

KAREN JUBERT, PH.D., LPC-S, NCC

HUMANISTIC COUNSELOR EDUCATOR

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EDUCATION

Doctor of Philosophy, Counselor Education and Supervision, Saybrook University (CACREP Accredited)

Master of Education, Counseling, University of Houston – Houston, TX

Bachelor of Science, Mechanical Engineering, Prairie View A&M University – Prairie View, TX

ACTIVE LICENSES AND CERTIFICATIONS

National Board for Certified Counselors/National Certified Counselor

Licensed Professional Counselor/Approved Clinical Supervisor

Certified Suicide Prevention Gatekeeper Instructor – Question, Persuade, Refer (QPR)

Gallup® Certified Strengths Coach

Substance Use Recovery Ally

TEACHING AND SUPERVISION

Sul Ross State University – College of Health Sciences

Aug 2026-present

- **Adjunct** – M.S. in Clinical Mental Health Counseling Program
 - *Applied Counseling Approaches & Methods*
 - *Techniques of Counseling I*

Trevecca Nazarene University – Graduate Counseling Program

Sep 2025

- **Guest Lecturer (invited)** – Counseling Diverse Populations Course (M.A. in Counseling Students)

Saybrook University – Department of Counseling

Aug 2021-Dec 2024

- **Teaching and Supervision** – M.A. in Clinical Mental Health Counseling Program
 - *Integrative Saybrook Certification in Teaching Excellence (InSCiTE)*
 - *Hybrid/Online instruction delivery and student engagement (synchronous/asynchronous)*
 - *Contributed to development of course learning outcomes, rubrics, strategies to assess learning, and syllabi*
 - *Utilized Canvas to deliver course content, facilitate student discussions, evaluate assignments, and track grading*
 - *Used Skillsetter and Theravue platforms to facilitate clinical skills development with M.A. students*
 - *Utilized Tevera for field experience support with M.A. students and hours tracking for doctoral practicum and internships*
 - *Incorporated CACREP standards into curriculum and trauma-informed pedagogy into teaching practices*
 - *Worked collaboratively with core faculty, adjunct instructors, and campus/community partners*
- **Biannual Residential Conferences** – Co-taught and supervised M.A. in Counseling Students, Fall 2021-Fall 2024
- **Teaching Fellow** – Cultural Humility and Responsiveness, Spring 2024
- **Supervision Intern** – Counseling Skills Practice Clinic, Spring 2024
- **Teaching Fellow/Instructor of Record** – Counseling Theories, Fall 2023
- **Teaching Fellow/Instructor of Record** – Career Development and Counseling, Summer 2023
- **Teaching Assistant & PhD Student Supervisor** – Pre-Practicum Field Experience Site Search Support, Fall 2022 and Spring 2023
- **PhD Student Supervisor** – Basic Counseling Skills, Fall 2022
- **Guest Lecturer** – Career Development and Counseling, Summer 2022
- **Teaching Assistant** – Professional Orientation and Ethical Practice, Spring 2022
- **Teaching Assistant** – Basic Counseling Skills, Fall 2021

Sul Ross State University – Department of Counseling

Mar 2024

- **Guest Lecturer (invited)** – Career Development and Life Planning Course (M.Ed. in Counseling Students)

- Guest Facilitator (invited) – Group Counseling Course (M.S. in Counseling Students)

CLINICAL EXPERIENCE

University of Houston – Houston, TX

Aug 2021-present

Senior Psychological Counselor – Counseling and Psychological Services

- Supervise, train, and mentor masters and doctoral-level practicum and intern students during their clinical rotations
- Provide counseling and mental health services to college students through conducting culturally responsive individual counseling via scheduled appointments and drop-in/call-in sessions
- Engage in bi-weekly case consultation meetings with multidisciplinary clinical team
- Co-facilitate semesterly interpersonal process groups – *Understanding Self and Others*
- Craft slides for and present special-topic workshops – *You Can Help a Coog Crisis Referrals, Racial Trauma is Real, Emotional Resilience, Anxiety Toolbox, Sexual Assault Support Services, and Suicide Prevention*
- Utilize experiential learning activities, presentations/lectures, written exercises and peer-to-peer discussions to help students link concepts/theory to practical application
- Complete intakes/mental health assessments and provide community and continuity of care referrals
- Create engaging curriculum and facilitate accessible, custom mental health seminars, workshops and outreach programs for in-classroom, auditorium and virtual delivery to college students and faculty/staff
- Collaborate with faculty, staff, administrators, student organizations and various campus partners to increase awareness about mental health and emotional wellbeing
- Conduct crisis intervention and assessment; educate faculty and staff about distressed student protocols
- Maintain appropriate case documentation, ensuring maintenance of student confidentiality (HIPAA/FERPA)
- COMPASS Navigator for Sexual Misconduct Response; LGBTQ+ Cougar Ally; TAPPS Force Diversity and Social Justice Committee; JED Foundation Work Group Leader for Increasing Help-Seeking Behaviors Committee
- Co-led monthly support space and speaker series for women in graduate and professional programs

Senior Career Counselor – University Career Services

Aug 2002-Sep 2009

- Provided career counseling services to diverse student body (~4800) in the Colleges of Engineering, Architecture and Technology (career exploration/decision making, resumes, interviewing, networking, career fairs, negotiating job offers, rejection, low self-esteem, fears, etiquette, work attire and more)
- Created and facilitated career development workshops/seminars/support groups/training classes (~10 monthly)
- Coordinated 20-30 meetings each semester between employers, career services and academic departments to develop recruitment strategies and to communicate methods of connecting with students
- Collaborated with faculty and staff to increase awareness and utilization of career services via classroom presentations, email communications and participation in student organization/college-sponsored events (2007 - 53% increase)
- Utilized interest and personality assessments – *Myers-Briggs Type Indicator (Qualified Facilitator), Newly Revised Strong Interest Inventory, DISCOVER*
- Oversaw successful execution of Annual Internship Career Fair and bi-annual Employer Seminar Series

re:MIND Depression & Bipolar Community Mental Health Support – Houston, TX

Jan 2013-Jan 2023

Group Facilitator

- Facilitated free community support groups for individuals living with, or family and friends affected by, depression, bipolar or other mental health challenges; participants experience financial barriers to accessing care
- Provided psychoeducation about mental health conditions, discussed coping strategies, addressed social stigma, created a compassionate space to encourage participant sharing, support, empowerment, hope, advocacy, and understanding

The University of Texas Health Science Center at Houston EAP Team – Houston, TX

Dec 2016-July 2021

Counselor – University of Houston–Downtown Student Counseling Services

- Managed counseling caseload with ~800 student appointments annually; increased utilization of services by 30%
- Collaborated with faculty, staff, administrators, student organizations and various campus departments to create, organize and implement mental health programs for the campus community – *Academic Affairs, Student Affairs, Academic Advising, Gator Success Center, Center for Diversity and Inclusion, Office of Title IX/Equity & Diversity, Career Development Center, Student Activities, Veterans Services, Disability Services, Student Health Services*
- Translated in-office counseling procedures to remote working protocols and developed supportive, layered outreach plan to students for virtual operations at onset of COVID-19 pandemic

The Montrose Center – Houston, TX

May 2012-Dec 2016

Staff Therapist

- Provided individual, family and couples counseling in a safe and affirming environment – specialized in substance use, mood disorders, trauma and in providing services for LGBTQ+ individuals and persons living with HIV/AIDS

- Clinician on the Substance Use Care Team – facilitated a weekly Intensive Outpatient group and engaged in weekly case conference meetings to provide client assessments and treatment recommendations

Clinical Case Manager

- Provided clinical case management services for individuals living with HIV, persons with substance use challenges and individuals in the LGBTQ+ community; helped clients reduce service gaps and remove barriers to services
- Utilized Motivational Interviewing skills and Solution Focused Brief Therapy
- Referred clients to substance use recovery, academic, vocational, medical, housing, legal and social community resources

Clinical Intern Supervisor

- Effectively guided college student clinical counseling interns in their learning/training towards completion of their required counseling degree program practicum or internship
- Evaluated clinical interns' performance, offered coaching and created opportunities for skills development

Counseling and Case Management Program Coordinator

- Managed HIV Case Management and Counseling programs according to federal and state grant-funded guidelines, included supervision of 8 clinical and non-clinical staff
- Served on the Clinical Management Team and contributed to the development and implementation of agency clinical and administrative policies and procedures

Behavioral Hospital of Bellaire – Houston, TX

Apr 2012-Jan 2013

Adult Services Counseling Intern (PRN)

- Completed clinical assessments and treatment plans in an acute care setting for newly admitted psychiatric patients experiencing a mental health crisis
- Provided direct clinical care through weekly rotation on the program units – Addiction, Women, Geriatric, Pain Management, Psychiatric Intensive Care
- Collaborated with the patients, family, supporters, multidisciplinary clinical team, external providers and community agencies to coordinate treatment and discharge planning

The Women's Home Residential Treatment and Transitional Housing Program – Houston, TX

Aug 2008-Jun 2012

Clinical Counseling Intern

- Counseled clients in weekly individual and group sessions regarding their substance use, mental/emotional, physical, cognitive, behavioral, spiritual, career, legal, vocational and interpersonal challenges
- Helped clients build coping skills and self-confidence to overcome stressors, mental illness and addiction recovery issues
- Created curriculum for and co-facilitated *Depression Self-Management and Self-Esteem Psychoeducational Classes*
- Co-facilitated *Seeking Safety PTSD/Substance Abuse Therapy Group* consisting of 12-14 participants
- Facilitated weekly *Job Search Support Group* and *Job Search Skills Training Class*, each with 12-15 participants

CareNet Pregnancy Center – Houston, TX

May 2005-Dec 2009

Peer Counselor

- Conducted confidential one-on-one counseling sessions with teens, women and couples facing an unplanned pregnancy
- Provided pregnancy options counseling and medical/social services referrals

SCHOLARSHIP

Publications

- Goings, R. B., **Jubert, K.**, & Wilson, M. (accepted for publication). Mental health and belongingness in a post-DEI era: Supporting minoritized students, faculty, and staff on campus. In L. J. Walker, T. L. McMickens, R.T. Palmer, A.M. Flowers, A. E. French, & R. M. Banda (Eds.), *Examining the consequences of the dismantlement of diversity, equity, and inclusion in higher education* (pp. xx–xx). Routledge.
- **Jubert, K. L.** (2025). *Lifting their voices: An interpretative phenomenological analysis exploring Black counselor educators' experiences of compassion fatigue* (Publication No. 3265624213) [Doctoral dissertation, Saybrook University]. ProQuest Dissertations & Theses Global.
- Avery, D. & **Jubert, K.** (2024). Adolescents/emerging adults ages 20-21. In K. E. Purswell & K. M. Jayne (Eds.), *A therapist's guide to adolescent development: Supporting teens, young adults, and their communities* (pp. 148–164). Routledge.

Presentations

2026

- **Jubert, K.** (2026, August). *Multigenerational teams: Understanding work styles and preferences*. University of Houston, Houston, TX
- **Jubert, K.** (2026, July). *Dealing with students of concern*. University of Houston, Houston, TX
- **Jubert, K.** (2026, April). *Department of Psychology career talk*. University of Houston-Downtown, Houston, TX
- **Jubert, K.** (2026, March). *CliftonStrengths integration series: Strengths in action*. University of Houston, Houston, TX
- **Jubert, K.** (2026, March). *Your health: Mental and emotional support while in college*. Wheeler Avenue Baptist Church, Houston, TX

2025

- **Jubert, K.** (2025, November). *Fears and finishing: Final exams and end of semester pressures*. University of Houston, Houston, TX
- **Jubert, K.** (2025, October). *Stressful times call for healthy coping*. University of Houston, Houston, TX
- **Jubert, K.** (2025, October). *Imposter syndrome*. University of Houston, Houston, TX
- **Jubert, K.** (2025, October). *Anxiety and major transitions workshop*. University of Houston, Houston, TX
- **Jubert, K.** (2025, August). *Team building and restorative circle*. University of Houston, Houston, TX
- **Jubert, K.** (2025, July). *Mindfulness and centering into the present moment*. University of Houston, Houston, TX
- **Jubert, K.** (2025, April). *You can manage your stress*. University of Houston, Houston, TX
- **Jubert, K.** (2025, February). *Career counseling students with mental health concerns*. University of Houston, Houston, TX

2024

- **Jubert, K.** (2024, November). *Burnout and mental health*. University of Houston, Houston, TX
- **Jubert, K.** (2024, August). *The cost of caring: The unspoken impact of compassion fatigue*. Harris Center, Houston, TX.
- **Jubert, K., & Jubert, S.** (2024, July–August). *Compassion fatigue educational series*. PVAMU College of Nursing Doctoral Study [The impact of educational sessions on compassion fatigue among nurses in a home health care setting: An evidence-based practice project by Blessing Ogunsefunmi], Houston, TX.
- **Jubert, K.** (2024, May). *Cultivating compassion practices after encountering distressed students*. University of Houston, Houston, TX
- **Jubert, K., & Jones, T.** (2024, April). *Sexual assault support services seminar*. University of Houston, Houston, TX
- **Jubert, K.** (2024, March). *Managing time, managing anxiety*. University of Houston, Houston, TX
- **Jubert, K.** (2024, March). *Interacting with frustrated/angry students: De-escalating stressful situations*. University of Houston, Houston, TX

2023

- **Jubert, K.** (2023, August). *Words matter: Using person-first language in substance use counseling and treatment*. Saybrook University Residential Learning Experience, Pasadena, CA.
- **Jubert, K.** (2023, August). *Emotional resilience: Conquering distress*. University of Houston, Houston, TX
- **Jubert, K.** (2023, May). *Personal renewal: Prioritizing moments to recenter and recharge*. Student Affairs and Enrollment Services Leadership Conference, Houston, TX
- **Jubert, K., Henley, V., & Jones, T.** (2023, May). *Sista Circle Black Grads: Campus partners collaborating to support, empower, affirm and encourage*. Student Affairs and Enrollment Services Leadership Conference, Houston, TX
- **Jubert, K.** (2023, February). *Reclaiming our time: Decolonizing rest*. University of Houston, Houston, TX
- **Jubert, K.** (2023, January). *Grief support for the bereaved*. Saybrook University Residential Learning Experience, Pasadena, CA.

2022

- **Jubert, K.** (2022, November). *Coping with difficult experiences*. University of Houston, Houston, TX
- **Jubert, K.** (2022, August). *Unspoken impact of compassion fatigue within the college academic setting*. University of Houston, Houston, TX
- **Jubert, K., & Jubert, S.** (2022, July). *Sustainable teams: Understanding compassion fatigue through a racial equity lens*. Harmony Public Schools Leadership Summit. (Virtual)
- **Jubert, K., & Jubert, S.** (2022, July). *Trauma informed supervision for prek-12 leaders*. Harmony Public Schools Leadership Summit. (Virtual)
- **Jubert, K., & Jubert, S.** (2022, March). *Building a sustainable team: Strategic approaches to address compassion fatigue through a racial equity lens*. All Chicago/Greater Chicago Continuum of Care and Partner Organizations. (Virtual)

SERVICE

University Service

- CACREP Site Visit Alumni Meeting (Saybrook University Counseling Department – 2026)
- CACREP Accreditation Community Advisory Council Session (Saybrook University Counseling Department – 2026)
- Faculty Candidate Interviews (Saybrook University Counseling Department – 2021, 2025)
- M.A. in Counseling Graduate Student Applicant Interviews (Saybrook University Counseling Department – 2022)

Professional Service

- Black Mental Health Symposium – Nominations and Awards Committee; Career Fair Committee (2025-present)

Community Service

- Dr. Courtney Gatlin Keener Foundation Board Member – Making Educational Dreams Reality for Single Moms
- Wheeler Avenue Baptist Church – College Readiness Sessions on Mental Health for High School Seniors
- Discover Women's Residential Treatment and Recovery Program for Unhoused Houstonians
- Open Door Mission Men's Residential Treatment and Recovery Program for Unhoused Houstonians
- The Love and Victory Show Radio Program and Podcast on Mental Health Topics
- The Women's Fund for Health Education and Resiliency
- Education Advocate – speak to youth/young adults in marginalized communities (middle schools, high schools, churches, fraternities, sororities, community groups) to encourage higher education, smart life choices, and mental well-being
- Doctoral Student/Ph.D. Candidate Mentor

HONORS AND AWARDS

- Alumni Association Scholarship (Saybrook University – 2024)
- Black Mental Health Symposium Ethel L. Wallace Mental Health Scholar (2024)
- NBCC Foundation Minority Fellowship Award for Doctoral Mental Health Counselors (2023)
- Standout Award for Scholarship and Excellence (Saybrook University – 2023)
- Golden Paw Employee of the Month Award (UH – 2023)
- Boris L. Henson Foundation Mental Health Scholar (2023)
- Training, Accountability, Policies and Procedures, Solidarity Diversity and Inclusion Award (UH – 2022)
- Rising Star Award of Excellence (UH – 2022)
- President's College of Social Sciences Scholarship (Saybrook University – 2021-2024)
- Dr. Michael Horowitz/Dr. Jeannie Gutierrez/First Generation Scholarship (Saybrook University – 2021)

PROFESSIONAL MEMBERSHIP

- American Counseling Association (ACA)
- American Mental Health Counseling Association (AMHCA)
- Association for Counselor Education and Supervision (ACES)
- Association for Humanistic Counseling (AHC)
- Cohort Sistas Doctoral Mentorship Community
- Houston Licensed Professional Counselor Association (HLPACA)
- Southern Association for Counselor Education and Supervision (SACES)
- Texas Association for Counselor Education and Supervision (TACES)
- Texas Counseling Association (TCA)
- Texas LPC Supervisor Training Consultation Group

PODCAST GUEST APPEARANCES AND RECORDINGS

- **Jubert, K.** (Guest). (2026, August 5). Career transitions and mental health [Internet radio episode]. In *KMEJ Radio*.
- **Jubert, K.** (Guest). (2023, May 25). Surviving stress: Burnout recovery [Video podcast episode]. In *The Love and Victory Show With Val*. <https://www.youtube.com/watch?v=4ZL5s1qaRl4>
- **Jubert, K.** (2023, April 24). *The cost of caring: The unspoken impact of compassion fatigue*. The Women's Fund for Health Education and Resiliency, Houston, TX. https://www.youtube.com/watch?v=rQ9Amd_tolQ&t=3069s
- **Jubert, K.** (2023, April 3). *Navigating the personal journey of grief and loss*. The Women's Fund for Health Education and Resiliency, Houston, TX. <https://www.youtube.com/watch?v=iKXoieIMv0Y&t=3196s>
- **Jubert, K.** (Guest). (2022, February 25). Black women and mental health [Video podcast episode]. In *The UH Women and Gender Resource Center*. https://www.youtube.com/watch?v=0RMJYq_FnFY&t=2s