

Taylor Patterson, LPC
Ph.D. Candidate
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Education

Ph.D.	Regent University Counselor Education and Supervision (CACREP Accredited) Virginia Beach, VA	2022-Present
M.A.	Reformed Theological Seminary Counseling Jackson, MS	2019
BSW	University of Alabama Social Work Tuscaloosa, AL	2016

Professional Licensure

2023 - Present	Licensed Professional Counselor, Virginia #0701012638, Registered Supervisor
2021- 2023	Resident in Counseling, Virginia
2019 - 2021	Provisional Licensed Professional Counselor, Mississippi

Professional Memberships

2017-Present	American Counseling Association (ACA)
2023-Present	American Association of Christian Counselors (AACC)
2022-Present	Association for Counselor Education and Supervision (ACES)
2023-Present	Chi Sigma Iota (CSI)
2022-Present	Christian Association for Psychological Studies (CAPS)
2022-Present	International Association for Resilience and Trauma Counseling (IARTC)
2022-Present	Southern Association for Counselor Education and Supervision (SACES)
2022-Present	Virginia Counselors Association (VCA)
2022-Present	Virginia Association for Counselor Education and Supervision (VACES)

Teaching Experience

Regent University, Virginia Beach, VA **2022-Present**

Master of Arts in Counseling (CACREP)

Instructor **Fall 2025-Present**

COUN 521 Counseling Skills and Techniques

COUN 557 Complex Trauma, Domestic Violence, and Human Trafficking

Adjunct Professor **Fall 2024**

COUN 557 Complex Trauma, Domestic Violence, and Human Trafficking

Teaching and Research Assistant, Faculty Mentor – Dr. Lisa Compton **2022-2024**

COUN 557 Complex Trauma, Domestic Violence, and Human Trafficking

COUC 500 Orientation to Counselor Professional Identity and Function

COUN 558 Disaster Trauma

COUN 555 Expressive Approaches in Trauma Treatment

COUN 526 Theories of Counseling

CES 675 Safeguarding: Prevention of Trauma within the Church

COUN 521 Counseling Skills and Techniques

Reformed Theological Seminary, Jackson, MS **2024**

Master of Arts in Counseling (CACREP)

Adjunct Professor **Fall 2024**

PSY 5130 Human Growth and Development

Evangel University, Springfield, MO **2024**

Master of Science in Clinical Mental Health Counseling

Adjunct Professor **Summer 2024**

COU 508 Mental Health Foundations

Guest Lectures

Reformed Theological Seminary, Jackson, MS

Master of Arts in Counseling Program (CACREP)

Human Trafficking Lecture. PSY520 Counseling in Community Settings 2021, 2022

Compassion Fatigue Lecture. PSY520 Counseling in Community Settings 2023, 2024

Professional Presentations

Davis, S., Ra, L., Ellmer, B., **Patterson, T.** (2025, March). *Safeguarding in Faith: Clinicians' Role in Advocating for Abuse Prevention and Trauma-Informed Practices in the Church*. Christian Association for Psychological Studies (CAPS), Denver, Colorado. 60-Minute Presentation.

Compton, L., **Patterson, T.** (2025, February). *Sustainable Compassion: Equipping Helpers for Secondary Trauma*. Restore Conference, Phoenix, Arizona. 75-Minute Presentation.

Patterson, T., Beck, C., & Chitty, H. (2024, November 22). "Preparing for Suffering:" Using Attachment Theory to Build Resilience. Mental Health and Missions (MHM), Hurst, TX. 75-Minute Presentation.

Beck, C. & **Patterson, T.** (2023, November 17). *Telehealth and Trauma: Utilizing Co-Regulation Strategies to Strengthen the Therapeutic Alliance*. Mental Health and Missions (MHM), Hurst, Texas. 75-Minute Presentation.

Narouze, M., **Patterson, T.**, & Brea, J. (2023, October 12). *The World has Shrunk: Exploring Multicultural Competencies in Transnational Supervision*. Association for Counselor Education and Supervision (ACES), Denver, Colorado. Poster Presentation.

Patterson, T., Rigg, L., Holley, J., & Brea, J. (2023, March 18). *Cross-Cultural Supervision and Supervisor Development: Cultivating Cultural Humility*. Virginia Association of Counselor Education and Supervision (VACES), Williamsburg, Virginia. 50-Minute Presentation.

Drye, K., **Patterson, T.**, & Davis, T. (2022, November 10). *Diversity in Supervision: Cross-Cultural Supervision Experiences*. Arkansas Counseling Association (ARCA), Little Rock, Arkansas. 50-Minute Presentation.

Invited Presentations and Interviews

Absorption Vulnerability: Compassion Fatigue Prevention for Safeguarders. (2025, May 23). Presented at the Pontifical Gregorian University; Rome, Italy.

Skills for Safeguarding. (2025, February 17). Television interview. 700 Club Interactive. From 0:22-10:00. <https://cbn.com/video/shows/700-club-interactive-february-17th-2025>

Abuse in the Church. (2025, February 4). Podcast interview. Choose to Be Podcast. <https://www.chooserecoveryservices.com/abuse-in-the-church/>

Compassion Fatigue Prevention. (2024, November 6). Presented at Restoration Counseling Center, Charlottesville, Virginia.

Heart Health: Caring for Your Heart by Caring for Your Mind. (2023, February 9) Presented at the Salisbury Country Club Woman's Club, Richmond, Virginia.

Crisis Intervention Training. (2021, February). Presented at the Center for Violence Prevention, Jackson, Mississippi.

Trauma-Informed Practice for Counselors. (2021, January). Presented at the Center for Violence Prevention, Jackson, Mississippi.

Academic Publications

Compton, L. & **Patterson, T.** (Eds.). (2024). *Skills for safeguarding: A guide to preventing abuse and fostering healing in the church.* InterVarsity Press.

Patterson, T. (2024). Foundational knowledge of safeguarding and abuse. In Compton, L., Patterson, T. (Eds.). *Skills for Safeguarding: A Guide to Preventing Abuse and Fostering Healing in the Church.* InterVarsity Press.

Patterson, T. (2024). Trauma survivors and risk of revictimization. In Compton, L., Patterson, T. (Eds.). *Skills for Safeguarding: A Guide to Preventing Abuse and Fostering Healing in the Church.* InterVarsity Press.

Fisher, C.M. & **Patterson, T.** (2024). Empathetic alliance. In Compton, L., Patterson, T. (Eds.). *Skills for Safeguarding: A Guide to Preventing Abuse and Fostering Healing in the Church.* InterVarsity Press.

Compton, L. & **Patterson, T.** (2024). Hazards of providing care. In Compton, L., Patterson, T. (Eds.). *Skills for Safeguarding: A Guide to Preventing Abuse and Fostering Healing in the Church.* InterVarsity Press.

Patterson, T. & Compton, L. (2024). Strengthening the safeguarder. In Compton, L., Patterson, T. (Eds.). *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*. <https://doi.org/10.1037/trm0000503>

Non-Refereed Publications

Patterson, T., Compton, L. What every counselor should know about abuse in the church.
Christian Counseling Connection (AACC).

Compton, L. & **Patterson, T.** (2023). Essential skill development for meaningful social connection. *Counseling Today*.

Supervision Experience

2022-Present	<i>Transnational Clinical Supervisor</i> ; Regent University/American University in Cairo
2023-2024	<i>Transnational Clinical Supervisor</i> ; Regent University/International Institute of Postgraduate Education, Kyiv, Ukraine
Fall 2023	<i>Supervision of Supervision for Doctoral Students</i> ; Regent University
2023-2024	<i>Site Supervisor</i> ; Liberty University

Leadership

2024-Present	<i>Trauma Prevention Team Lead</i> , Regent University
2023-Present	<i>Transnational Supervisor Liaison</i> , Regent University/American University in Cairo
2024, 2025	<i>Safeguarding Study Abroad Trip Leader</i> , Regent University

Clinical Experience

2021-Present	<p><i>Counselor and Administrative Assistant</i>, Restoration Counseling Center, Charlottesville, VA</p> <ul style="list-style-type: none"> • Provide individual and couples counseling services to clients experiencing anxiety, depression, PTSD, and eating disorders • Created client feedback surveys for counseling team and collected corresponding data • Participate in monthly team trainings to improve practice and consult with peers
2019-2021	<p><i>Lead Counselor</i>, Center for Violence Prevention, Jackson, MS</p> <ul style="list-style-type: none"> • Provided individual and group counseling services to survivors of domestic violence, sexual assault, and human trafficking • Provided individual counseling services to Spanish-speaking clients via translation services • Facilitated communication between program managers and therapy team

- Led therapeutic treatment team meetings and developed trauma-informed training for multi-disciplinary staff.
- 2018-2019 *Counseling Intern*, Reformed Theological Seminary, Jackson, MS
- Provided counseling services to individuals, couples, children, and families presenting with depression, anxiety, trauma, eating disorders, marital conflict, ineffective anger management, and grief
 - Co-led group counseling sessions for women who have a history of childhood trauma

Professional Training

- 2025 Certified Grief Informed Professional, Evergreen
- 2021 Attachment and Trauma, International Trauma Training Institute
- 2021 Advanced Practical Clinical Skills for the Trauma-Informed Therapist, PESI
- 2019 Eye Movement Desensitization and Reprocessing (EMDR), EMDR Consulting
- 2018 Gottman Level 1, Reformed Theological Seminary
- 2018 Prepare-Enrich Premarital Counseling, Reformed Theological Seminary

Professional Service

- 2023-2025 *Student Representative*, Counselor Education and Supervision Advisory Council, Regent University
- March 2024 *Conference Proposal Reviewer*, Southern Association for Counselor Education and Supervision
- 2023-2024 *Executive Board; Secretary*, AACC Regent Chapter

Community Service

- 2024-Present *Safeguarding Committee Member*, Trinity Presbyterian Church; Charlottesville, VA
- 2018 *Hurricane Michael Disaster Counseling*, Mission North America; Panama City, FL
- 2016-2017 *Volunteer ESL Refugee Tutor*, Northwest Community Center; Dallas, TX
- 2015-2016 *Volunteer ESL Tutor*, First Baptist Church; Tuscaloosa, AL

Academic Honors

- 2022 Academic Merit Scholarship, Regent University
- 2019 Student Counselor Award, Reformed Theological Seminary