

Melissa Glover McCarthy, PhD, LPC, NCC
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Education

Doctor of Philosophy in Counseling, CACREP Accredited, Dec 2018

Texas A&M University-Commerce, Commerce

The program emphasized expertise in advanced clinical training, supervision, research, and teaching.

Cognate: Student Affairs emphasized legal issues for students, student affairs in higher education, and contemporary student affairs issues.

Master of Art in Counseling, Dec 2012

Dallas Baptist University, Dallas, Texas

Bachelor of Arts and Sciences in Psychology, Dec 2009

Dallas Baptist University, Dallas, Texas

Associate in Applied Science in Business, Dec 1992

McLennan Community College, Waco, Texas

Professional Licensure

- Licensed Professional Counselor (LPC) #70917
- National Certified Counselor (NCC) #958696

Professional Training & Certifications

- Summer Leadership Training Institute, Texas Counseling Association (TCA) – Houston - 2018
- University Hearing & Appeal Board Rules & Regulations, Texas A&M – Commerce - 2016
- Title IV Hearing Board & Investigation Training, Texas A&M University – Commerce - 2016
- Student Organization Training, Texas A&M University – Commerce - 2016
- Sexual Misconduct Appeals Training, Texas A&M University – Commerce - 2016
- Motivational Interviewing - 2015
- Identifying and Preventing Dependent Adult Abuse and Neglect - 2015
- Nonviolent Crisis Intervention – TCBAP #1846-11 - 2014
- State of Texas Co-occurring Psychiatric Substance Use Disorder (COPSD) Training - 2014
- MHMR – Relias Learning – 2014
- Critical Incident Stress Management (CISM) Individual & Peer Support & Group Crisis Intervention - 2012
- Certified Anger Management - 2012

Teaching Experience

Adjunct Professor, 01/2019 - present

Department of Counseling, Texas A&M University-Commerce, Texas

- Manage education technology and services for course creation, curriculum, and grade book (D2L Brightspace)
- Teach and prepare course curriculum for Basic Counseling Skills (COUN 516) and Home and Family Living (COUN 414)
- Collaborate with departments and professionals to help create and enhance the learning environment

Graduate Assistant Teaching (Instructor of Record), 8/2015-12/2018

Department of Counseling, Texas A&M University-Commerce, Commerce, Texas

- Manage education technology and services for course creation, curriculum, and grade book (Blackboard, eCollege, and D2L Brightspace)
- Teach and prepare course curriculum for Orientation to the Counseling Profession, Group Leadership, Introduction to Counseling Theories and Methods, Home and Family Living, and Career Development
- Collaborate with departments and professionals to help create and enhance the learning environment

Graduate Teaching

COUN 516	Basic Counseling Skills	Texas A&M-Commerce	Spring 2019
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Undergraduate Teaching, 8/2015-present

COUN 414	Home and Family Living	Texas A&M-Commerce	Spring 2019
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COUN 301	Orientation to Counseling Profession	Texas A&M-Commerce	Fall 2018
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COUN 410	Intro to Counseling Theories	Texas A&M-Commerce	Fall 2018
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COUN 414	Home & Family Living	Texas A&M-Commerce	Spring 2018
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COUN 301	Orientation to Counseling Profession	Texas A&M-Commerce	Fall 2017
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COUN 410	Intro to Counseling Theories	Texas A&M-Commerce	Fall 2017
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COUN 412	Career Development	Texas A&M-Commerce	Spring 2017
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COUN 414	Home and Family Living	Texas A&M-Commerce	Spring 2017
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COUN 409	Group Leadership	Texas A&M-Commerce	Fall 2016
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COUN 410	Intro to Counseling Theories	Texas A&M-Commerce	Fall 2016
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COUN 412	Career Development	Texas A&M-Commerce	Spring 2016
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COUN 414	Home and Family Living	Texas A&M-Commerce	Spring 2016
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COUN 409	Group Leadership	Texas A&M-Commerce	Fall 2015
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COUN 410	Intro to Counseling Theories	Texas A&M-Commerce	Fall 2015
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Graduate Teaching (Instructor or Record)

COUN 5313	Group Counseling Methods	Dallas Baptist University	Summer 2015
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Graduate Level Group Leader/Co-Teach

COUN 528	Introduction to Group Dynamics & Procedures	Texas A&M-Commerce	Summer 2017
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Graduate Level Online Lecturer/Co-Teach

COUN 512	Career Development	Texas A&M-Commerce	Spring 2017
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Graduate Level Guest Lecturer

COUN 501	Intro to Counseling Profession	Texas A&M-Commerce	Fall 2016
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Adjunct Professor, 6/2015-8/2015

College of Humanities and Social Services, Dallas Baptist University, Dallas, Texas

- Taught and prepared master's level course curriculum for Group Counseling Methods
- Managed education technology and services for course creation, curriculum, and grade book (Blackboard)

Course Descriptions**COUN 5313 Group Counseling Methods – Instructor of Record - Dallas Baptist University**

Three semester hours. An experiential study of group counseling theories and techniques. Leadership roles, stages of group development, and member responsibilities are explored. Ethical and legal issues related to group interventions are discussed. Open only to students in the Master of Arts in Professional Counseling, Master of Education in School Counseling, and the accelerated B.A./B.S. in Psychology/M.A. in Professional Counseling Programs.

COUN 501 Introduction to the Counseling Profession – Guest Lecturer - Texas A&M-Commerce

Three semester hours. Recommended as initial course in a student's program to serve as an introduction to the counseling profession. Roles of counselors and related professionals in various settings are presented. Professional goals and objectives, trends, professional associations, ethical and legal issues, history, credentials, and preparation standards for counselors are explored.

COUN 512 Career Development–Online Lecturer/Co-Teach - Texas A&M-Commerce

Three semester hours. Interrelationships among lifestyle, work place, and career planning are explored. Career development theories; occupational, educational, and personal/social information sources and delivery systems; and organization of career development programs are studied.

COUN 516 Basic Counseling Skills – Adjunct Professor – Texas A&M-Commerce

Three semester hours. Provides the foundation for all practicum and internship experiences. Students learn communication and interpersonal skills under faculty supervision. Demonstration of these skills is a prerequisite for enrollment in practicum (COUN 551). Students will examine their intrapersonal issues and interpersonal styles and will follow ACA Ethical Standards.

COUN 528 Introduction to Group Dynamics and Procedure– Co-Teach - Texas A&M-Commerce

Three semester hours. A study of group development, dynamics, and theories in relation to group counseling. Leadership styles, techniques and roles are explored, and ethical issues related to group interventions are discussed. Prerequisites: Pass Level 1 Examination.

COUN 301 Orientation to the Counseling Profession–Instructor of Record - Texas A&M-Commerce

Three semester hours. A study of general professional issues including ethics, history, credentialing, professional associations, and roles of counselors in various settings.

COUN 409 Group Leadership– Instructor of Record - Texas A&M-Commerce

Three semester hours. This course will focus on the literature on groups, group dynamics and leadership. The class will also offer personal experiences in individual growth through group participation.

COUN 410 Introduction to Counseling Theory and Methods– Instructor of Record - Texas A&M-Commerce

Three semester hours. This course provides a general overview of counseling theories, an introduction to counseling techniques, the conditions which facilitate an effective counseling relationship, and stages in the counseling process.

COUN 412 Career Development– Instructor of Record - Texas A&M-Commerce

Three semester hours. A study of the impact of career services as an instrument of human development and mental health. Emphasis on history of career guidance, contemporary shifts on social values in and the meaning of work, changes in the occupational structure, and work and mental health in today's society.

COUN 414 Home and Family Loving– Instructor or Record - Texas A&M-Commerce

Three semester hours. 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.

Research Experience**Graduate Assistant Researcher**

Department of Counseling, Texas A&M-Commerce, Texas

- Supervised by Kevin Snow, Ph.D., M.A., NCC, ACS
 - Research topics include Supervision and Technology, Counselor Education, Counselor Training, Classroom Experiences, Communication in the Classroom

Doctoral Research Projects

McCarthy, M. (2017). Hurricane harvey and red cross disaster mental health: An immersion project. Dallas, Texas. Texas A&M-Commerce.

McCarthy, M. (2016). *A qualitative study describing graduate assistant teacher perceptions of readiness and preparedness.* Commerce, Texas. Texas A&M University – Commerce.

Flowers, S., Hill, B., **McCarthy, M.**, & Walker, D. (2015). *Program study: Family promise of collin county final report*. Allen, Texas. Texas A&M University – Commerce.

Refereed Presentations

McCarthy, M.G. (2018, October). *How to navigate difficult classroom conversations: Am I prepared?* Southern Association for Counselor Education and Supervision (SACES) Conference, Myrtle Beach, South Carolina.

Flowers, S., & **McCarthy, M.G.** (2016, November). *You can't pour from an empty cup: Quick self-care interventions for the professional counselor and busy client in 5 minutes or less*. Texas Counseling Association (TCA) Professional Growth Conference, Dallas, TX.

Referred Publications

McCarthy, M.G. (2018, Fall). *Reflections of my first teaching gig*. Texas Association for Counselor Education and Supervision (TACES) newsletter "Juncture".

Referred Publications Submitted

McCarthy, M.G. & Snow, K.C. (2018, Fall). *Navigating difficult classroom conversations in real time*. Southern Association for Counselor Education and Supervision (SACES) newsletter.

Non-Refereed Publications

McCarthy, M.G. (2018). Tide Pod Awareness. *The East Texan*.

Supervision Experience

Supervisor, 8/2016-05/2017

Department of Counseling, Texas A&M University-Commerce, Commerce, Texas

- Supervised five graduate level practicum counseling students for weekly supervision meetings, developing theoretical orientation, personal and professional development, increased and developed counseling skills, and evaluated counselor/client videos

Counseling Experience

Mental Health Professional and Resiliency Workshop Facilitator, 3/2009-present

American Red Cross North Texas Service to the Armed Forces/International Services; North Texas, South West, Rocky Mountain Regions

- Provide mental health services in local, regional, and national emergency circumstances. Facilitate the "Reconnection Adult & Child" and "Mind and Body" workshops for military personnel and their families.

Owner/Counselor, 2/2015-11/2016

Melissa McCarthy Counseling Services, PLLC, Fort Worth, Texas

- Developed a private practice specialized in trauma counseling, grief counseling, addictions, behavioral issues, anxiety, adjustment disorder, situational depression, relationships, and pre-marital counseling working with adolescents and young adults

Clinical Counselor, 6/2015-12/2015

Harold Murphy Counseling Center, McKinney, Texas

- Counseled and managed a caseload of McKinney ISD students and/or parents and TAMUC students with general anxiety, behavioral issues, transitional situations, and depression

Therapist, 8/2014-01/2015

Integrated Psychotherapeutic Services (IPS), Dallas, Texas

- Counseled adult offenders mandated by CPS and/or courts for the intensive outpatient programs
- Facilitated comprehensive clinical evaluations, suicidal/homicidal assessments, and women's groups utilizing evidence-based curriculum "Seeking Safety" and Wanberg & Milkman's "Criminal Conduct and Substance Abuse Treatment: Strategies for Self-Improvement and Change" cognitive-behavioral curriculum
- Managed a caseload of 20-35 clients and provided daily individual psychotherapy and psychoeducation sessions including weekly and monthly reporting to the probation offices
- Formulated and implemented trauma informed process for intensive outpatient programs (IOP), supportive outpatient programming (SOP), and aftercare (AC) mental health care focusing on trauma cues, environment, and protocols

Clinical and Forensic Therapist (Lead), 6/2013-8/2014

Granbury Regional Juvenile Justice Center, Granbury, Texas

- Performed clinical and forensic services at a 96-bed juvenile probation treatment placement facility focused on individual, group (process/didactic), and monthly family counseling sessions to a diverse multicultural population of male and female children and adolescents
- Provided group therapy to incarcerated juvenile males and females on topics in mental health, substance abuse, anger management, crisis resolution, stress reduction, and Domestic Minors of Sexual Trafficking (with use of specialized curricula)
- Counseled and provided individual integrative therapy using cognitive/reality based therapeutic approach
- Collaborated with various interdepartmental personnel (security, case management, and administration, medical and school) as well as various social agencies (CASA, CPS, Probation Officers, Psychiatric Hospitals and County, State and Federal Government Officers) in responding to in a holistic treatment planning for clients
- Maintained weekly, monthly, and quarterly documentation for the county, state, and facility for court hearings and probation
- Conducted psychometric battery testing for integration of clinical evaluations and experienced with full clinical spectrum of mental and personality disorders and pervasive developmental and childhood disorders
- Formulated and implemented LOTUS program used with the Domestic Minors of Sexual Trafficking (DMST) population focusing on treatment and recovery
- Trained and educated new Juvenile Security Officers (JSO) on mental health, behavior modification, and mental health security processes

Practicum Counselor, 5/2012-12/2012

Dallas Baptist University Counseling Center, Dallas, Texas

- Conducted intake interviews, treatment planning, individual counseling, and couples counseling focused on eating disorders, post abortion, self-esteem, suicidal ideation, depression, social anxiety, OCD, addictions, relationship issues, marriage problems, pre-marital, life transition and adjustment issues for the university's students and faculty

Consulting Experience**Inventory Consultant, 6/2018 – 8/2018**

Facility Solutions Group, Inc. (FSGI), Irving, Texas

- Analyze reserve inventory for 3 warehouses (1.7 million dollars) to determine action needed for optimization of inventory dollars and warehouse space
- Organized RGAs with vendor and warehouses
- Recommended inventory controls

Service-Oriented Activities

- **President** - Texas Career Development Association (TCDA a division of TCA), 2018-2019
- **Program Reviewer** – Southern Association for Counselor Education and Supervision (SACES), 2018
- **Program Reviewer** - Texas Counseling Association (TCA), 2017, 2018
- **Reconnection (Adult & Child) and Mind & Body Workshop Facilitator** – American Red Cross North Texas Service to the Armed Forces/International Services (NTX SAF/IS) team, 2018-present
- **Professional Panel Member** - Texas Wesleyan University, "Graduate Students Speak: What I Know Now," 2016 & 2017
- **Professional Panel Member** - Texas Wesleyan University, "Ethics in the Profession", 2017
- **Judge** - Annual Federation of North Texas Area Universities Graduate Student Research Symposium - Texas Women's University, 2016
- **Judge** - American Bar Association (ABA) Client Counseling Competition - Texas A&M University School of Law, Fort Worth, TX, 2016
- **Program Reviewer** - NASPA, Student Affairs Administrators in Higher Education (formerly the National Association of Student Personnel Administrators), 2016
- **Faculty Advisor** – Texas A&M-Commerce - Kappa Delta Sing Song, 2016
- **American Red Cross Disaster Mental Health Team Member**, 2009-present
 - Hurricane Harvey – 2017
 - Dallas Downtown Shootings - 2016
 - DFW Tornadoes - 2015
 - Hurricane Sandy - 2012

- **American Red Cross Disaster Condolence Team**, 2009-present
 - DFW Tornadoes – 2015
- **American Red Cross Service to the Armed Forces (SAF) Resiliency Facilitator**, 2018-present

Professional Memberships

- Texas Counseling Association (TCA), 2012-Present
- American Counseling Association (ACA), 2012-Present
- Texas Counselor Education and Supervision (TACES), 2015 -Present
- American Counselor Education and Supervision (ACES), 2015-Present
- Southern Association for Counselor Educators and Supervision (SACES), 2015-present
- NASPA-Student Affairs Administrators in Higher Education (formerly the National Association of Student Personnel Administrators), 2015-Present
- Texas Career Development Association (TCDA) a division of the TCA, President, 2017-present
- National Career Development Association (NCDA), 2018-present

Awards

- **Academic Excellence Award**, Texas A&M-Commerce Department of Psychology, Counseling and Special Education, 2017
- **Honorable Mention, 2015-2016, ACA Graduate Student Ethics Competition**, Doctoral level team member at Texas A&M-Commerce, American Counseling Association
- **Alpha Sigma Omega Honor** – Dallas Baptist University – 2011-2012

Campus Involvement

- **Board Member, University Hearing and Appeals Board** - Texas A&M University-Commerce, 2016 – present
- **Committee Member Honor College Thesis** – Texas A&M-Commerce, 2016-2018
- **Treasurer, Psychology/Counseling Graduate Student Association (PCGSA)** - Texas A&M University-Commerce, 2016-2018
- **Supervisor, Graduate Counseling Practicum Students** - Texas A&M University-Commerce, 2016-2017
- **Interviewer, master's Program Admissions Interview Taskforce** - Texas A&M University-Commerce, Fall 2015
- **Member, Alpha Sigma Omega (Honor Society)** – Dallas Baptist University – 2011-2012

Research Interest

- Counselor Education
- Counselor Educator Training
- Ethics
- Career Development
- Mentorship
- Student Affairs
- Trauma Informed and Crisis Counseling

Clinical Assessments Administered

- Kaufman Brief Intelligence Test (KBIT)
- Wechsler Intelligence Scale for Children (WISC)
- Wide Range Achievement Test 4 (WRAT-4)
- Personality Assessment Inventory – Adolescents (PAI-A)
- Minnesota Multiphasic Personality Inventory (MMPI)