

Curriculum Vita

Todd T. Russell, Ph.D.

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Education

Doctor of Philosophy in Counseling Psychology, 1987, University of Oregon

Dissertation: *The Effectiveness of a Rational-Emotive Therapy Program for the Treatment and Prevention of Teacher Burnout.*

Master of Science in Counseling Psychology, 1982, University of Oregon

Thesis: *The Effects of Rational-Emotive Education on the Self-Concepts of Third and Fourth Grade Students.*

Bachelor of Science with Honors in Psychology, 1978, University of Oregon

Thesis: *The Effects of Birth Order on the Humor Appreciation of Third Grade Students.*

Professional Experience

- Professor of Education and Counseling at Sul Ross State University Rio Grande College, from August 1999 to date.
- Proprietor and Co-Director of *Amistad Consultation and Evaluation Services* in San Antonio, Texas, from September 1994 to date.
- Associate Professor of Psychology at Texas A & M International University from August 1994 to May 1999.
- Associate Professor of Psychology and Education in the Department of Advanced Studies at California State University, Stanislaus from September 1991 to August 1994.
- Adjunct Professor of Educational Psychology at California State University, Hayward from September 1991 to August 1994 (part-time).
- Assistant Professor of Applied Psychology and Education at Eastern Washington University from September 1987 to August 1991.
- Assistant Director and Clinical Supervisor of the DeBusk Counseling Center at the University of Oregon from September 1984 to August 1987.
- Counselor in Private Practice in Eugene, Oregon from January 1985 to August 1987 (part-time).

- School Counselor (K-12) for Malheur County School District in Adrian, Oregon from August 1980 to July 1984.
- High School Social Studies and Mathematics Teacher and School Counselor for Huntington School District in Huntington, Oregon from August 1978 to June 1980.

Academic and Professional Awards

- ◆ Rio Grande College Counseling Program, Class of 2013, **Special Recognition Award for Outstanding Teaching and Mentorship**, May 2013.
- ◆ PILLAR – People with Ideas of Love, Liberty, Acceptance and Respect – Laredo, Texas, **PILLAR of the Community Award**, April 2013.
- ◆ Rio Grande College Counseling Program Students and Alumni, **Distinguished Teaching and Mentor Award**, April 2006.
- ◆ The City of Eagle Pass, Texas, **Proclamation of Outstanding Community Service in Mental Health**, October 2004.
- ◆ Texas A & M International University, **Scholar of the Year**, May 1998.
- ◆ Laredo Chamber of Commerce, **School Bell Award**, May 1998.
- ◆ Texas A & M International University, **Scholar of the Year in the College of Arts & Humanities**, December 1997.
- ◆ Sul Ross State University Rio Grande College Counseling Program Students and Alumni, **Distinguished Teaching and Mentor Award**, April 2006.
- ◆ Stop Child Abuse and Neglect Counseling Agency, **Outstanding Service and Contribution Award**, April 1995, April 1996, April 1998.
- ◆ American Association for Counselor Education and Supervision, **Appreciation Award**, April 1991, March 1992, March 1995, April 1996.
- ◆ Western Association for Counselor Education and Supervision, **Professional Leadership Award**, November 1994.
- ◆ Western Association for Counselor Education and Supervision, **Appreciation Award**, November 1990, September 1992, November 1993.
- ◆ Western Association for Counselor Education and Supervision, **Special Service Award**, November 1990.
- ◆ Oregon Counseling Association, **Distinguished Service Award**, October 1984, October 1987.
- ◆ Baker County Education Service District, **Teacher of the Year**, May 1979.

Professional Publications

Books

- Wood, J. A., Russell, T. T., Wilson, B., & Ireton, E. J. (Eds.). (2006). *Teaching Latino students: Effective strategies for educating America's minorities*. New York: The Edwin Mellen Press.
- Russell, T.T., Dominguez, E.M., Flores, L.E., Galvan, P., Madrigal, J.F., Pérez, G., Russell, D.K., & Spies, B.R. (1997). *Counseling on the frontera: Special issues for the south Texas border region*. Laredo, TX: Texas A & M International University.
- Russell, T. T., & Russell, D. K. (1983). *Growing by knowing: A guidance curriculum for the elementary classroom*. Lexington, Oregon: Social Ridge Press.

Journal Articles and Book Chapters

- Russell, T. T., Craddock, C. S., Kodatt, S. A., & Ramirez, D. M. (2018). *Preventing fetal alcohol spectrum disorders: an evidence-based prevention Program for adolescent and adult Hispanic females in the south Texas border region*. ERIC Institute of Education Sciences (ED 573637).
- Wood, J. A., Russell, T. T., & Wilson, B. (2006). Importance of multicultural education in myriad strands of United States society. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 5-29). New York: The Edwin Mellen Press. [This chapter was adapted from previously published journal article.]
- Salazar, G., & Russell, T. T. (2006). Understanding the motivation of rural Hispanic college students: A worldview. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 115-126). New York: The Edwin Mellen Press. [This chapter was adapted from previously published journal article.]
- Russell, T. T., Wood, J. A. & Wilson, B. (2006). Higher education in rural America: A new paradigm for a new century. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 127-148). New York: The Edwin Mellen Press. [This chapter was adapted from previously published journal article.]
- Wood, J. A., & Russell, T. T. (2006). Spanish and English language use: Comparing attitudes of South Texas educators. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective strategies for educating America's minorities* (pp. 213-234). New York: The Edwin Mellen Press. [This chapter was adapted from previously published journal article.]
- Wood, J. A., Russell, T. T., & Wilson, B. (2006). Verbal ability as an indicator of cognitive flexibility among Hispanic, bilingual, college, and university students. In J.A. Wood, T.T. Russell, B. Wilson, & E.J. Ireton (Eds.), *Teaching Latino students: Effective*

strategies for educating America's minorities (pp. 269-280). New York: The Edwin Mellen Press. [This chapter was adapted from previously published journal article.]

- Russell, T. T., Wood, J. A., & Muniz-Quiz, M. (2004). Traditional folk healing practices among Mexican Americans. *National Forum of Multicultural Issues Journal*, 2(1), 3-18.
- Villegas, P., & Russell, T. T. (2004). Ethnic minorities and schizophrenia: Discrepancies, dilemmas, and divergence. *National Forum of Multicultural Issues Journal*, 2(1), 19-25.
- Wood, J. A., Russell, T. T., & Wilson, B. (2004). Verbal ability as an indicator of cognitive flexibility Hispanic bilingual college and university students. *National Forum of Teacher Education Journal*, 14(1), 36-42.
- Russell, T. T., & Craddock, C. S. (2003). Health and safety in the south Texas border region: A culturally relevant health risk prevention program for Hispanic youth and their families. *National Forum of Multicultural Issues Journal*, 1(1), 68-79.
- Wood, J. A., Russell, T. T., & Wilson, B. (2003). Importance of multicultural education in myriad strands of United States society. *National Forum of Multicultural Issues Journal*, 1(1), 3-18.
- Russell, T. T., Wood, J. A., & Wilson, B. (2003). Higher education in rural America: A new paradigm for a new century. *National Forum of Teacher Education Journal*, 13(3), 5-18.
- Russell, T. T., & Faseler, R. (2003). Let's go to the movies! Enhancing case conceptualization in rural counseling students. *National Forum of Teacher Education Journal*, 13(3), 30-46.
- Salazar, G., & Russell, T. T. (2003). Understanding the motivation of rural Hispanic college students: A worldview perspective. *National Forum of Teacher Education Journal*, 13(3), 96-102.
- Russell, T. T., & Madrigal, J. F. (2002). Reducing violence and aggression in at-risk Mexican American youth: Enhancing emotional intelligence. In D. Rea & J. J. Bergin (Eds.), *Safeguarding our youth: Successful school and community programs* (pp. 107-114). New York: McGraw-Hill.
- Russell, T. T., & Cardenas, Y. (2002). Language preferences in counseling-related situations among Spanish-English bilinguals. *National Forum of Applied Educational Research Journal*, 15(4), 24-33.
- Wood, J. A., & Russell, T. T. (2002). Spanish and English language use: Comparing attitudes of South Texas educators. *National Forum of Applied Educational Research Journal*, 15(4), 3-23.
- Russell, T. T., Salazar, G., & Negrete, J. M. (2000). A Mexican American perspective: The relationship between self-esteem and family functioning. *Texas Counseling Association Journal*, 28, 86-92.

- Russell, T. T., & Tijerina, M. G. (2000). Culturally sensitive affective education: Enhancing the emotional intelligence of Mexican American elementary students. *Texas Teacher Education Forum*, 25, 36-44.
- Russell, T. T., & Madrigal, J. F. (1998). *Counseling in the U.S.-Mexico border region*. (Report No. CG028659). Greensboro, NC: Counseling and Student Services Clearinghouse. ERIC Institute of Education Sciences (ED 422552).
- Pérez, G. L., & Russell, T. T. (1998). *Self-esteem and self-in-relation identity among Mexican American adolescents*. (Report No. CG028660). Greensboro, NC: Counseling and Student Services Clearinghouse. ERIC Institute of Education Sciences (ED 422553).
- Russell, T. T., & Russell, D. K. (1996). *The relationship between childhood depression, perceptions of family functioning, and perceptions of classroom social climate*. (Report No. CG027068). Greensboro, NC: Counseling and Student Services Clearinghouse. ERIC Institute of Education Sciences (ED 396197).
- Russell, T. T., & Flores, L. E. (1996). Consejería en la frontera: Counseling on the border in the twenty-first century. *Arizona Counseling Journal*, 21, 2-7.
- Ribak-Rosenthal, N., & Russell, T. T. (1994). Dealing with religious differences in December: A school counselor's role. *Elementary School Guidance and Counseling*, 28, 295-301.
- Laselle, K. M., & Russell, T. T. (1993). To what extent are school counselors using meditation and relaxation techniques? *The School Counselor*, 40, 178-183.
- Freund, R. D., Russell, T. T., & Schweitzer, H. S. (1991). Influence of length of delay between intake session and initial counseling session on client perceptions of counselors and counseling outcomes. *Journal of Counseling Psychology*, 38, 3-8.
- Russell, T. T., & Morrill, C. M. (1989). Adding a systemic touch to rational-emotive therapy for families. *Journal of Mental Health Counseling*, 11, 184-192.
- Morse, C. L., & Russell, T. T. (1988). How elementary counselors perceive their roles: An empirical investigation. *Elementary School Guidance and Counseling*, 14, 137-145.
- Morse, C. L., Russell, T. T., & Kranzler, G. D. (1985). The role of elementary school counselor with parents. *Oregon Counseling Association Journal*, 8, 22-24.
- Russell, T. T. (1983). RET: How low can you go? *RETwork*, 2, 2-4.
- Russell, T. T. (1983). Taking RET into the primary classroom. *Oregon Personnel and Guidance Journal*, 6, 21-25.

Book Reviews and Professional Association Reports

- Russell, T.T. (1996). ACES business: Minutes for the delegate/general assembly meetings 1995-1996. *Counselor Education and Supervision*, 36, 170-188.
- Russell, T.T. (1996). Ties that stress: a book review. *The Family Journal: Counseling and Therapy for Couples and Families*, 4, 88.
- Russell, T.T. (Fall, 1995). ACES bylaws revisions and official ballot. *ACES Spectrum*, 56(1), 9-16, 29-38.
- Russell, T.T. (Spring, 1995). ACES bylaws revisions. *ACES Spectrum*, 55(3), 3.
- Russell, T.T. (1994). Not better . . . not worse . . . just different: a book review. *The Family Journal: Counseling and Therapy for Couples and Families*, 2, 85.
- Russell, T.T. (Fall, 1991). The flavor of the west. *ACES Spectrum*, 52(1), 6.
- Russell, T.T. (Fall, 1991). Russell's ramblings I: A trip through time. *WACES Wire*, 30(1), 1-2.
- Russell, T.T. (Winter, 1992). Russell's ramblings II: Happy new year. *WACES Wire*, 30(2), 1-3.
- Russell, T.T. (Spring, 1992). Russell's ramblings III: The last, but not lost, article. *WACES Wire*, 30(3), 1-2.

Recent Scholarly Presentations and Professional Workshops

Effective Parenting Begins with Breathing: Mindful Parenting in the Present Moment, a three-hour web-based teleconference training for the participants, counselors, caseworkers, health care providers and administrators of the Border Project LAUNCH, presenting mindfulness as an essential element in the parenting toolbox, May 2020.

Bringing Full Attention One More Time to the Present Moment: Personal and Professional Strategies for Mindful Counselors, a three-hour web-based teleconference clinical training and refresher workshop for counselors in agencies and schools across South Texas produced and sponsored by the South Texas Mental Health Consortium and Serving Children and Adults in Need (SCAN, Inc.), April 2020.

Mindfulness and Meditation Workshop: The River City Retreat, a day-long (six hours) intensive practice experience for all graduate students, alumni, guests and “friends-of-counselors.” The day-long retreat provided guidance and instruction for establishing and/or strengthening the personal mindfulness practices of the participants in San Antonio, Texas, February 2020.

From Attachment and Love to Loss and Grief: Culturally Compassionate Counseling, a three-hour clinical training and continuing education workshop for counselors, therapists and social workers of the South Texas Border Region through the University of Texas Health Science Center Regional Campus and Serving Children and Adults in Need (SCAN, Inc.) in Laredo, Texas, December 2019.

Cutting-Edge Counseling in this Single Moment: Mindfulness-Based Approaches to Counseling, a two-day (12-hour) intensive training workshop for counselors, therapists and clinical social workers on the practices and professional applications of mindfulness, meditation and mindfulness-based therapeutic paradigms for the Northern Regional Division of the California Counselors Association in Redding, California, November 2019.

Adolescent Substance Use and Risk Behaviors in the South Texas Border Region – Starr, Webb and Zapata County Cooperative Coalition, a two-hour workshop training on the purpose, research design, empirical methods, statistical results and counseling implications of the data obtained from the 2018-2019 *Alcohol, Tobacco, and Other Drug Use Scale* for the Community Coalitions, the Juvenile Justice Departments, and Serving Children and Adults in Need (SCAN, Inc.) in Laredo, Texas, September 2019.

Mindful Parenting: Give Yourself Space to Choose to Respond, a three-hour intensive training for the staff and administration of the Border Trauma Response Center examining the use of mindfulness and mindfulness-based therapeutic approaches for working with parents of children suffering from the effects of traumatic stress in Laredo, Texas, August 2019.

River City Retreat: Mindfulness and Meditation Getaway, a day-long (six hours) intensive practice experience for all graduate students, alumni, guests and “friends-of-counselors.” The day-long retreat provided guidance and instruction for establishing and/or strengthening the personal mindfulness practices of the participants in San Antonio, Texas, February 2019.

Bringing Full Attention to the Present Moment: Mindful Counselors Practicing Mindfulness-Based Counseling, a three-hour clinical training and continuing education workshop for counselors, therapists and social workers of the South Texas Border Region through the University of Texas Health Science Center Regional Campus and Serving Children and Adults in Need (SCAN, Inc.) in Laredo, Texas, December 2018.

Substance Use Behaviors and Associated Risks of Hispanic Adolescents in the South Texas Border Region – Webb County, a two-hour workshop training on the purpose, research design, empirical methods, statistical results and counseling implications of the data obtained from the 2017-2018 *Alcohol, Tobacco, and Other Drug Use Scale* for the Webb County Community Coalition, the Webb County Juvenile Justice Department, and Serving Children and Adults in Need (SCAN, Inc.) in Laredo, Texas, November 2018.

An Autumn Adytum: Mindfulness and Meditation Retreat, a day-long (six hours) intensive practice experience for all graduate students, alumni, guests and “friends-of-counselors.” The day-long retreat provided guidance and instruction for establishing and/or strengthening the personal mindfulness practices of the participants in San Antonio, Texas, October 2018.

Substance Use Behaviors and Associated Risks of Hispanic Adolescents in the South Texas Border Region – Starr and Zapata Counties, a two-hour workshop training on the purpose, research design, empirical methods, statistical results and counseling implications of the data obtained from the 2017-2018 *Alcohol, Tobacco, and Other Drug Use Scale* for the Starr and Zapata Counties Community Coalition and Serving Children and Adults in Need (SCAN, Inc.) in Rio Grande City, Texas, October 2018.

Summer Skillful Sanity Summit: Mindfulness and Meditation Retreat, a day-long (six hours) intensive practice experience for all graduate students, alumni, guests and “friends-of-counselors.” The day-long retreat provided guidance and instruction for establishing and/or strengthening the personal mindfulness practices of the participants in San Antonio, Texas, July 2018.

Finding and Facing Depression: Mindful Strategies for Teens, a 45-minute workshop session for adolescents, parents and teachers at the Impact 2018 Parent Conference, in Crystal City, Texas, February 2018.

Is My Teenager Depressed? Strategies for Compassionate Parenting, a 45-minute workshop session for adolescents, parents and teachers at the Impact 2018 Parent Conference, in Crystal City, Texas, February 2018.

Depression as a Family Affair: Healthy and Mindful Co-Existence, a 45-minute workshop session for adolescents, parents and teachers at the Impact 2018 Parent Conference, in Crystal City, Texas, February 2018.

River City Refuge: Mindfulness and Meditation Retreat, a day-long (six hours) intensive practice experience for all graduate students, alumni, guests and “friends-of-counselors.” The day-long retreat provided guidance and instruction for establishing and/or strengthening the personal mindfulness practices of the participants in San Antonio, Texas, February 2018.

Re-Envisioning Counselor Education and Training in the Border Region, a ninety-minute presentation (co-presented with Dr. Monica Gutierrez, Dr. Samuel Garcia and Counseling Graduate Students) for participants of the 61st Annual Texas Counseling Association Professional Growth Conference in Galveston, Texas, November 2017.

Gender Roles and Relationship Violence: Counseling Youth of Mexican Descent, a ninety-minute presentation (co-presented with Dr. Monica Gutierrez, Dr. Samuel Garcia and Counseling Graduate Students) for participants of the 61st Annual Texas Counseling Association Professional Growth Conference in Galveston, Texas, November 2017.

Counseling and the Neurosciences, a ninety-minute presentation (co-presented with Dr. Monica Gutierrez, Dr. Samuel Garcia and Counseling Graduate Students) for participants of the 61st Annual Texas Counseling Association Professional Growth Conference in Galveston, Texas, November 2017.

Substance Selections and Use-Associated Behaviors of Hispanic Adolescents in the South Texas Border Region, a two-hour workshop training on the purpose, research design and methods, statistical results and counseling implications of the data obtained from the 2016-2017 *Alcohol, Tobacco, and Other Drug Use Scale* for the Webb County Community Coalition, the Webb County Juvenile Justice Department, and Serving Children and Adults in Need (SCAN, Inc.) in Laredo, Texas, October 2017.

Unique Cultural Values of South Texas Border Communities: Essential Foundation for Substance Abuse Treatment, a ninety-minute presentation to the Texas Department of State Health Services Substance Abuse Prevention Specialists in San Antonio, Texas, August 2017.

Bringing Full Attention to the Present Moment: Mindfulness-Based Counseling for Children and Adolescents, a two-hour workshop training for the Rogue Valley-Siskiyou Professional School Counselors Association providing guidance and instruction for establishing and/or strengthening the personal mindfulness practices of the participants, Ashland, Oregon, May 2017.

Breathing for Sanity: Mindfulness Practices for Hispanic Counselors and Therapists, a ninety-minute workshop training for federal grant recipients and participants of the SAMHSA Targeted Capacity Expansion-HIV Training Conference in Rockville, Maryland, April 2017.

Maximizing Treatment Effectiveness for Bilingual Clients: Language Choice as Therapeutic Tool, a ninety-minute workshop training for federal grant recipients and participants of the SAMHSA Training Conference on Substance Use Disorder Treatment for Racial/Ethnic Minority Populations at High Risk for HIV/AIDS in Rockville, Maryland, April 2017.

The Authentic Counseling Practice: Embracing Cultural Richness and Integrity, a ninety-minute presentation (with Dr. Monica Gutierrez, Dr. Samuel Garcia and Counseling Graduate Students) for participants of the 59th Annual Texas Counseling Association Professional Growth Conference in Corpus Christi, Texas, November 2015.

The Future of Cutting-Edge Counseling: A Survey of Mindfulness-Based Approaches, a ninety-minute presentation (with Dr. Monica Gutierrez, Dr. Samuel Garcia and Counseling Graduate Students) for participants of the 59th Annual Texas Counseling Association Professional Growth Conference in Corpus Christi, Texas, November 2015.

PTSD and Clients of Mexican Descent, a ninety-minute presentation (with Dr. Monica Gutierrez, Dr. Samuel Garcia and Counseling Graduate Students) for participants of the 59th Annual Texas Counseling Association Professional Growth Conference in Corpus Christi, Texas, November 2015.

Maximizing Therapeutic Effectiveness: Counseling Bilingual Clients, a two-hour workshop training for participants of the Southern Oregon Counseling Association Fall Gathering in Medford, Oregon, September 2015.

Mindfulness Practices for Clients and Counselors, a two-hour workshop training for participants of the Southern Oregon Counseling Association Fall Gathering in Medford, Oregon, September 2015.

Language Choice as a Therapeutic Intervention: Strategies for Effective Bilingual Counseling and Supervision, a ninety-minute presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 58th Annual Texas Counseling Association Professional Growth Conference in Dallas, Texas, November 2014.

Empowering Hispanic Youth: Relationship Violence Among Adolescents of Mexican Descent, a ninety-minute presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 58th Annual Texas Counseling Association Professional Growth Conference in Dallas, Texas, November 2014.

Alcohol, Tobacco, and Other Drug Use Among Adolescents in the Border Region, a one-hour presentation to Webb County Community Coalition on the Statistical Results of the 2014 ATOD Survey in Laredo, Texas, October 2014.

LGBT Issues in the Mexican American Communities of South Texas, a ninety-minute student presentation for students and staff at Southwest Texas Junior College in Uvalde, Texas, February 2014.

Implications of DSM-5 on Diagnosing and Treating Children and Youth, a three-hour professional training (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 57th Annual Texas Counseling Association Professional Growth Conference in San Antonio, Texas, November 2013.

Secret Illness – Hidden Wounds: Diagnosing and Treating Male Clients of Mexican Descent with PTSD, a ninety-minute co-presentation (with Dr. Monica Gutierrez, Mr. Drew A. Russell, and Counseling Graduate Students) for participants of the 57th Annual Texas Counseling Association Professional Growth Conference in San Antonio, Texas, November 2013.

Tribal Tribulation, a ninety-minute co-presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 57th Annual Texas Counseling Association Professional Growth Conference in San Antonio, Texas, November 2013.

Let's Get Out of the Office: Home Based Counseling for Special Needs Children in South Texas, a ninety-minute co-presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 57th Annual Texas Counseling Association Professional Growth Conference in San Antonio, Texas, November 2013.

Alcohol, Tobacco, and Other Drug Use Among Adolescents in the Border Region, a one-hour presentation to Webb County Community Coalition on the Statistical Results of the 2013 ATOD Survey in Laredo, Texas, November 2013.

Self-Care for Caregivers: Mindfulness Strategies for Compassion Fatigue, a six-hour training for the administration, staff and mental health providers of the Boys' and Girls' Clubs of Calgary in Calgary, Alberta, October 2013.

DSM-IV-TR to DSM-5: Highlights, Sociopolitical Influences, and the War on Nonclinical Applications, a ninety-minute professional presentation for counselors and mental health workers for Mental Health Awareness Conference at Gateway Community Health Center in Laredo, Texas, October 2013.

LGBT Issues in South Texas, a ninety-minute student presentation for students and staff at Southwest Texas Junior College in Uvalde, Texas, October 2013.

Managing Anxiety and Stress with Mindful Self-Compassion, a two-hour professional development workshop for nurses, pharmacists, social workers, and medical technicians at the Mid-Columbia Medical Center in The Dalles, Oregon, July 2013.

Riding the Tides of Change: Mindful Aging, a two-hour presentation to counselors, therapists, social workers, and behavioral health nurses at Rossmoor Adult Community in Walnut Creek, California, July 2013.

Mindful Meditation Modeling: Calm Compassionate Counseling, a three-hour professional training and development workshop for counselors, therapists, and other mental health service providers of Serving Children and Adults in Need, Border Region Mental Health Center and Tropical Texas Behavioral Health Center in Zapata, Texas, June 2013.

The Many Applications of Mindfulness in Prevention, Intervention and Treatment, a three-hour training workshop for counselors, therapists, and prevention specialists with Serving Children and Adults in Need and Region One School Counselors in Laredo, Texas, May 2013.

Preparing for the Arrival of the New DSM-5: Cultural Specifications, a two-hour presentation for counselors and therapists with the PILLAR Program in Laredo, Texas, April 2013.

Bilingual Bibliotherapy: Applications to Children and Adolescents of Mexican Descent, a three-hour professional development and training workshop for counselors and therapists with the PILLAR Program and Region One School Counselors in Laredo, Texas, March 2013.

Mindfulness Practices and Counseling Strategies, a three-hour training workshop for counselors and therapists with the PILLAR Program in Laredo, Texas, March 2013.

Mindfulness-Based Counseling Strategies with Clients of Mexican Descent, a three-hour training workshop for counselors and therapists with Border Region Mental Health and Tropical Texas Behavioral Health Centers in McAllen, Texas, February 2013.

Gay and Lesbian Life in the Mexican American Culture of South Texas: Implications for Counseling, a ninety-minute co-presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 56th Annual Texas Counseling Association Professional Growth Conference in Galveston, Texas, November 2012.

Trauma-Informed Counseling of At-Risk Hispanic Youth in the Border Region, a ninety-minute co-presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 56th Annual Texas Counseling Association Professional Growth Conference in Galveston, Texas, November 2012.

Counseling and Curanderismo: A Curious Collaboration, a three-hour co-presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 56th Annual Texas Counseling Association Professional Growth Conference in Galveston, Texas, November 2012.

Texas Boom Towns of the 21st Century: Impact of the Eagle Ford Shale on Counseling and Mental Health, a ninety-minute co-presentation (with Dr. Monica Gutierrez and Counseling Graduate Students) for participants of the 56th Annual Texas Counseling Association Professional Growth Conference in Galveston, Texas, November 2012.

Promoting Alternative Thinking Strategies: Implementing Affective Education, two three-hour training workshops for elementary teachers and school counselors in the Laredo Independent School District and the United Independent School District, in conjunction with Serving Children and Adolescents in Need, in Laredo, Texas, September 2012.

Preparing “First Responders” in Mental Health Settings: A Training Workshop for Counselors and Paraprofessionals, a six-hour day-long workshop and training for staff and administration of PILLAR Counseling Consortium in Laredo, Texas, August 2012.

Evaluation Rigors: Taking Outcome Evaluation to the Next Level, ninety-minute presentation for the participants of the SAMHSA 2012 Homeless Programs Annual Grantee Conference: Resources for Treatment and Recovery – Enhancing Healthy Lives, Homes, and Communities in Washington, DC, August 2012.

Culturally Relevant Treatment for Homeless Individuals of Mexican Descent in the Border Region, a one-hour poster co-presentation (with Mr. Luis Flores and Mr. Enrique Manrique) for the participants of the SAMHSA 2012 Homeless Programs Annual Grantee Conference: Resources for Treatment and Recovery – Enhancing Healthy Lives, Homes, and Communities in Washington, DC, August 2012.

Integrated Treatment for Older Adolescents of Mexican Descent with Co-Occurring Trauma and Substance Abuse, a ninety-minute co-presentation (with Mr. Luis Flores) for the participants of the 2012 Joint Meeting on Adolescent Treatment Effectiveness in Washington, DC, April 2012.

Professional Growth and Development

- Attendance and Participation at ***Exploring the Great Landscape of Awareness: Insights from Neuroscience, Cognitive Science, and Buddhism*** a web-based teleconference event hosted and sponsored by the Upaya Zen Center, May 2020.
- Attendance and Participation at ***The Zen Brain: At the Intersection of Neuroscience and Meditation*** at the Upaya Zen Center in Santa Fe, New Mexico, February 2019.
- Attendance and Participation at the ***61st Annual Texas Counseling Association Professional Growth Conference*** in Galveston, November 2017.
- Attendance and Participation at the ***59th Annual Texas Counseling Association Professional Growth Conference*** in Corpus Christi, November 2015.
- Attendance and Participation at ***Mindfulness Training Tradition: Implications for Counseling and Psychotherapy in the 21st Century*** at the Upaya Zen Center in Santa Fe, New Mexico, March 2015.
- Attendance and Participation at the ***Southern Oregon Counseling Association Fall Gathering*** in Medford, Oregon, September 2015.
- Attendance and Participation at the ***58th Annual Texas Counseling Association Professional Growth Conference*** in Dallas, November 2014.
- Attendance and Participation at ***Synthesizing Neurological Science with Mindfulness-Based Counseling and Psychotherapy*** at the Upaya Zen Center in Santa Fe, New Mexico, March 2014.
- Attendance and Participation at the ***57th Annual Texas Counseling Association Professional Growth Conference*** in San Antonio, November 2013.
- Attendance and Participation in ***Hardwiring Happiness***, a one-hour professional training, by CMI Education Institute of Premier Educational Solutions Institute (PESI) in San Antonio, Texas, October 2013.
- Attendance and Participation in ***Tips and Tools to Get Your Clients Unstuck***, a one-hour professional training, by CMI Education Institute of Premier Educational Solutions Institute (PESI) in San Antonio, Texas, September 2013.
- Attendance and Participation at the ***Using the DSM-5 for Revolutionizing Diagnosis and Treatment***, a six-hour professional training, by CMI Education Institute of Premier Educational Solutions Institute (PESI) in San Antonio, Texas, April 2013.
- Attendance and Participation at ***Annual Engaged Buddhism and Mental Health Retreat and Seminar*** at the Upaya Zen Center in Santa Fe, New Mexico, February 2013.

- Attendance and Participation at **Annual Engaged Buddhism and Mental Health Retreat and Seminar** at the Upaya Zen Center in Santa Fe, New Mexico, February 2013.
- Attendance and Participation participants at the **56th Annual Texas Counseling Association Professional Growth Conference** in Galveston, Texas, in November 2012.
- Attendance and Participation at the **2012 SAMHSA Homeless Conference on Resources for Treatment and Recovery: Enhancing Healthy Lives, Homes, and Communities** in Washington on August 2012.
- Attendance and Participation at the **2012 Joint Meeting on Adolescent Treatment Effectiveness on Collaborating and Integrating to Support Youth and Families in an Era of Change** in Washington on April 2012.
- Attendance and Participation at the **Upaya Institute Training on Mindfulness Medication and Psychotherapy** in Santa Fe on October 2011.
- Attendance and Participation at the **Center for Substance Abuse Prevention 2011 Minority AIDS Initiative Institute on Sustaining the Vision by Making Substance Abuse and HIV Prevention Work** in Atlanta on August 2011.
- Attendance and Participation at the **Housing and Homelessness Conference on Leveraging Treatment and Recovery Services to Improve Our Systems of Care** in Baltimore on May 2011.
- Attendance and Participation at the **SAMHSA Adult Criminal Justice Treatment and Offender Reentry Program Conference** in Albuquerque on October 2010.
- Attendance and Participation at the **One SAMHSA Minority AIDS Initiative Institute on Connecting Communities to Resources** in Orlando on September 2010.
- Attendance and Participation at the **Prevention of Substance Abuse and Mental Illness Minority AIDS Initiative Institute** in Houston on June 2010.

Professional Affiliations and Memberships

- ☞ Mind Science Foundation
- ☞ American Mindfulness Research Association
- ☞ Texas Counseling Association
- ☞ Texas Association for Adult Development and Aging
- ☞ Texas Association for Counselor Education and Supervision
- ☞ Texas Association for Multicultural Counseling and Development
- ☞ Texas Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling
- ☞ Texas Mental Health Counselors Association
- ☞ Texas School Counselor Association
- ☞ Texas Counselors for Social Justice

University and Community Service

- ⊗ Served on Selection Committee for Psychology Faculty Member at Sul Ross State University Rio Grande College from May 2020 to July 2020.
- ⊗ Served as Coordinator of the Counseling Program in the Department of Education at Sul Ross State University Rio Grande College in Uvalde from August 2003 to March 2019.
- ⊗ Edited, Revised, Published and Distributed the **Counseling Program Handbook** each year in preparation for fall semester.
- ⊗ Co-coordinated (with Counseling Student Committee and Dr. Monica Gutierrez) the **2013 Annual Counseling Fiesta for Counseling Students and Alumni, The Year of the Awe-Inspiring Counselor**, in San Antonio in August 2013.
- ⊗ Co-coordinated (with Counseling Student Committee and Dr. Monica Gutierrez) the **2012 Counseling Fiesta for Counseling Students and Alumni** in San Antonio on July 2012.
- ⊗ Established the Initial Funds for the **Pedro Carrillo Memorial Scholarship** which is currently at approximately \$6000 on September 2013.
- ⊗ Served as Co-Advisor for the Counseling Graduate Student Club from September 2007 to date.
- ⊗ Served on the Master's Degree Comprehensive Examination Committees of all Counseling Graduates (approximately eight students per calendar year).
- ⊗ Served as the master of ceremonies for the **2011 Launch Day** for graduating seniors at Rio Grande College on December 2011.
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- ⊗ Co-coordinated (with Counseling Student Committee) the **2011 Counseling Fiesta for Counseling Students and Alumni** in San Antonio, Texas, on August 6, 2011.
- ⊗ Organized Graduate Student Attendance at the Texas Counseling Association Annual Professional Growth Conference to Austin, November 2009, 2010, 2011, 2012, 2013.
- ⊗ Co-ordinated (with Barbara McFadden) a One-Day Professional Counseling Conference, **Counselors Building Bridges in the Borderlands**, at Rio Grande College in Uvalde for regional area counselors and therapists on Friday, April 9, 2010.
- ⊗ Coordinated the **2010 Counseling Fiesta for Counseling Students and Alumni** in San Antonio, Texas, on August 21, 2010.
- ⊗ Organized Graduate Student Attendance at the Texas Counseling Association Annual Professional Growth Conference to Dallas, November 2009.

- ⊗ Provided Individual Consultation, Study Materials and a School Counseling TExES Practice Examination to all Students Preparing to Take the TExES Examination in School Counseling.
- ⊗ Provided Individual Consultation, Study Materials and an NBCC Practice Examination to all Students Preparing to Take the NBCC Examination in Counseling for licensure as an LPC.
- ⊗ Served as Director of Contemplative Arts for the San Antonio Shambhala Meditation Center, a nonprofit community service organization.