

**CURRICULUM VITA**  
**Cyndi H. Matthews, PhD, LPC-S, NCC**  
**Department of Psychology, Counseling, & Special Education**  
**Texas A&M University-Commerce**  
**cynthia.matthews@tamuc.edu**

**Education**

**Doctorate of Counselor Education (CACREP Accredited) 2012**

*Texas A&M University-Commerce, Commerce, TX*

Dissertation topic: Counseling Second Generation Cult Survivors

Minors: Multicultural/Diversity Studies (18 hours), Psychology (21 hours);

Marriage & Family Therapy (18 hours)

(4.0 GPA)

**Master of Science, Counseling (CACREP Accredited) 1996**

*Texas A&M University-Commerce, Commerce, TX*

Specialty: Community Counseling

Graduated with Honors (4.0 GPA)

**Master of Organizational Behavior 1989**

*Brigham Young University, Provo, UT*

Specialty: Business Management; Gender & Cultural Diversity

Graduated with Honors (3.8 GPA)

**Bachelor of Science Human Resource Development, Second Major: Psychology**

*Brigham Young University, Provo, UT*

Graduated Cum Laude (3.6 GPA)

**Credentialing**

Licensed Professional Counselor – Supervisor (LPC-S), Texas, License #64495

National Certified Counselor #298169

**Academic Appointments**

**Adjunct Professor Jan. 2013**

**Classes Taught: Career Counseling, Counseling Developmental Processes & Strategies**

*University of North Texas-Dallas*

- Developed course content including literature and other materials
- Provided regular lecturing in graduate level coursework
- Facilitated practical application of course content
- Evaluated student understanding and practical development

**Adjunct Professor** Nov. 2012

**Classes Taught: Multicultural Counseling, Crisis Counseling**

*Walden University, Online University*

- Developed, maintained, and evaluated online course content
- Evaluated student understanding and practical development of counseling material

**Adjunct Professor** Fall 2012

**Classes Taught: Psychology and Sociology of Diverse Populations; Introduction to Psychology; Master's Counseling Theories; Master's Counseling Diverse Populations; Counseling Internship for Master's Students**

*Texas A&M University-Commerce, Commerce, TX*

- Developed course content including literature and other materials
- Provided regular lecturing in graduate and undergraduate level coursework
- Facilitated practical application of course content
- Evaluated student understanding and practical development

**Graduate Assistantship Researcher** 2011

*Texas A&M University-Commerce, Commerce, TX*

- Conducted qualitative research concerning Second Generation Cult Recovery
- Interviewed former cult recovery victims
- Transcribed and analyzed qualitative data into themes and categories

**Graduate Teaching Assistant: Main Lecturer** 2008 – 2009

**Classes Taught: Group Leadership; Home and Family Living**

*Texas A&M University-Commerce, Commerce, TX*

- Developed course content including literature and other materials
- Provided regular lecturing in undergraduate level coursework
- Facilitated practical application of course content
- Evaluated student understanding and practical development

**Group Counseling Facilitator for Master's Level Group Counseling Class** 2008 - 2009

*Texas A&M University-Commerce, Commerce, TX*

- Facilitated group counseling sessions for master's level counseling students during their group course
- Led discussions regarding stress, anxiety, depression, relaxation, etc.

**Graduate Assistant for Master's Level Counseling Pre-Practicum Class** 2009

*Texas A&M University-Commerce, Commerce, TX*

- Supervised, evaluated, and gave feedback to counseling trainees in Master's Counseling Program in practice laboratory setting

**Teaching Assistant, Fundamentals of Organizational Behavior** 1988-1989

*Brigham Young University, Provo, UT*

- Instructed Organizational Behavior students in organizational skills and group dynamics
- Facilitated practical application of course content
- Evaluated student understanding and practical development

## **Teaching Experience: Courses Taught**

### **University of North Texas-Dallas**

**Counseling 5670: Developmental Processes & Strategies.** This course involves learning the principles and practices of human development as they relate to counseling processes and strategies.

**Counseling 5470: Career Development and Information Resources:** This course includes a survey of career development and counseling with emphasis on the occupational, career, and educational information services.

### **Walden University**

**Counseling 6723: Multicultural Counseling.** Students are provided with the opportunity to increase their knowledge of multicultural counseling and the delivery of psychological services as well as related skills needed in professional practice. Students explore diversity and identity issues and discuss their impact on the therapeutic relationship.

**Counseling 6145: Trauma and Crisis Counseling.** Students learn the fundamentals of crisis management and crisis leadership in counseling. They develop and understanding of the theories and models related to crises, disasters, and other events caused by trauma. Students also learn about ethical, legal, and diversity considerations in crisis and trauma response.

### **Texas A&M University-Commerce, Commerce, TX**

**Counseling 522: Counseling Diverse Populations.** This course emphasizes the development of knowledge, skills, and attitudes for more effective counseling with persons different from the counselor regarding characteristics such as culture, race, gender, sexual orientation, physical disability, and religious preference.

**Counseling 510: Counseling Theory and Techniques.** This course includes the study of major counseling theories, basic helping skills, and applications to diverse populations.

**Counseling 409: Group Leadership.** This course focuses on the literature on groups, group dynamics, and leadership. The class offers personal experiences in individual growth through group participation.

**Counseling 414: Home and Family Living.** This course focuses on the functional study of modern family with special attention to roles, marriage preparation and partner selection. Emphasis on marital adjustment and other essentials of successful home and family life. Examination of current, relative issues of human relations including family planning, sex education, divorce, communications, and marriages under special circumstances.

**Psychology 310: US Psychology and Sociology of Diverse Populations.** This course examines the factors that determine group and cultural identity in the context of the diversity

that exists in the US populations. Examination of group and cultural identity include ethnicity and race, class and socioeconomic status, gender and sexual orientation, language, religion, age, geography, and education.

**Psychology 2301: Introduction to Psychology.** This course is intended to provide an overview of topics involved in the study of psychology. In particular, the goal of the course is to give a basic understanding of the principles and theories of psychology, as well as various applications of this information to our everyday lives.

### **Brigham Young University – Provo, UT**

**Organizational Behavior 321: Fundamentals of Organizational Behavior.** This course focuses on organizational behavior at three levels: individual, group, and organizational. Motivation, communication, rewards, leadership, conflict, decision making, organizational structure, performance evaluation, and organizational change are also explored.

### **Clinical Counseling Experience**

**Licensed Professional Counselor - Supervisor** 2012-present  
*New Horizon Counseling, McKinney, TX*

- Counsel individuals, couples, and families regarding a variety of issues including stress, anxiety, depression, PTSD, sexual abuse, gender identity, and relationship issues.

**College Counselor** 2011-2012  
*Texas A&M University-Commerce Student Counseling Center, Commerce, TX*

- Counseled students and couples with personal and academic issues including stress, anxiety, gender identity, anger, depression, PTSD, sexual abuse, relationship issues, and schizophrenia
- Led counseling groups on issues such as stress management, sexual orientation, women in transition, communication skills, transgender identity, non-traditional student issue
- Chaired Safe Spaces – Ally Committee: Coordinated a campus wide initiative to bring Safe Spaces/Zone Training to faculty, staff, and students
- Led a cross-departmental team consisting of faculty, staff, and students
- Developed and evaluated training for campus-wide Safe Spaces Program
- Trained faculty, students, and staff on creating Safe Spaces for LGBT population
- Conducted psychological assessments with Counseling Center clients: MMPI-II, ADHD Adult Inventory, Beck Depression Inventory, Beck Anxiety Inventory, Beck Suicidal Ideation Inventory, CCAPS 32 & 64 (Counseling Center Assessment), SASSI (Substance Abuse), Eating Disorder Inventory
- Led and coordinated assessment committee by reviewing psychological assessments and choosing psychological assessments for use by counseling staff with clients
- Oversaw and implemented bi-weekly professional development and bi-weekly consultation meetings regarding clients with counseling staff
- Implemented outreach strategies with students and staff at the university including training for different departments, and student groups; de-stress fest; freshman success classes; health and wellness fair, etc.

- Designed and Presented training classes/sessions: Time Management, Stress/Anxiety Management, Parenting Skills, Math Anxiety, Creating LGBTQ Safe Spaces on Campus
- Coordinated and maintained staff calendar for all outreach activities

**College Counselor, Graduate Assistant** 2009 - 2011

*Texas A&M University-Commerce Student Counseling Center, Commerce, TX*

- Counseled students and couples with academic and personal issues including stress, anxiety, gender identity, anger, depression, PTSD, sexual abuse, relationship issues.
- Led counseling groups on issues such as stress management, sexual orientation, women in transition, communication skills, etc.
- Co-led weekly professional development for Counseling Staff at the center
- Coordinated and implemented outreach strategies with students and staff at the university
- Conducted training classes/sessions with students on campus (e.g., time management, stress management, parenting skills, etc.)

**Individual and Marriage and Family Counselor** 2008 – 2009

*Texas A&M University-Commerce Community Counseling Clinic*

- Counseled individuals with a variety of personal problems (i.e., PTSD, rape/abuse victims, depression, schizophrenia, anxiety, dementia, borderline, stress, gender identity, and sexual orientation)
- Counseled families and couples experiencing marital problems and parenting difficulties

**Individual and Group Counselor** 2008

*Youth First Texas, Dallas, TX*

- Counseled adolescents dealing with depression, anxiety, drug, and abuse issues
- Counseled gay, lesbian, and bisexual adolescents through the coming-out process
- Facilitated groups dealing with eating disorders and body image issues

**Counseling Intern** 1994-1996

*Mesquite Community Hospital, Mesquite, TX*

- Counseled inpatients one-on-one dealing with depression, drug and alcohol abuse, suicidal ideation, and physical/sexual abuse
- Facilitated small and large counseling groups dealing with alcohol/drug abuse, physical/sexual abuse, and depression

**Professional Experience**

**Safe Spaces/Zone: Chair, Ally Committee** 2011 – 2012

*Texas A&M University-Commerce, Commerce, TX*

- Safe Spaces/Zone is an initiative designed to support and embrace Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) students
- Coordinate a campus wide initiative to bring Safe Spaces/Zone Training to college campus
- Lead a cross-departmental team consisting of faculty, staff, and student leaders, and students
- Write and evaluate training for Safe Spaces appropriate for college campus
- Train faculty, students, and staff on creating Safe Spaces for LGBT population

**Substitute Teacher for Elementary and Middle Schools** 2004 – 2008  
*Garland Independent School District, Garland ISD*

**Instructor** 2006 – 2008  
*Church Education System, Dallas, TX*

- Instructed adults on effective living principles and practices
- Planned and prepared weekly lessons

**Instructor** 2002 – 2006  
*Church Education System, Dallas, TX*

- Instructed teenagers daily on effective living principles and practices
- Planned and prepared daily lesson materials
- Utilized computer technology to prepare and Present lesson materials

**Owner, Operator, and Distributor** 1994-1997  
*Children's Delights, Dallas, TX*

- Owned and operated small business which manufactured and sold children's toys and hair-bows

**Organizational Effectiveness Specialist** 1990-1991  
*Production Employee Involvement Department*

General Dynamics (now Lockheed Martin), Fort Worth, TX

- Led project to establish adult literacy program in production department
- Taught employee courses on Leadership, Problem-solving skills, and Job-Enrichment to management and employees
- Designed, implemented, and taught courses on group process and total quality management to production department workers

### **Peer Reviewed Publications**

Matthews, C. (2012). *Second generation adult former cult group members' recovery experiences: Implications for counseling*. Proquest. (Dissertation)

Matthews, C., & Salazar, C. F. (2012). An integrative, empowerment model for helping lesbian, gay, and bisexual youth negotiate the coming-out process. *Journal of LGBT Issues in Counseling*, 6, 96-117.

### **Publications Under Peer Review**

Matthews, C. H., & Salazar, C. F. (under review) Second generation adult former cult group members' recovery experiences: Implications for counseling. *International Journal for the Advancement of Counselling*.

## **Non-Peer Reviewed Publications & Assessments**

Matthews, C. (2013). Supporting marriage equality. *Texas Association for Marriage and Family Counseling Newsletter, 1*.

Matthews, C. (2013). Premarital/Relationship Assessment. An 80 item premarital relationship assessment inventory to be used in marriage and couples counseling. *New Horizons Center for Healing*.

## **Research in Progress**

Matthews, C., & Salazar, C. F. *Domestic violence in conservative fundamentalist Christian homes*.

Matthews, C. *Second generation adult former cult members' recovery experiences: Social Advocacy Counseling*.

Matthews, C. & Salazar, C. F. *Transgender counseling: Applying the LGB model to transgender clients*.

Matthews, C. *Finding spirituality after the cult*.

Matthews, C. *LGB experiences in fundamentalist religious organizations: Counseling implications*.

## **Professional Presentations**

### **National and International**

Matthews, C. (2012, October). *An integrative model for helping lesbian, gay, and bisexual college students negotiate the coming-out process: Empowerment and advocacy*. Presentation at the annual conference of the American College Counseling Association. Orlando, FL.

Matthews, C. (2012, July). *Second generation cult survivors: Implications for counselors*. Presentation at the annual International Cultic Studies Association. Montreal, Canada.

Matthews, C. (2012, July). *Second generation cult survivors: Implications for counselors*. Presentation at the International Centre for Comparative Criminology (ICCC) of the Université de Montréal, and l'Association Québécoise Plaidoyer-Victimes. Montreal, Canada.

Duncan, D., Duncan, W., Koshatka, M., & Matthews, C. (2012, July). *Spiritual manipulation in pseudo-Christian cults: A panel discussion with former members*. Presentation at the annual International Cultic Studies Association. Montreal, Canada.

Matthews, C., & Salazar, C. F. (2010, March). *An integrative model for helping lesbian, gay, and bisexual youth negotiate the coming-out process: Empowerment and advocacy*. Presentation at the annual conference of the American Counseling Association. Pittsburg, PA.

Matthews, C., & Salazar, C. F. (2010, February). *A model for helping LGB youth negotiate the coming-out process: Exploring its use in groups*. Presentation at the national conference of the Association for Specialists in Group Work. New Orleans, LA.

Even, T., Matthews, C., & Timeteo, M. (2008, March). *An objectives-based evaluation of student perceptions of effectiveness of an experiential group counseling component for training master's level counselor*. Presentation at the national conference of the Association for Assessment in Counseling and Education. Dallas, TX.

### **Regional and Local**

Matthews, C. (2013, November). *Counseling former cult and high intensity faith group members*. Presentation at the annual conference of the Texas Counseling Association. Austin, TX.

Matthews, C., & Aslinia, D. (2013, November). *Counseling with LGB couples*. Presentation at the annual conference of the Texas Counseling Association. Austin, TX.

Aslinia, D., Matthews, C., & Abbassi, A. (2013, November). *Sex therapy: Implications for counseling*. Presentation at the annual conference of the Texas Counseling Association. Austin, TX.

Elder, J., & Matthews, C., (2011, November). *Stronger for longer: Promoting family resilience*. Presentation at the annual conference of the Texas Counseling Association. Fort Worth, TX.

Even, T., Matthews, C., & Timeteo, M. (2008, October). *An objectives-based evaluation of student perceptions of effectiveness of an experiential group counseling component for training master's level counselor*. Presentation at the state conference Pathways to the Doctoral Program Conference. Commerce, Texas.

### **Training Programs and Invited Presentations**

Matthews, C. (2012). *Safe-spaces/Ally training*. An invited five hour training program designed for all Texas A&M University-Commerce faculty, staff, administrators, and students aimed at creating safe spaces for all LGBT students and staff across campus. Texas A&M University-Commerce.



Matthews, C., & Reid, R. (2012). *Why we need safe spaces and ally training in a university setting*. An invited two hour presentation to help faculty, administrators and staff begin to understand the reasoning for a safe spaces program and ways they can support the program. Texas A&M University-Commerce.

Matthews, C. (2012) *Feminist family therapy*. A three hour presentation to university PhD students to understand the principles and dynamics of feminist family therapy. Texas A&M University-Commerce.

Matthews, C. (2011). *Understanding sex therapy: Implications for counselors*. A three hour presentation to University PhD students to understand the dynamics of sex therapy. Texas A&M University-Commerce.

Matthews, C., & Fuentes, F. (2011). *Preventing dating violence*. An invited four hour training for undergraduate college students to help them prevent, recognize, and protect themselves from dating violence situations. Texas A&M University-Commerce.

Matthews, C., & Fuentes, F. (2011). *Balancing college life with being a parent*. A four hour training for college students who are parents, and to help them find ways to manage, cope, and thrive as both a parent and a college student. Texas A&M University-Commerce.

Matthews, C., & Marsh-Jacobs, M. (2011). *Stress management for university honors college students*. A two hour presentation to assist honors college students cope with the pressures of college. Texas A&M University-Commerce.

Matthews, C. (2010). *Overcoming math and test anxiety*. A two hour presentation designed to help non-math majors cope with the stress and anxiety in taking university math courses and tests. Texas A&M University-Commerce.

Matthews, C. (2008). *Domestic violence: What can counselors do?* A 3 hour presentation to graduate counseling students to help them understand the dynamics and implications of domestic violence and how to work with survivors and perpetrators of domestic violence. Texas A&M University-Commerce.

## **Professional Leadership**

Association for Specialists in Group Work

• **Emerging leader** 2010 – 2013

Texas Counselors for Social Justice

• **Senator** (3 year term) 2008 – 2012

Texas Association for Marriage and Family Counselors

• **President Elect** 2012 – 2014

• **Parliamentarian** 2012 – 2013

- **Secretary, Parliamentarian** 2010 – 2012
- **By-Laws Committee** 2010 – 2012
- **Emerging leading** 2009 – 2010

Chi Sigma Iota

- **Secretary** 2008 - 2010

## **Professional Organizations**

- American Counseling Association (ACA)** 2007 – 2013
- Association for Specialists in Group Work (ASGW) 2010 – 2013
- Association for Counselor Education and Supervision (ACES) 2011 – 2013
- American College Counseling Association (ACCA) 2012 – 2012
- Counselors for Social Justice (CSJ) 2009 – 2013
- Association for Multicultural Counseling and Development (AMCD) 2008 – 2013
- Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) 2007 – 2013
- Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC) 2007 – 2013
- Association for Assessment in Counseling and Education Division (AACE) 2007 – 2009

**International Cultic Studies Association (ICSA)** 2011 – 2013

- Texas Counseling Association (TCA)** 2008 – 2013
- Texas Counselors for Social Justice (TxCSJ) 2008 – 2013
- Texas Association of Marriage and Family Counselors (TAMFC) 2008 – 2013
- Texas Association for Lesbian, Gay, Bisexual, Transgender Issues in Counseling (TALGBTIC) 2008 – 2013

**Chi Sigma Iota – Texas A&M University–Commerce Chapter** 2007 – 2012

## **Awards and Recognition**

- Distinguished Service Award, *Texas Counseling Association* 2012
- McNair Doctoral Scholarship, *Texas A&M University-Commerce* 2012
- Emerging Leader Scholarship, *American College Counseling Association* 2012
- John Wayne Yarbrough Scholarship, *Texas A&M University-Commerce* 2011-2012
- Cash 4 College Scholarship, *Texas A&M University-Commerce* 2010-2012
- Truax Doctoral Scholarship, *Texas A&M University-Commerce* 2010-2011
- Barbara Gazda Scholarship, *Association for Specialists in Group Work* 2010
- Emerging Leader Scholarship, *Association for Specialists in Group Work* 2010
- McQuary Doctoral Scholarship, *Texas A&M University-Commerce* 2009-2010
- Chi Sigma Iota Service Award, *Texas A&M University-Commerce* 2010
- 1st Place Social Sciences Division, *Pathways to the Doctoral Program, Texas* 2009
- School of Management Scholarship, *Brigham Young University* 1988-1989

## **Certification/Training**

<b>Question, Persuade, Refer (QPR) Suicide Prevention Training</b>	2012
<ul style="list-style-type: none"><li>• Gatekeeper and Instructor Training</li><li>• QPR Institute, Waco, TX</li></ul>	
<b>Psychodrama</b>	2012
<ul style="list-style-type: none"><li>• Dr. Katrena Hart, Texas A&amp;M University-Commerce, Commerce, TX</li></ul>	
<b>Safe Spaces/Safe Zone Ally Training – Instructor and Ally</b>	2011-2012
<ul style="list-style-type: none"><li>• Texas A&amp;M University-Commerce, Commerce, TX</li><li>• University of Texas at Dallas, Dallas, TX</li><li>• Texas Women’s University, Denton, TX</li><li>• Texas A&amp;M University, College Station, TX</li></ul>	
<b>Sand Tray Therapy</b>	2010
<ul style="list-style-type: none"><li>• Dr. Stephen Armstrong, Texas A&amp;M University-Commerce, Commerce, TX</li></ul>	
<b>Zenger Miller Leadership Instructor</b>	
<ul style="list-style-type: none"><li>• General Dynamics, Fort Worth, TX</li></ul>	1991