

Connie E. Couch, PhD., LPC (CO)

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Education

December 2022

Doctor of Philosophy in Counselor Education and Supervision
(CACREP Accredited)

Dissertation “Animal-Assisted Interventions in Supervision:
A Collective Case Study”

Doctoral Minor: Applied Statistics and Research Methods

Emphasis Area: Child and Adolescent (Play Therapy)

University of Northern Colorado, Greeley, CO

December 2006

Master of Education, Community and Agency Counseling
(CACREP Accredited)

University of Montevallo, Montevallo, AL

May 2004

Bachelor of Science

Psychology

University of Montevallo, Montevallo, AL

Professional Credentials

Licensed Professional Counselor (LPC), Colorado (LPC.0014140) (Alabama LPC eligible/in progress)

EMDR Level 1 & 2 Trained

TF-CBT Trained (pursuing certification)

Play Therapy trained (pursuing Registered Play Therapist [RPT] credentialing/in progress)

Awards and Honors

Grant funded (\$400) Play Therapy Symposium: Innovation in Play Therapy, September 2018.

University of Northern Colorado and University of Wyoming Chi Sigma Iota Statewide/Regional
Networking Grant. (**Couch, C.**, Fall 2017).

Award recipient (\$200) Hutchinson-Lahman Travel Award (UNC Graduate Research Night), *Animal
Assisted Interventions in Supervision: A Case Study*. (**Couch, C.**, December 2017).

Award recipient (\$600) for UNC Graduate Student Association Travel Grant, highest scoring application.
(October 2017).

Outstanding Member for Rho Epsilon Chapter of Chi Sigma Iota. (AY 2016/17).

Selected as a top finalist for the Hutchinson-Lahman Travel Award (UNC Graduate Research Night). *Developmental and Personality Differences in Counselor Burnout* (Couch, C. & Hoffman, S., May 2017).

Selected as a top finalist for the Hutchinson-Lahman Travel Award (UNC Graduate Research Night). *Confirmatory Factor Analysis of a Measure of Capacity of Community-based Nonprofits* (Gittner, K., Matheny, L. M., Harding, J., & Couch, C., May 2017).

Graduate Dean's Scholarship, University of Northern Colorado (2014, 2015, 2016)

Outstanding Alumnus in Clinical Mental Health Counseling, College of Education, University of Montevallo. (Spring 2014)

Alabama Association of Addictions and Offenders Counseling (ALAAOC) Division Outstanding Member. (Fall 2011)

Presentations and Scholarly Works

Publications

Cureton, J. L., Clemens, E. V., Henninger, J., & Couch, C. (2021). Readiness of counselor education and supervision for suicide training: A CQR study. *Journal of Counselor Preparation and Supervision, 14*(3), 1.

Stewart, L., Johnson, A., Taylor, C. Bruneau, L., Couch, C., et. al., (2019). Position statement on emotional support animals. *Human-Animal Interactions in Counseling Interest Network of the American Counseling Association*, Alexandria, VA.

Lahman, M., Hancock, E., Alhudithi, A., Kincaid, T., Lafferty, M., Patchett, E., Lofton, L., Couch, C. (2018) Renga, research, reflexivity: Poetic representation. *Qualitative Inquiry, 1-4*.

Cureton, J, Clemens, E, Henninger, J, & Couch, C. (2018) Pre-professional suicide training for counselors: Results of a readiness assessment. *International Journal of Mental Health and Addiction, 1-14*.

Presentations (National)

Couch, C., Critchlow, C., Hauck, A, & Kershaw, S. (April 2018). *Developmental and personality differences in counselor burnout: A wellness perspective*. Poster, ACA – CSI Days, Atlanta, GA.

Couch, C. (October 2017). *Developmental and personality differences in counselor burnout*. Education Session, ACES, Chicago, IL.

Cureton, J., Henninger, J, Couch, C., & Clemens, E. (October 2017). *Readiness of counselor education and supervision to provide master's-level suicide training*. Education Session, ACES, Chicago, IL.

Ireland, L., Pergantis, P. & Couch, C. (March 2017). *Promoting counselor self-compassion & wellness through authentic leadership development*. Poster, ACA – CSI Days, San Francisco, CA.

Couch, C., Pergantis, S., and Cardona, B. (October 2015). *A look inside teaching social and cultural issues in counseling*. Poster presented at the Association for Counselor Education and Supervision Bi-Annual Conference, Chicago, IL.

Couch, C., Pergantis, S., and Cardona, B. (October 2015). *The last chapter: A roundtable discussion Examining barriers and best practices in facilitating multicultural awareness in CES programs*. Roundtable at the Association for Counselor Education and Supervision Bi-Annual Conference, Chicago, IL.

Presentations (Regional)

Puleo, S. G. and **Couch, C.** (November 2022). *Myths, misconceptions, and promises we can't keep*. Educational Session, ALCA, Mobile, AL.

Couch, C. and Daughhetee, C. (October 2018) *Autoethnography as method for facilitating researcher identity development*. Poster, SACES, Myrtle Beach, SC.

Couch, C. (October 2018) *Animal assisted interventions in supervision: A case study*. Poster, SACES, Myrtle Beach, SC.

Couch, C. and Hauck, A. (October 2018) *"Oh, the webs we weave": An ecological conceptualization activity for intersectional understanding*, Education Session, RMACES, Park City, UT.

Couch, C. and Stewart, L. (October 2018) *Animal assisted interventions (AAs) in counselor education and supervision*, Education Session, RMACES, Park City, UT.

Couch, C. and Daughhetee, C. (October 2016). *Resiliency and development across the counselor educator career lifespan*. Poster, SACES, New Orleans, LA.

Couch, C. and Henninger, J. (September 2016). *Consensual qualitative research: A methodology for reaching consensus through a team approach*. Educational Session, RMACES, Steamboat Springs, CO.

Cardona, B., Barritt, J., Branson, A., Schmidt, M., and **Couch, C.** (October 2014). *Sexuality matters: Challenges and solutions to support counselor educators and supervisors working with gender and sexual minorities*. Poster, RMACES, Jackson Hole, WY.

Presentations (State)

Weber, R. & **Couch, C.** (April 2017). *Virtual reality: Experiential workshop*. Presented at the eLearning Consortium of Colorado (eLCC) Annual Conference, Breckenridge, CO.

Weber, R. & **Couch, C.** (April 2017). *Virtual reality in higher education: Roundtable*. Presented at the eLearning Consortium of Colorado (eLCC) Annual Conference, Breckenridge, CO.

Couch, C. (2012). *Integrating Co-occurring treatment: Part 1 and Part 2*. Presented at 38th Annual Conference of the Alabama Council of Community Mental Health Boards on behalf of the Southern Coast Addiction Technology Transfer Center (SCATTC), Birmingham, AL.

Pomeroy, K, and **Couch, C.** (2009). *Creative techniques for engaging difficult clients*. Presented at Alabama Counseling Association Annual Conference, Birmingham, AL.

Presentations (Invited Lectures)

Couch, C. (2020). Guest lecturer: *Professional counseling career*. Western Colorado University, Gunnison, CO.

Couch, C. (2018). Guest Lecturer: *Counselor burnout and resiliency*. University of Colorado, Denver, CO.

Presentations (Institutional)

Couch, C. (December 2017). *Animal assisted interventions in supervision: A case study*. Poster Presentation at UNC Graduate Research Night, University of Northern Colorado, Greeley, CO.

- Hutchinson-Lehman Travel Award

Couch, C. & Hoffman, S. (May 2017). *Developmental and personality differences in counselor burnout*. Oral presentation for UNC Graduate Research Night, University of Northern Colorado, Greeley, CO.

- Hutchinson-Lehman Travel Award – presented at ACES, 2017

Gittner, K., Matheny, L. M., Harding, J., & **Couch, C.** (May 2017). *Confirmatory factor analysis of a measure of capacity of community-based nonprofits*. Session presented at UNC Graduate Research Night, University of Northern Colorado, Greeley, CO.

Patchett, E., Scott-Janda, E., & **Couch, C.** (May 2017). Family research. Poster presented at UNC Graduate Research Night, University of Northern Colorado, Greeley, CO.

Couch, C. (December 2016). Motivational interviewing and counselor burnout. Poster presented at UNC Graduate Research Night, University of Northern Colorado, Greeley, CO.

Mieras, L., Alhudithi, A., Alnasser, Y., & **Couch, C.** (May 2016). School culture in a replacement school. Session presented at UNC Graduate Research Night, University of Northern Colorado, Greeley, CO.

Couch, C. (April 2016). Bronfenbrenner's ecological theory and creative applications in higher education. Presented ("Lightening Presentation" and Poster) at the University of Northern Colorado Teaching and Learning Fair, Greeley, CO

Agency Trainings

Couch, C (2019, 2020, 2021) *Intro to play therapy*. In-person and virtual, Mental Health Partners, Longmont, Boulder, Lafayette, Broomfield, CO.

Couch, C. (2012). *Co-occurring disorders*. Presented at Mountain View Hospital, Gadsden, AL.

Professional Service

Current

SAFE ZONE Co-chair, University of Montevallo (2022-2023)

Previous

Steering Committee Chair of Humane Education with ACA Human Animal Interventions in Counseling (HAIC) Interest Network (2018-2020).

Animal Welfare Coordinator for RMACES, Park City, UT. (October 2018).

Board of Directors for the Animal Assisted Therapy Programs of Colorado (AATPC), Arvada, CO. (2017- 2018).

CSI, Rho Epsilon, Membership Chair and webpage developer. (2017-2018)

Volunteer service at the Colorado Play Therapy Association Annual Conference, Denver, CO (February 2017).

Wellness Forum. Developed program and grant application for the Chi Sigma Iota Chapter Development Grant. Awarded \$250 (Fall 2016).

RMACES Conference Proposal Reviewer for RMACES (March 2016).

Elected Treasurer of the St. Anne’s Home Junior Board, a women’s residential addiction rehabilitation program (2012-2013).

Elected Secretary for the Alabama Counseling Association (ALCA) (2012-2013).

Elected President of Alabama Association of Addictions and Offenders Counseling (ALAAOC), division of the Alabama Counseling Association (2011-2012).

ALAAOC Coordinator of “*Addiction 101*” (Continuing Education workshop) in collaboration with Southern Coast Addiction Technology Transfer Center other ALCA divisions. (2012).

Appointed as member of the Alabama Counseling Association (ALCA) review board for program proposals for annual conference (2011).

Served as reviewer for the Editorial Board for the Alabama Counseling Association Journal (2010-2011).

Elected Historian for ALCA Chapter IV (Jefferson and Shelby Counties) (2006-2007).

Guest Lecturer in Interventions in Family Crisis course (University of Montevallo) (2007, 2013).

Co-facilitator of Counseling Pre-Practicum course (University of Montevallo) (2007).

President of Chi Sigma Iota (Chi Chapter – University of Montevallo), (2005-2006).

Professional Academic and Clinical Experience

**NOTE: all clinical experiences included use of evidence-based practices, involved interdisciplinary consultation within the agency and community, required meeting documentation and billing standards for insurance and/or grant-funded programs.*

*Assistant Professor (Tenure Track)
Graduate Program in Counseling (CACREP Accredited)*

*University of Montevallo
Montevallo, AL (8/2022 – current)*

- Course instruction and practicum/internship supervision of students in field placements.

- Provide service and engage in scholarly activities across the program, department, and university.
- Course History
 - EDC 570 Career and Lifestyle Development
 - EDF 600 Applied Research in Education and Behavioral Science
 - EDC 541 Practicum in Counseling
 - EDC 586 Internship in Counseling
 - EDC 582 Advanced Internship in Marriage and Family Counseling

Adjunct Instructor

University of Montevallo

Graduate Program in Counseling (CACREP Accredited)

Montevallo, AL (1/2022-5/2022)

- Adjunct Instructor of graduate-level Professional Counseling courses
 - EDC 557 Crisis Intervention & Trauma Informed Counseling
 - EDC 541 Practicum in Counseling
 - EDC 581 Internship in Counseling

Adjunct Instructor

University of Northern Colorado

Main Campus and Extended Campus (CACREP Accredited)

Remote/virtual (8/2021-12/2021)

- Instructor of record for graduate-level Professional Counseling courses
 - APCE 607 Theories of Counseling
 - APCE 612 Practicum I (Extended Campus, Lowry)

Child and Adolescent Therapist (LPC)

Mental Health Partners

Longmont Child and Family Services

Longmont, CO (6/2019 – 9/2021)

- Provided individual, group, and family therapy to children and their families. Utilized Evidence Based Practices such as TF-CBT, DBT, EMDR, Motivational Interviewing, and Play Therapy. Developed and provided 1-day intra-agency training: Intro to Play Therapy.

Full-time Graduate Assistant (16-20 hours/week)

University of Northern Colorado

Center for the Enhancement of Teaching and Learning (CETL) and Office of Assessment

Greeley, CO

(2/2016-05/2019)

- Participated in CETL program development and assisted Teaching, Learning, and Assessment Faculty Fellows in developing CETL website materials and workshop content. Supported and participated in faculty learning communities/faculty development workshops focused on: Equity and Inclusion in the Classroom, Course/Program-level Assessment, Learning Theory, and Community Engaged Learning. Developed and presented faculty and staff workshops on a variety of topics for professional development (e.g., Introduction to Qualtrics, Communication Skills, Administrative Supervisor Training).

Graduate Assistant for APCE 612: Practicum (I) in Individual Counseling

(Fall 2017/Spring 2018)

Extended Campus, University of Northern Colorado, Weekend format (CACREP Accredited)

- Acted as one of several doctoral supervisors facilitating and supervising school counseling, couples and family, and clinical mental health students' first practicum experience (along with assigned faculty). Prepared and taught sections relevant to case conceptualization, reflexivity, diversity and intersectionality, and foundational counseling skills. Supervised individual sessions using recording technologies, provided formative and summative feedback to supervisees.

Graduate Assistant (10 hours/week)

University of Northern Colorado

Department of Applied Psychology and Counselor Education *Greeley, CO (8/2014-5/2015)*
Counselor Education and Supervision Program (CACREP Accredited)

- Outlined, reviewed literature, and developed manuscript in collaboration with assigned faculty. Assisted in preparation of course material and regional and national conferences with assigned faculty.

Therapist (LPC) *Alabama Psychiatric Services*
Adolescent Intensive Outpatient Program (IOP) *Birmingham, AL (1/2013 – 8/2014)*

- Provided intensive outpatient programming (MH, SUD, and Co-occurring) for Birmingham area for adolescent clients including individual and family counseling, crisis stabilization and hospitalization prevention, psychoeducation.

Substance Abuse Counselor II (LPC) *Beacon Addiction Treatment Center (UAB)*
Intensive Outpatient Program *Birmingham, AL (6/2010-1/2013)*

- Provided assessments (ASAM), group, individual, family counseling, case management, and chemical dependence education in outpatient substance abuse treatment setting in accordance federal, state, and insurance standards.

Substance Abuse Therapist (LPC) *Chilton-Shelby Mental Health Center*
Intensive Outpatient Program *Pelham, AL (2/2009-5/2010)*

- Provided assessments (ASAM), group, individual, and family therapy to adolescents in outpatient substance abuse treatment setting.

Outpatient Therapist (ALC) *Chilton-Shelby Mental Health Center*
Mental Illness Division *Pelham, AL (10/2007-2/2009)*

- Provided outpatient mental health services including individual, group, and family therapy to children, adolescents, and adults. Groups: Illness Management and Recovery, Co-occurring Disorders, Greif and Loss.

Contract Counselor (ALC) *Employee Assistance Services, (EAS)*
Birmingham, AL (5/2007-5/2008)

- Provided individual, couples, and family counseling services covering a variety of issues of clinical concern to employees and family members of companies that contract with EAS.

Intervention Counselor (ALC) *Glenwood, Inc.*
Community Resource Center *Birmingham, AL (4/2006-10/2007)*
Family and Community Services (FACS) Program

- Provided intensive in-home intervention counseling and case management to families of children and adolescents with mental illness and/or behavioral dysregulation. Services also included family, individual, and group counseling.

Professional Affiliations

Alabama Counseling Association, Member (Division membership: ALACES, ALSAIGE)
American Counseling Association (ACA), Member (ACES, ACC)
Association for Play Therapy (APT), Member
Alabama Play Therapy Association (ALAPT), Member
Rocky Mountain Association of Counselor Education and Supervision (RMACES), Member

Couch Curriculum Vitae – 11/2022

Southern Association for Counselor Education and Supervision (SACES), Member
Chi Sigma Iota, Rho Epsilon Chapter (CSI), Member
Colorado Association for Play Therapy (CAPT), Member