

Heather L. Quast, PhD, CSC, LPC, LMFTA

**Certified School Counselor
Licensed Professional Counselor
Licensed Marriage and Family Therapist Associate**

EDUCATION

Doctorate of Counselor Education (CACREP Accredited) May 2016

Texas A&M University-Commerce, Commerce, TX

Dissertation Title: School Counselor Implementation of the Solution-Focused Family Support Model with High School Students Experiencing Behavioral Problems and Academic Failure

Cognate: Marriage & Family Therapy (18 hours) (3.9 GPA)

Master of Science Counseling (CACREP Accredited) August 2011

Texas A&M University-Commerce, Commerce, TX

Specialty: School Counseling

Graduated with Honors (4.0 GPA)

700 hour counseling Practicum and Internship

Bachelors of Arts and Sciences May 2006

University of Oklahoma, Norman OK

Majors: Psychology, English Writing

LICENSURES AND CERTIFICATIONS

- Licensed Professional Counselor (Since 2014)
- Licensed Marriage and Family Therapist Associate (Since 2014)
- Certified School Counselor (Since 2011)
- NOVA Trained Crisis Counselor (Since 2012)

GRADUATE LEVEL TEACHING EXPERIENCE

Texas A&M University-Commerce 2014

College of Education and Human Services: Department of Psychology, Counseling, and Special Education

- Spring 2014 – Teaching Assistant - Counseling Theory and Techniques (COUN 510) (Graduate) – Masters level course
- Summer II 2013 – Teaching Assistant - Advanced Seminar Marital Counseling and Therapy (COUN 615) (Graduate) - Doctoral level course

PROFESSIONAL COUNSELING AND CLINICAL EXPERIENCE

New Horizons Center for Healing 2014 to present

McKinney, TX

Licensed Professional Counselor

Licensed Marriage and Family Therapist Associate

- Counsel individuals, families, and couples
- Coordinate patient/client care with psychiatrist, psychologist, and other outside mental health professionals.
- Specializations in suicidal ideations, anxiety, depression, ADD, gender identity, relationship concerns, and family system issues.

Allen High School

2012-2016

Allen, TX

Certified School Counselor

Licensed Professional Counselor

Licensed Marriage and Family Therapist Associate

- Coordinate guidance and psychoeducational programs for students.
- Counsel students in groups settings: teen pregnancy, anger management, emotional support, study skills, test anxiety, grief
- Counsel individuals and families
- Provide academic support for students and faculty
- Create four year graduations plans
- Worked directly with families of high risk students
- Design, organize, and implement character education program for the district
- Provide parental support and psychoeducational experiences
- Created college planning support programs
- Developed continuing education programs for counselors across the district
- NOVA trained crisis counselor

Harold Murphy Counseling Center

2012-

2013 McKinney, TX

(Texas A&M University Commerce in Partnership with McKinney ISD)

Licensed Professional Counselor – Intern

- Conducted individual counseling sessions (Cognitive Behavioral Theory and Adlerian Theory) – anxiety, depression, ADD, truancy issues, gender identity, Autism spectrum, and bipolar disorder.

RELEVANT WORK EXPERIENCE

Ford Middle School

2008 – 2012

Allen, TX

Certified English Teacher

- Taught 8th grade Pre-AP English, on-level English, and Reading recovery courses
- Created curriculum and instruction that provided educational experiences as outlined by the Texas Essential Knowledge and Skills
- Provided classroom management instruction for teachers across campus

Red Oak Junior High

2007-2008

Red Oak, TX

Certified English Teacher

- Taught 7th grade Literary Skills

- Coached Cross Country (junior high level) and Track (high school level)
- Created curriculum and instruction aligned across district standards
- Provided classroom management instruction for teachers

PRESENTATIONS (PEER REVIEWED)

Smith, R., **Quast, H.**, Edler, J. (2014, November) Technology and the Family: the Do's and Don'ts for Family Health in the Tech Age, Presented at the Texas Counseling Association's 58th Annual Professional Growth Conference, Dallas, TX

Aslinia, S.-D., Abbassi, A., **Quast, H.** (2014, November) Sexual Addictions: Treatment Options and Implications for Counselors, Presented at the Texas Counseling Association's 58th Annual Professional Growth Conference, Dallas, TX

Robinson, A., **Quast, H.**, Davis, J., Riley, S., (2014, April) Self Injury and the Use of Behavioral Intervention, presented at the Annual Research Symposium in Commerce, TX

Quast, H., Matthews, C (2014, February) Empowerment Model for Helping LGB Youth Negotiate the Coming-Out Process within the School Setting, presented at the Texas School Counselor Association Conference, Houston, TX

Quast, H., Carson, K., (2014, January) Utilizing the Roles of the Supervisor to Motivate a Resistant Supervisee, presented at the Texas Association for Counselor Education and Supervision Mid-Winter Conference, Austin, TX

Simpson, C., **Quast, H.**, Robinson, A., (2014, January) Supervision and Non-Suicidal Self-Injury (NSSI): Supervising a Counselor Intern Working with a Self-Injuring Client, presented at the Texas Association for Counselor Education and Supervision Mid-Winter Conference, Austin, TX

PRESENTATIONS

Quast, H., Robinson, A., Hutchins, T., Shokouhi, A., (2014, October) The Inside Scoop on the Counseling Doc Program, presented at Texas A&M University Commerce for Counseling Doctoral Students

Quast, H., (2013, August) Families and Schools: A Shift in Perspective, presented for School Counselors in the Allen Independent School District

RESEARCH IN PROGRESS

Robinson, A., **Quast, H.**, Davis, J., Riley, S., *Self Injury and the Use of Behavioral Intervention*

Quast, H., Matthews, C, *Empowerment Model for Helping LGB Youth Negotiate the Coming-Out Process within the School Setting*

Quast, H., *School Counselor Implementation of the Solution-Focused Family Support Model with High School Students Experiencing Behavioral Problems and Academic Failure*

Quast, H., *Surviving Baby: Surviving Baby: Making the Leap from Marriage to Family*

Quast, H., *The Coping Factor: Understanding Causes and Stigmas of Childhood and Adolescent Depression and Anxiety*

PROFESSIONAL LEADERSHIP

Texas Association of Marriage and Family Therapists

2013-2014 Emerging Leader

2014-2015 Student Liaison

2015-2016 Secretary

Texas Counseling Association

2014-2015 Presentation Review Committee

PROFESSIONAL MEMBERSHIP

2012 – present Texas Counseling Association

2012 – present Texas Association of Marriage and Family Therapists

2012 – 2015 Texas School Counselor Association

2012 – present American School Counselor Association