

Curriculum Vitae
VANESSA M. KENT, PhD, LMFT, LPCS
Associate Professor
Counseling Department Clinical Director
Regent University

School of Psychology and Counseling, 1000 Regent Drive, CRB 211 Virginia Beach, VA
vaneken@regent.edu
757.352.4702 (office)

Education

Doctorate in Counselor Education and Supervision, Regent University, Virginia Beach, VA
(CACREP Accredited). Dissertation: Mentoring Doctoral Student Mothers in Counselor
Education: A Phenomenological Study

Master's in Psychology, Clinical Counseling, University of West Florida, Pensacola, FL Thesis:
Speak up, Say no- group intervention for sexual abuse prevention in high-risk elementary school
children.

Bachelor's in Special Education, *summa cum laude* University of West Florida, Pensacola, FL,
Certification in learning disabilities, mental retardation, and emotional conflict, Outstanding
Graduate Student in Special Education Studies.

Credentials Licensed Marriage and Family Therapist Supervisor- Virginia # 0717001838
North Carolina #1129, Florida #1795 **AAMFT Approved Supervisor** – renewed through 2026
Licensed Clinical Mental Health Counselor Supervisor- NC # S9900 **Licensed Mental**
Health Counselor Qualified Supervisor- FL #1872

Appointments/Service Roles

2024- present- Clinical Director, Counseling Department
2022-24, COAMFTE (Commission on Accreditation for Marriage and Family Therapy
Education) Criteria Eligibility Reviewer
2020- 2025, Chi Sigma Iota Faculty Advisor,
2023 Alpha Omega Lambda Chapter was recipient of CSI Large Chapter Award Member,
2023-present Editorial Board Member for *The Family Journal (IAMFC)*
Member, Admissions Committee
Member, Remediation Committee

Professional Affiliation

American Psychological Association (2020-2021)

American Association of Christian Counselors - Clinical Member

American Association of Marriage and Family Therapist- Clinical Member (since 2000)

Association for Training on Trauma and Attachment in Children (ATTACH) (2021-2022)

Chi Sigma Iota- Regent University Chapter (2015-present)

Christian Association for Psychological Studies (CAPS)

International Association of Marriage and Family Therapy (IAMFT)

Research Grants

Kent, V, Ripley, J, Sells, J, & Saunders, M. (2023) Regent grant for Qualitative Research as part of larger research project (Templeton), *Graduate Students and Professional Competency Addressing Religion and Spirituality in Couple and Family Therapy (Family CARS)* (total \$4669).

Investigator 2022-2023. Grant awarded to Jennifer Ripley and James Sells (co-investigators), through Stetson University, funded by Templeton Foundation. Training and outcome research for graduate students and professional competency addressing religion and spirituality in couple and family therapy (Family CARS), \$107,298.

Co-Investigator 2017-2020. Grant awarded to Jennifer Ripley (principal investigator), Everett Worthington and Vanessa Kent (co-investigators) through Bridges Consortium, funded by Templeton Foundation. Process and outcome research of spiritually integrated couple therapy in Hampton Roads, VA & Raleigh, NC. \$142,380.

Journal Publications/Book Chapters

Ripley, J.S., Sells, J.N., Battaglini, L., Haught, S., Chen, Z.J., **Kent, V.**, Smith, R., Overfelt, C., Tan, J., Tan, J., Villate, F., Saunders, J., Waldheim, D., Rose, R., & Wray, K. (2025). Obtaining Religious and Spiritual Competencies for Relationship Therapy: Outcomes of Competency Addressing Religion and Spirituality (CARS) Training. *Psychotherapy*. Accepted June 6, 2025. In Press.

Kent, V. & Overfelt, C. (2025). Clinicians' perspective on treating clients with reproductive trauma: A phenomenological study. *Journal of Mental Health Counseling*. Accepted April 18, 2025. In Press.

Ripley, J.S., Sells, J.N., Battaglini, L., Haught, S., Smith, R., & **Kent, V.** (2024). Competency addressing religion and spirituality in couple and family therapy: Family CARS. In J. Fox (Ed.) *Handbook of training in spiritual and religious competencies in mental health*. Oxford University Press.

Kent, V. & Overfelt, C. (2024). Reproductive Issues through the lifecycle. In: Hannor-Walker, T.; Bohecker, L.; & King, J. (Eds.) *Marriage and Family: God's Design*. Kendall-Hunt Publishing.

Kent, V & Troy, M. (2024). Understanding Sexual Trauma in The Church Using Systems Theory and Attachment Lens. In L. Compton & T. Patterson (Eds.), *Skills for Safeguarding: A Guide to Preventing Abuse and Fostering Healing in the Church*. Intervarsity Press.

Worthington, E. L. Jr.; Ripley, J. S., Chen, Z. J., **Kent, V. M.**, & Loewer, E; *In: Handbook of spiritually integrated psychotherapies*. Richards, P. Scott (Ed); Allen, G. E. Kawika (Ed); Judd, Daniel K. (Ed); Publisher: American Psychological Association. (2023), pp. 347-363.

Ripley, J.S., Worthington, E. L., **Kent, V. M.**, Loewer, E. & Chen, Z. J. (2022). Spiritually incorporating couple therapy in practice: Christian-accommodated couple therapy as an illustration. *Psychotherapy*.

Kent, V., Runyan, H., Savinsky, D., & Knight, J. (2020). Mentoring Doctoral Student Mothers in Counselor Education: A Phenomenological Study. *The Professional Counselor*.
<https://tpcjournal.nbcc.org/category/volumes/volume-10/volume-10-issue-4/>

Newmeyer, M, Keyes, B., Palmer, K., **Kent, V.**, Spong, S., Stephens, F., & Troy, M. (2016). Spirituality and religion as mitigating factors in compassion fatigue among trauma therapists in Romania. *Journal of Psychology & Theology*, 44 (2), 142-151.

Peer-Reviewed Presentations/Creative Works (most recent- 5 yrs)

Kent, V., Cantor, G., Wisener, E., Overfelt, C., Ripley, J., Sells, J., De Souza, V., & Lovanice, K. (2025, March). *Enhancing Clinical Confidence and Competency of Integrating Religion and Spirituality in Relational Therapy using the CARS Training Model*. Christian Association Psychological Studies Conference, Denver, CO.

Kent, V. & Overfelt, C. (2025, January). *Counselor's Guide to Reproductive Trauma: Multifaceted Treatment Approach to Reproductive Trauma*. Florida Mental Health Counselors Association, Lake Mary, FL.

Ripley, J.S., Sells, J.N., Battaglini, L., Haught, S., Chen, J., **Kent, V.**, Smith, R., Tan, J., Tan, J., Villate, F., Overfelt, C., Saunders, M., Morris, S., Waldheim, D., & Wray, K., (2024, August). *Obtaining Religious/Spiritual Competency through Relational Spirituality: Outcomes of Training*. American Psychological Association National Convention, Seattle WA.

Ripley, J.S., Sells, J.N., Battaglini, L., **Kent, V.**, Haught, S., & Smith, R. (2024, May). *Outcomes of Family CARS program* presented at meeting of the Competencies in Religion and Spirituality meeting of Templeton grantees. Stetson University.

Ripley, J., Battaglini, L., Smith, R., Haught, S., Sells, J. & **Kent, V.** (2024, March). *How to Talk about God in Training: Principles of Leading Religion/Spirituality Diversity Training Groups*. Christian Association for Psychological Studies Conference, Atlanta, GA.

Kent, V. (2024, March) *Building Connection and Holding Hope: Treating Individuals/ Couple Experiencing Reproductive Trauma*. North Carolina Marriage and Family Conference, Wilmington, NC.

Kent, V. & Overfelt, C. (2023, September). *Hope Renewed: Restoring hope to clients experiencing reproductive trauma*. American Association for Christian Counselors Conference, Nashville, TN.

Kent, V & Overfelt, C. (2023, March). *Rising above despair: Building hope and resiliency for clients experiencing reproductive trauma*. Christian Association for Psychological Studies Conference, Louisville, KY.

Ripley, J., Sells, J., **Kent, V.** & Saunders, M. (2023, March). *Religious and spiritual competency training: Applied wisdom from family systems theory*. Christian Association for Psychological Studies Conference, Louisville, KY.

Sells, J, **Kent, V.** Saunders Sr. M. A., Ripley, J. (2023, February). *Spirituality & religious competency in couple & family therapy: A research model and preliminary findings*. International Association of Marriage and Family, Saint Petersburg, FL.

Saunders Sr, M. A., Sells, J., Ripley, J., **Kent V.** (January 2023) *Family competency addressing religion and spirituality (CARS) project: Religious and spiritual competency training*. International Association of Psychology and Counseling, West Palm, FL

Ripley, J.S, **Kent, V.M.**, Loewer, E., Worthington, E.L., Jr., & Chen, J. (2021, March). Clinical trends in working with religious couples in therapy: A final report from the Bridges study. Christian Association for Psychological Studies (virtual conference).

Ripley, J.S, Worthington, E.L., Jr., Loewer, E., **Kent, V.**, & Chen, J. (2020, March). Spiritually integrated couple therapy: Results of the Bridges project. Project Bridges Conference, Raleigh NC.

Loewer, E., Ripley, J.S, Worthington, E.L., **Kent, V.**, & Chen, J. (2020, March). Couples who present for spiritually integrated couple therapy: Who are they and what do they look like at intake? Project Bridges Conference, Raleigh NC. Accepted for presentation but not presented due to coronavirus.

Kent, V., Ripley, J.S., Worthington, E.L., Jr., Loewer, E., & Chen, J. (2020, March). The spiritual lives of therapists who conduct spiritually integrated couple therapy. Project Bridges Conference, Raleigh NC. Accepted for presentation but not presented due to coronavirus.

Ripley, J.S, **Kent, V.** & Loewer, E. (2019, March). Spiritually integrated couple therapy: Process, research, clinical ethics and best practice. Christian Association for Psychological Studies, Dallas, TX.

Non- Peer Reviewed Workshops/Trainings/Video

Kent, V, Jenkins, A.& Mercer, K. (2024) Site-supervisor Orientation Training Series Videos

Johnson, D., **Kent, V.**, Omorowa, R., & Stachelski, L. (2024, April 26) *Impact of trauma and trauma responses*. Safeguarding Workshop, Pontifical Gregorian University, Rome Italy.

Group facilitator with Regent doctoral students (2024, April 26) Compassion Fatigue and Trauma. Pontifical Gregorian University, Rome Italy

Group Facilitator (2023, March 10) in L. Compton & K. Erwin (presenters), *Compassion Fatigue for Safeguarding*. Pontifical Gregorian University, Rome, Italy.

Kent, V. (2020, March). *Emerging trends after a pandemic*. Interview on 13 News Now.

Kent, V. (2020, February; 2019, March). MEND: training lay leaders in working with women who have experienced sexual assault. Presentation at Hope Community Church, Raleigh, NC.
Kent, V.

Kent, V. (2014, March). *Are you listening dear-using empathic dialogue as a couple intervention*. Presentation as part of Lifecare Counseling and Coaching Open House Series, Raleigh, NC.

Kent, V. (2010-2016). Frequent speaker on topics of marriage- attachment, boundaries, divorce recovery, family of origin, high conflict relationships, losses in families. Presentations for Marriage Matters – couple support ministry, Hope Community Church, Raleigh, NC.

Specialty Trainings

Attachment and Affect Regulation (Jan-Feb. 2021)

Emotionally Focused Therapy (EFT)

Emotionally Focused Family Therapy (EFFT)

Eye Movement Desensitization Reprocessing (EMDR)-Level I and II

Forgiveness Model (REACH)

Gottman Level 1 & 2

Hope-Focused Counseling Therapy

Trust-Based Relational Intervention (TBRI)-9/2010

Clinical Supervisor/Trainer

1/00- present Marriage and Family Therapist Supervisor/AAMFT Supervisor

Train AAMFT Supervisor Candidates

Provide weekly individual and group supervision to registered counselor associates and interns/practicum students. AAMFT Supervisor since 2016

8/10- present Licensed Professional Counselor Supervisor Provide weekly individual supervision to LPCA's/residents working toward licensure.

1/18-5/18 Supervisor for student completing doctoral practicum/internship at Regent University.

5/16-8/16 Triadic Supervisor at Regent University for practicum students in the Master's counseling program.

Teaching Experience

2019-present Assistant Professor- Counseling Department, School of Psychology and Counseling, Regent University, Virginia Beach, VA

Core faculty for Marriage, Couples and Family Master's Program

Courses taught and/or developed:

COUN 532 *Assessment*, COUN 563 *Attachment and Affect Regulation (CES/MA)*, COUN 545 *Concepts of Family Counseling*, COUN 561 *Ethics*, COUN *Group Counseling*, COUN 546 *Couples Counseling*, COUN 547 *Models of Family Therapy*, COUN 593 *Internship for Couple, Marriage and Family*, COUN 500 *Orientation to the Profession*, CES 618 *Qualitative research* CES 768 *Supervision & Consultation*..

2015-18 Teaching Assistant in Master's and Doctoral Programs, School of Psychology and Counseling, Regent University, Virginia Beach, VA

CES 618 *Qualitative Research*- Doctoral level course, spring 2018

CES 715 *Multivariate Analysis*- Doctoral level course, spring 2017

Masters Residencies- spring 2016, 2017, 2018

COUN 595 *Internship in CMHC*- Masters level supervision, fall 2017, spring 2018

COUN 523 *Practicum & Adv. Skills*- Masters level triadic supervision, summer 2016

COUN 554 *Group Counseling Skills*- Masters level course, spring 2018

COUN 545 *Concepts of Family Systems*- Masters level course, fall 2017, spring 2018

COUN 521 *Counseling Skills & Techniques*- spring 2016, spring 2017

COUN 548 *Theories of Human Sexuality*- Masters level course, summer 2017

COUN 514 *Counseling Children and Adolescents*-Masters level course, spring 2016, fall 2016, spring 2017

2010-11 Psychology Teacher and School Consultant, Grace Christian School, Raleigh, NC

Introduction to psychology

Provided teacher in-service on mental health issues and counseling services to students.

2004-05 Adjunct Instructor Pensacola State College Behavioral Sciences, Pensacola, FL

Courses: *General Psychology & Human Growth and Development*

1984-85 Teaching Assistant University of West Florida, Psychology Department, Pensacola, FL

Individual Intelligence Assessment-worked with clinical psychologist scoring testing

Experimental Psychology- worked with research psychologist assisting with teaching, preparing laboratories and grading student work.

1981 -84 Varying Exceptionalities Teacher/Department Chairman

Carver Middle School, Century, FL

Responsibilities-Developed and implemented a pilot project curriculum for varying exceptionalities, provided instruction to 6th through 8th grade in areas of mentally handicapped, emotionally challenged, and giftedness.

Clinical Experience 2010-19 **Clinical Director Lifecare Counseling and Coaching- Raleigh, NC**

(Present) Private Practice Marriage and Family Therapist

Responsibilities: Providing psychotherapy with individuals, couples, families, children. Lead monthly peer supervision group for case presentations and training/staff development activities.

Areas of interest include **clinical research in couples work and clinical supervision**, adoption and attachment issues, ADHD evaluations and treatment, women's issues- including sexual abuse/trauma/domestic abuse; couples therapy, pre-marital and divorce recovery.

1/97-7/03 Clinic Director/Outpatient Therapist- Meier/New Life Clinics, Pensacola, FL

Responsibilities – Managed and supervised a local outpatient clinic as part of a national organization of outpatient and partial hospitalization services. Duties included supervising licensed and unlicensed therapists in the practice, overseeing operations and financial obligations of the clinic; oversight of marketing, public relations and community outreach activities. Provided therapy, conducted groups, parenting classes and marriage enrichment.

6/92-7/96 Clinical Director- Christian Counseling Center, Panama City, FL

Responsibilities - Establish a full-time, private practice and secured a non-profit status. Administrative duties included marketing, hiring, and supervising clinical and clerical staff, preparing yearly budgets, and monthly reports to the Board of Directors. Clinical services included individual, couples, family, group counseling/ assessments. Conducted seminars/workshops for agencies, churches, and schools. Provided consultation and follow-up to clients admitted and returning from inpatient program with treatment privileges at Rivendall Psychiatric Center.

6/91-4/92 Program Director- Children's Stress Treatment Program

Behavioral Medicine, Baptist Health Care-, Pensacola, FL

Responsibilities - Implemented inpatient treatment program for children ages 5-13 as well as marketed the program to ensure community awareness and maximized utilization of services.

Provided direct care to patients and families, conducting seminars to professionals, staff, and community on mental health issues, working as part of a multidisciplinary team developing policies and procedures, and contacting referral sources for followup.

1/90-5/91 Assistant Clinical Director- Outpatient Services, Lakeview Center, Pensacola, FL

9/85-5/91 Outpatient Therapist

Responsibilities - Provided individual, group and family counseling; consultation, education and linking services to Escambia Co. School System, HRS agencies, physicians, and hospitals;

Supervisor for non-licensed clinicians, intake counselors, graduate student interns, and clerical staff;

Quality Assurance and Utilizations Reviewer for clinical care management.

Designed and implemented groups for a domestic violence program;
of a multi-modal treatment program for Attention Deficit Hyperactivity
(ADHD) for children and adolescents in Escambia School System and
Center clients.

Co-developer
Disorder
Lakeview

3/89-5/91 Consultant for Child Protection Team, Pensacola, FL

Resource consultant and provider of group therapy to minors of incest within
comprehensive program for families under protective services.

1/90-5/91 Chairman for Family Services Planning Team (SEDNET-Network for Severely
Emotionally Disturbed Children)

Determined services and residential placement for minors residing in
Northwest Florida region using state funded grants.

Awards/Honors

2023- Alpha Lambda Omega Chapter of Chi Sigma Iota Chapter of the Year Award, Faculty
Advisor

2014-18 Chi Sigma Iota Honor Society- Regent University, Virginia Beach

6/92 Recipient of *Above and Beyond Award* for work with children needing mental
health services in Escambia County

5/81 Outstanding Graduate Student in Special Education Department- University of West
Florida

1980-81 Past President of Kappa Delta Pi- University of West Florida Chapter