

DANIELLE L. WINTERS, M.S.Ed, MPA

Dwinters@regent.edu

PROFESSIONAL SUMMARY

Doctoral candidate in Counselor Education and Supervision, as well as Masters graduate in both Clinical Mental Health Counseling and Public Administration with a strong skill set revolving around counseling, mental health, public administration, neurocounseling informed therapy, military issues, and government relations. Current Doctoral Candidate in Counselor Education and Supervision at Old Dominion University. Eligible for licensure, and former LPC in Ohio prior to moving to VA and pursuing doctoral studies.

EDUCATION

Old Dominion University, Norfolk, VA **Anticipated Summer 2023**

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

Affiliate Faculty January 2022-Present

Northwestern University

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.

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Reflective Practice & Case Conceptualization Supervisor **Northwestern University**

April 2021-Present
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.
- 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.

Outpatient Clinician **Thriveworks, Inc.**

February 2021-Present
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 **Old Dominion University**

August 2018-December 2020
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.
- Acted as a teaching assistant in the Human Services department, co-teaching both HMSV 339 (Interpersonal Relations) and HMSV 491 (Family Guidance).
- 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 **Old Dominion University**

May 2019-September 2021
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.

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Outpatient Therapist **Syntero, Inc.**

January 2018-January 2019
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.
- 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
Columbus, OH

Nationwide Children's Hospital - MAP

- 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.
- Supervised at least one hour per week by clinical coordinator and supervisor of MAP, Wendy Cleveland.
- 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)
- Supervision ethics, practice, and theory
- Military family issues
- The effects of parental deployment on military children
- Adjustment issues of non-American born military spouses upon relocation to the US
- Neurobiological changes resulting from prolonged combat trauma exposure
- Counselor self-advocacy in integrated practice community agencies

RELEVANT TEACHING EXPERIENCE

At Northwestern University:

- COUN 414 – Human Growth and Lifespan Development
- COUN 422 – Family, Marital and Couples Counseling

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- 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:

- 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

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
- 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
- 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
- Facilitator for “Challenge Day” – an organization that teaches teens to appreciate differences and to avoid bullying

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- Ohio board member of “Operation: Military Kids” an organization aimed at helping the children and parents of deployed military

CONFERENCE PRESENTATIONS

- New Jersey Counseling Association 2020 Conference (**Accepted**): *What do counselors do, anyway? Empowering Counselors to Self-Advocate* with David Moran
- Canadian Counseling and Psychotherapy Association 2020 Annual Conference (**Accepted**): *Neuroscientists, or Neurocounselors? Using the Science of the Brain to Enhance the World of Counseling.*
- Canadian Counseling and Psychotherapy Association 2020 Annual Conference (**Accepted**): *Frontlines on the Homefront: Working with Military Families and IPV* with Jordan Pearce
- International Association for Counseling/Canadian Counseling and Psychotherapy Association 2019 (**Presented**): *Considering the Neurobiological Effects of Prolonged Trauma Exposure on Military Veterans and First Responders* with Wayne Handley and Alyssa Reiter
- Philadelphia Trauma Training Conference 2019 (**Accepted**): *Frontlines on the Homefront: Working with Military Families and IPV* with Jordan Pearce
- South Carolina Counselors Conference 2018 (**Accepted**): *Kids Serve, Too: The Psychological Effects of Parental Deployment on Military Children.*
- All Ohio Counselors Conference 2016 (**Presented**): *Kids Serve, Too: The Psychological Effects of Parental Deployment on Military Children* with Dr. Scott Hall

PUBLICATIONS

- 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.