

## **VITAE**

**MELISSA ALVARADO, PhD, LPC-S**  
**ST. EDWARD'S UNIVERSITY**  
**SCHOOL OF BEHAVIORAL AND SOCIAL SCIENCES**  
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### **Educational Background**

August 2009	Texas A&M University-Corpus Christi ( <i>CACREP</i> ) Doctor of Philosophy Counselor Education and Supervision  Dissertation: "Confluence of Developmental Assets, Ethnic Identity, and Acculturative Stress on Thriving Among a Predominately Hispanic Population"
May 2006	University of Texas at San Antonio Master of Arts in Counseling Community and Agency Counseling
December 1999	Our Lady of the Lake University, San Antonio, TX Bachelor of Arts in Psychology Minor in Sociology Certificate in Violence Prevention and Intervention Certificate in Criminal Justice

### **Licenses/Certifications**

November 2006	Licensed Professional Counselor TX #62524
November 2009	Licensed Professional Counselor- Approved Supervisor
March 2011	American Red Cross Disaster Mental Health Certification
June 2015	Registered Yoga Teacher (RYT-200)
August 2019	EMDR Certification- Level 1- Basic Training

### **Academic Positions**

August 2022-present	Associate Professor, Tenured Department Chair Department of Counseling School of Behavioral and Social Sciences St. Edward's University
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August 2021-present	Associate Professor, Tenure-Track Department Chair (appointed Jan 2022) Department of Counseling School of Behavioral and Social Sciences St. Edward's University
August 2017- July 2021	Assistant Professor, Tenure-Track Internship Coordinator Masters in Counseling Program Office of Graduate Professional Studies St. Edward's University
August 2015- May 2017	Lecturer Texas State University Dept. of Counseling, Leadership, Adult Education and School Psychology Professional Counseling Program
October 2013- Dec 2020	Contributing Faculty Walden University College of Social and Behavioral Sciences Mental Health Counseling Program
August 2009- Dec 2013	Assistant Professor, Tenure-Track The University of Texas-Brownsville Department of Educational Psychology and Leadership Studies Counseling and Guidance Program
August 2011- Dec 2013	Clinic Coordinator Community Counseling Clinic The University of Texas-Brownsville Educational Psychology and Leadership Studies Counseling and Guidance Program
August 2011- Dec 2013	Field Experiences Coordinator The University of Texas-Brownsville Department of Educational Psychology and Leadership Studies Counseling and Guidance Program

### **Professional Clinical Positions**

September 2014- present	Professional Counselor Solo Private Practice Austin, TX San Antonio, TX
January 2014- August 2014	Professional Counselor San Antonio Counseling and Behavioral Center San Antonio, TX
March 2009- July 2009	Associate Psychologist II Nueces County MHMR- Youth Services Corpus Christi, TX
September 2008- August 2007	Counseling Supervisor Antonio E. Garcia Arts and Education Center, Texas A&M University-Corpus Christi Corpus Christi, TX
October 2006- February 2009	Counselor/Youth Specialist The Women's Shelter of South Texas Corpus Christi, TX
February 2002- July 2002	Case Manager Communities in Schools Kindred Elementary San Antonio, TX
June 2000- January 2002	Licensed Chemical Dependency Counselor Intern The Patrician Movement San Antonio, TX

### **Research Positions**

May 2010- Dec 2013	Researcher/Program Evaluator Camp COPE Dallas, TX (remote)
January 2007- August 2009	Graduate Research Assistant Department of Counseling Texas A&M University- Corpus Christi
September 2004- May 2006	Graduate Research Assistant Department of Social Work

## University of Texas at San Antonio

July 2002- Research Assistant  
 June 2004 Department of Psychiatry  
 University of Texas Health Science Center- San Antonio  
 San Antonio, TX

**Honors/Awards**

2022- Appointed Texas Counseling Association Parliamentarian  
 2021- Texas Counseling Associate (TCA) Distinguished Service Award  
 2020- Texas Counseling Association Educational Endowment Fund Award- \$500.00  
 2019-2020- Texas Counseling Association (TCA) Emerging Leader  
 2017- Association for Humanistic Counseling - Humanistic Clinician Award  
 2013- TCA Distinguished Service Award  
 2011, 2012- UTB Scholarship of Community Engagement Grant- \$500.00  
 2011- SACES Research and Best Practices Grant- \$500.00  
 2011- College of Education Dean's Competitive Travel Funds- \$600.00  
 2007, 2008, 2010- Volunteer Counselor with Camp C.O.P.E. - Invitation  
 2008- Texas Counseling Association Educational Endowment Fund Award- \$500.00  
 2006-National Hispanic Science Network on Drug Abuse Summer Institute Fellow

**Scholarly Work**Publications

**Alvarado, M.**, Lerma, E., Cavazos Vela, J., & Wright, A. (2019). Experiences of Spanish Speaking Counseling Students: Implications for the Profession. *The Journal of Counselor Preparation and Supervision*, 12(4), 1.

**Alvarado, M.** & Ricard, R. (2013). Developmental Assets and Ethnic Identify as Predictors of Thriving in Hispanic Adolescents. *Hispanic Journal of Behavioral Sciences*, 35, (4), 510-523.

**Alvarado, M.** & Gonzalez, P. (2013). Experiences in Service Learning Among Counselor Education Students. *VISTAS 2013*. Retrieved from <http://www.counseling.org/Resources/>

Oliver M., Ricard R., Witt K., **Alvarado, M.**, & Hill, P. (2010). Creating College Advising Connections: Comparing Motivational Beliefs of Early College High School Students to Traditional First-Year University Students. *National Academic Advising Association Journal*, 20, (1), 14-22.

Publications in Progress

**Alvarado, M.**, Wong, E. (under review). Exploration of Factors that Influence the Career Decisions of Mental Health Professionals. *Journal of Professional Counseling*.

**Alvarado, M.** (in progress). Integrating Creativity in Ethics Courses. Submitted to *The Journal of Creativity in*

Mental Health.

Grants- Not Funded

**Alvarado, M. (2022).** MAC Inclusive Excellence: Supporting Communities Through Intentional Inclusion in Graduate Training. Promoting Postbaccalaureate Opportunities for Hispanic Americans (PPOHA) Program- \$2,609,573.00.

**Alvarado, M.** Taylor, K., & Thornell, C. (2021). Rise Up Texas: Increasing cultural and linguistic competence in counseling. Health Resources and Services Administration -\$1,909,862.

National- Refereed Contributions

**Alvarado, M (2022).** Ethics and the Use of Technology in Counseling. *Southern Association for Counselor Education and Supervision Professional Conference*, Baltimore, MA.

**Alvarado, M.** (2021). Ethics is FUN! Integrating Creativity in Ethics Courses. Association for Counselor Education and Supervision Professional Conference, Atlanta, GA.

**Alvarado, M.** & Rothfelder, K. (2020) *#MeToo- Implications for the Profession*. American Counseling Association Conference, San Diego, CA, canceled due to COVID-19. *(student involvement)*

**Alvarado, M.** *Getting Creative with Self Care*. (2020). American Counseling Association Conference, San Diego, CA, canceled due to COVID-19.

Taylor, K. & **Alvarado, M.** (2020). *Responding to Suicide Meet-Up*. SXSW Festival, Austin, TX, canceled due to COVID-19.

Dosal-Terminal, D, Taylor, K., & **Alvarado, M.** (2020). *Bicultural Identity Development with Latino-American youth: Considerations for Group Work*. Association for Specialists in Group Work Conference, Dorado, Puerto Rico. *(student involvement)*

Taylor, K. & **Alvarado, M.** (2019). *Destigmatizing & Coping with Suicide Meet-Up*. SXSW Festival, Austin, TX.

**Alvarado, M.** & Taylor, Kerrie. (2019). *Sex Positivity: The What, Why, and How*. IAMFC World Conference, New Orleans, LA.

**Alvarado, M.** & Lerma, E. (2017). *Spanish Speaking Counseling: Best Practices and Implications for the Profession*. Association for Education and Supervision Conference, Chicago, IL.

**Alvarado, M.** (2016). *Put Your Oxygen Mask on First- Self Care in Counselor Education*. Southern Association for Counselor Education and Supervision Conference, New Orleans, LA.

**Alvarado, M.** (2015). *How Full is Your Bucket? Tools for Fostering Social and Emotional Wellness Among Children and Adolescents*. Association for Creativity in Counseling Conference, San Antonio, TX.

- Alvarado, M. & Lerma, E. (2014).** *Challenges Faced by Spanish Speaking Counseling Students: A Call to Action.* National Latino Psychological Association Biennial Conference, Albuquerque, New Mexico.
- Alvarado, M. & Lerma, L. (2013).** *But, I am Fluent in Spanish! Challenges faced by Spanish Speaking Student Counselors.* Association for Counselor Education and Supervision Conference, Denver, CO.
- Alvarado, M. (2012).** *Increasing Counseling Self Efficacy via Service Learning.* Southern Association for Counselor Education and Supervision Conference, Savannah, Georgia.
- Alvarado, M. & Ward, C. (2011).** *Understanding and Responding to Children and Adolescents of Deployed, Injured, and Fallen Service Members: What Counselor Educators Should Know.* Association for Counselor Education and Supervision Conference, Nashville, Tennessee.
- Ward, C., & Alvarado, M. (2011).** *The Few, The Proud, The Brave: Understanding and Helping Children and Adolescents of Deployed, Injured, and Fallen Service Members.* American School Counseling Association Conference, Seattle, Washington.
- Alvarado, M. & Ward, C. (2011).** *Kids Serve Too: An Overview and Evaluation of a Therapeutic Intervention for Children of Deployed and Injured Troops.* American Counseling Association Conference, New Orleans, Louisiana.
- Ward, C. & Alvarado, M. (2011).** *Understanding and Responding to Children and Adolescents of Deployed, Injured, and Fallen Soldiers.* American Counseling Association Conference, New Orleans, Louisiana.
- Alvarado, M. (2010).** *The Confluence of Service Learning on Student Perceptions, Beliefs, and Attitudes.* Southern Association for Counselor Educators and Supervisors Conference, Williamsburg, Virginia.
- Alvarado, M. (2009).** *Integrating Primary Prevention in Counselor Education: Moving Upstream Towards an End to Violence.* Association for Counselor Education and Supervision Conference, San Diego, California.
- Ake, L., Garza-Ortiz, M, Ward, C., & Alvarado, M. (2007).** *Attaining Social Justice for Immigrant Students* Association for Counselor Education and Supervision Conference, Columbus, Ohio.
- Alvarado, M., Ward, C., Ake, L., & Garza-Ortiz, M. (2007).** *Cultural Confusion? Making Sense of Cultural Variables within the Hispanic Population.* Association for Counselor Education and Supervision National Conference, Columbus, Ohio.

#### State-Refereed Contributions

- Alvarado, M. & Wong, E. (2021).** *Is Counseling Only for the Wealthy? Understanding the Behavioral Healthcare Shortage in Texas.* Texas Counseling Association Professional Growth Conference, Galveston, TX.
- Taylor, K. & Alvarado, M. (2021).** *Supervision best practice strategies for counseling site supervisors.* Texas Counseling Association Professional Growth Conference, Galveston, TX.

- Alvarado, M.** (2021). *Self-Compassion: Treating Yourself as You Would a Good Friend*. Presented at the Kaleidoscope of Counseling Virtual Conference.
- Alvarado, M. & Garcia, J.** (2021). TACES Legislative Committee Presents Advocacy & Legislative Updates. Presented at the Texas Association for Counselor Education and Supervision Midwinter Virtual Conference.
- Alvarado, M. & Dominguez, D.** (2020). *Supervising in a Social Unjust World*, Texas Association for Counselor Education and Supervision Winter Conference, San Antonio, TX.
- Alvarado, M. & Kipp, A.** (2018). *Boundaries: Helping Your Clients Draw the Line*. Texas Counseling Association, Dallas, TX.
- Alvarado, M., Lerma, E., Bolling, C.** (2017). *Tools for Fostering Emotional and Social Wellness Among Children and Adolescents*. Texas Counseling Association Professional Growth Conference, Galveston, TX. (student involvement)
- Alvarado, M.** (2016). *Self-Compassion: Treating Yourself as You Would a Good Friend*. Texas Counseling Association Professional Growth Conference, Dallas, TX.
- Alvarado, M.** (2015). *From Couch to Yoga Mat: Using Complementary Treatments in Mental Health Counseling*. Texas Counseling Association Professional Growth Conference, Corpus Christi, TX.
- Alvarado, M., Izo, C, & Mazariegos, A.** (2013). *Let's Talk About Sex: Exploring the Sexual Response Cycle and Sexual Dysfunction*. Texas Counseling Association Professional Growth Conference, San Antonio, TX. (student involvement)
- Alvarado, M.** (2013). *Responding to Military-Connected Students*. Texas Counseling Association Professional Growth Conference, San Antonio, TX.
- Alvarado, M.** (2012). *Posters, Presentations, Oh My!*. Texas Counseling Association Professional Growth Conference, Galveston, Texas.
- Alvarado, M.** (2011). *Calling All Graduate Students!! Are you Taking Good Care of Yourself?* Texas Counseling Association Professional Growth Conference, Fort Worth, Texas.
- Alvarado, M.** (2010). *Counseling Kids with Emotional and Behavioral Problems in the Schools*. Texas Counseling Association Professional Growth Conference, Austin, Texas.
- Alvarado, M.** (2009). *Answering the Call: A look at thriving among Hispanic adolescents*. Texas Counseling Association Professional Growth Conference, Dallas, Texas.
- Alvarado, M.** (2009). *Primary Prevention of Family and Sexual Violence: The role of school counselors*. Texas Counseling Association Secondary School Counselors Conference, Austin, Texas.
- Ricard, R, Oliver, M., & **Alvarado, M.** (2009). *Early College High School Students: What Everyone Should*

*Know*. Center for Educational Development, Evaluation, and Research Conference.

**Alvarado, M.,** Ricard, R., Witt, K., & Reeves, J. (2008). *Perceptions of Early College High School (ECHS) Students: What Counselors Should Know Part II*. Texas Counseling Association Professional Growth Conference, Houston, Texas.

**Alvarado, M. &** Ricard, R. (2007). *Perceptions of Early College High School (ECHS) Students: What Counselors Should Know*. Texas Counseling Association Professional Growth Conference, Corpus Christi, Texas.

**Alvarado, M., &** Day, R. (2007). *It Hurts When I See Mommy and Daddy fight: The Effects of Domestic violence on children*. Texas Counseling Association Professional Growth Conference, Corpus Christi, Texas.

### Local- Invited Contributions

**Alvarado, M. &** Hinojosa, C. (2020). *Mindful Education*. St. Martyr Mary Catholic School Teaching In-service. Austin, TX. (*student involvement*)

**Alvarado, M.** (2018). *Social Emotional Wellness in the Schools*. St. Louis King of France Church and School Faculty and Staff Development –Day of Learning. Austin, TX.

**Alvarado, M.** (2015). *Crisis and Trauma Response in the Schools*. Harlingen Consolidated School District Training. Harlingen, TX.

**Alvarado, M.** (2013). *Counselor Self Care*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

**Alvarado, M. &** Overton, T. (2013). *Promoting Success for Students with Disabilities in San Benito CISD*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

**Alvarado, M.** (2012). *Fostering Resilience among Students and Families*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

**Alvarado, M.** (2012). *Understanding and Responding to Children with Emotional and Behavioral Problems in the Schools*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

**Alvarado, M.** (2011). *Knowing What You Deserve: Understanding characteristics of healthy and unhealthy relationships*. UTB Women 4 Women Female Empowerment Retreat, Brownsville, Texas.

**Alvarado, M.** (2011). *Post Traumatic Stress Disorder: A Response to Sexual Assault*. 2<sup>nd</sup> Annual Conference on Violence Against Women In Brownsville, Brownsville, Texas.

**Alvarado, M.** (2010). *Love Shouldn't Hurt: A Look Into Teen Dating Violence*. 16th Annual Counselors'



Institute, South Padre Island, Texas.

**Alvarado, M.** (2010). *The Effects of Domestic Violence on Youth*. 16th Annual Counselors' Institute, South Padre Island, Texas.

## **Teaching Activities**

### Courses Taught:

#### ***St. Edward's University***

CNSL 6336 Assessment Techniques  
 CNCO 6318 Professional Orientation  
 CNCO 6363 Ethics and Legal Issues in Counseling  
 CNSL 6368 Internship I  
 CNCO 6355 Diversity in Counseling  
 CNSL 6367 Practicum  
 CNSL 6369 Internship II  
 CNEL 6332 Child & Adolescent Counseling  
 CNSL 6371 Crisis & Trauma Management

Graduate Faculty Advisor  
 Internship Coordinator (2017-2021)  
 Department Chair (spring 2022-present)

### Courses Taught:

#### ***Texas State University***

COUN 5305 Assessment in Counseling  
 COUN5350 Professional Orientation and Ethics  
 COUN 5389 Internship

### Courses Taught:

#### **Walden University**

COUN 6100 Introduction to Mental Health Counseling  
 COUN 6316 Techniques  
 COUN 6336 Crisis, Trauma, & Response  
 COUN 6306 Ethics and Legal Issues

### Courses Taught:

#### **University of Texas- Brownsville**

COUN 6365 Practicum  
 COUN6369 Internship I  
 COUN 6370 Internship II  
 COUN 6301 Introduction to Research Methods in Counseling

COUN 6349 Child and Adolescent Counseling  
COUN 6351 Crisis Counseling  
EDCI 4322 Human Development and Instruction  
COUN6347 Substance Abuse Counseling  
COUN6314 Psycho-Educational Assessment  
COUN 6310 Introduction to Counseling and Guidance

Supervision of Graduate Practicum and Internship Students- Spring 2010, Fall 2010, Spring 2011, Fall 2011, Fall 2012, Spring 2013, Summer 2013

Graduate Academic Advisor

*Special Assignments:*

Coordinator, University of Texas at Brownsville Community Counseling Clinic 2010-2013

Field Experiences Coordinator, Counseling and Guidance 2010-2013

**Service Activities**

*University*

Faculty Performance Evaluation Committee, Member -Fall 2022-current

Faculty Compensation Committee, Member- Fall 2021-current

Search Committee for Assistant Vice President of Faculty Diversity, Equity, & Inclusion Member- Spring 2021- St. Edward's University

Faculty Collegiality Committee Member, Fall 2020- Spring 2022- St. Edward's University

Ombuds/Grievance Committee Member, Fall 2019- St. Edward's University

IRB Committee Member, Fall 2018- Spring 2020- St. Edward's University

Collaborator, Campus Suicide Prevention Program- SAMSHA Grant funded, Fall 2011- December 2013- UTB

QPR Instructor, Campus Suicide Prevention Program, Fall 2011- December 2013- UTB

Volunteer Instructor, First Year Seminar (UNIV 1101) for Incoming Freshman, Fall 2011- UTB

Member, Campus Suicide Prevention Program Advisory Council, Spring 2011- December 2013-UTB

Consultant, University of Texas at Brownsville, Women 4 Women Female Empowerment Retreats sponsored by Student Health Services, Spring 2011- December 2013

Member, University of Texas- Brownsville Domestic Violence and Sexual Assault Issues Task Force, Spring

2010- December 2013

Member, Assessment committee member to evaluate First Year students and University retention, Spring 2009-Spring 2012- UTB

Collaboration with Counseling and Guidance faculty in the development of an advisement model for the University Advisement Center, Spring 2009- UTB

School/College

Member, St. Edward's University BSS Evaluation Committee, Spring 2022-current

Member, Collegiality Committee, Fall 2020- St. Edward's University

Member, Homecoming Committee, Spring 2020- St. Edward's University

Chair, NCATE Standard 3c Committee, Spring 2012- Fall 2012- UTB

Member, NCATE Standard 3 Committee, Spring 2012- Fall 2013- UTB

Chair, College of Education Distinguished Lecture Committee, Spring 2011- UTB

Officer (Member Representative), Phi Delta Kappa, Fall 2009-Fall 2010- UTB

Member, College of Education Distinguished Lecture Committee, Spring 2010- UTB

Department/Program

Chair, MAC Faculty Tenure Track Professor Search, Spring 2023

Chair, MAC Visiting Professor Search, Summer 2022

Member, MAC Clinical Assistant Professor/Internship Coordinator Search Committee, Spring 2022.

Chair, MAC Faculty Tenure Track Search Committee, Fall 2021-Spring 2022.

Member, MAC Clinical Assistant Professor/Clinic Director Search Committee. Fall 2021-Spring 2022.

Faculty Reviewer, Student Admission Interviews, Fall 2020-present- St. Edward's University

Volunteer Clinic Supervisor- Summer 2020- St. Edward's University

Faculty Reviewer, Student Admission Applications, Fall 2018-present- St. Edward's University

Tavera Program Champion, Summer 2019- present- St. Edward's University

Member, Counseling Faculty Search Committee, Fall 2019-Spring 2020- St. Edward's University

Chair, MAC Assessment Committee- Fall 2019-present- St. Edward's University

Member, Counseling Faculty Search Committee, Fall 2017-Spring 2018- St. Edward's University

Member, CACREP Committee, Fall 2017- present- St. Edward's University

Interim Program Coordinator, Counseling and Guidance, Fall 2012- UTB

Member, Counseling and Guidance Faculty Search Committee, Summer 2011-Spring 2012-UTB

Member, Educational Psychology Faculty Search Committee, Fall 2011- Spring 2012, Spring 2013-UTB

Member, NCATE Assessment Committee, Fall 2011- Spring 2012-UTB

Clinic Coordinator, Counseling and Guidance, Fall 2011- Fall 2013-UTB

Field Experiences Coordinator, Counseling and Guidance, Fall 2011- Fall 2013-UTB

Member, Special Education Faculty Search Committee, Spring 2011-UTB

Procter, Comprehensive Examinations- Spring 2010, Fall 2010, Spring 2011, Spring 2012-UTB

Member, Educational Psychology and Leadership Studies Welfare Committee, Fall 2009-Spring 2011-UTB

CACREP Committee, Counseling and Guidance, Fall 2009- Fall 2013-UTB

### Professional/Community

Program reviewer, Texas Association of Counselor Education and Supervision, program proposals, 2023

Program Reviewer, Texas Counseling Association program proposals, 2022

Program reviewer, Texas Association of Counselor Education and Supervision, program proposals, 2022

Program Reviewer, Texas Counseling Association program proposals, 2021

Member at Large- Supervisor, Texas Association for Counselor Education & Supervision, 2019-2022

Legislative Liaison, Texas Counseling Association for Counselor Education & Supervision, 2020-2021

Austin Police Department Crime Victims Office– Pro Bono Counselor, 2020-2021

Reviewer, Texas Counseling Association program proposals, 2020

Secretary, Capital of Texas Counseling Association, 2018-2020

Co- Chair, Texas Counseling Association Awards Committee, 2018-2020

Committee Member, Texas Counseling Association Awards Committee, 2017-2018

Committee Member, Texas Counseling Association Wellness Committee, 2015- 2016

Reviewer, Journal of Primary Prevention, 2014- present

Chair, Texas Counseling Association Graduate Student Involvement Committee, 2012-2013

Co-chair, Texas Counseling Association Graduate Student Involvement Committee, 2011-2012

Reviewer, Texas Association of Counselor Education and Supervision program proposals, 2011, 2012, 2019

Reviewer, Southern Association of Counselor Education and Supervision program proposals, 2010, 2012

Pro bono Counselor, UTB Community Counseling Clinic, Fall 2009- Fall 2013

Collaborator, Friendship of Women, Fall- 2009- Fall 2013

Collaborator, Cameron County United Way on RFP, *Strengthening Low Income Latino Families with Infants with Developmental Milestone Delays and Disabilities*, Fall 2009

Member, United Way Youth Substance Abuse Treatment Task Force, Fall 2009- 2013

Reviewer, Association of Counselor Education and Supervision program proposals, 2009

### Memberships

American Counseling Association

Association for Counselor Education and Supervision

Texas Counseling Association

Texas Association for Counselor Educators and Supervision

National Hispanic Science Network

Southern Association for Counselor Education and Supervision

International Association for Marriage and Family Counselors

Capital of Texas Counseling Association