

**Curriculum Vitae**

**EDUCATION**

2014	<b>Doctor of Philosophy in Counseling Education and Supervision</b> <u>ST. MARY’S UNIVERSITY – SAN ANTONIO, TX</u>
2008	<b>Master of Education in Counseling</b> <u>SUL ROSS STATE UNIVERSITY – UVALDE, TX</u>
2004	<b>Bachelor of Arts in Social Science</b> <u>SUL ROSS STATE UNIVERSITY – UVALDE, TX</u>

**CREDENTIALS/TRAINING**

2019	Eye-Movement Desensitization and Reprocessing (EMDR) Consultant
2017	Certified Field Supervisor Coach
2017	Certified Clinical Trauma Professional
2016	Substance Abuse - Screening, Brief Intervention, and Referral and Treatment (SBIRT) Trainer
2016	Behavioral Health Consultant
2016	Motivation Interviewing Therapist
2015	Licensed Professional Counselor – Supervisor (Exp. 05/2021)
2013	Counseling Cognitive Processing Therapist Certification (State of Texas, Region 8)
2011	Psychiatric Rehabilitation Skills Certification

**TEACHING-RELATED EXPERIENCE**

<b><u>SUL ROSS STATE UNIVERSITY – UVALDE, TX</u></b>	
8/2020–Present	<b>Counseling Program Coordinator   Associate Professor of Counseling</b>

Coordinate coursework rotation for the Master of Counseling program. Responsible for assessing and reporting the counseling program quality measure results designed to assess course and modular objectives and progressive learning strategy outcomes. Originated a counseling program self-study in preparation for CACAREP accreditation. Certified three courses through Quality Matters. Currently teach courses that include Psychopathology and Psychopharmacology, Counseling and The Neurosciences, Bilingual and Bicultural Counseling, Multiculturalism and Diversity, Substance Abuse and Addiction, Consultation for Professional School Counselors, Counseling for Crisis, Trauma and Disaster, Counseling At-Risk Youth, Counseling Treatment Planning and Mental Health Advocacy, Marriage and Family Counseling, Ethical Legal and Professional Issues in Counseling coursework and provide supervision for Practicum and Internship fieldwork. Advise students accordingly for professional school counselor or licensed professional counselor degree plans.

Incorporate traditional, hybrid and enhanced collaboration nmedia instruction formats for both the Professional School counselor or Licensed Professional Counselor coursework. Instruction is centered on the development of counseling students to work with largely diverse cultural populations. Manage the operations for the three university clinic sites.

# DR. SAMUEL GARCIA, LPC-S

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## SUL ROSS STATE UNIVERSITY – DEL RIO, TX

8/2018–08/2020 **Counseling Program Coordinator | Assistant Professor of Counseling**

Coordinate coursework rotation for the Master of Counseling program. Responsible for assessing and reporting the counseling program quality measure results designed to assess course and modular objectives and progressive learning strategy outcomes. Originated a counseling program self-study in preparation for CACAREP accreditation. Certified three courses through Quality Matters. Currently teach courses that include Psychopathology and Psychopharmacology, Counseling and The Neurosciences, Bilingual and Bicultural Counseling, Multiculturalism and Diversity, Substance Abuse and Addiction, Consultation for Professional School Counselors, Counseling for Crisis, Trauma and Disaster, Counseling At-Risk Youth, Counseling Treatment Planning and Mental Health Advocacy, Marriage and Family Counseling, Ethical Legal and Professional Issues in Counseling coursework and provide supervision for Practicum and Internship fieldwork. Advise students accordingly for professional school counselor or licensed professional counselor degree plans.

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## SUL ROSS STATE UNIVERSITY – DEL RIO, TX

1/2015–8/2018 **Counseling Curriculum Development Specialist | Assistant Professor of Counseling**

Designed and implemented a new 60-credit hour cutting-edge counseling program with four emphasis: Professional School Counselor, Licensed Professional Counselor, Marriage and Family therapy and Gerontology and Counseling the Older Adult.. Interfaced with the university faculty in organizing syllabi and course outlines; developed and launched new insights that encouraged new innovative ideas for evaluating and revising program curriculum in accordance with (THECB) and Council for Accreditation of Counseling and Related Educational Programs (CACREP) and Quality Matters requirements.

Formulated and implemented traditional, hybrid and online format curriculums to streamline counseling degree within the current Master of Education Program, which focuses on the development of counseling students to work with most diverse cultural populations. Instructed various curriculums focused on preparing future professional school counselors and licensed professional counselors for professional client evaluations, clinical decisions, and direction for treatment planning and implementation. Defined patient/family problems and maintained an effective counseling relationship to provide complex crisis intervention and stabilization to patients who are in psychological distress. Prepared students for a collaborative process with the patient utilizing advanced counseling skills, including evidenced-based practices and screening/assessment. Incorporated a wide variety of individual, group, or familial counseling interventions to cultivate sensitivity to diversity and multicultural counseling skills when making diagnoses or formulating treatment goals and appropriating clinical interventions.

Assisted the counseling faculty coordinator, colleagues, and administration with the development and implementation of an in-house counseling program at three Sul Ross State University sites and provided supervision to graduate counseling interns. Established and communicated

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counseling guidelines and performance expectations for advanced graduate counseling students. Maintained a professional environment by following organizational policies, guidelines and safety standards.

Served on the Quality Enhancement Program Committee and assist in the development of a plan to focus and enhance student-learning particular to the population served in the southwest region of Texas.

Areas of concentration and research were focused on experiential learning and critical thinking skills development. Courses Developed and Piloted– Counseling and The Neurosciences, Mindfulness-Based Approaches to Counseling, Crisis, Post-Traumatic Stress Disorder and Disaster Counseling, Advance Strategies in Couples and Family Counseling, Marriage, Divorce and Family Mediation, Bilingual and Bicultural Counseling, Gerontological Counseling, Substance Use, Abuse and Addiction, Counseling At-risk Youth, Community Treatment Planning and Advocacy and Consultation for Professional School Counselors.

### **ST. MARY’S UNIVERSITY – SAN ANTONIO, TX**

7/2010-12/2010 **Student Teacher Counseling and Human Services Department**

Efficiently educated doctoral and master level students on Introduction to Neuropsychology. Instructions provided included the correlation of neuroscience and implications for the individual, marriage and family behaviors. Provided insight of the effects and family dynamic aberrations when symptoms of post-traumatic stress disorder, as identified by the DSM-IV criteria, are present.

Provided curriculum content instruction to doctoral and master level students seeking to specialize in Counseling Military Families.

### **CLINICAL EXPERIENCE**

#### **METHODIST HEALTHCARE MINISTRIES – SAN ANTONIO, TX**

1/2016–6/2017 **Behavioral Healthcare Clinical Manager**

Served as the Licensed Professional Mental Health Counselor Supervisor on a multidisciplinary team. Developed Clinical Pathways for psychiatric behavioral health services to address symptoms of post-traumatic stress disorder and other mental health disorders among a diverse population. Administratively supervised other mental health providers and conducted meetings and trainings to enhance therapeutic care. Chaired the committee for the development of clinical pathways that involved an integrated multidisciplinary team, which included counselors, social workers, medical and dental physician providers, community workers and community nurses. Established, and clearly communicated, clinical guidelines and performance expectations for counselors and social workers under my clinical supervision.

Developed an integrated Crisis policy to serve the Methodist Healthcare Ministries Corporation. Served as the trainer for behavioral health staff, nursing and ancillary services on evidence-based treatment modalities. Created policies and procedures to guide effective multidisciplinary care. Appropriated, researched and recommended psychometric assessment instruments to clinicians to assess major

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depression, substance misuse, anxiety, suicide/homicide, childhood, and adult post-traumatic stress disorder.

Demonstrated advanced knowledge and mastery of the fundamentals and advanced levels of the counseling process which included: assessment interviews, developing and treatment plans for the behavioral health department. Assisted Licensed Professional Counselors and Licensed Clinical Social Workers by supervising and staffing complex behavioral health cases in various specialty areas. Constructed and supervised foundational and advanced staff competence through regular consultation, trainings, meetings and discussions, strategic assignments, progress note reviews. Collaborated with the psychiatrist and medical providers to enhance therapeutic outcomes.

Designed and implemented a clinic-wide crisis intervention protocol. Provided complex crisis intervention and stabilization to patients who demonstrated psychological distress and instructed, consulted and supervised licensed master social workers and licensed professional counselors on therapeutic approaches to handling complex crisis cases.

Trained licensed professional counselors, licensed Master of Social workers, nursing and other medical staff members on brief patient interventions strategies. Training includes Motivational Interviewing Solution Focused Brief Therapy, Eye-Movement Rapid Desensitization and Reprocessing Therapy, Short-term Problem Focused Therapy, Focused Acceptance and Commitment Therapy, Behavioral Health Consultant Model, IMPACT Depression Care Model, Cognitive Behavioral Therapy, Cognitive Processing Therapy, Behavioral Activation Therapy and other evidence-based treatment modalities. Ability to fully utilize the current DSM-V in making diagnoses and formulation of treatment goals and application of appropriate clinical intervention using professional counseling practices.

Promoted the delivery of services in an integrated, collaborative manner to include Medical, Dental Behavioral Health, Wesley Nurses, Care Coordinators, Community Enrichment Programs, Parenting Programs/Services and community services. Participated in various outreach programs. Established goals/treatment plans through a collaborative process with the patient utilizing advanced counseling skills, including evidenced-based practices and screening/assessment. Developed and delivered psycho-education groups that include life skills, family support, and community integration.

Promoted interactive communication with other Methodist Healthcare Ministries departments, Funded partners, stake holders and the community. Worked collaboratively with the psychiatrist and other medical staff members to develop and implement medical and behavioral health protocols that brought about new therapeutic positive outcomes. Effectively spearheaded a new medical/behavioral health integrative model for the Methodist Healthcare Ministries clinics.

Analyzed program data and produce reports for the Methodist Health Care Ministries Behavioral Health Services Director; to assist in improving planning, development and effective use of resources. Coordinated with interdisciplinary team activities to develop and maintain quality assurance indicators that evaluated the effectiveness of the Behavioral Health services. Develop measures to assess outcomes. Applied specialized knowledge and advanced practice skills in the areas of consultation, education, research, advocacy, community organization, development, application and administration of policies, programs, and activities.

Supervised, monitored and evaluated the clinical performance of staff to ensure the effective execution of behavioral health services. Encouraged creative tension and differences that resulted in productive outcomes..

## **OMNI THERAPY CENTER – DEL RIO, TX**

**2/2012–1/2015 Chief Executive Officer/Licensed Professional Counselor-Supervisor**

Designed articles of incorporation, by-laws, and business plan. Skillfully managed the overall operations of the counseling center, involving data analysis and management, service evaluation, and intern supervision. Established and clearly communicated guidelines and performance expectations to staff members. Maintained a professional environment by developing and practicing organizational policies, guidelines and safety standards. Administratively supervised other providers and conducted meetings. Developed and maintained annual corporate budget, fiscal and personnel management and resource utilization. Conceptualized and executed a pro-bono and fee schedule program for clients within the rural area of Val Verde County as well as the surrounding counties within an 80-mile radius.

Employed clinical expertise in rendering therapy-related consultation to the medical community, mental health colleagues, city and county entities, and students within the field of counseling. Partnered with local, state, and federal agencies in promoting and bringing awareness on mental health topics, which impacted various multicultural populations and family dynamics. Conducted comprehensive workshops to various medical, mental health, and academic entities that effectively promoted mental health wellness among military veterans suffering from Post-traumatic stress disorder; special emphasis placed on combat veteran re-integrating back into the community after tours to hostile combat zones.

Made professional evaluations, decisions, and recommendation for treatment planning and implementation. Integrated advanced knowledge and mastery of the fundamentals of the counseling process that included defining patient/family problems and maintaining an effective counseling relationship. Established goals/treatment through a collaborative process with the patient utilizing advanced counseling skills, including evidenced-based practices and screening/assessment. Provided complex crisis intervention and stabilization to patients who were in psychological distress. Offered individual and group counseling to patients and family members over issues of Post-Traumatic Stress Disorder and related psychological difficulties, marital and family issues, substance abuse, employment, military sexual trauma, homelessness, bereavement, and other issues impacting upon a patient's ability to re-enter civilian society experience is preferred successfully.

## **HILL COUNTRY MENTAL HEALTH AND DEVELOPMENT DISABILITIES – DEL RIO, TX**

**10/2011–3/2012 Clinical Caseworker-Ph.D. Candidate Counselor Education and Supervision**

Provided optimal behavioral health by delivering Individual, group, and family counseling services to military veterans facing symptoms of post-traumatic stress disorder (PTSD) under the Fund for Veteran's Assistance grant.

Offered counseling to military and civilian personnel for substance abuse and addiction issues.

Administered treatment services by mixed methods, such as cognitive behavioral therapy (CBT), cognitive processing therapy (CPT), exposure therapy, narrative therapy, eye movement desensitization and reprocessing (EMDR) therapy, mindfulness therapy among other evidence-based therapeutic models.

Administered various formal assessment tools related to trauma, substance misuse, depression, anxiety, career and other tools to garner pertinent information to formulate care planning and implementation.

Responded to various situations requiring on-call crisis management service and assistance, including clients contemplating suicide. Established and clearly communicated guidelines and performance standards to other team members and law enforcement agencies when coordinating continuity of care for clients experiencing a crisis.

Reviewed client history and characteristics and updated local resources referral list and administered follow-up care in collaboration with the Interdisciplinary Treatment Team recommendations.

Administratively supervised other providers/caseworkers and conducted weekly meetings. Carefully



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coordinated integrated care with other team members and staff psychiatrist regarding the client progression and medication outcomes.

Incorporated problem-solving and analytical skills to address inherent client conflicts, negative behavior, and perceptive presentations. Incorporated informal and formal evaluations, while formulating treatment plans in accordance with Diagnostic Statistics Manual for diagnosis. Maintained a professional environment by following organizational policies, guidelines and safety standards.

### **FORT SAM HOUSTON – SAN ANTONIO, TX**

08/2010–12/2011

**Counselor (PhD Candidate Counselor Education and Supervision-Internship)**

Provided counseling services to active duty military and their families. Counseling services provided encompassed structured assessments and evidenced-based therapy used to positively impact behavioral health issues, such as PTSD, combat-related issues, traumatic brain injury (TBI), substance abuse, dysfunctional family dynamics, suicide and homicidal ideation. Identified potential influential social and biochemical factors and internal conflicts by evaluating personal and social data through interview and client support system.

Promoted the St. Mary's doctoral internship program and the organization's pro-bono services to the Brook Army Medical Center social work services department, the Wounded Warrior's Program and the Army Substance Abuse Program (ASAP) by personally networking with and presenting program to perspective authority officials. Maintained a professional environment by following organizational policies, guidelines and safety standards.

Worked in partnership with Fort Sam installation chaplains in rendering counseling and treatment to military and civilian members suffering from symptoms of depression, anxiety, and other emotional disturbances, substance misuse and work performance difficulties. Clearly communicated guidelines and performance expectations for continuity of care to chaplains and St. Mary's University clinical staff.

### **ST. MARY'S UNIVERSITY – SAN ANTONIO, TX**

1/2010–8/2010

**Neurofeedback Therapy (Ph.D. Candidate Counselor Education and Supervision-Intern)**

Initiated client intake evaluation before initial client session to determine chief complaint. Gathered relevant demographic and psychological background information to determine neurological trigger influences.

Completed brain mapping assessments to ensure proper brain electrode placement and heighten actual neurofeedback therapeutic outcome. An Electroencephalography was used to verify electrode placement brainwave continuity.

Initiated traditional Neurofeedback protocols as well traditional evidence-based counseling and peripheral biofeedback methods. Followed ethical guidelines throughout each session to ensure the delivery of quality care.

### **FORT DUNCAN MEDICAL CENTER – EAGLE PASS, TX**

1/1996–1/2001

**Director- Respiratory Care Department**

Served as the Director of Respiratory Care Department. Effectively fulfilled administrative responsibilities of budget development and maintenance. Managed and supervised ten employees. Provided clinical supervision and training for department staff. Developed, coordinated and instructed a home-based Respiratory Care certified training program that graduated four technicians. Developed and maintained a quality assurance program. Served three committees as the director and chaired the Safety committee. Developed and maintained policies and procedures to satisfy JCHAO Department Accreditation standards.

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## SANTA ROSA NORTHWEST HOSPITAL – SAN ANTONIO, TX

1/1990–1/1996 **Director - Cardiopulmonary Department**

Administrative responsibilities that encompassed budget development and maintenance, personnel management and supervision of ten employees, clinical supervision and training of cardiopulmonary and nursing staff and ancillary services. Developed an in-house department training program. Developed and maintained a continuous quality assurance program. Served in several hospital committees as the department head and representative. Developed policies and procedures that met and maintained JCHAO Department Accreditation standards.

## UNITED STATE ARMY

9/1985–7/1990 **Director - Cardiopulmonary Department**

Assigned as the NCOIC for my section in the 5<sup>th</sup> Support Battalion, 9<sup>th</sup> Infantry Division at Ft. Lewis, Washington. Performed all administrative duties of supervising other enlisted soldiers under my leadership. Maintained accurate inventory of equipment and supplies for rapid deployment. Served as an inspector for 9<sup>th</sup> Infantry Division IG department under Lieutenant General Norman Schwarzkopf's command.

Served again as the NCOIC/Technical Director of Respiratory Care Department Darnell Army Hospital at Ft. Hood, Texas. Effectively fulfilled administrative responsibilities of budget development and maintenance. Managed and supervised eight employees. Provided clinical supervision and training for department staff. Developed and coordinated a Physician Assistant clinical rotation program for active duty students undergoing the military physician program.

Developed and maintained a quality assurance program. Served two committees as the technical director/NCOIC of the Respiratory Care Department. Developed and maintained policies and procedures to accommodate JCHAO Department Accreditation standards.

## **ACTIVITIES**

2013	<b>Assistant</b>   173 <sup>rd</sup> District Representative of Texas <b>Co-Organizer</b>   Adolescent and Child Wellness
2012	<b>Co-Organizer</b>   Mental Health Symposium
2008	<b>Moderator</b>   [Del Rio, Texas], Mayoral Candidates
2006	<b>Ordained Minister and Pastoral Counselor</b>   Trinity House of Worship, Inc.

## **PROFESSIONAL AFFILIATIONS**

2019	<b>Member</b>   American Counseling Association
2019	<b>Member</b>   Texas Commission Association
2019	<b>Member</b>   Association for Multicultural Counseling and Development
2013	<b>Member</b>   Chi Sigma Iota - Counseling Honors Society

## **DISSERTATION**

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**Garcia, S.** (2015). *The clinical approaches of licensed mental health professionals with divinity education with clients who hold different religious and cultural values: A ground theory approach.* (Unpublished doctoral dissertation). St. Mary's University. San Antonio, TX.

### **RESEARCH PROJECTS**

**Garcia, S.** (2019). *The Neurological Implications of Opioid Addiction.* Sul Ross State University. Del Rio TX.

**Garcia, S.** (2019). *The Neurological Implications of Cannabis use.* Sul Ross State University. Del Rio TX.

**Garcia, S.** (2012). *Narrative therapy process in substance abuse group counseling.* St. Mary's University. San Antonio, TX.

**Garcia, S.** (2009). *Significance of the initial therapeutic session on sexual assault victims.* St. Mary's University. San Antonio, TX.

### **PRESENTATIONS**

**Garcia, S.** (2019). *Trauma and the Criminal Justice System: The Neuroscience of Thought.* Mental Health Convention. Del Rio, TX.

**Garcia, S.** (2018). *Motivational Interviewing Therapy and Emotional Intelligence Education:* District Veteran Center Clinical Training, Reno, NV.

**Garcia, S.** (2018). *Hidden Wounds in Contemporary Warfare – The Neuroscience of PTSD.* Certificate for: Veterans' Service Providers (CVSP) Program Conference, San Antonio, TX.

**Garcia, S.** (2018). *The Neuroscience of Legal Decision Making, Learning, and Communication,* 5th Circuit Judicial Conference, Austin, TX.

**Garcia, S.** (2017). *Counseling and the Neurosciences.* Texas Counseling Association 61<sup>st</sup> Annual Professional Growth Conference, Galveston, TX.

**Garcia, S.** (2017). *Gender roles and relationship violence: Counseling youth of Mexican descent.* Texas Counseling Association 61<sup>st</sup> Annual Professional Growth Conference, Galveston, TX.

**Garcia, S.** (2017). *Re-Envisioning counselor education and training in the border region.* Texas Counseling Association 60<sup>th</sup> Annual Professional Growth Conference, Galveston, TX.

**Garcia, S.** (2015). *The Future of Cutting-Edge Counseling: A survey of Mindfulness-Based Approaches.* Texas Counseling Association 59<sup>th</sup> Annual Professional Growth Conference, Corpus Christi, TX.



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**Garcia, S.** (2015). *The Authentic Counseling Practice: Embracing Cultural Richness and Integrity*. Texas Counseling Association 59<sup>th</sup> Annual Professional Growth Conference, Corpus Christi, TX.

**Garcia, S.** (2015). *PTSD Among Clients of Mexican Descent*. Texas Counseling Association, 59<sup>th</sup> Annual Professional Growth Conference, Corpus Christi, TX.

**Garcia, S.** (2013). *Post-traumatic Stress Disorder Issues in the Work place*. Texas Workforce Commission: Southwest Regional Meeting: Veteran's Resource. Uvalde, Texas.

**Garcia, S.** (2011). *LGBT, Religious and Multicultural Perspectives*. Texas Counseling Association 55<sup>th</sup> Annual Professional Growth Conference. Fort Worth, Texas.