

TANA YAGER

Educator | Counselor | Advocate

Curriculum Vita Last Updated: April 2023

EDUCATION

PhD in Counselor Education and Supervision (CACREP-Accredited) (in progress)

Texas A&M University-Commerce

2021-present; expected graduation Summer 2024

Current GPA 4.0

Cognate: Multicultural Counseling

Dissertation Chair: Dr. Lavelle Hendricks

Dissertation Topic: The Lived Experiences of Adult Queer Individuals in Rural

Texas Attempting Access to Mental Health Services

MS in Counseling (CACREP-Accredited)

Texas A&M University-Commerce

2014-2017

4.0 GPA

BS in Psychology - Highest Honors, Magna Cum Laude

Texas A&M University-Commerce

2010-2013

Honors thesis: Accuracy of Friend Personality Perception when a Group Identity is Salient

Thesis advisor: Dr. Stephen Reysen, Texas A&M University-Commerce - Psychology Department

PROFESSIONAL LICENSURE

NCC

Nationally Certified Counselor

National Board for Certified Counselors

LPC

Licensed Professional Counselor

Texas Behavioral Health Education Council

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ACADEMIC APPOINTMENT

Adjunct Professor -

Texas A&M University-Commerce
2022-present
Teacher of Record

Undergraduate level courses taught

Traditional: COUN 482- Anger Management and Techniques

Hybrid: HC 497 - Social Justice History and Movements*

Online HC 497 -Gender, Sexuality, and Media Representation*

*Developed syllabus and designed curriculum for the course

Graduate Teaching Assistant - Honors Program

Texas A&M University-Commerce
2021-present
Teacher of Record

Undergraduate level courses taught

Traditional: HC 200 - First Year Experience

Traditional: HC 497 - Social Justice, Intersectionality, and Advocacy*

HC 497 - Diversity, Equity, and Inclusion (DEI) Leadership and Advocacy*

HC 497 - Gender, Sexuality, and Media Representation*

*Developed syllabus and designed curriculum for the course

Upcoming Courses Scheduled:

HC 497 -History of Pride*

HC 497 -Advocacy*

HC 497 - Wellness*

HC 497 - Social Justice and Intersectionality*

*Currently developing syllabus and curriculum for both courses

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ACADEMIC APPOINTMENT

Graduate Teaching Assistant - Counseling Department

Texas A&M University-Commerce

Spring 2023

Graduate level courses taught

Hybrid: COUN 528 - Introduction to Group Dynamics and Procedures

Online: COUN 522 - Counseling Diverse Populations

Additional Opportunities

Hybrid guest lecture: RSP 201 - Leadership

Topic: Intersectionality, Privilege, and Oppression

Developed syllabus and designed curriculum for Social Justice in Counseling

AREAS OF EXPERTISE

Social Justice Education

Emerging Adult Transitional Identity

Gender and Sexuality Exploration, Affirmation, and Education

INVITED SPEAKER

Aug 2022 **Being the Authentic You: Tools and Tips to Fight Burnout and "The Other You"**
Trio/McNair Annual Leadership Conference - Rockwall, TX

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RECENT PRESENTATIONS

- Mar 2023** **Gender, Sexuality, and Advocacy: How to create more inclusive spaces for SOGI minorities**
Intercultural Engagement and Leadership Conference - Commerce, TX
- Sep 2022** **Addressing the Connection Between Racial Discrimination and Imposterism in Academia**
Association for Assessment and Research in Counseling (AARC) - St. Louis, MO
- Feb 2022** **Advocating for LGBTQ+ Mental Health Needs in Texas**
Intercultural Engagement and Leadership Conference - Commerce, TX
- Feb 2022** **It's not you, it's me. Handling values based conflict in counseling.**
Texas Association for Counselor Education and Supervision - Arlington, TX

PROFESSIONAL DEVELOPMENT

Scheduled: National Collegiate Honors Council (NCHC) Conference - Chicago, IL - November 2023 (Roundtable presentation)

Scheduled: Texas Counseling Association (TCA) Conference - Houston, TX - November 2023

Scheduled: Association for Counselor Education and Supervision (TACES) Conference - Denver, CO - October 2023 (General Session Presentation)

Social Justice Conference - Commerce, TX - 2023 (General Session Presentation)

Texas Counseling Association - Dallas, TX - 2022

Association for Assessment and Research in Counseling (AARC) - St. Louis - September 2022 (Roundtable presentation)

OCD Southern California 6th Annual Conference Attendance - Virtual - April 2022

Texas Association for Counselor Education and Supervision (TACES) Conference - Arlington, TX - 2022 (General Session Presentation)

Social Justice Conference - Commerce, TX - 2022 (General Session Presentation)

Texas Counseling Association - Galveston, TX - 2021

Brainspotting Training Phase 1 - Virtual - 2021 (clinical trauma training)

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PROFESSIONAL DEVELOPMENT

American Counseling Association (ACA) Conference Attendance - New Orleans, LA - 2019
American Counseling Association (ACA) Conference Attendance - Atlanta, GA - 2018
American Counseling Association (ACA) Conference Attendance - San Francisco, CA - 2017
Pathways Symposium Presentation 2013 (poster presentation)
Pathways Symposium Presentation 2012 (poster presentation)
Pathways Symposium Presentation 2011 (poster presentation)
Society for Personality and Social Psychology Conference Presentation - San Diego, CA - 2012 (poster presentation)

PUBLICATIONS

Peer Reviewed Journal

Reysen, S., Hall, T., & Puryear, C. (2014). Friends' accuracy and bias in rating group identification. *Current Psychology*, 33(4), 644-654.
<https://doi.org/10.1007/s12144-014-9234-5>

Mental Health Magazine

Yager, T. (2017) 7 Forms of self-care that save me from life. *SOS Magazine*.

CURRENT RESEARCH

Neurodivergent counselor-in-training lived experience in CES programs - grant funded and in development

Meta-Analysis study looking at cultural adaptations of Cognitive Behavioral Therapy (CBT)
- finishing data collection with research team

Imposter Syndrome and Perception of Oppressed Identity - finishing data collection with research team; presentation proposal submitted for September 2022 conference

LGBTQ+ Feelings of Belongingness and the Impact of Social Media - in development

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ADVANCED TRAINING

Brainspotting Training Phase 1 - Virtual- 2021 (clinical trauma training)

PROFESSIONAL ORGANIZATIONS

Texas Counseling Association (TCA)

Texas Society for Sexual, Affectional, Intersex and Gender Expansive Communities (TxSAIGE)

Texas Counselors for Social Justice (TxCSJ)

Texas Association for Counselor Education and Supervision (TACES)

American Counseling Association (ACA)

LEADERSHIP AND HONORS

TAMU-C Social Justice Change Maker 2022

STUDENT RESEARCH PROJECTS

Mars Hill | Honors Thesis | Committee Member

Research topic: Analyzing music videos for trends of religious trauma within the LGBTQ+ community

Nicholas Tillar | JEDI Showcase | Content Expert

Research Topic: Gay Panic Defense and Advocacy Efforts

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COUNSELING EXPERIENCE

- 2020-present Hometown Counseling**
Business Owner, Therapist
- Manages finances, marketing, and clinical needs of staff of affirming group practice
 - Provides supervision to student interns and aids in development of new counselors
 - Maintains personal caseload of young adults for humanistic, cognitive behavioral therapy and Brainspotting therapy
- 2021-present Texas A&M University Commerce**
Graduate Teaching Assistant
- Develops course content and curriculum
 - Teaches discussion and lecture based courses to Honors student
 - Manages online grading and student communication
- 2020-2021 Pecan Valley Behavioral Center**
Intake Coordinator, Therapist
- Completed initial diagnostic evaluations for individuals with severe emotional needs
 - Educated the public about severe mental illness (SMI)
 - Assisted with crisis services and helping individuals find inpatient resources
- 2020 Glen Oaks Hospital**
Inpatient therapist
- Served on multidisciplinary team with hospital staff (i.e. psychiatrist, nurses, clinical director, etc)
 - Completed psychosocial history evaluations and provided diagnostic input
 - Conducted daily group sessions on a wide range of health topics
- 2018-2020 SMH Counseling Solutions**
Private Practice Therapist
- Managed independent caseload of therapy clients
 - Met with range of individuals and presenting concerns that provided vast experience and knowledge
 - Responsible for maintaining documentation and clinical needs of individuals

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EXPERIENCE (CONT.)

- 2013-2018** **Lakes Regional Behavioral Center**
- TCOOMMI Case Manager - Counseling Intern - LOC 1 Case Manager
- Worked with Texas Department of Criminal Justice grant to serve individuals with severe mental illness and felony charges
 - Worked collaboratively with mental health providers and community officials to best advocate for the needs of my clients
 - Served as a skills trainer, educating individuals how to best meet their needs in a short term way

GROUPS LED

LGBTQ+ Support Group
Interpersonal Skills
Anger Management
Budgeting/ Financial Literacy
Self Care and Wellness
First psychotic break support
Severe mental illness management
Crisis resource development
Inpatient health and wellness