*Rising Scholar Graduate Scholarship, Texas A&M University – Corpus Christi*

*College of Education Graduate Scholarship, Texas A&M University – Corpus Christi*

*Teagle Foundation Scholarship*

*Bishop Ernest T. Dixon Jr. Scholarship, Texas Methodist Foundation*

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### **Professional Associations**

American Counseling Association

Association for Assessment and Research in Counseling

Association for Counselor Education and Supervision

Association for Play Therapy

National Career Development Association

North Atlantic Region Association for Counselor Education and Supervision

Pennsylvania Association for Counselor Education and Supervision

Pennsylvania Association for Play Therapy

Pennsylvania Counseling Association