

Ashleigh M. Bruns, Ph.D., LPC, NCC, EMDR II
Assistant Professor in Counselor Education and Supervision
ashlbru@regent.edu

EDUCATION

Doctor of Philosophy Counselor Education and Supervision. CACREP accredited program.
Regent University, Virginia Beach, Virginia. August 18, 2008- May 4, 2013.

Masters of Arts Community Counseling. CACREP accredited program. Denver Seminary,
Denver, Colorado. January 24, 2006-May 17, 2008. Focused on Community Mental
Health Counseling and Trauma Care.

Bachelor of Arts Psychology and Fine Arts (Art History). University of Colorado at Boulder,
Colorado. August 27, 2001-May 6, 2005.

CERTIFICATIONS AND LICENSES

Wisconsin Licensed Professional Counselor (LPC) 6165-125 August 1, 2016-Renew February
28, 2027

Wisconsin Licensed Authorized to Perform Psychometric Testing August 1, 2016-Renew
February 28, 2027

Eye Movement and Desensitization and Reprocessing Certification (EMDR) Level II Certified
July, 2, 2008-April 30, 2026

Trauma-Focused CBT- Granted May 16, 2016-Present

National Certified Counselor June 23, 2008- April 15, 2026

Certificate Pastoral Crisis Intervention 2008-Present

Certificate to administer PREPARE/ENRICH 2008-Present

PROFESSIONAL EXPERIENCE

Teaching Experience

July 1, 2022-Present *Assistant Professor, Distance Faculty Online Counselor Educator at
Regent University. Virginia Beach, VA*

- Mentor Ph.D. in CES and MA in CMHC students in CACREP accredited program.
- Work with students on remediation procedures
- Participate in faculty meetings for the Clinical Team, MA Program, Ph.D. CES, and Counseling Department
- Adjunct Coordinator School of Psychology and Counselling July 1, 2024- Present
-

- CHBS CIRC Representative August 2022-July 2024
- AACC Faculty Advisor July 13, 2020-Present
- Coordinator, Practicum CCR rating committee
- Coordinator, Integration in program committee
- Educate Master of Clinical Mental Health students in online courses including the following:
 - Human Growth and Development
 - Addiction Therapies for Individual and Families
 - Ethics
 - Practicum-Clinical Training
 - Multicultural Counseling
- Interview prospective students for the MA in CMHC, Marriage and Family, and School Counseling programs
- Interview Ph.D. students for the Ph.D. in Counselor Education and Supervision program
- Course Content Expert for Practicum, Addictions, and Ethics. Updating the CANVAS shell, coursework, CACREP standards, and textbooks.

August 2019-June 30, 2022 ***Full-Time Lecturer Online Counselor Educator at Regent University. Virginia Beach, VA***

- Work with students on remediation procedures
- Participate in faculty meetings for the Clinical Team, MA Program, and Department
- Educate Master of Clinical Mental Health students in online courses including the following:
 - Human Growth and Development
 - Addiction Therapies for Individual and Families
 - Ethics
 - Practicum-Clinical Training
- Interview prospective students for the MAHC, Marriage and Family, and School Counseling master's degrees
- Interview PhD students for the PhD in Counselor Education and Supervision program
- Update Blackboard shell for Addictions coursework
- Mentor students in counselor identity, research interests, and furthering the field of counseling

August 23, 2021- December 11, 2021 ***Adjunct Teaching George Williams College. Williams Bay, WI***

- Educate undergraduate students in Adult Development and Aging.
 - Topics include stages of development, mental health, long-term care, holistic approach, and activities of middle and late adulthood

August 2013- August 2019 ***Adjunct Online Counselor Educator at Regent University. Virginia Beach, VA***

- Educate Master of Clinical Mental Health students in online courses including the following:

- Concepts of Family Systems Counseling
- Orientation to the Counseling Profession
- Marital Therapy
- Addiction Therapies for the Individual and Families
- Practicum and Advanced Skills
- Treating PTSD, Compassion Fatigue, and Trauma
- Assessment Techniques in Counseling
- Multicultural Counseling
- Models of Family Therapy
- Introduction to Process Addictions
- Supervise Practicum students
- Mentor students
- Design in class activities, assignments, and evaluation rubric

August 24, 2014-July 11, 2015 ***Online Counselor Educator at Messiah University. Grantham, Pennsylvania***

- Educate Master of Clinical Mental Health Students in an online course in Foundations of Clinical Mental Health. Topics include an overview of the profession.

Counselor Educator at University of Wisconsin-Whitewater. Whitewater, WI.

- June 2014-December 2014
 - Teach Professional Practices topics covered include ethics, consultation, and professional identity issues.
 - Provide instruction in Research in Counseling for the Master of Science in Counseling Program covered ethical research, research practices, statistics, and writing a research paper.
- August 2013-December 2013
 - Educate students about Professional Practices with topics covered include ethics, consultation, and professional identity issues.
- August 2012-December 2012
 - Provide instruction in Research Methods for the Master of Science in Counseling Program. Topics covered include ethical research, research practices, statistics, and writing a research paper.
- August 2011-December 2011
 - Teach the course Professional Practices for the Master of Science in Counseling Program. Topics covered include ethics, consultation, and professional identity issues.

August 2010-June 2011 ***Counselor Educator at Colorado Christian University Northern Colorado Campus. Loveland, Colorado.***

- Teach core counseling courses in the Master of Arts in Counseling program.
- Provide experiential and didactic learning experience in courses in human growth and development, professional orientation, and counseling services and methods.
- Designed in class activities, assignments, and evaluation rubric.
- Administered quizzes and evaluated student's papers

Supervisor Experience

August 2023-present *Supervise PhD Intern*

Regent University. Virginia Beach, Virginia. Supervise CES PhD teaching intern in addressing pedagogy, online MA program education modality, and student goals for advanced counseling skills for MA students. Education in utilization of Dr. Edward De Bono's hats to provide roles and expectations in supervising MA Practicum counseling students in group supervision.

January 2022-present *Supervise Graduate TRA*

Regent University. Virginia Beach, Virginia. Supervise CES PhD TA in addressing pedagogy, online MA program education modality, supervision of MA students, teaching coursework, and student goals for advanced counseling skills for MA students. Education in utilization of Dr. Edward De Bono's hats to provide roles and expectations in supervising MA Practicum counseling students in group supervision.

January 2021-December 2021 *Supervise PhD Intern*

Regent University. Virginia Beach, Virginia. Supervise CES PhD teaching intern in addressing pedagogy, online MA program education modality, and student goals for advanced counseling skills for MA students. Education in utilization of Dr. Edward De Bono's hats to provide roles and expectations in supervising MA Practicum counseling students in group supervision.

January 2020- present *Faculty Group Supervisor for MA Practicum Students*

Regent University. Virginia Beach, Virginia. Supervise counseling students in their Practicum course. Address issues of counselor identity, telehealth, treatment planning, theoretical orientation, goal setting, and ethical best practice for clients. Reviewed videos and provided feedback.

May 2014- August 2014 *Faculty Group Supervisor for MA Practicum Students*

Regent University. Virginia Beach, Virginia. Supervise counseling students in their Practicum course. Address issues of counselor identity, telehealth, treatment planning, theoretical orientation, goal setting, and ethical best practice for clients. Reviewed videos and provided feedback.

Course Development Experience

January 2012-May 2012 *Course Developer*

- Colorado Christian University Online. Lakewood, Colorado
- Develop a course in Psychology of Personality. Topics to be included are human nature, personal differences, testing of personality, and heredity and environment.

Graduate Teaching Experience

August 2012-July 2013 ***Graduate TA***

Regent University. Virginia Beach, Virginia. Assist Dr. Sherry Todd in her caseload. Grade papers and review assignments. Co-facilitate Internship group sessions and class sessions.

2007-2009 ***Grader***

Denver Seminary Masters of Counseling program. Littleton, Colorado. Graded papers for Therapeutic Communication and Pre-Practicum classes. Maintained class grades. Taught classes in relief and maintained office hours.

2007-2008 ***Graduate Assistant***

Shepherd's Gate Counseling Center, Denver Seminary. Littleton, Colorado. Screened client calls and conducted intake interviews to assess client needs. Assigned clients to M.A. students. Coordinated clinic tasks and assisted Practicum students in treatment planning and problem solving.

Clinical Experience

August 2016- August 2019 ***Licensed Professional Counselor (LPC)***

Genesis Counseling. Janesville, WI. Counsel individuals, couples, and families with depression, anxiety, trauma, adjustment disorder, and other mental health needs. Utilize CBT and trauma informed methods of counseling. Provide case management, referrals, community resources, and suicidal ideation assessment and care. Provide pro-bono mental health services to clients unable to pay for clinical mental health needs.

September 2014-July 2016 ***Professional Counselor Training License***

Genesis Counseling. Janesville, WI. Counsel individuals, couples, and families with depression, anxiety, trauma, adjustment disorder, and other mental health needs. Utilize CBT and trauma informed methods of counseling. Provide case management, referrals, community resources, and suicidal ideation assessment and care.

February 2012-September 2012 ***Children's Service Society of Wisconsin Assessment Intern***

Children's Service Society of Wisconsin, part of Children's Hospital. Milwaukee, Wisconsin. Administered and scored assessments. Wrote evaluations of children and adolescents with a variety of diagnoses.

February 2012-April 2012 ***SequelCare of Arizona Assessment Intern***

SequelCare of Arizona. Prescott Valley, Arizona. Assessed juvenile sex offenders for risk and assessed men and women with schizophrenia for progress in their program. Administered and scored assessments. Wrote evaluations

March 2012- August 2012 ***Mercy Options Walworth Office Counseling Intern***

Mercy Options Walworth Office. Williams Bay, Wisconsin. Provided counseling to clients on a weekly basis. Co-Led an anxiety management group. Wrote case notes, treatment plans, and a 90-day review.

- 2011 ***Counseling Intern***
Longmont Counseling Services. Longmont, Colorado. Co-lead court-ordered groups for male and female perpetrators of domestic violence. Perform intake interviews. Write substance abuse evaluations. Administer and score diagnostic or screening assessments.
- 2008-2010 ***Counselor***
Sanctuary's Crossing Counseling. Littleton, Colorado. Provide counseling, assessment, and treatment to families and adults. Work with clients in the areas of sexual abuse, trauma, depression, anxiety, grief and loss, life adjustment, PTSD, relationships, coping skills, and stress management in a private practice setting.
- 2007-2008 ***Trauma and Abuse Counselor Intern***
Trauma Care for Women. Littleton, Colorado. Conducted intake interviews. Worked with adult survivors of sexual abuse. Generated treatment plans and maintained client files.
- 2007 ***Care Coordinator Intern***
Mountain Crest Behavioral Hospital. Fort Collins, Colorado. Counseled inpatient psychiatric patients. Maintained patient files and paperwork. Planned treatment, set-up discharge plans, and advocated for patients. Facilitated family counseling sessions. Co-led group therapy sessions.
- 2006 ***Practicum Student***
Shepherd's Gate Counseling Center, Denver Seminary. Littleton, Colorado. Practiced basic attending skills, reflecting, treatment planning, referrals, and case management as part of Practicum experience.

SCHOLARLY WORKS

- Drye, K., Bruns, A., Sauerheber, J.D., Sells, J. (Resubmission). The effects of training in brainspotting on counselors' self-efficacy. *Wisconsin Counseling Association Journal*.
- Beck, C., Dillon, C.M., Zaporozhets, O., Yarhouse, M.A., Bruns, A. (Resubmission). Anxiety and Depression Comorbid for Christian Parents of LGB Children. *Journal of Professional Counseling: Practice, Theory & Research*.
- Bruns, A. (2023). Posttraumatic Growth and Spiritual Well-Being in Survivors of the Columbine High School Shooting. *Wisconsin Counseling Association Journal*.

- Bruns, A. and McLean, E. (2022). Groups in Addictions Treatment. In Williams, C., (Ed.) *Addictions, God and Mental Health Counseling*. San Diego, CA: Cognella Academic Publishing. San Diego, CA: Cognella Academic Publishing.
- Bruns, A. (2013). *Posttraumatic growth and spiritual well-being in survivors of the Columbine High School shooting*. (Doctoral Dissertation). Available in ProQuest.
- Bruns, A. (2008). *Adoption and attachment: The compensation and correspondence hypothesis in relation to God and adoptive parents*. (Unpublished master's thesis). Denver Seminary, Denver, Colorado.
- Bruns, A., Childers, S., and Senyonyi, R. (2009). Online peer supervision of group leaders: Can this work?. *SACES Newsletter*, 5(2), 7. Available at http://www.saces.org/Resources/Documents/newsletter_summer_2009.pdf

PRESENTATIONS

- Bruns, A., & McLean, E. (2025, March). *Counselor wellness as a lens to healthy interactions: Facilitating tough conversations with clients, overcoming burnout, ethical attunement, and rupture repair* [Conference]. CAPS Annual Conference Denver, CO.
- Bruns, A. (2024, November 22). *An invitation to exhale: workshops on somatic and creative aspects of self-care*. [kintsugi origami workshop with students as an invited speaker]. Regent Chapter of AACC. Online.
- Bruns, A. (2024, November 14, 2024). *Restore our tanks: Engaging in re-storying stressors through collaborative storytelling*. [3-hour pre-conference presentation]. Association for Creativity in Counselling (ACC division of ACA). Annual National Conference.
- Bruns, A. (2024, November 7). *The art of restoration: Kintsugi*. [Conference presentation]. Wisconsin Counseling Association 2024 Annual Conference Madison, WI.
- McLean, E., & Bruns, A. (2024, March 21). *Addiction and the healing journey: View of self and the world* [Conference presentation]. CAPS Annual Conference Atlanta, GA.
- Bruns, A. (2023, November 4). *Trauma, PTG, and resilience through expressive therapies: Using the Reflective Self Activity with mason jars to facilitate healing* [Conference Presentation]. Wisconsin Counselin Association 2023 Conference, Madison, WI.
- Runyan, H., Lynch, M. Knight, J., Bruns, A., Walley, C., & Gaboton-Swift, M. (2023, October 14). *School Counselor Retention* [Conference presentation]. ACES Biannual National Conference, Denver, CO.
- Bruns, A. (2022 November) *The Clinical Use of Collaborative Games in Diagnosis, Treatment, and Management of Clinical Mental Health for Children, Adolescents, and Families*. 50-minute presentation at the Wisconsin Counseling Association in Madison, Wisconsin.

Bruns, A., Bruns, C., and Kuhnley, A. (2021, October) *Utilizing Dr. Edward De Bono's hats and tele-supervision with the Integrative Developmental Model and considering attachment on the effect on counselor trainee self-efficacy*. 50-minute presentation at ACES Leadership in Atlanta, GA.

Bruns, A. (2015, October) *Posttraumatic growth and spiritual well-being in survivors of the Columbine High School shooting*. Poster presented at ACES Leadership for Culturally Relevant Pedagogy and Practice, Philadelphia, Pennsylvania.

PROFESSIONAL ASSOCIATIONS

American Counseling Association (ACA) April 1, 2010-April 30, 2026

Association for Creativity in Counseling (ACC) June 30, 2020-April 30, 2026

Association of Counselor Educators and Supervisors (ACES) July 3, 2011- April 30, 2026

Association of Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) July 20, 2020-April 30, 2026

International Association of Addictions and Offender Counselors (IAAOC) January 7, 2016-April 30, 2026

International Association of Marriage and Family Counselors (IAMFC) October 7, 2014-April 30, 2026

International Association for Resilience and Trauma Counseling (IARTC) April 6, 2023-April 30, 2026

North Central Association of Counselor Education and Supervision (NCACES) February 27, 2017- April 30, 2026

Eye Movement Desensitization and Reprocessing International Association (EMDRIA) April 9, 2010- April 30, 2026

Chi Sigma Iota (Counseling Honor Society) May 14, 2010-June 8, 2027

American Association for Christian Counselors (AACC) August 21, 2020-November 9, 2025

Christian Association for Psychological Studies (CAPS)-January 1, 2006-October 14, 2025

Wisconsin Counseling Association (WCA) July 26, 2022-July 25, 2025

PROFESSIONAL SERVICE

- Adjunct Coordinator School of Psychology and Counselling July 1, 2024- Present
- American Association for Christian Counselors (AACC) Regent Student Chapter Faculty Advisor- July 13, 2020-Present
 - Meet with students to encourage participation in AACC conference
 - Assisted in Fall Forum on faith and counselor integration for “The Wonderful Counselor”
 - Develop workshops on various topics including the following: ethical concerns and applications in the field, growing a private practice, integrating Christian principles into counselor education, school counseling, CMHC, and multicultural awareness and best practice.
 - Lead and advise CES and MA students in somatic and expressive arts counseling tools workshops for CHBS students.
- Regent University College of Health and Behavioral Sciences (CHBS) CIRC Representative January 2023- June 30, 2024
- Regent University School of Psychology and Counseling CIRC Representative August 2022-January 2023