

Lisa Compton, Ph.D., LCSW, CTTS, CFE

Associate Professor

Director of PhD in Counselor Education & Supervision

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Education

2010-2013	Doctor of Philosophy in Counselor Education and Supervision (CACREP accredited), Regent University, Virginia Beach, Virginia
1994-1996	Master of Clinical Social Work, Virginia Commonwealth University, Richmond, Virginia
1990-1994	Bachelor of Arts in Psychology and Religion, University of Richmond Richmond, Virginia

Professional Licensure/Certification

2012- Present	Eye Movement Desensitization and Reprocessing (EMDR), Green Cross Academy
2011- Present	Certified Trauma Treatment Specialist (CTTS), Association of Trauma Stress Specialists
2010- Present	Compassion Fatigue Educator (CFE), Green Cross Academy
1998- Present	Licensed Clinical Social Worker (LCSW), Virginia # 0904003902
1995- Present	Critical Incident Stress Management (CISM), International Critical Incident Stress Foundation
1996-1998	Certified Employee Assistance Professional (CEAP), Employee Assistance Professional Association
1995-1997	General and Family Mediation, Virginia
1994-1996	Emergency Medical Technician (EMT), Virginia

Current Professional Memberships

- American Counseling Association (ACA) 1/13- present
- Association for Counselor Education and Supervision (ACES) 1/20- present
- Association of Traumatic Stress Specialists (ATSS) 1/13- present
- Florida Mental Health Counselors Association (FMHCA) 1/19- present
- Green Cross Academy of Traumatology 1/12- present
- Southern Association for Counselor Education and Supervision (SACES) 1/20- present
- Virginia Counselors Association (VCA) 1/20- present
- Virginia Counselor Educator Association (VACES) 1/21- present

Courses Created:

Doctorate:

CES 752 Safeguarding: Prevention of trauma in the church

MHPS 765 Advanced Counseling & Trauma Informed Care

MHPS 766 Theories of Attachment & Affect Regulation

MHPS 767 Treating PTSD, Compassion Fatigue, and Complex Trauma

CES 655 Expressive Arts in Trauma Work

Courses Taught

Doctorate:

CES 752 Safeguarding: Prevention of trauma in the church
 CES 655 Expressive Arts in Trauma Work
 CES 675 Safeguarding: Prevention of trauma in the church
 CES 740 Instruction in Counselor Education
 CES 650 Preventive Counseling
 CES 757 Complex Trauma, Domestic Violence, and Human Trafficking
 CES 758 Disaster Trauma
 CES 759 Treating PTSD, Compassion Fatigue, and Complex Trauma
 MHPS 761 Crisis and Community Counseling

Master's:

COUN 500 Orientation to Counselor Professional Identity and Function
 COUN 555 Expressive Arts in Trauma Work
 COUC 546 Psychopathology
 COUC 667 Clinical Diagnosis and Treatment Planning
 COUC 698 Practicum
 COUN 521 Counseling Skills and Techniques
 COUN 523 Practicum & Advanced Skills
 COUN 526 Theories of Counseling
 COUN 532 Assessment Techniques in Counseling
 COUN 540 Human Growth and Development
 COUN 559 Treating PTSD, Compassion Fatigue, and Complex Trauma
 COUN 562 Crisis, Trauma, and Clinical Mental Health
 COUN 557 Complex Trauma
 COUN 558 Disaster Trauma
 HSC 561: Crisis and Community Counseling

Undergraduate:

PSY 299: You're Hired! Secrets of Professional Success
 GENE 402: Christian Leadership

Teaching Experience

2014- Present Associate Professor, Director CES PhD Program, Regent University
 (online), Virginia Beach, VA

- Instructor in master's and doctoral courses
- Counseling Department Leadership Team
- Admissions Chair
- Trauma Certificate Program Coordinator
- Trauma Research Team
- Clinical Team
- Current committees: Residency and Portfolio Development

- Past Committees: American Association of Christian Counselors Regent chapter, Counseling Department newsletter, Faculty search committee
- 2021- Present Associate Professor (online), Liberty University, Lynchburg, VA
- Instructor in master's courses
 - Subject Matter Expert- Practicum/Internship
 - Professional Development Committee
- 2014 Adjunct Professor, University of Richmond, Richmond, VA
- Instructor in undergraduate course
 - Developer undergraduate Psychology professional development course
 - Guest Lecturer in undergraduate course
- 2013- 2014 Adjunct Professor, Adams State University (online), Alamosa, CO
- Instructor in Counseling Program

Supervision Experience

- 2015- Present Field Supervisor for doctoral teaching interns, Regent University, Virginia Beach, Virginia
- 2013- 2017 Field Supervisor for counseling interns, Liberty University, Lynchburg, Virginia

Clinical and Consultation Experience

- 2019- Present Consultant Fig Tree Counseling Agency, Richmond, Virginia.
- Provide consultation on macro issues related to overall agency functioning
- 2008-2017 Director of Counseling, Counselor and Instructor, Cloverhill Church, Midlothian, VA
- Provided counseling for individuals, couples, families, and groups in various areas of mental health, specializing in trauma treatment, mood disorders, marriage and family, and spiritual issues
 - Taught seminars on mental health and spiritual issues
 - Taught at women's conferences
 - Supervised Marriage Mentors Program
 - Led support groups and supervise other group leaders
 - Supervised interns
 - Led art therapy groups
- 2007-2011 Consultant, Millwood School, Midlothian, VA
- Developed and implemented Parent Education Program
 - Provided consultation on student mental health issues
 - Taught mental health seminars
 - Led Critical Incident Stress Debriefings
- 1995-1999 Director and Counselor, Pinnacle Employee Assistance Program, Richmond, VA

- Provided assessments, case management, and counseling for individuals, couples, families, and groups in various areas of mental health
 - Conducted seminars and orientations for corporations
 - Led Critical Incident Stress Debriefings for First Union Banks
- 1994-1995 Medical Social Worker, Southside Regional Medical Center, Petersburg, VA
- Assessed patients' psychological needs and discharge planning
 - Provided counseling to patients in hospital and home visits
 - Counseled patients at out-patient psychiatric facility

Professional Presentations

Compton, L. & Patterson, T. (2025, February 6). *Sustainable Compassion: Equipping helpers for secondary trauma*. Restore: Healing religious trauma. Phoenix, Arizona.

Compton, L. & Kuhnley, A. (2025, January 31). *Counselor Vulnerabilities: The impact of attachment and trauma on ethical decision making*. Florida Mental Health Counselors Association (FMHCA), Orlando, Florida.

Compton, L. & Kuhnley, A. (2024, May 11). *Trauma and Attachment in Parenting*. The Chapel. Richmond, Virginia.

Compton, L. et al. (2024, April 26). *Trauma and Compassion Fatigue*. Pontifical Gregorian University, Rome, Italy.

Compton, L. (2024, January 12). *Preparing the Self for Providing Trauma Care*. International Help and Early Learning (IHELP), New York, NY.

Compton, L. & Kuhnley, A. (2024, February 2). *An Ethical Approach for Overcoming Trauma and Insecure Attachment Responses*. Florida Mental Health Counselors Association (FMHCA), Orlando, Florida.

Compton, L. & Kuhnley, A. (2023, November). *Ethics for Trauma and Attachment Counseling*. Virginia Counselors Association (VCA), Hot Springs, Virginia.

Kuhnley, A. & Compton, L. (2023, September 15). *From Fear to Connection: A toolkit for overcoming trauma and insecure attachment with adolescents and adults*. American Association of Christian Counselors (AACC), Nashville, Tennessee.

Compton, L. (2023, September 6,7,11,12). Trauma Education for Safeguarding. Catholic Safeguarding Institute, the Philippines.

Erwin, K., & Compton, L. (2023, March 10). *Compassion Fatigue and Trauma*. Pontifical Gregorian University, Rome, Italy.

Compton, L. & Kuhnley, A. (2023, February 3). *Ethics in Clinical Practice: Promoting*

emotional intelligence in trauma and attachment treatment. Florida Mental Health Counselors Association (FMHCA), Orlando, Florida.

Compton, L. & Kuhnley, A. (2022, November 4). *Preparing Students for Trauma and Attachment Work: A toolkit for Counselor Educators*. Southern Association of Counselor Education and Supervision (SACES), Baltimore, Maryland.

Compton, L. (2022, April 25). *Trauma Preparation in Clinical Mental Health*. Gulf Coast Mental Health Counselors Association (GCMHA), Fort Myers, Florida.

Kerrigan, R., **Compton, L.** & Runyan, H. (2024). *What Experts Say Every Counselor Should Know about Trauma*. Christian Association for Psychological Studies (CAPS), virtual.

Compton, L. (2022, February 10). *Keys to Mental Health Resiliency*. Salisbury Women's Club, Midlothian, Virginia.

Compton, L. (2021, November 16). *Trauma-informed Care*. Chi Sigma Iota (CSI)- Rho Eta Sigma Epsilon chapter. Liberty University, virtual.

Compton, L. & Hawkins, S. (2021, October 8). *Enhancing Students' Trauma Work Competencies through Parallel Process*. Association of Counselor Education and Supervision (ACES), Atlanta, Georgia.

Compton, L. & Kuhnley, A. (2021, September 19). *Preparing for Trauma Work: Specific Tools to Improve Emotional Regulation and Attachment Security*. American Association of Christian Counselors (AACC), Orlando, Florida.

Compton, L. & Cronan, K. (2021, May 6). *Pacing Children and Adolescent Trauma Survivors through Play Therapy* [conference session]. Licensed Professional Counselors Association of Georgia (LPCAG), Savannah, Georgia.

Compton, L. (2021, February 15). *Top Five Essential Tools for Treating Traumatic Stress* [Conference session]. Florida Mental Health Counseling Association (FMCA), virtual.

Compton, L., & Kuhnley, A. (2021, February 5). *From Dysregulation to Regulation: Practical ways to help survivors of trauma establish attachment security* [Keynote address]. Florida Mental Health Counseling Association (FMCA), virtual.

Compton, L., & Kuhnley, A. (2020, November 13). *From Mister Rogers Neighborhood to the Counseling Office: Using earned secure attachment to impact emotional regulation in trauma survivors* [Conference session]. Virginia Counselors Association (VCA), virtual.

Compton, L. & Kongkaw, P. (2020, November 12). *Increasing your Effectiveness in Treating Trauma with Parallel Process* [Conference session]. Virginia Counselors Association (VCA), virtual.

- Compton, L.** (2020, October 24). *Deconstructing Health* [Panelist]. University of Richmond, virtual.
- Compton, L.** (2019, May). *Compassion Fatigue Prevention* [Workshop]. SPCA, Virginia Beach, VA.
- Compton, L.** (2017). *Introduction to Trauma* [Guest Speaker]. Trinity Episcopal School, Richmond, VA.
- Compton, L.** (2017). *Distancing in Relationships* [Workshop]. Cloverhill Church, Richmond, VA.
- Compton, L.** (2016). *Boundaries for Small Group Leaders* [Workshop]. Cloverhill Church, Richmond, VA.
- Compton, L.** (2016). *Boundaries for Women in Ministry Leadership* [Conference Presenter]. Element Leading and Loving Retreat, Richmond, VA.
- Compton, L.** (2016). *Emotional Distancing and Compassion Fatigue* [Workshop]. Richmond Alliance of Faith-based Therapists, Richmond, VA.
- Compton, L.** (2015). *Professional Identities in Social Sciences* [Guest Speaker]. University of Richmond, Richmond, VA.
- Compton, L. & Todd, S.** (2015). *Degrees of Emotional Separation: The key to longevity in Critical Incident Stress Work* [Conference Presenter]. International Critical Incident Stress Foundation (ICISF) World Congress, Baltimore, MD.
- Compton, L.** (2013). *Holiday Spoilers: Boundaries in relationships* [Workshop]. Cloverhill Church, Richmond, VA.
- Compton, L.** (2013). *Intimate Interactions* [Workshop]. Cloverhill Church, Richmond, VA.
- Compton, L.** (2012). *Marriage: What I wish I had known* [Workshop]. Cloverhill Church, Richmond, VA.
- Compton, L.** (2012). *Help! I married a different species!* [Workshop]. Cloverhill Church, Richmond, VA.
- Compton, L.** (2011). *How to Have a Good Fight* [Workshop]. Cloverhill Church, Richmond, VA.
- Compton, L.** (2011). *Secrets and Surrender* [Keynote Speaker]. My Life Inside the Box Conference, Richmond, VA.

Compton, L. (2010). *Reducing the Junk in your Marriage* [Workshop]. Cloverhill Church, Richmond, VA.

Compton, L. (2011). Spinning plates [Conference Presenter]. My Life Inside the Box Conference, Richmond, VA.

Compton, L. (2010). *Technology Safety for Adolescents* [Workshop]. Millwood School, Midlothian, VA.

Compton, L. (2009). *Sibling and Peer Rivalry* [Workshop]. Millwood School, Midlothian, VA.

Compton, L. (2008). Birth Order and Child Development: What makes your child tick [Conference Presenter]. My Life Inside the Box Conference, Richmond, VA.

Compton, L. (1995-1999). *Stress Management* (Workshops). Pinnacle Employee Assistance Program, Richmond, VA.

Compton, L. (1995-1999). *Depression and Anxiety* (Workshops). Pinnacle Employee Assistance Program, Richmond, VA.

Herlocker, C., **Garver** (maiden name), L., & Allison, S. (1993, March). *Advert Overestimation of Shared Rewards and Costs* [Poster Presentation/Travel Grant]. Southeastern Psychological Association, Atlanta, GA.

Kinsley, C. & **Garver**, L. (1993). *The Role of Corticotrophin-Releasing Factor in the Activity-Stress Paradigm* [Conference Presenter/Travel Grant]. Southern Society for Philosophy and Psychology, New Orleans, LA.

Invited Media and Podcasts

Compton, L. (2025, May 8). *Safeguarding and Trauma Prevention*. The 700 Club Prayer Link. Virginia Beach, Virginia.

Compton, L. & Patterson, T. (2025, February 17). *Safeguarding*. The 700 Club Interactive. Virginia Beach, Virginia.

Compton, L. & Patterson, T. (2025). [Audio podcast episode]. In Roys Report- 2 interviews in production stage.

Compton, L. & Patterson, T. (2024). [Audio podcast episode]. *Abuse in the Church- Changing the Culture Starts with all of Us*: In Choose To Be: Beyond Trauma Healing

Compton, L. (guest speaker) (2024, June 6). *Spiritual Abuse* [Audio podcast episode]. In Disordered Podcast.

Compton, L. (guest speaker) (2024, Feb 18). *Let's Keep Talking* [Audio podcast episode]. In

The Chapel Students Podcast with KJ Julian. Retrieved from:
<https://podcasts.apple.com/us/podcast/lets-keep-talking/id1571063280?i=1000645771556>

Publications

- Patterson, T. & **Compton, L.** (2025). What every counselor should know about abuse in the church. *Christian Counseling Connection*, 27 (2), 30-32. <https://aacc.cld.bz/CCC-27-2-LR>
- Compton, L.** & Patterson, T. (2024). *Skills for Safeguarding: A guide to preventing abuse and fostering healing in the church*. Intervarsity Press.
- Compton, L.** & Patterson, T. (2024). Absorption Vulnerability: A new look at compassion fatigue. *Traumatology (Tallahassee, Fla.)*. <https://doi.org/10.1037/trm0000503>
- Kerrigan, R., **Compton, L.**, & Runyan, H. (2024). What experts say is essential for counselor trauma education: A Delphi study, *Virginia Counseling Journal*, 39, 55-56.
- Schoeneberg, C. & **Compton, L.** (2024) Christian integration in trauma-informed counseling. In J.A. King & K.M.. Ford (Eds.), *Christian integration in counselor education* (pp.315-326). Kendall Hunt Publishers.
- Compton, L.** & Patterson, T. (2023, September). Essential skill development for meaningful social connection. *Counseling Today*, 66(3), 41-45
- Compton, L.**, Schoeneberg, C., Drye, K. & Palen, C. (2022). Counselor preparation using the Revised Trauma Egg and Resiliency Intervention, *Journal of Creativity in Mental Health*, 19 (1).
<https://doi.org/10.1080/15401383.2022.2143976>
- Compton, L.** & Schoeneberg, C. (2021). *Preparing for Trauma Work in Clinical Mental Health: A workbook to enhance self-awareness and promote safe, competent practice*. New York, NY: Routledge.
- Fielder, M. & **Compton, L.** (2020, August). Encountering and addressing racism as a multiracial counselor. *Counseling Today*, 63 (2) 42-47. <https://wp.me/p2BxKN-69c>
- Keck, B., **Compton, L.**, Schoeneberg, C., & Compton, T. (2017). Trauma recovery: A heroic journey. *Heroism Science*, 2, 1-17.
- Compton, L.**, Todd, S., & Schoeneberg, C. (2017). Compassion fatigue and satisfaction among critical incident stress management (CISM) providers: A Study on risk and mitigating factors, *Virginia Counseling Journal*, 35, p. 20-27.
- Compton, L.** (2013). *Compassion fatigue and compassion satisfaction in critical incident*

stress management (CISM) providers. (Electronic Thesis or Dissertation). Retrieved from <http://gradworks.umi.com/35/77/3577317.html>

Non- refereed Publications

Compton, L. (2017). Forward. *A Different Kind of Superhero*. Richmond, VA: Bigtree

Compton, L. (2012). Sacred Ground: Memoirs from a Trauma Therapist. *Green Cross Newsletter*, 2, 7-8.

Compton, L. (2010). Dangers in Virginia counseling, *Virginia Counselors Association Newsletter*, Fall, 7.

Compton, L. (2011). The role of the church in crisis group interventions. *Green Cross Academy of Traumatology Newsletter*, 2, 7-8.

Academic Honors

2010 Chi Sigma Iota, Regent University (Alpha Omega Lambda chapter)

2010 Academic Merit Scholarship, Regent University

1994 Golden Key, University of Richmond

1994 Mary Dickerson Award, University of Richmond

1994 Philip Hart Award, University of Richmond

1994 Theta Alpha Kappa, University of Richmond

1993 Mortar Board, University of Richmond

1993 Omicron Delta Kappa, University of Richmond

1993 Psi Chi, University of Richmond

Service

2024 Youth Group Workshop on Mental Health, The Chapel Church, Midlothian, VA

2021- 2023 Education Committee Member, Florida Mental Health Counselors Association, Florida (review conference and webinar proposals)

2021- 2022 Board member, Association of Traumatic Stress Specialists (ATSS), International

2021 (October) Fall Festival volunteer, The Chapel Church, Midlothian, VA

2021 (October) Step Up for Down Syndrome, Henrico, VA

2015- 2021 President and founder Richmond Alliance for Faith-based Therapists (RAFT), Richmond, VA

2019- 2021 Community Resilience Committee, Trauma-Informed Care Network, Richmond, VA

2018 Workforce Committee, Trauma-Informed Care Network, Richmond, VA

2014-2015 President Trinity Parent Association (TPA) and Trustee Board, Trinity Episcopal School, Richmond, VA

2012-2014 Vice President and class representative, Trinity Parent Association (TPA), Trinity Episcopal School, Richmond, VA

2011-2013 Mental Health Leader of Critical Incident Stress Management, Old Dominion Emergency Medical Systems Alliance (ODEMSA), Richmond, VA

2011	Consultant for Critical Incident Response protocols, Chesterfield County Public School System, Chesterfield, VA
1995-1996	Director of Explorers Program for adults with Mental Retardation, Henrico, VA
1994-1996	Emergency Medical Technician, Tuckahoe Rescue Squad, Richmond, VA
1992-1994	Crisis Counselor, Crisis Pregnancy Center, Richmond, VA
1992	Counselor for abused children, Camp Ramapo, Rhinebeck, NY

Specialized Trauma Trainings

2021	21 st Century Trauma Competency- Arizona Trauma Institute
2020	When Clinical goes Digital- PESI
2019	Trauma-Informed Supervisor Training- GR-TICN
2019	Federal Emergency Management Association (FEMA): IS 33.18, IS 909, IS 394a, IS 100.c, IS 700.b, IS 241.b, IS 10.a
2019	The National Child Traumatic Stress Network (NCTSN): Psychological First Aid (PFA), Skills Psychological Recovery (SPR), Remembering Hurricane Katrina
2019	New Rules for Trauma Treatment- PESI
2019	The Ethically Attuned Therapist- Psychotherapy Networker Symposium
2018	Teaching without Traumatizing: Strategies to integrate trauma theory and practice- NBCC
2018	Promoting Societal Change: Integrating traumatic stress research, practice, and policy for vulnerable populations- The International Society for Traumatic Stress Studies (ISTSS) conference
2018	Trauma & Resilience Basics- GR-TICN
2017	Translating Trauma Reactions into Recovery Strategies- New Orleans Institute at River Oaks Hospital
2016	Attachment, Trauma, & Psychotherapy: Neural Integration as a Pathway to Resilience and Well-being- PESI
2016	Cognitive Processing Therapy- MUSC
2016	Core Competencies of Trauma, Grief, and Loss- PESI
2015	Psychological Trauma- State of the Art- ICISF
2015	Ethics and Risk Management- PDR
2015	OCD and CD in Children and Adolescents- PESI
2014	Grief and Loss- PESI
2014	Trauma Informed Care- Criminal Injuries Fund
2013	Art Therapy and Anxiety, Cross Country Education
2013	TEED: From the Classroom to the Web- An intensive online training course, Adams State University
2012	Federal Emergency Management Association (FEMA) IS 7, IS 100, IS 700
2012	Eye Movement Desensitization and Reprocessing (EMDR), Green Cross Academy of Traumatology
2012	Critical Incident Stress Management (CISM): The Changing Face of Crisis and Disaster Mental Health Intervention, Weber State University
2012	Critical Incident Stress Management in Schools (parts I and II)

2011	Trauma Assessments and Interventions (202), Traumatology Institute of Canada
2011	Trauma Assessments and Interventions (203), Traumatology Institute of Canada
1995-1996	Critical Incident Stress Debriefing: Individual and Group