
Meara N. McMains, M.A., NCC, LPC, RYT

Doctoral Candidate

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Educational Background

September 2021-

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

August 2017-

August 2021 Doctor of Philosophy, Counselor Education and Supervision, The University of Texas at San Antonio (CACREP Accredited).

August 2017

Master of Arts, Counseling and Guidance, Texas A&M University San Antonio

December 2009

Bachelor of Arts, Interdisciplinary Studies EC-6 Generalist with a Minor in Music, The University of Texas at San Antonio

Licensure and Certifications

Licensed Professional Counselor, Active, #83334, Sept 2021-Present

Licensed Professional Counselor-Intern, Active, #83334

Supervised by Delight Renken, LPC, LPC-S, Active, #64371

National Certified Counselor, NBCC, Active, 2019-present

Registered Yoga Teacher (RYT200), 2015-present

North American Montessori Certification-lower elementary

Clinical Internship Experience

Spring and Summer 2017 Transitional Care Clinic, UT Health, San Antonio, Texas

Master's Student Counseling Intern

Spring 2018

The Kerrville State Hospital, Kerrville, TX,

Doctoral Student Counseling Intern

Employment Experience

2022-Present	Owner, Counselor, MNMyoga Counseling and Consulting, PLLC
2021-2022	Primary Therapist, The Eating Recovery Center
2019-2021	Program Therapist, Behavioral Health Counselor, The Eating Recovery Center
2017-2018	Graduate Research Assistant, The University of Texas at San Antonio, Department of Counseling, San Antonio, Tx

Integrated Behavioral Health

Responsibilities include attending grant related meetings, supervision of master's level students on location at internship sites, attending IBH and IBH supervision related trainings.

Study Abroad Experience

June 2018	Centro Ollin Tlahtoalli, Oaxaca City, Oaxaca, Mexico
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Honors and Achievements

2018	Chi Sigma Iota-chapter, inducted
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Teaching Assistant Experience

Spring 2018	COU 5233 Group leader, Group Theory and Process. (Dr. Shane Haberstroh,)
Fall 2019	COU 5233 Group leader, Group Theory and Process (Dr. Catherine Somody)
Spring 2018	COU 5713 Internship, PITCH Program (Dr. Jessica Lloyd-Hazlett).
Fall 2018	COU 5243, Diagnosis in Counseling, (Dr. Derek Robertson).
Spring 2019	COU 6523, Couples and Family Counseling, (Dr. Jessica Lloyd-Hazlett).
Fall 2019	COU 5713, Internship, (Dr. Catherine Somody).
Spring 2020	COU 5203, Introduction to Clinical Mental Health Counseling, (Dr. Catherine Somody).
Spring 2022	COUN2650, Professional Orientation and Ethical Practice, (Dr. Aparna Ramaswamy).

Instructor of Record Experience

Fall 2022	COUN2531, Group Counseling and Psychotherapy
Spring 2023	COUN2010 Structure and Dynamics of the Family

Fall 2023 EDUA5314 Personality and Counseling Theories
Fall 2023 EDUA7320 Professional Issues and Ethics in Counseling
Fall 2023 EDUA6318 Multiculturalism and Diversity

Guest Lecturer

Fall 2018 Advanced Psychological Assessment, Incarceration and Violence Risk Assessments.
Fall 2019 Kendall County Veterinary, Suicidality: Risks and Resources.
Summer 2022 McMains, M. (June, 2022). *Group Counseling guest facilitator* (invited). Plymouth State University Counselor Education and School Psychology Program, Plymouth NH (online-remote).

Additional teaching experiences

2014-present Yoga teaching-public classes,
1999-2016 Early childhood teaching experience-various settings, pre-school, Montessori, zoo education classes

Publications

McMains, M. (2017). *Thought-Filled Little Ponderings*. Toronto, Ontario, Canada: Meraki House Publishing.

Manuscripts in Process

McMains, M., *Incarceration: A Call for Counselor Advocacy*.
McMains, M., *Yoga and Inmates: An Exploration of Teacher Experiences*
McMains, M., *Montessori Application to Higher Education*

Professional Presentations

De Vries, S. R. & **McMains, M.** (January, 2017). *Domestic violence/intimate partner violence, children, diversity, and interventions*. Presented at the Texas Alamo Region Counseling Association (TARCA), San Antonio, Texas.
Klippel, M., Castellon, N. & **McMains, M.** (March, 2018). *Perceived Mutuality in Doctoral Cohorts*. Poster Presented at TACES, Austin, Texas.
Klippel, M., **McMains, M.** (October, 2018). *Perceived Mutuality in Doctoral Cohorts*. Presented at Southern Association for Counselor Education and Supervision, Myrtle Beach, South Carolina.
McMains, M. (October, 2019). *Incarceration: Re-humanizing a De-humanized Population*. Poster Presentation presented for ACES, Seattle, Washington.

DeVries, Sabina, **McMains, M.** (April 2021). *Herbal Remedies, OTC's, and Dietary Supplements: What Counselors Should Know*. Poster Presentation accepted for ACA, San Diego, California.

Preston, J., **McMains, M.** (October 2023). *Who's Gatekeeping the Gatekeepers? A Look into Abuse Experiences in Higher Education*. Presentation accepted for ACES, Denver, Colorado.

Supervision Experience

Spring 2018	Integrated Behavioral Health
Summer 2018	Integrated Behavioral Health
Fall 2018	Sarabia Center
Spring 2019	Sarabia Center
Fall 2019	Sarabia Center
Spring 2020	Sarabia Center
Fall 2022	Basic Counseling Skills-Virtual

Trainings

March 2014	Happiness: How Positive Psychology Changes Lives, San Antonio, TX
March 2017	Crisis Response Training, Craig Bryan, PsyD
Spring 2019	Crisis Trainings

Program Evaluation Experience

Summer 2018	Integrated Behavioral Health, Women's Clinic, University Health, Under the supervision of Dr. Jessica Lloyd-Hazlett
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Community Involvement

2020-present	Volunteer, Sea Turtle Rescue, Padre Island National Sea Shore, TX
2009-2010	Volunteer, Children's Bereavement Center, San Antonio, TX
2006-2008	Mentor, Communities In Schools, San Antonio, TX
2012-2015& 2019-present	Facilitator, Read/Run/Give, San Antonio, TX
2013, 2015, & 2016	Volunteer Role-player, Application of Counselling Principles to Hostage Negotiations. Bexar County Sheriff's Office, San Antonio, TX.

Research Interests

Perceived Mutuality amongst Doctoral Cohorts-study complete

CIT Experiences with an Indigenous Healing-study complete

Applying Fundamentals of Montessori Philosophy into Higher Education Settings

Yoga and Incarcerated Populations-study complete

Counselors Experiences with Grief and Loss

Mental Health and the Terminally Ill