

DANIELLE L. WINTERS, Ph.D., MPA, CCTS-I,

EDUCATION

Old Dominion University, Norfolk, VA **May 2024**

Doctor of Philosophy in Education

Cognate: Counselor Education and Supervision

Dissertation: *Consensus on Best Practices in Neuroscience-Informed Treatment of Combat-Related Posttraumatic Stress in Military Veterans: A Delphi Study of Experts in the Field of Mental Health*

University of Dayton, Dayton, OH **December 2016**

Master of Science in Education

Concentration: Clinical Mental Health Counseling

GPA: 4.0

Bowling Green State University, Bowling Green, OH **May 2008**

Master of Public Administration

Concentration: National Security and Defense Policy

Bowling Green State University, Bowling Green, OH **May 2006**

Bachelor of Arts

Major: Political Science, Minors: Communication and History

RELEVANT CLINICAL AND ACADEMIC EXPERIENCE

Assistant Professor July 2023-Present

Regent University *Virginia Beach, VA*

- Teach a variety of classes as needed by the Counseling department, with student enrollment typically between 5 and 30 depending on the semester.
 - Course topics include: human growth and development, crisis and trauma counseling (course content expert), disaster and trauma mental health, counseling theories, practicum and counseling skills.
- Maintain presence in various departmental committees, including Masters, Doctoral and Clinical programmatic committees and both Doctoral and Masters admissions committees.
- Faculty co-advisor for Chi Sigma Iota chapter.
- Currently developing a new psychopathology course with colleagues.
- Serve as a faculty mentor for 50+ students at all points in the program.
- Conduct research and provide engagement opportunities for students.

Affiliate Faculty

Northwestern University

January 2022-January 2024

Evanston, IL

- Teach a variety of classes as needed by the Counseling department, with student enrollment typically between 5 and 15 depending on the quarter.
- Course topics have included the areas of human growth and development, marriage and family counseling, and assessment of both adults and children.
- Hold office hours and provide as-needed appointments for students based on concerns and questions.
- Conduct research and provide engagement opportunities for students.

Reflective Practice & Case Conference Supervisor

April 2021-January 2024

Northwestern University

Evanston, IL

- Supervise groups of 5-10 Masters level counseling students during their practicum (3 quarters) and internship (3 quarters) programs.
- Discuss a wide variety of counseling-related issues, including but not limited to: ethics, termination, attachment/bonding, bias, and grief with RPS students.
- Mentor students through their practicum and internship programs, working with them on site, supervision, and personnel issues relating to their placements.
- Grade reflection journals and case presentations, as well as approving hours.
- Encourage students in CCS to richly analyze client cases and challenge each other on clinical approaches.

Outpatient Clinician

February 2021-July 2023

Thriveworks, Inc.

Norfolk, VA

- Work remotely with 20-25 clients ranging in age from childhood to late adulthood.
- See clients with mental and emotional disturbances including depression, anxiety, bipolar disorder, posttraumatic stress disorder, and borderline personality disorder.
- Perform all administrative and many billing activities for maintaining practice.

Doctoral Student/Graduate Assistant/Intern

August 2018-December 2020

Old Dominion University

Norfolk, VA

- Supervised, for four semesters, students in the Clinical Mental Health Counseling program as part of both internship and class duties, providing both individual and triadic supervision.
- Facilitated doctoral student T-Group.
- Performed a variety of research duties focused on qualitatively researching a number of school counseling related topics.
- Co-taught graduate level classes with COUN faculty.
- Assisted in the HMSV internship process by actively updating student files and a spreadsheet detailing student enrollment in HMSV 468, Human Services Internship.

Academic Adviser

May 2019-September 2021

Old Dominion University

Norfolk, VA

- Work collaboratively with a team of advisers in the Darden College of Education and Professional Studies to provide advising to Human Services majors in the department of Counseling and Human Services.

- Consult with undergraduate students to improve understanding of majors, career options, graduate school applications, and future applications for current majors and minors.
- Research additional aspects of mental health relating to academic advising, such as motivation and “grit” in the academic landscape.

Outpatient Therapist

January 2018-January 2019

Syntero, Inc.

Columbus, OH

- Successfully managed a caseload of 80+ clients, some of whom were extremely acute and in need of weekly counseling sessions.
- Able to effectively work with wide array of clients who ranged in age from 5 to 60 and include individuals and couples, as well as families.
- Clients were from backgrounds including urban, suburban, and rural.
- Advanced training in couples counseling, trauma informed care, military personnel and family issues, and working with mood and anxiety disorders.
- Confidently practiced the following modalities: Dialectical Behavior Therapy, Cognitive Behavior Therapy, Acceptance and Commitment Therapy, and Emotionally Focused Therapy.

Behavioral Health Intern

August 2015-August 2016

Nationwide Children’s Hospital - MAP

Columbus, OH

- Worked independently with 6-8 clients per week, ages 12-18
- Experienced in assessment and diagnosis per the DSM-V
- Able to work successfully with clients whose mental and emotional disorders include Major Depressive Disorder, Anxiety Disorder, Obsessive-Compulsive Disorder, Bipolar Disorder, and other mood/anxiety related disorders.
- Observed seasoned clinicians as a way by which to learn their method and develop my own counseling style.
- Maintained all client files and charting
- Compiled a final report of findings using SPSS to accurately portray research outcomes.

RESEARCH INTERESTS

- Neuroscience-Informed Counseling (Neurocounseling)
- Combat trauma in servicemembers
- Medical trauma and academically-acquired trauma in medical school programs
- Supervision ethics, practice, and theory
- The effects of parental deployment on military children
- Neurobiological changes resulting from prolonged combat trauma exposure
- Child/Adolescent behavior and development
- Counselor self-advocacy in integrated practice community agencies
- Sex therapy/human sexuality/relationship therapy
- Counselor parity and licensure portability

- The role of social justice advocacy in the counseling session
- Emotional fluctuations in sports fans throughout the sports season
- Spirituality in counseling practice

RELEVANT TEACHING EXPERIENCE

At Regent University:

- COUN 521 – Counseling Skills and Techniques
- COUN 523 – Practicum & Advanced Counseling Skills
- COUN 526 – Counseling Theories
- COUN 538 – Psychopathology and Diagnosis
- COUN 540 – Human Growth and Development
- COUN 545 – Concepts of Family Systems
- COUN 558/758 – Disaster and Trauma Mental Health (a split Masters/Doctoral class)
- COUN 562 – Crisis and Trauma Counseling (Course Content Expert)

At Northwestern University:

- COUN 414 – Human Growth and Lifespan Development
- COUN 422 – Family, Marital and Couples Counseling
- COUN 423 – Assessments in Counseling (Child & Adolescent)
- COUN 426 – Assessment in Counseling (Adult)
- COUN 482 – Supervised Internship in Counseling
- COUN 486 – Supervised Practicum in Counseling

At Old Dominion University (predominantly co-teaching):

- COUN 670 – Introduction to Counseling Supervision
- COUN 648 – Foundations of Career Development
- COUN 634 – Advanced Counseling & Psychotherapy Techniques
- COUN 633 – Counseling & Psychotherapy Techniques
- COUN 601 – Principles of Professional Counseling & Ethics
- HMSV 491 – Family Guidance
- HMSV 339 – Interpersonal Relations

DEPARTMENTAL/SCHOOL SERVICE

- Conduct admissions interviews twice per year for the Master of Arts in Counseling and Doctoral programs.
- Serve as faculty co-advisor for Chi Sigma Iota.

- Previous reviewer for the School of Psychology and Counseling Human Subjects Review Committee.
- Member of Masters program advisory board.
- Assist with CACREP accreditation procedures.

TRAINING/LICENSES/CERTIFICATIONS/SKILLS

- Resident in Counseling, Virginia, License 0704013898 (Active)
- Certified Clinical Trauma Specialist (Individual)
- STAR Military Behavioral Health Training (Level 2)
- Gottman Method Couples Therapy, Level 1 (in progress)
- Licensed Professional Counselor, Ohio, License C.1500616 (Lapsed)
- FEMA IS-100 and IS-200 Certified
- Microsoft Office Certified Professional in Microsoft Word
- Highly experienced in a variety of online educational programs, including Canvas, Blackboard, and 2U.
- Experience with several different EHR programs, including: Epic, CareLogic, TherapyNotes, and AdvancedMD.

PROFESSIONAL ASSOCIATIONS/MEMBERSHIPS AND VOLUNTEER WORK

- Member, *Chi Sigma Iota* Counseling Honor Society Omega Delta Chapter (Social Events Chair, 2019-2021)
- Member, *Virginia Counseling Association*
- Member, *Southern Association for Counselor Education and Supervision*
- Member, *Association for Counselor Education and Supervision*
- Member, *American Counseling Association*
- Member, *American Association of Christian Counselors*
- Member, *Christian Association for Psychological Studies*
- Emerging Leader Award for 2016-2017, *Ohio Counseling Association*
- Member, *Central Ohio Counseling Association* (Membership Committee Co-Chairwoman)
- President, *Chi Sigma Iota* Counseling Honor Society Upsilon Delta Chapter (2015-2016)
- Member, *Ohio Counseling Association* (Government Relations Committee and Legislative Advocacy Day Committee)
- Member, *Gold Key International* Honor Society

CONFERENCE PRESENTATIONS

- 2025 Association for Counselor Education and Supervision (**Accepted**):

- Presentation: *Safeguarding the Healer: Strengthening Clinicians Serving Military Personnel and First Responders by Providing Trauma-Informed Supervision (TIS) to Prevent and Mitigate Vicarious Trauma*
- 2025 Virginia Counseling Association Convention (**Accepted**):
 - Presentation: *Safeguarding-Informed Trauma Model (SIT-M): Addressing Mistreatment in Medical Training through a Counseling Lens*
- 2025 American Counseling Association Annual Conference & Expo (**Accepted**):
 - Presentation: *Bringing Awareness to the Diversity of Mental Health Needs of Jail-Based Clients*
- 2025 American Counseling Association (ACA) Annual Conference & Expo (**Presented**):
 - Presentation: *Long-Term Effects of Repeated Trauma on First Responders and Military Personnel: Highlighting Best Practices in Counseling*
- 2025 Law and Ethics in Counseling Conference (**Presented**):
 - Presentation: *Understanding Social Justice Advocacy in Counseling: Ethical Considerations, Client Autonomy, and Cultural Competence*
- 2024 Southern Association for Counselor Education and Supervision (SACES) Conference (**Presented**):
 - Presentation: *Outcomes-based research applied toward CACREP Standards.*
- Institute for Violence, Abuse and Trauma 2024 Hawaii Summit (**Accepted**):
 - Presentation: *Frontlines on the Homefront: Working with Military Families and IPV*
 - Presentation: *Wake Up My Brain: Utilizing Neuroscience-Informed Therapy Techniques to Treat Combat Trauma*
- Christian Association for Psychological Studies 2024 Conference (**Presented**):
 - Presentation: *Cognitive Processing Therapy and the Treatment of Moral Injury and Trauma in Military Servicemembers and Veterans*
- Helping the Homefront 2023 Conference (**Presented**):
 - Presentation: *Identifying Signs of Stress and Anxiety and Tools for Effective Management*
- New Jersey Counseling Association 2020 Conference (**Accepted**):
 - Presentation: *What do counselors do, anyway? Empowering Counselors to Self-Advocate*
- Canadian Counseling and Psychotherapy Association 2020 Annual Conference (**Accepted**):
 - Presentation: *Neuroscientists, or Neurocounselors? Using the Science of the Brain to Enhance the World of Counseling*

- Canadian Counseling and Psychotherapy Association 2020 Annual Conference **(Accepted)**:
 - Presentation: *Frontlines on the Homefront: Working with Military Families and IPV*
- International Association for Counseling/Canadian Counseling and Psychotherapy Association 2019 **(Presented)**:
 - Presentation: *Considering the Neurobiological Effects of Prolonged Trauma Exposure on Military Veterans and First Responders*
- Philadelphia Trauma Training Conference 2019 **(Accepted)**:
 - Presentation: *Frontlines on the Homefront: Working with Military Families and IPV*
- South Carolina Counselors Conference 2018 **(Accepted)**:
 - Presentation: *Kids Serve, Too: The Psychological Effects of Parental Deployment on Military Children*
- All Ohio Counselors Conference 2016 **(Presented)**:
 - Presentation: *Kids Serve, Too: The Psychological Effects of Parental Deployment on Military Children*

PUBLICATIONS

Published

- Winters, D. (2024). Consensus on Best Practices in Neuroscience-Informed Treatment of Combat-Related Posttraumatic Stress in Military Veterans: A Delphi Study of Experts in the Field of Mental Health [Doctoral Dissertation, Old Dominion University]
- Winters, D. Consulting Editor, Phase IV in Schwitzer, A.M., Burnet, D., Franklin, J., & Associates. (2022). <http://www.collegecounseling.org/page-18330>. College counseling & psychological services knowledge base: A comprehensive database of college counseling research publications in the college counseling, counseling psychology, college health, college student development, and professional counseling literatures, 1998-2020. Alexandria, VA: American College Counseling Association (ACCA).
- Sink, C., Burgess, M., and Winters, D. (2020). Review of the Piers-Harris Self-Concept Scale 3rd Edition. In Carlson, J., Geisinger, K., & Jonson, J. (Eds.), *The twenty-first mental measurements yearbook* [electronic version].

Handley, W. Reiter, A., Winters, D., & Zwisohn, M. (2019). Vicarious trauma in public service lawyering: how chronic exposure to trauma affects the brain and body. *Richmond Public Interest Law Review*, 22(2), 269-289.

Preparing for Submission:

Winters, D. & Pribesh, S. (2024) Consensus on Best Practices in Neuroscience-Informed Treatment of Combat-Related Posttraumatic Stress in Military Veterans. *Journal of Traumatic Stress*.

Current Research Projects:

“Understanding Social Justice Advocacy in Counseling: Ethical Considerations, Client Autonomy, and Cultural Competence” – Embedded Design study with J. Hutchinson, West Virginia University. IRB Approved - [Regent-IRB-2024-2025-42]

“Emotions Running the Bases: Mental Health Fluctuations in Baseball Fans Throughout the MLB Season” – Longitudinal study. Currently under IRB review.