

Curriculum Vita
Crista Glover, Ph.D., LPC, ACS
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Education

Ph.D. (Counselor Education & Supervision)	Regent University (CACREP accredited Graduated May 2010)
M.A. (Counseling)	Regent University (CACREP accredited Graduated December 2006)
B.A. (Communication Studies)	UNC-Chapel Hill (Graduated May 2004)

Professional Experience

Assistant Professor <i>Regent University</i>	January 2022-Present <i>Virginia Beach, VA</i>
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Core faculty for Masters in Clinical Mental Health program. Courses taught include Advanced Practicum, Internship, Treatment Planning, Addiction, and Ethics. Serves on various sub-committees (Remediation, Admissions, Search) and advisory boards (Counselor Education and Supervision advisory board and Clinical Mental Health and Marriage and Family programs advisory board).

Therapist/Founder <i>Come Find Rest Wellness Group</i>	August 2021-Present <i>Virginia Beach, VA</i>
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Virtual wellness community providing educational and mental health consultation services to women.

Adjunct Professor <i>Old Dominion University</i>	January 2013-December 2021 <i>Norfolk, VA</i>
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Taught online human services course for Darden College of Education. Courses included Introduction to Substance Abuse, Internship, Introduction to Human Services, Program Evaluation, Child Interventions and Advocacy, Crisis Intervention, Interpersonal Skills and Relationships.

Adjunct Professor <i>Regent University</i>	Fall 2010-Fall 2021 <i>Virginia Beach, VA</i>
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Taught, mentored, and supervised Masters in counseling students enrolled in Counseling Skills, Internship, and Treatment Planning courses.

Assistant Director of Counseling Services <i>Virginia Wesleyan University</i>	August 2018-July 2021 <i>Virginia Beach, VA 23464</i>
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Provided individual counseling services to university students and provides clinical supervision to Masters level practicum and internship students.

Therapist/Founder <i>Gambrell Wellness, LLC</i>	December 2015-July 2018 <i>Virginia Beach, VA</i>
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A fitness informed counseling and wellness practice specializing in movement for mental health. Worked with women in individual and group formats as well as does community

outreach and speaking on physical and mental health topics.

Group Exercise Instructor/Wellness Professional August 2014-December 2017

Tidewater Community College

Virginia Beach, VA

Taught group exercise classes (dance fitness, mind/body, and strength training) to staff, faculty, and students in a higher education setting. Facilitates wellness workshops to campus community and educates members individually on various topics (stress management, nutrition basics, balanced exercise and eating habits).

Group Exercise Instructor

May 2014- August 2014

Old Dominion University

Norfolk, VA

Taught group exercise classes (dance fitness, interval, and strength training) to staff, faculty, and students in a higher education setting.

Therapist

March 2014-July 2018

Christian Psychotherapy Services

Virginia Beach, VA

Provided individual counseling services to adolescents, young adults, and adults in an outpatient private practice. Clinical issues include, but are not limited to anxiety disorders, depression, adjustment disorders, and relationship concerns.

Professional Counselor

June 2012-August 2014

Old Dominion University

Norfolk, VA

Provided personal counseling to college students at the Office of Counseling Services. Served as a liaison to the Women's Center. Collaborated with various offices, including Health Promotions and the Department of Recreation and Wellness, on outreach programming to promote student wellness, resilience, and success. Provided training for exercise science majors, athletics department and Student Recreation Center staff on identifying and responding to disordered exercise and eating habits. Collaborated with campus dietician in incentive program to address weight loss from a holistic perspective.

Clinician

June 2011-May 2012

The Center for Balanced Living

Worthington, OH

Provided individual, group, and family therapy to eating disordered clients in an intensive outpatient and outpatient programs. Completed comprehensive diagnostic assessments and collects data for research outcome study. Used Dialectical Behavior Therapy, dance/movement therapy, and other expressive arts therapies as appropriate to foster recovery and to promote overall health and wellbeing.

Clinical Counselor

December 2010-May 2011

Recovery Center of the Triad

Winston-Salem, NC

Provided individual and group counseling services to children, adolescents, and adults in an outpatient private practice. Specialized in dance/movement therapy and other creative arts and mind-body interventions with co-occurring disorders (mental health, substance abuse, and HIV/AIDS).

Educational Career Counselor

February 2008-May 2009

Educational Opportunity Center

Norfolk, VA

Provided career, academic, and financial aid counseling to lower economic and socially disadvantaged populations. Designed and implemented informational workshops and seminars for local colleges and community agencies.

Therapeutic Day Treatment Therapist

January 2007-November 2007

Family Preservation Services

Hampton, VA

Provided clinical counseling services to emotionally disturbed special education students as part of a day treatment program in elementary and middle school. Includes behavior modification, individual sessions (play therapy, art therapy, biofeedback interventions, pet therapy), and group counseling (psycho-educational and process groups). Facilitated a therapeutic summer camp for at-risk children. Designed and implemented therapeutic curriculum for children.

Certification/Professional Affiliation

Licensed Professional Counselor since 2012 (Virginia) 0701005513

Approved Clinical Supervisor (ACS) since 2021 #3869

Certified Yoga Teacher (CYT) through The Yoga Abbey since 2022

Virginia Counselor Association since 2018

Virginia Counselor Association Professional Development Sub-committee since 2022

Workshops & Presentations

Glover, C. (2025). Live, move, be: God's design for wellness. St. James Missionary Church, Virginia Beach, VA.

Glover, C. (2025). Somatic tool kit for healing anxiety. American Counseling Association. Virtual webinar.

Garzon, F. L., Haight, S., Israel, J., Coddington, K., Kuschel, S. G., Netz, D., Coile, D., Villate, F., Glover, C., Khanal, S., Bradley, K., Marchant, H., Tan, J., Tan, J., Waters, P. (2024, June). Flourishing for neurodiverse Christian clients. Regent Flourishing Summer School, Virginia Beach, VA.

Glover, C. (2022-Present). *Clinical Supervision Training*. Virginia Counselor Association and NBCC.

Glover, C. (2023, June). *Mental Health Well Being in Life and the Workplace*. REACH EAP Presenter to Sumitomo Machinery.

Glover, C. (2022, November). *What's for Lunch: How Counselor Nutrition Supports Workday Wellness*. VCA Convention.

Glover, C. (2022, November). *Communicating with Tact*. REACH EAP Presenter to Farm Credit of the Virginias.

Glover, C. (2022, August). *Self-care and Resiliency*. REACH EAP Presenter to Hancock Daniel & Johnson Law Firm.

Glover, C. (2022, June). *Cultivating Mindfulness*. REACH EAP Presenter to Farm Credit of the Virginias.

Gambrell, C. (2019, May). *Still Magic in the Mess: Helping Black Women Heal from Eating Disorders*. Requested speaker at The Center for Balanced Living's Rise Conference in Columbus, Ohio.

Gambrell, C. (2018, March). *When living your best life is running you ragged*. Facilitated workshop on clarifying genuine wellness needs and creating a life plan to meet them. ARDX Foundation 11th annual women's wellness celebration in Chesapeake, Virginia.

Peer-review publications

Glover, C., Myers, M., Jamison, A., Brea, J., Rigg, L. (Under Review). Meeting God on the mat: An interpretive phenomenological analysis of Christians who practice yoga. *Journal of Pastoral Care & Counseling*.

Garzon, F. L., Haught, S., Israel, J., Coddington, K., Kuschel, S. G., Netz, D. R., Coile, D., Villate, F., Glover, C., Khanal, S., Bradley, K., Marchant, H., Tan, J., Tan, J., Waters, P. (Under Review). Christian meditation for flourishing in neurodiverse Christian clients. *Journal of Psychology and Christianity*.

Glover, C., Johnson, D. H., and Fisher, C. (2024). Education, Collaboration, and Resources. In L. Compton & T. Patterson (Eds.), *Skills for Safeguarding: A Guide to Preventing Abuse and Fostering Healing in the Church*. Intervarsity Press.

Ord, A. S., Eldridge, A. H., Netz, D., Kuschel, S., Holland, J., Long, T., Dumas, C., Glover, C., Schools, M., Stephens, R., Magnante, A. T., & Sautter, S. (2024). Physical activity and neuropsychological functioning in older adults. *Gerontology and Geriatric Medicine*.

Rehfuss, M., Gambrell, C., & Meyer, D. (2012, May). *Counselor fit: Contributing factors in career satisfaction*. The Career Development Quarterly. A study examining the relationship between career satisfaction and perceptions of person-job fit.

Rehfuss, M. & Gambrell, C. (2012, December). *Themes that facilitate the success of female counselors in specialty areas*. Journal of Employment Counseling. A qualitative case study identifying themes that influenced and empowered female counselors to develop careers that extended into specialty areas.

Non peer-reviewed publications

Glover, C. (2021, December). How to Have a Restful Holiday. *The Gottman Institute*. Offering rest and mindfulness tips for deeper connection during the holiday season.

Glover, C. (2021, November) 5 Nourishing Strategies to Prevent Therapist Burnout *The Gottman Institute*. Offering practical self-care strategies for therapist and healthcare workers.

Glover, C. (2020, September). Moving toward black grief. *The Gottman Institute*. Using the A.T.T.U.N.E. method to lean into Black pain and build community trust.

Gambrell, C. (2016). 6 ways to cleanse your soul. *Belief Net*. Articles on practical ways to unplug and restore when one feels burned out.

Gambrell, C. (2016). 3 mindful movements to prepare yourself for love. *Belief Net*. Article on yoga poses and body postures one can do to open up emotionally.

Gambrell, C. (2016). 3 easy ways to eliminate stress for good. *Belief Net*. Article on how to move beyond typical self-care practices and develop more enduring stress management and burnout prevention strategies.

Gambrell, C. (2016). Scriptures for sleeplessness. *Belief Net*. Article on encouraging verses for peace and rest.

Gambrell, C. (2016). Body positivity: Where mindfulness and movement meet. *Belief Net*. Article on how to adopt an accepting, affirmative stance toward one's body image and fitness goals.

Gambrell, C. (2016). 5 golden rules for successful goal setting. *Belief Net*. Article on how to set S.M.A.R.T. goals (specific, measurable, attainable, realistic, and time-sensitive).

Gambrell, C. (2016). Motivated to move: How to make exercise fun. *Belief Net*. Article on fitness tips to make movement enjoyable.

Gambrell, C. (2016). 5 ways to stay fit during the winter months. *Belief Net*. Article on fitness and movement ideas for the winter season.

Gambrell, C. (2014, November). Black girls suffer from eating disorders too. *Black Girls Run Blog*. Article on the prevalence of disordered eating and exercise patterns in women of color.