

Kathleen H. Driscoll, PhD, LCMHC, NCC, ACS

EDUCATION

Ph.D., The University of North Carolina at Greensboro (UNCG), May 2020, Counselor Education & Supervision, CACREP-accredited program
Cognate: Women and Gender Studies
Dissertation: Exploring the Effects of Personal Counseling on the Development of Counselors in Training

M.Ed/Ed.S, The University of Florida, December 2016, Clinical Mental Health Counseling, CACREP-accredited program

B.S., Virginia Tech, May 2014, Psychology

B.S., Virginia Tech, May 2014, Human Development

LICENSURE AND CERTIFICATIONS

- Licensed Clinical Mental Health Counselor – North Carolina (LCMHC #13682)
- National Certified Counselor (NCC #1058111)
- Approved Clinical Supervisor (ACS #4771)
- Yoga Alliance Registered Yoga Teacher (RYT 200)

ACADEMIC EXPERIENCE

Seattle University

College of Education, Seattle, WA.

Students: Masters' level, Environment: Virtual (V)

Assistant Clinical Professor: (September 2023 – present)

- Teach graduate level courses in Clinical Mental Health Counseling synchronously and asynchronously.
- Mentor and advise currently enrolled master's level students.
- Participate in academic committees and departmental initiatives associated with program development.

Wake Forest University

Department of Counseling, CACREP-accredited, Winston-Salem, NC.

Students: Masters' level, Environment: Virtual (V)

Practitioner Instructor: (August 2020 – December 2023)

- Clinically supervise students via group and triadic supervision, and teach graduate level courses in Clinical Mental Health Counseling synchronously and asynchronously.

Courses Taught:

- CNS 738 – Clinical Mental Health Practicum [*V* (x6)]
- CNS 744 – Clinical Mental Health Internship [*V* (x2)]
- CNS 771 – Clinical Mental Health Counseling [*V* (x1)]
- CNS 773 – Family Counseling [*V* (x1)]

Northwestern University

The Family Institute, The Center for Applied Psychological and Family Studies, Clinical Mental Health Counseling, CACREP-accredited, Evanston, IL.

Students: Masters' level, Environment: Virtual (V)

Affiliate Faculty Member: (April 2020 – December 2023)

- Clinically supervise students via group supervision and teach graduate level courses in Clinical Mental Health Counseling synchronously and asynchronously.

Courses Taught:

- COUN 411-6 – Psychodynamic Counseling – Individuals and Systems [*V* (x3)]
- COUN 422-6 – Foundations of Family, Marital, and Couple Counseling [*V* (x14)]
- COUN 480-7 – Methods II: Advanced Counseling Skills [*V* (x1)]
- COUN 486-6 – Reflective Practitioner Supervision I [*V* (x3)]
- COUN 487-6 – Reflective Practitioner Supervision II [*V* (x4)]
- COUN 488-6 – Reflective Practitioner Supervision III [*V* (x4)]
- COUN 489-6 – Case Conference Supervision I [*V* (x7)]
- COUN 490-6 – Case Conference Supervision II [*V* (x7)]
- COUN 491-6 – Case Conference Supervision III [*V* (x6)]

Bradley University

Education, Counseling, and Leadership Department, CACREP-accredited, Peoria, IL.

Students: Masters' level, Environment: Virtual (V)

Affiliate Instructor: (April 2020 – December 2023)

- Clinically supervise students via group and triadic supervision, and teach graduate level courses in Clinical Mental Health Counseling synchronously and asynchronously.

Courses Taught:

- ENC 530 – Grief and Loss [*V* (x1)]
- ENC 540 – Human Growth and Development [*V* (x2)]
- ENC 551 – Substance Abuse Counseling [*V* (x2)]
- ENC 586 – Counseling Diverse Populations [*V* (x3)]
- ENC 620 – Introduction to Counseling: Professional Orientation [*V* (x1)]
- ENC 621 – Career and Life Planning Across the Lifespan [*V* (x2)]
- ENC 622 – Counseling: Ethics and the Law [*V* (x1)]
- ENC 623 – Pre-Practicum [*V* (x1)]
- ENC 631 – Crisis Intervention Counseling [*V* (x3)]
- ENC 632 – Psychopharmacology in Counseling [*V* (x1)]
- ENC 640 – Supervision in Counseling [*V* (x1)]
- ENC 641 – Assessment Counseling [*V* (x1)]
- ENC 651 – Clinical Mental Health Counseling [*V* (x1)]
- ENC 654 – Consultation [*V* (x6)]
- ENC 661 – Couple and Family Counseling [*V* (x6)]
- ENC 690 – Practicum [*V* (x1)]
- ENC 691 – Internship [*V* (x1)]

University of Florida

School of Human Development and Organizational Studies, CACREP-accredited, Gainesville, FL.

Students: Undergraduate level, Environment: Traditional (T) and Virtual (V)

Adjunct Faculty Member: (January 2017 – present)

- Teach undergraduate courses in Human Development.

Courses Taught

- EDF 3132: The Young Adolescent [**T** (x1)]
- EDF 3135: The Adolescent [**V** (x11)]

Instructor of Record: (January – December 2016)

- Taught undergraduate courses in Human Development

Courses Taught

- EDF 3132: The Young Adolescent [**T** (x1)]
- EDF 3110: Human Growth and Development [**T** (x1)]

Lindsey Wilson College

School of Professional Counseling, CACREP-accredited, Columbia, KY.

Students: Masters' level, Environment: Virtual (V)

Adjunct Faculty Member: (April 2020 – July 2021)

- Taught graduate level courses in Clinical Mental Health Counseling.

Courses Taught:

- CHD 5033 – Counseling Theories and Techniques – Cognitive Behavioral [**V** (x1)]
- CHD 5023 – Counseling Theories and Techniques – Humanistic Affective [**V** (x2)]
- CHD 5313 – Psychopathology and Clinical Diagnosis [**V** (x1)]

University of North Carolina at Greensboro (UNCG)

Department of Counseling and Educational Development, CACREP-accredited, Greensboro, NC.

Students: Undergraduate level, Environment: Traditional (T)

Instructor of Record: (August 2019 – May 2020)

- Taught undergraduate courses in counseling related studies.

Courses Taught:

- CED 310 – Helping Skills [**T** (x2)]
- CED 392 – Love, Sex, and Relationships [**T** (x2)]

Students: Masters' level, Environment: Traditional (T)

Graduate Teaching Assistant: (August 2017 – May 2020)

- Facilitated graduate courses in clinical mental health counseling related studies.

Courses Facilitated:

- CED 605 – Counseling Diverse Populations [**T** (x1)]
- CED 610 – Helping Relationships [**T** (x1)]
- CED 620 – Counseling Theories and Practice [**T** (x1)]
- CED 653 – Practicum in Counseling: Group [**T** (x1)]
- CED 675 – Practicum in Counseling in Community Settings [**T** (x1)]
- CED 679 – Advanced Counseling Practicum [**T** (x1)]
- CED 680 – Counseling Internship [**T** (x2)]
- CED 687 – Diagnosis and Treatment Planning in Counseling [**T** (x1)]
- CED 691 – Advanced Clinical Seminar – Couples Counseling [**T** (x1)]

CLINICAL EXPERIENCE

Therapist

June 2019 – present

KHD Counseling, Virtual Practice

- Provide individual, family, and couples counseling services in a private practice setting (telehealth); clientele consists of adults and adolescents.
- Counsel from an integrative theoretical framework, primarily including Gestalt, person centered, existential, and trauma informed strengths-based theories and interventions.
- Coordinate marketing and promotional initiatives, website development, insurance billing, and administrative tasks for therapeutic services and business operations.

Extern Therapist

August 2018 – May 2019

Office of Counseling Services, High Point University, High Point, NC

- Provided individual counseling services for a diverse student body; common clinical concerns were relationships, identity development, life adjustments, and traumatic experiences.
- Piloted counseling services program reserved for athletes through a collaboration with the Athletic Department.

Intern Therapist

January 2018 – April 2018

Cone Behavioral Health Outpatient Hospital, Greensboro, NC

- Provided intensive outpatient group counseling services and individual counseling services.
- Aided in the development of the group counseling curriculum and manualized treatments.
- Participated in treatment team meetings with psychiatrists, nurses, social workers, and other hospital administrative staff.

Advanced Practicum Therapist

August 2017 – December 2017

The Nicolas A. Vacc Counseling and Consulting Clinic, UNCG, Greensboro, NC

- Provided individual counseling services to undergraduate students and community members.
- Provided clinical interventions for students processing trauma, stress, depression, anxiety, grief, relationships, and identity development.

Advanced Practicum/Internship Therapist

August 2016 – December 2016

The Counseling and Wellness Center, University of Florida, Gainesville, FL

- Provided individual counseling services to a diverse student body.
- Participated in outreach programming promoting student services, mental health awareness, and suicide prevention.

Volunteer Therapist

August 2015 – May 2017

The Alachua County Crisis Center, Gainesville, FL

- Served all of Alachua County and surrounding community members by providing individual, family, and couples counseling services.
- Participated in Care Teams (provided onsite counseling support to people who are in an immediate state of crisis).
- Volunteered with the crisis phone line to aid callers who need para-professional counseling services.

SCHOLARSHIP

Research Agenda: My research interests include person of the counselor issues, trauma focused therapies, counselor identity development, and humanistic clinical supervision approaches.

REFEREED PUBLICATIONS

- Borders, L.D., Wester, K.L., & **Driscoll, K.H.** (2020). Researcher development of doctoral students: Supports and barriers across time, *Counselor Education and Supervision*, 59(4), 251-327.

NATIONAL & INTERNATIONAL CONFERENCES

- **Driscoll, K.H.** *Exploring Counseling Trainees' Experiences in Therapy: How to Support and Encourage Trainees within the Clinical Training Environment.* Education Session presented at the American Mental Health Counselors Association (AMHCA) Conference in New Orleans, LA, June 2023.
- Northrop, J., **Driscoll, K.H.**, & Perry, R. *What's Next: Guidelines for Students and Emerging Professionals.* Panel Presentation presented at the American Mental Health Counselors Association (AMHCA) Conference in New Orleans, LA, June 2023.
- **Driscoll, K.H.** *Exploring the Effects of Personal Counseling on the Development of Counselors in Training.* Education Session presented at the Association for Humanistic Counseling (AHC) Conference in Denver, CO, May 2023.
- Lowman, M.G. & **Driscoll, K.H.** *Clinical Intervention & Application: Integrating Somatic Experiencing and TF-CBT.* Education Session presented at the American Counseling Association (ACA) Conference in Toronto, Ontario, Canada, March 2023.
- **Driscoll, K.H.** *Using the Person of the Therapist Supervision Training Model with Entry Level Counseling Students.* Poster presented at the Association for Counselor Education and Supervision (ACES) Conference in Seattle, WA, October 2019.
- **Driscoll, K.H.**, Austin, J.L., Blackstock, J.S., Cash, R.M., Morris, M.G. & Vaishnav, S. *A Day in the Life of a First Year Doctoral Student in Counselor Education.* Roundtable presented at the Association for Assessment and Research in Counseling (AARC) Conference in Richmond, VA, September 2018.

REGIONAL AND STATE CONFERENCES

- **Driscoll, K.H.** *Practicing What We Preach? Investigating Counselors Utilizing Personal Counseling Services.* Poster presented at the UNCG Graduate Research & Creativity Expo in Greensboro, NC, April 2019.
- **Driscoll, K.H.** & Morris, M.G. *Merging Somatic Experiencing & TF-CBT: Developing the Trauma Narrative.* Education Session presented at the Licensed Professional Counselors Association of North Carolina (LPCANC) Conference in Raleigh, NC, October 2018.

- Borders, L.D., Wester, K.L., & **Driscoll, K.H.** *Doctoral Students' Research Barriers & Supports: A Longitudinal Analysis*. Education Session presented at the Southern Association for Counselor Education and Supervision (SACES) Conference in Myrtle Beach, SC, October 2018.
- **Driscoll, K.H.** *The Mindful Therapist*. Poster presented at the UNCG Graduate Research & Creativity Expo in Greensboro, NC, April 2018.
- Lutton, S., **Driscoll, K.**, & Beale, S. *Creating a Compassionate Community: Counseling Improving the Treatment of Trauma*. Education Session presented at the Florida Counseling Association (FCA) Conference in Orlando, FL, October 2016.
- Regan, M., **Driscoll, K. H.**, Maddox, B. B., & White, S. W. *The Influence of Maternal Depression on Ratings of Child Depression*. Poster presented at the Virginia Psychological Association (VPA) Spring Convention in Norfolk, VA, April 2014.

RESEARCH TEAM EXPERIENCE

Research Apprenticeship

August 2017 – 2018

Department of Counseling and Educational Development, UNCG, Greensboro, NC

- Assisted in content analysis, coding, and data entry for a study involving research competencies in counselor education doctoral students.
- Assisted in data entry at the Nicolas A. Vacc Counseling and Consulting Clinic involving client mental health data and counselor competencies.
- Researched mindfulness-based counseling and interventions to yield and create a mindfulness course at UNCG.

Research Assistant

August – December 2016

The Counseling and Wellness Center, University of Florida, Gainesville, FL

- Assisted in The Suicide Awareness and Intervention Effort State Initiative through the recruitment of individuals for focus groups geared towards assessing suicide prevention initiatives on the University of Florida campus.
- Facilitated focus groups meetings and gathered qualitative data.

CONSULTATION

Professional Mentorship & Consultation

June 2022 – present

KHD Counseling, Virtual Practice

- Provide professional mentorship and consultation services to master's level students and practicing mental health professionals. Topics of focus are the blend of the personal and the professional as a counselor, theoretical orientation development, imposter syndrome, pursuing higher education, and private practice business development.
- Facilitate group and individual services (i.e., special topic presentations for group practices, clinical consultation groups, and one-on-one professional development meetings).

Internal Reading Consultant

June 2018 – August 2019

CACREP, Alexandria, VA

- Read and reviewed documentation submitted by graduate program applicants for CACREP accreditation or reaccreditation.

- Decided preliminary determinations and recommendations regarding decisions related to CACREP accreditation or reaccreditation.

SERVICE AND LEADERSHIP

ACADEMIC & PROFESSIONAL

Graduate Student and Emerging Professional Committee Member September 2022 – present
American Mental Health Counselors Association (AMHCA)

- Actively participate in monthly meetings where members discuss current happenings in their professional development as well as discuss ideas surrounding advocacy, development, and training for graduate students and new professionals.
- Contributed to group proposal for the AMHCA National Conference which focuses on a panel for graduate students to help prepare them for graduation, licensure, job search, and professional development.

Capstone Experience Mentor January 2022 – present
Northwestern University - The Family Institute, Evanston, IL

- Supervise and provide mentorship to master's level counseling students creating and completing their capstone project and presentation (their culminating academic experience).
- Facilitate the research process with students from start to finish (i.e., discuss and brainstorm research ideas, provide critical feedback, and provide support).

Silver Leadership Coach August 2018 – May 2019
UNCG, Greensboro, NC

- Mentored two students through the Silver Leadership Challenge, a unique leadership project that spans an academic year and facilitates undergraduate leadership, service, and the completion of an individualized leadership-based project.
- Fostered and maintained the mentor/mentee relationship through providing support, advising throughout the leadership-based project, and assisting in mentees' progress on their project throughout the semester.

Chi Sigma Iota Doctoral Student Track Representative June 2018 – May 2019
UNCG, Greensboro, NC

- Served as a liaison between Chi Sigma Iota's leadership team and current doctoral students.
- Responsible for doctoral student mentorship pairings, social events, workshops, and advocating for the needs of doctoral students.
- Instrumental in developing wellness-based activities for all counselor education students including monthly yoga classes and the creation of a meditation space in the department.

Chi Sigma Iota Awards Nomination Committee February 2019
UNCG, Greensboro, NC

- Selected by the leadership committee to work collaboratively with the nominations committee to select the best candidate for interdepartmental awards.
- Participated in the initiation and awards ceremony for Chi Sigma Iota.

RESEARCH

Ad Hoc Reviewer

June 2018 – May 2020

Journal of Counseling and Values

- Participated on a blind editorial panel and was responsible for editing and reviewing manuscript submissions.
- Provided feedback and comments to improve the quality of manuscripts.

COMMUNITY

Youth Group Leader

October 2014 – May 2017

The United Church of Gainesville, Gainesville, FL

- Facilitated Christian-based group discussion with elementary school age children.
- Worked with a team of youth group leaders to supervise children of all ages for activities, projects, and retreats.

Yoga4Youth Volunteer

May – August 2016

Milestone in the Making, Assessment & Intervention, Gainesville, FL

- Facilitated yoga classes for youth in the Gainesville community who experience social anxiety, depression, obsessive compulsive disorder, and anxiety.

Hotline Volunteer

June – December 2015

Alachua County Crisis Center, Gainesville, FL

- Provided empathetic support and assistance to callers in crisis or in need of emotional support.
- Supported callers in mobilizing resources for mental health, housing, physical health, and other services related to well-being.

Peer Educator

February 2012 – May 2014

Sexual Assault and Violence Education by Students, Virginia Tech, Blacksburg, VA

- Delivered presentations, conducted programs, and provided outreach to the Virginia Tech community about healthy relationships, gender-based violence, and sexual assault.
- Participated in the annual Virginia Tech Wear Red Day to create awareness of healthy intimate relationships between college students on campus.

Hotline Assistant Volunteer

September 2011 – December 2013

Raft Community Crisis Center, Blacksburg, VA

- Provided more than 300 hours of para-professional counseling in assisting, advising, and referring people in the community on personal issues and mental health needs.
- Provided empathy and problem solving skills for a variety of callers.

PROFESSIONAL MEMBERSHIPS

AHC Professional Member, (September 2022 – present)

ACES Professional Member, (June 2022 – present)

ACA Professional Member, (March 2022 – present)

AMHCA Emerging Professional Member, (March 2022 – present)

AARC Student Member, (July 2018 – 2020)

SACES Student Member, (July 2018 – 2020)
CSI Honor Society Member, (March 2015 – 2020)
LPCANC Student Member, (July 2018 – 2019)
FCA Student Member, (June 2016 – 2017)

AWARDS AND RECOGNITION

The Marian Pope Fellowship Award Recipient, (March 2020)
Chi Sigma Iota, UNCG, Greensboro, NC

The Kiser Scholarship Recipient, (August 2017 & August 2019)
UNCG, Greensboro, NC

The Norman & Maggie Nelson Scholarship for Counselor Education Recipient, (December 2015)
University of Florida, Gainesville, FL