

## EDUCATION

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**Doctor of Philosophy, Counselor Education** **2019**

College of William & Mary (CACREP Accredited)

*Cognate:* Marriage and Family Therapy and College Counseling

*Dissertation title:* The Influence of Family Functioning on Social Competence, Social Support, and Mental Health among College Students

*Graduate Assistantship:* Dr. Patrick Mullen; New Horizons Family Counseling Center

**Master of Education, Educational Specialist, Counselor Education** **2016**

Clemson University (CACREP Accredited)

**Bachelor of Science, Psychology** **2014**

James Madison University

## CERTIFICATION AND LICENSURE

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**Licensed Clinical Professional Counselor (License No: LC12094)**

Maryland State Board of Professional Counselors and Therapists (2021 – Present)

## RELATED PROFESSIONAL WORK EXPERIENCES AND RESPONSIBILITIES

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**Interim Clinical Director of the Counseling Field Experience Office** **07/2025 – Present**

*Johns Hopkins University*

School of Education, Department of Counseling and Educational Studies

- Oversee practicum and internship field experiences to ensure alignment with CACREP standards and program goals.
- Supervise the Clinical Placement Administrator and coordinate student placements for Clinical Mental Health and School Counseling programs.
- Evaluate, approve, and maintain partnerships with field sites and site supervisors.
- Support students with placement processes and resolve field-related concerns.
- Manage Experiential Learning Cloud software to track placements, site approvals, and compliance documentation.
- Collaborate with faculty to align practicum and internship syllabi with program curricula.
- Oversee and monitor site agreements and MOUs to ensure timely approvals and renewals.

**Clinical Assistant Professor** **07/2020 – Present**

*Johns Hopkins University*

Baltimore, MD

School of Education, Department of Counseling and Educational Studies

- Core faculty member with primary responsibilities in teaching (3:3 load), advising 15 to 20 students, research, and service.
- Program lead for the Post-Master's Certificate and Certificate for Advanced Graduate Study.

**Staff Counselor** **12/2021- Present**

*Quality Connections Counseling*

Bel Air, MD

- Manage and maintain individual caseload of five to 10 clients.
- Conduct initial assessments of clients to identify presenting concerns.
- Develop treatment plans for individual clients.
- Provide individual counseling services to clients.
- Maintain clinical documentation regarding clients' treatment and referrals.

**Staff Counselor****05/2020 – 12/2021***Chesapeake Mental Health Collaborative*

Towson, MD

- Managed and maintained individual caseload of 10 to 15 clients.
- Conducted initial assessments of clients to identify presenting concerns.
- Developed treatment plans for individual clients.
- Provided individual counseling services to clients.
- Maintained clinical documentation regarding clients' treatment and referrals.
- Created and facilitated psychoeducational workshops.

**Group Therapist****06/2020 – 09/2020***Maryland Addiction Recovery Center*

Towson, MD

- Contracted to facilitate men's psychotherapy group for clients engaged in both intensive outpatient and residential treatment for substance use disorders.
- Maintained clinical documentation regarding individual and group progress in treatment.

**Lecturer****08/2019 – 06/2020***Johns Hopkins University*

Baltimore, MD

School of Education, Department of Counseling and Educational Studies

- Core faculty member with primary responsibilities in teaching (4:4 load) and advising 15 to 20 master's level students.

**Part-time Staff Counselor****11/2019 – 05/2020***Counseling Center, Loyola University of Maryland*

Baltimore, MD

- Conducted initial assessments with students to identify presenting concerns and provided treatment recommendations.
- Provided individual counseling services to a caseload of 15 to 20 clients.
- Maintained clinical documentation regarding clients' treatment and referrals.
- Received continuous clinical supervision from a Licensed Psychologist.

**Counseling Intern****01/2017 – 05/2019***New Horizons Family Counseling Center, William & Mary*

Williamsburg, VA

- Provided family therapy services to families in the Hampton Roads area.
- Engaged in clinical documentation and assessment of families.
- Collaborated with other counseling professionals to increase effectiveness of services.
- Created group curricula and facilitated grant-funded groups with children of families receiving NHFCC services.
- Received supervision from clinical directors.

**Resident in Counseling****11/2016 – 12/2017***Christopher Newport University, Office of Counseling Services*

Newport News, VA

- Provided individual counseling services to students.
- Conducted intake assessments and made treatment recommendations.
- Documented sessions and managed cases via Titanium Schedule.
- Received supervision from staff supervisor and faculty advisor.

**Counseling Intern****8/2015 – 4/2016***Clemson University, Counseling and Psychological Services*

Clemson, SC

- Provided individual and group counseling services.
- Conducted individual assessments of students and suggested treatment recommendations based on students' needs.
- Completed case notes and treatment plans.
- Received supervision from Licensed Psychologists and Doctorate Level Psychology Interns.
- Received continuous training through weekly staff meetings.
- Participated in ongoing evaluation of the counseling centers effectiveness.

**Direct Care Staff****1/2015 – 8/2015***New Foundations Home for Children*

Anderson, SC

- Supervised group home clients throughout the day.
- Assisted in resolving conflicts between clients.
- Conducted interviews and wrote incident reports related to client altercations.

**Counseling Practicum Intern****1/2015 – 4/2015***Marshall I. Pickens Hospital, Partial Hospitalization Program*

Greenville, SC

- Provided individual, group, and family counseling services in partial hospitalization and intensive outpatient settings.
- Conducted psychosocial assessments on initial admission to the program.
- Participated in treatment meetings with a multidisciplinary team of health professionals.

**Field Placement Intern****1/2014 – 5/2014***Batterers Intervention Program*

Harrisonburg, VA

- Facilitated and observed group sessions.
- Participated in court observation and advocacy.
- Conducted initial victim contact calls as well as follow up safety checks.
- Assisted in completing research protocols related to data collection projects.
- Conducted and observed initial program intakes.

**PUBLICATIONS****Refereed Articles in Professional Journals**

12. Newhart, S., Vaughn, C., & Sperandio, K. (2025). Experiential group curriculum for facilitating development among counselors in training. *Journal of Professional*

*Counseling: Practice, Theory & Research.*

<https://doi.org/10.1080/15566382.2025.2492532>

11. **Newhart, S.** (2024). Psychometric properties of the family adaptability and cohesion scale IV with college students in the United States. *Journal of Child and Family Studies*.  
<https://doi.org/10.1007/s10826-024-02922-y>
10. Gonzalez, I. A., **Newhart, S.**, Arcot, R. R., & Hudlin, M. (2024). “A weight to carry”: Experiences of master’s-level counseling faculty teaching a multicultural counseling course. *Journal of Multicultural Counseling & Development*.  
<https://doi.org/10.1002/jmcd.12307>
9. **Newhart, S.** (2023). Social predictors of psychological well-being and symptoms of college students. *Journal of American College Health*, 73(1), 267-280.  
<https://doi.org/10.1080/07448481.2023.2217717>
8. **Newhart, S.**, Travis, S., & Mullen, P. (2021). Factors predicting attitudes towards evidence-based practice among college counselors. *Journal of College Counseling*, 24(3), 194-209.  
<https://doi.org/10.1002/jocc.12191>
7. **Newhart, S.**, Pohto, P., & Mullen, P. (2021). A survey of demographic, professional, and clinical characteristics of clinicians in university counseling centers. *Journal of College Counseling*, 24(2), 98-114. <https://doi.org/10.1002/jocc.12179>
6. **Newhart, S.**, Mullen, P. R., Blount, A. J., & Hagedorn, W. B. (2020). Factors influencing publication rates among counselor educators. *Teaching and Supervision in Counseling*, 2(1), 45-59. <https://doi.org/10.7290/tsc020105>
5. Mullen, P. R., **Newhart, S.**, Haskins, N., Shapiro, K., & Cassel, K. (2019). An examination of school counselors’ leadership self-efficacy, programmatic services, and social issue advocacy. *Journal of Counselor Leadership and Advocacy*, 6(2), 160-173.  
<https://doi.org/10.1080/2326716X.2019.1590253>
4. **Newhart, S.**, Mullen, P. R., & Gutierrez, D. (2019). Expanding perspectives: Systemic approaches to college students experiencing depression. *Journal of Counseling & Development*, 97(3), 260-269. <https://doi.org/10.1002/jcad.12266>
3. Mullen, P. R., Gutierrez, D., & **Newhart, S.** (2018). School counselors’ emotional intelligence and its relationship to leadership. *Professional School Counseling*, 21(1b), 1-12.  
<https://doi.org/10.1177/2156759X18772989>
2. **Newhart, S.** (2018). Integration of learning in counselor education. *William & Mary Educational Review*, 6(1), 61-69. <https://scholarworks.wm.edu/wmer/vol6/iss1/5>
1. Sackett, C. R., **Newhart, S.**, Jenkins, A. M., & Corey, L. (2017). Girls’ perspectives of barriers to outdoor physical activity through photovoice: A call for counselor advocacy.

*Journal of Creativity in Mental Health*, 13(1), 2-18.  
<https://doi.org/10.1080/15401383.2017.1343166>

### **Manuscripts in Preparation or Submitted for Peer-Review**

Burt, I., Muratori, M., **Newhart, S.**, Bonner, M., & Young, A. (2025). *Gatekeeping vs. money in counselor education programs, which one wins?* [Manuscript submitted for publication]. Department of Counseling and Educational Studies, Johns Hopkins University.

**Newhart, S.**, Gonzalez, I., & Threatt, N. (2024). *Exploring anti-racist action among counseling students: A multicultural study of counselor education programs.* [Manuscript submitted for publication]. Department of Counseling and Educational Studies, Johns Hopkins University.

**Newhart, S.**, Gonzalez, I., & Threatt, N. (2024). *Psychometric evaluation of the resistance against racism scale with counselors in training.* [Manuscript in preparation]. Department of Counseling and Educational Studies, Johns Hopkins University.

**Newhart, S.** (2024). *Who Belongs? Examining institutional and sociodemographic predictors of student belonging* [Manuscript submitted for publication]. Department of Counseling and Educational Studies, Johns Hopkins University.

Pohto, P. A., **Newhart, S.**, Travis, S., & Sackett, C. (2022). *College and university counselors' experience of evidence-based practice* [Manuscript in preparation]. Department of Counseling and Educational Studies, Johns Hopkins University.

### **Invited Contributions**

1. Scott, D. A., Black, A. C., Lewis, E., & **Newhart, S.** (2017). Homelessness. In J. Carlson & S. Dermer (Eds.), *The SAGE Encyclopedia of Marriage, Family, and Couples Counseling*. (pp. 784-787). Thousand Oaks, CA: SAGE Publications.

### **PROFESSIONALLY REFEREED PRESENTATIONS**

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#### **International**

26. Sackett, C., **Newhart, S.**, Jenkins, A., & Cory, L. (2016, March 30-April 3). *Counselor advocacy on youth outdoor physical activity: Perspectives via photovoice* [Poster presentation]. American Counseling Association Annual Conference, Montreal, QC, Canada.

#### **National**

25. Burt, I., Muratori, M., **Newhart, S.**, Bonner, M., & Young, A. (2025, October 8-12). *Upholding the integrity of a program through gatekeeping: How to navigate conversations with administrators* [Panel]. Association for Counselor Education and Supervision, Philadelphia, PA, United States.

24. **Newhart, S., & Gonzalez, I.** (2025, October 8-12). *Psychometric evaluation of the resistance against racism scale with counselors in training* [Poster presentation]. Association for Counselor Education and Supervision, Philadelphia, PA, United States.
23. **Newhart, S., & Pohto, P.** (2025, January 30-February 2). *Predictors of a sense of belonging among university students* [Poster presentation]. American College Counseling Association Annual Conference, New Orleans, LA, United States.
22. **Pohto, P., & Newhart, S.** (2024, February 23-25). *Considerations for process groups in college counseling centers* [Poster presentation]. American College Counseling Association Annual Conference, Orlando, FL, United States.
21. **Newhart, S.** (2023, March 2-5). *College and university counselors' experience of evidence-based practice* [Poster presentation]. American College Counseling Association Annual Conference, Savannah, GA, United States.
20. **Newhart, S. & Pohto, P. A.** (2022, February 17-19). *Factors predicting attitudes towards evidence-based practice among college counselors* [Poster presentation]. American College Counseling Association Annual Conference, Las Vegas, NV, United States.
19. **Newhart, S.** (2021, October 7-10). *Evaluating the practical and empirical validity of the IDM* [Poster presentation]. Association for Counselor Education and Supervision, Atlanta, GA, United States.
18. **Arcot, R., Gonzalez, I., Newhart, S.** (2021, October 7-10). *Incorporating multicultural training leaders (MTL) into a multicultural counseling course* [Conference session]. Association for Counselor Education and Supervision, Atlanta, GA, United States.
17. **Newhart, S.** (2020, February 28-March 1). *The influence of family functioning on social competence, social support, and mental health among college students* [Poster presentation]. American College Counseling Association Annual Conference, Washington, DC, United States.
16. **Mullen, P., Denney, A., & Newhart, S.** (2019, March 28-31). *Job stress and burnout among college counselors and student affairs professionals* [Poster presentation]. American Counseling Association Annual Conference, New Orleans, LA, United States.
15. **Newhart, S.** (2019, February 7-10). *An exploration of current trends, attitudes, and implementation climate towards evidence-based practice among college counselors* [Poster presentation]. American College Counseling Association Annual Conference, San Diego, CA, United States.
14. **Mullen, P., Haskins, N. H., & Newhart, S.** (2018, April 26-29). *School counselors' leadership self-efficacy, delivery of services and advocacy* [Poster presentation]. American Counseling Association Annual Conference, Atlanta, GA, United States.

13. Mullen, P., & **Newhart, S.** (2018, February 22-25). *Job stress, burnout, job satisfaction, and turnover intentions among college counselors and student affairs professionals* [Poster presentation]. American College Counseling Association Annual Conference, Charlotte, NC, United States.
12. **Newhart, S.**, & Mullen, P. (2018, February 22-25). *The meaningful system: Application of family systems theory in college counseling centers* [Conference session]. American College Counseling Association Annual Conference, Charlotte, NC, United States.
11. **Newhart, S.**, & Pignato, L. (2018, February 2-3). *IDM-G: A developmental model addressing experiential groups in counselor training* [Conference session]. Association for Specialists in Group Work Annual Conference, Savannah, GA, United States.
10. Sackett, C., & **Newhart, S.** (2017, October 4-8). *Collaborating with master's students on research and scholarly writing: A worthwhile endeavor* [Conference session]. Association for Counselor Education and Supervision Annual Conference, Chicago, IL, United States.
9. **Newhart, S.**, & Vaughn, C. (2017, October 4-8). *Current approaches and limitations to the assessment of counseling supervisee competencies* [Conference session]. Association for Counselor Education and Supervision Conference, Chicago, IL, United States.
8. Mullen, P., Blount, A., Hagedorn, W. B., & **Newhart, S.** (2017, March 16-19). *Counselor educators' preferred qualities of candidates for faculty positions* [Poster presentation]. American Counseling Association Annual Conference, San Francisco, CA, United States.

### **Regional**

7. **Newhart, S.**, Gonzalez, I., & Threatt, N. (2024, November 7-10). *Exploring anti-racist action among counseling students: A multicultural study in counselor education* [Conference session]. Southern Association of Counselor Education and Supervision Conference, Addison, TX, United States.
6. Gonzalez, I., Arcot, R., **Newhart, S.**, & Hudlin, M. (2022, November 3-5). *Experiences of faculty teaching a graduate-level multicultural course in a counseling program* [Poster presentation]. Southern Association of Counselor Education and Supervision Conference, Baltimore, MD, United States.
5. Vaughn, C., & **Newhart, S.** (2018, October 11-13). *Development of a measure of intervention skills in counselor education students using the IDM* [Poster presentation]. Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, SC, United States.

### **State**

4. Pignato, L., & **Newhart, S.** (2018, November 8-9). *IDM-G: A developmental model addressing experiential groups in counselor training* [Conference session]. Virginia Counseling Association Annual Convention, Norfolk, VA, United States.

3. **Newhart, S.** (2017, February 25). *Are you Freudian? Why psychodynamic theory is relevant in contemporary counseling practice* [Conference session]. Virginia Association for Counselor Education and Supervision Graduate Student Conference, Norfolk, VA, United States.
2. Mullen, P., & **Newhart, S.** (2016, November 10-11). *The application of motivational interviewing to enhance students' academic engagement* [Conference session]. Virginia Counseling Association Annual Conference. Williamsburg, VA, United States.
1. **Newhart, S.** (2015, February 26-28). *Borderline personality disorder: Considerations in the college student population* [Poster presentation]. South Carolina Counseling Association Annual Conference, Hilton Head, SC, United States.

## TEACHING EXPERIENCE

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### **Johns Hopkins University**

- ED 861.507 – Counseling Techniques
- ED.861.609 – Diagnosis in Counseling
- ED 861.713 – Advanced Treatment Approaches
- ED 863.603 – Couple and Family Therapy
- ED.863.630 – Addictions Counseling I: Theory and Approaches
- ED 863.681 – Research and Evaluation for Counselors
- ED 863.870 – Practicum in Clinical Mental Health Counseling
- ED 863.875 – Internship in Clinical Mental Health Counseling

### **College of William & Mary**

- EDUC C32 – Theories of Counseling and Psychotherapy, Master Instructor of Online Course
- EDUC 624 – Theory and Practice of Multicultural Counseling, Master Instructor of Online Course
- EDUC 647 – Doctoral Internship in Supervision, Teaching Intern
- EDUC F65 – Research Methods in Education, Teaching Intern
- EDUC 627 – Marriage and Family Counseling, Teaching Intern
- EDUC C32 – Theories of Counseling and Psychotherapy, Teaching Intern
- EDUC C34 – Group Theory and Techniques, Group Facilitator
  - Created and facilitated a developmentally focused curriculum for master's students in counselor education
- EDUC 645 – The Counselor and Psychopathology, Teaching Intern
- EDUC C24 – Supervised Practicum in Counseling, Teaching Intern
- EDUC 624 – Theory and Practice of Multicultural Counseling, Teaching Intern
- EDUC C33 – Techniques of Counseling, Teaching Intern

### **Camp Launch, College of William & Mary**

- Created and facilitated a classroom curriculum based on psychosocial development with

middle school students identified as gifted and from low socioeconomic backgrounds (Summer, 2018)

## **SUPERVISION EXPERIENCE**

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### **Johns Hopkins University**

- Group and triadic supervision of master’s level clinical mental health counseling students throughout their practicum and internship experiences

### **College of William & Mary**

- Group supervision of doctoral level students in counselor education providing supervision to master’s level counseling students
- Individual and group supervision of master’s level clinical mental health and school counseling students throughout their practicum experience

## **FUNDED GRANTS**

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**Newhart, S.** “2024 Pitch Grant,” Sponsored by Johns Hopkins University School of Education, \$500. (2024).

**Newhart, S.** “2023 SACES Research Award. Sponsored by the Southern Association for Counselor Education and Supervision, \$500. (2023).

Gonzalez, I., & **Newhart, S.** “2021 Pitch Grant,” Sponsored by Johns Hopkins University School of Education, \$1,500. (2021)

**Newhart, S.,** & Mullen, P. “2017-2018 ACCA Research Grant,” Sponsored by American College Counseling Association, \$500. (2018).

**Newhart, S.,** & Vaughn, C. “2017 SACES Research Grant,” Sponsored by Southern Association for Counselor Education and Supervision, \$500. (2017).

Mullen, P., Haskins, N., & **Newhart, S.** “2016-2017 Excellence in Counseling Research Grant,” Sponsored by Chi Sigma Iota, Counseling Academic and Professional Honor Society International, \$1,200. (2017).

**Newhart, S.** “Graduate Student International Travel Grant, American Counseling Association Annual Conference,” Sponsored by Eugene T. Moore School of Education at Clemson University, \$1,000. (2016).

## **SERVICE**

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### **Editorial Board**

Reviewer, Journal of Counseling & Development	2020 to 2026
Reviewer, Journal of College Counseling	2018 to 2021

### **Professional**

ACES Proposal Reviewer, Atlanta	2021
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SACES Proposal Reviewer, Baltimore	2020
ACA Proposal Reviewer, San Diego	2020
ACCA Emerging Leader Grant Reviewer	2019
ACCA Nominations & Elections Committee	2019
ACA Assistant Volunteer Coordinator, New Orleans	2019
ACES Proposal Reviewer, Seattle	2019
ACCA Research Committee Member	2018 to 2022
SACES Student Volunteer, Myrtle Beach	2018
SACES Program Reviewer, Myrtle Beach	2018
ASGW Proposal Reviewer, Savannah	2018
ASGW Student Volunteer, Savannah	2018
ACA Public Policy & Legislation Committee Member	2017 to 2018
ACES Student Volunteer, Chicago	2017
ACA Student Volunteer, San Francisco	2017
ACA Student Volunteer, Montreal	2016
SCCA Student Volunteer, Myrtle Beach	2015

### **University**

JHU SOE Academic Innovation Working Group	2024
JHU SOE Faculty Executive Committee Parliamentarian	2022 to 2024
JHU SOE Vice Dean Search Committee Member	2022
JHU SOE Faculty Position Search Committee Co-Chair	2021
JHU SOE Student Affairs Committee	2020 to 2022
Chi Sigma Iota Research Committee Faculty Advisor	2020 to Present
Site Supervisor Professional Development Training	2020
JHU Counseling Program Webinar for Potential Students	2020
CACREP Accreditation Team	2019 to 2021
JHU Applicant Interviews	2019 to Present

### **PROFESSIONAL MEMBERSHIPS**

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American College Counseling Association (ACCA)	2017 to 2024
Association for Counselor Education and Supervision	2017 to Present
American Counseling Association (ACA)	2015 to 2024
Virginia Counselors Association (VCA)	2017 to 2018
Chi Sigma Iota (CSI)	2015 to 2017
<ul style="list-style-type: none"> <li>• Chi Upsilon Chapter President, 2015 - 2016</li> </ul>	
South Carolina Counseling Association (SCCA)	2015 to 2016

### **HONORS AND AWARDS**

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W&M School of Education Award for Excellence	2019
ACCA Emerging Leader Grant	2019
VCA Pete Warren Graduate Student Fellow	2017
Order of Omega	2013
Psi Chi	2013