

CURRICULUM VITA

EDUCATION

- 2017 **The College of William and Mary, Williamsburg, VA**
Doctor of Philosophy (Ph.D.): Counselor Education & Supervision
Cognate: *College Student Development*
Dissertation Title: *A Delphi Study Regarding How, Can, and Should Individual Psychology Demonstrate Efficacy and Effectiveness Given Evidence Based Practice Evaluation Standards.*
- 2013 **The University of Mississippi, University, MS**
Masters of Education (M.Ed.): Community Counseling
- 2011 **James Madison University, Harrisonburg, VA**
Bachelor of Science (B.S.): Psychology

LICENSURE & CERTIFICATIONS

- 2020 Licensed Clinical Professional Counselor (LC10829) State of Maryland
- 2016 Licensed Professional Counselor (License # 0701006908), Commonwealth of Virginia
- 2013 National Certified Counselor (Certificate #: 318463)

ACADEMIC POSITIONS

- 07/2018 - Present **Assistant Clinical Professor**
Johns Hopkins University, Baltimore MD
Academic appointment to teach graduate courses in the counselor education program with in the department of counseling and human services at the School of Education. Instructor for Internship in Clinical Mental Health Counseling (Lead), Psychopathology (Lead), Couples and Families, Theories of Counseling, and Ethics.

UNIVERSITY TEACHING EXPERIENCE

- 08/2013-05/2016 **Doctoral Teaching Internships**
College of William and Mary, Williamsburg, VA
Internship in Counseling Supervision (doctoral-level): 2016
Clinical Mental Health Counseling Internship (masters-level): 2014- 2016
Group Counseling (masters-level): 2014
Psychopathology (masters-level): 2014
Career Development Theory (masters-level): 2014
Supervised Practicum in Counseling (masters-level): 2014
Techniques of Counseling (masters-level): 2014

CLINICAL EXPERIENCE

- 10/2020 - Present **Licensed Clinical Professional Counselor**
Greater Baltimore Counseling Center
Provide direct counseling services in private practice in Baltimore Maryland. Provide counseling services to teenagers, college students, and adults. Specializing in college counseling, body image issues, anxiety, depression, learning disabilities, self-esteem issues and other mental health issues and diagnosis.
- 02/2018 - 07/2018 **Licensed Professional Counselor**
New Town Counseling Center, Williamsburg VA
Provide direct counseling services in private practice in Williamsburg Virginia. Provide counseling services to adolescents, college students, adults, and couples/families. Specializing in college counseling, eating disorders, anxiety, depression, learning disabilities, personality disorders, addictions, self-esteem issues and other mental health issues and diagnosis.
- 05/2017 - 02/2018 **Clinical Director**
Veritas Collaborative, Richmond VA
Develop and implement clinical programming across all levels of care (Partial Hospitalization Program and Intensive Outpatient Program) for both adult and adolescent individuals with eating disorder diagnosis and co-morbid disorders. Provide administrative and/or clinical supervision for psychotherapists, managers, and supervisors in clinical department. Participate in personnel decisions, including hiring, termination, and disciplinary actions. Assist with project management and program development, with an emphasis on implementation of best practices in the treatment of eating disorders and co-morbid conditions. Conduct trainings for clinical and non-clinical staff. Conduct intake assessments and provided individual therapy, group therapy, family therapy, case management services, and on-call for patients diagnosed with a primary eating disorder, frequently in conjunction with other co-morbid mental health and physical health concerns. Establish and implement policy and procedure related to clinical operations. Cultivate relationships with referral resources and community stakeholders. Attend and participate in treatment team meetings, peer supervision, therapist meetings, administrative meetings, and individual supervision. Maintain knowledge of best practices in the treatment of eating disorders and co-morbid conditions.
- 01/2015 - 1/2017 **Group Co-Facilitator, New Directions**
New Horizons Family Counseling, Williamsburg, VA
Facilitated a weekly group under a federal grant program; Lead and designed curriculum for elementary, middle-school, and high-school aged children's groups (5-10 members per group); Consulted with family counselors and parents; Group curriculum was designed to supplement the STEP program and promote moral development.

- 8/2014 - **Resident Counselor, New Horizon Family Counseling Center**
9/2016 *College of William and Mary, Williamsburg, VA*
Provided weekly individual and family counseling services to a diverse population of clients referred through local school divisions; Maintained accurate and current case documentation of clinical services; Conducted intake assessments; Developed and implemented treatment plans; Provided crisis intervention; supplied referrals and follow up services; Engaged in treatment collaboration and consultation with other members of client's treatment team (teachers, case managers, psychologist, psychiatrist etc.); Utilized a variety of evidence-based psychological interventions based on theoretical grounding to meet clients needs.
- 8/2013 - **Resident Counselor, New Leaf Clinic**
5/2016 *College of William and Mary, Williamsburg, VA*
Provided group-counseling services to college student athletes; Developed and implemented cognitive based intervention model to address substance abuse and team culture among specific Division I athletic teams; Maintained current and accurate case documentation; Conducted group member screening; Provided referrals and follow up service; Served as point-of-contact with coaches and team members in organizing team-counseling meetings.
- 09/2014 - **Eating Disorder Intervention Leader, Resilient Female Athlete Program**
05/2015 *College of William and Mary, Williamsburg, VA*
Co-led a grant-funded semester long voluntary group for Division I female athletes to promote resilience to eating disorder symptomatology; Group was developed through collaboration with student health and athletics administration; Group members developed a social media initiative as a result of participation in the resilient female athlete project.
- 8/2013 - **Resident Counselor, Office of Counseling Services**
5/2015 *Christopher Newport University, Newport News, VA*
Provided individual counseling services to self-referral and mandated Christopher Newport University students; Conducted intake assessments, diagnostic assessments, and developed individualized treatment plans to address a variety of presenting problems ranging in severity; Maintained accurate and current case documentation of clinical services: Utilized the DSM-IV-TR, and DSM-5 in diagnosing clients; Provided consultation to students, faculty, staff, parents, and the community; Provided walk-in crisis counseling; Collaborated with other staff counselors, psychologists and psychiatrists regarding client treatment; Applied a variety of brief psychological interventions and treatment models based on theoretical grounding and client needs.
- 8/2012 - **Team Founder, Eating Disorder Treatment & Awareness Team**
7/2013 *The University of Mississippi, University, MS*
Collaborated with university faculty, counseling center staff, and other graduate

students to found campus wide eating disorder treatment and awareness team; Developed programing to bring awareness of eating disorders to The University of Mississippi campus; Presented psychoeducational seminars concerning eating disorders to groups on campus; Developed campus wide collaborative treatment and support model; Participated in nonprofit panel discussion put on by “Southern Smash” as an eating disorder clinical specialist.

8/2012 -
7/2013

Intern, College Counseling Center

The University of Mississippi, University, MS

Conducted intake interviews, and provided individual, group, and crisis counseling services to self-referral and mandated University of Mississippi students; Maintained accurate and current case documentation of clinical services; Worked on-call to triage emergency clients; Lead the *Making Peace with Food* group that provided services for clients with disordered eating concerns on campus; Engaged in treatment collaboration and consultation with other members of client’s treatment team on campus (professors, case managers, psychologist, psychiatrist, dieticians, etc.); Served on the staff search and interview committee; Participated in data analysis for ongoing program evaluation of the counseling centers effectiveness.

8/2012 -
1/2013

Practicum Student, Haven House

Communicare, Oxford, MS

Provided individual, group, and family counseling services to clients in an in-patient substance abuse treatment facility; Presented psychoeducational trainings; Maintained current and accurate case documentation for counseling services.

LEADERSHIP & SERVICE

UNIVERSITY SERVICE:

Faculty Executive Committee Treasurer (2022- Present)

Chi Sigma Iota Student Mental Health and Wellness Faculty Advisor (2021-present)

CACREP Addendum Committee Member (2019-2021)

Finance Committee Member (2020 – present)

Faculty Training and Resource Group (2018 – Present)

Johns Hopkins University

Student Affairs Committee Member (2018 – 2022)

Johns Hopkins University – School of Education

Faculty Search Committee Co-Chair (2018)

Johns Hopkins University – School of Education (counseling and human services)

PROFESSIONAL SERVICE:

Publication and Theory Development Committee (2021-Present)

North American Society of Adlerian Psychology

Secretary (2016 – 2020):

North American Society of Adlerian Psychology

Adlerian Research Network Liaison to the Board Member (2016-2020):

North American Society of Adlerian Psychology

Editorial Board (2015 – 2016):

William & Mary Educational Review

Adlerian Counseling and Therapy Section Co-chair (2015 – 2016):

North American Society of Adlerian Psychology

Long Range Planning Committee Member (2014 – 2016):

North American Society of Adlerian Psychology

Emerging Leader (2014 – 2016):

North American Society of Adlerian Psychology

Public Relations Committee Member (2014 – Present):

North American Society of Adlerian Psychology

Eating Disorder Treatment and Awareness Team Founder (2012 – 2013):

The University of Mississippi

HONORS & AWARDS

Masters Student Excellence in Research Award (2013):

The University of Mississippi

Chi Sigma Iota – Epsilon Mu Chapter (2012):

The University of Mississippi & the College of William and Mary

Sigma Alpha Lambda National Honor Society (2010):

James Madison University

Phi Eta Sigma National Honor Society (2008):

Lynchburg College

SCHOLARLY ACTIVITY

Reviewer

- 2020 – **Editorial Review Board, The American Journal of Family Therapy**
Present Reviewed and edited submitted publications for inclusion in national journal.
- 2014 – **Editorial Review Board, William and Mary Educational Review**
2017 *College of William and Mary, Williamsburg, VA*
Reviewed and edited submitted publications for inclusion in regional journal.
- 2014 **Presentation Reviewer, Adlerian Counseling and Therapy Section**
Present *North American Society of Adlerian Psychology Annual Conference*
Collaborate with co-chair and member representatives of the Adlerian Counseling and Therapy Section to select conference presentations and section sponsored presentations for the North American Society of Adlerian Psychology annual conferences held in Philadelphia Pennsylvania, and Minneapolis Minnesota.

Publications

Travis, S. P. (2021) A Delphi Study: How, Can, and Should Individual Psychology Demonstrate Efficacy and Effectiveness Given Evidence-Based Practice Evaluation Standards?

Journal of Individual Psychology 77(1), 4-23. University of Texas Press.

- Xiong, Y., Bonner, M., **Travis, S.**, Xing, F., & Zhang, Q. (2021). International Counseling Students' Practicum Experience in a Counseling Program in the United States: A Phenomenological Study. *Journal of International Students*, 12(3).
- Newhart, S., **Travis, S. P.**, and Mullen, P.R. (2021), Factors Predicting Attitudes Toward Evidence-Based Practice Among College Counselors. *Journal of College Counseling*, 24: 194-209.
- Tuazon, V., **Travis, S. P.**, Honderich, E., Williams, A., Menefee, S., & Gressard, C. (2019). Drunkorexia: An Exploratory Investigation of College Students with Alcohol-Related Infractions. *Journal of College Counseling*.
- Travis, S. P.**, (2018). Why individual psychology needs to gain evidence-based status. *Journal of Individual Psychology* 74(3), 281-286. University of Texas Press.
- Greene, C. A., Williams, A. E., Harris, P. N., **Travis, S. P.**, & Kim, S. Y. (2016). Unfolding Case-Based Practicum Curriculum Infusing Crisis, Trauma, and Disaster Preparation. *Counselor Education and Supervision*, 55: 216–232.
- Booth, N. R., **Travis, S. P.**, Borzumato-Gainey, C., & Degges-White, S. (2013). Social involvement: Helping students find their place in campus life. In C. Borzumato-Gainey & S. Degges-White (Eds.). *College student mental health counseling: A developmental approach*, Thousand Oaks, CA: Sage.

Manuscripts and Research in Progress

- Travis, S. P.**, Lee, V.V., Pas, E. T. (Data Collection in Process). The Mental Health Needs of Children and Adolescents: A Scoping Study of Training, Practice, And Policy for Counseling Services in Schools.
- Newhart, S., Pohto, P., and **Travis S. P.** (Manuscript ready to be submitted). The experience of college counselors with evidence based practice.
- Miller, J. Jeon, L., and **Travis, S.** (Implementing Program, Data Collection). WellCheq Green School Project.
- Greene, C., **Travis, S.**, Gonzalez, I., and Olufotebi, A. (Research in Preparation). Investigation into Counseling Center Clinician's Experiences Receiving University Referrals to work with Student Offenders of Racist Incidents on Campus.
- Travis, S. P.** (Preparation). A delphi study to develop an objective and measurable definition of social interest. *Journal of Individual Psychology*.
- Travis, S. P.** (Revising Manuscript). Using Adlerian counseling to help college students develop a sense of belonging. *Journal of Individual Psychology*.

Travis, S. P. (Revising Manuscript). Impact of learning disabilities on students transitioning to college: A self-authorship perspective. *Journal of College Student Development*.

Professional Presentations

Xiong, Y., Bonner, M., and **Travis, S.** (Fall 2021). International Counseling Students' Practicum Experience in a Counseling Program in the United States: A Phenomenological Study. The Association for Counselor Education and Supervision Annual Conference (Virtual).

Miller, J. Jeon, L., and **Travis, S.** (Fall 2021) WellCheq Green School Teacher and Administrator Orientation.

Miller, J. Jeon, L., and **Travis, S.** (Fall 2021 WellCheq Green School Parent orientation.

Travis, S. P. (May 2019). How, Can, and Should Individual Psychology Demonstrate Efficacy and Effectiveness Given the Current Evidence Based Practice Evaluation Standards. North American Society of Adlerian Psychology Annual Conference, Tucson, Arizona.

Greene, C. A., **Travis, S. P.**, & Foster, V. A. (November 2017). Incorporating moral education in counseling with young children: Encouraging prosocial choices and behavior. Association for Moral Education, St. Louis, Missouri.

Tuazon, V., **Travis, S. P.**, & Honderich, E. (March 2017). Drunkorexia and College Students with Alcohol-related Consequences. American Counseling Association Annual Conference, San Francisco, California.

Travis, S., Tuazon, V., & Honderich, E. (October 2016). Drunkorexia: Eating and drinking behaviors of college students. Virginia Counseling Association Annual Conference, Williamsburg, Virginia.

Greene, C., Williams, A., & **Travis, S. P.** (March, 2016). "We thought you'd just tell us 'don't do drugs'": A substance abuse program for athletes. American Counseling Association Annual Conference, Montreal, Canada.

Harris, P., Greene, C., Williams, A., Kim, S., & **Travis, S. P.** (Oct. 2015). Say what? Recognizing microaggressions in group counseling case studies. Association of Counselors, Educators and Supervisors, Philadelphia, Pennsylvania.

Travis, S. P. (Oct. 2015). Invited lecturer: Adlerian Theory and Practice. Theories and Strategies of Counseling School-Aged Children. College of William and Mary.

Greene, C. & **Travis, S. P.** (June, 2015) My body, my ideal: Building resilience to EDs among college athletes through dissonance, connection, and empowerment. Eating Disorder in Sport Conference, St. Louis, Missouri.

Travis, S. P. (May, 2015). Increasing social interest in college students. North American Society of Adlerian Psychology Annual Conference, Philadelphia, Pennsylvania.

Travis, S. P. (March, 2015). Using Adlerian Psychology to Assist College Students in Developing a Sense of Belonging. William and Mary School of Education Research Symposium. Williamsburg, Virginia.

Travis, S. P., Greene, C., & Merlin, C. (Nov. 2014). From Glamorize to Empathize: Effective Programming for Eating Disorder Prevention and Awareness. Virginia Counseling Association Annual Conference. Williamsburg, Virginia.

Travis, S.P. (Oct. 2014). Invited lecturer: Adlerian Theory and Practice. Theories and Strategies of Counseling School-Aged Children. College of William and Mary.

Greene, C., Harris, P., Kim, S., **Travis, S. P.,** & Williams, A. (Oct, 2014). The case of Charlee: An experiential trauma-focused practicum. Southern Association for Counselor Education and Supervision Conference. Birmingham, Alabama.

Greene, C., & **Travis, S. P.,** (Oct, 2014). Motivating athletic team culture change around substance use. American College Counseling Association Annual Conference. San Antonio, Texas.

Magruder, J., Booth, N. R., Hankton, U. N., Pratt, C., **Travis, S. P.** (Nov, 2013). Using brief assessments. Mississippi Counseling Association Conference. Jackson, Mississippi.

Travis, S. P. (July, 2013). Development and analysis of an Adlerian eating disorder assessment. North American Society of Adlerian Psychology Annual Conference, San Francisco, California.

Travis, S. P. (June, 2012). An investigation of Adlerian models applied to eating disorders. North American Society of Adlerian Psychology Annual Conference, Atlanta, Georgia.

Grants

Travis, S. P., Lee, V.V., Pas, E. T. (July, 2019). “The Mental Health Needs of Children and Adolescents: A Scoping Study Of Training, Practice, And Policy for Counseling Services in Schools.” Sponsored by the Center for Safe and Health Schools Seed Grant Program. **\$10,000.00. (July 1, 2019 – June 30, 2020).**

PROFESSIONAL AFFILIATIONS

American Counseling Association (ACA) (2011 – present)

American College Counseling Association (ACCA) (2013 – present)

Association for Counselor Education and Supervision (ACES) (2014 – present)

North American Society for Adlerian Psychology (NASAP) (2012 – present)

Mid-Atlantic Adlerian Psychology Society (MAPS) (2013 – present)

South Carolina Society of Adlerian Psychology (SCSAP) (2015 – present)
Southern Association for Counselor Education & Supervision (SACES) (2014 – present)
Virginia Counseling Association (VCA) (2014 – present)