

VITA

Ruth Whitely, PhD, LPC-S, NCC, BCN

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Ad-Interim Counseling Professor; Psychology, Counseling, Special Education
 Department Texas A&M University-Commerce

Mental Health with Dr Ruth, Counseling Private Practice, Greenville, TX

PERSONAL STATEMENT

My goals are to continue to contribute as a professional educator and therapist, remain active in professional organizations, and contribute to the field of counseling and psychology research.

My career interests are focused on providing quality education and supervision to students in the fields of psychology and in counseling. And providing successful evidence-based therapy to clients. My main research interest involves the utilization of neurofeedback and equine-assisted therapy with various client issues. Play therapy, hypnosis, breath work, biofeedback, and supervision are other areas of professional interest.

Overall, I see being a therapist and a counselor educator while specializing equine-assisted therapy and neurofeedback as my life's work.

EDUCATION

PhD in Counselor Education ▪ Graduation December 2009
 Texas A&M University-Commerce ▪ Commerce, Texas ▪ CACREP Accredited Program
 ▪ Dissertation Topic - Therapeutic Benefits of Equine Assisted Psychotherapy for At-Risk Adolescents
 ▪ Focus area is child and adolescent counseling

Master's of Science in Counseling ▪ May 2006 ▪ CACREP Accredited Program
 Texas A & M University- Commerce ▪ Commerce, Texas

Bachelor of Science in Psychology ▪ May 2004
 Texas A & M University- Commerce ▪ Commerce, Texas

Associate of Science ▪ May 2002
 North Central Texas College ▪ Gainesville, Texas

LICENSURE/CERTIFICATION

LPC-S Licensed Professional Counselor- Supervisor ▪ License Number 62293
 NCC-National Certified Counselor ▪ Identification Number 212704
 ACA 2011 Conference & Exposition Trauma/Disaster Mental Health Academy
 EAGALA Certified- Equine Assisted Growth and Learning Association ▪May- 2012
 Buck Brannaman- Horsemanship level one training ▪ Aug 2011, 2013; Mar 2012; April 2013, 2014
 BCN- Board Certified Neurofeedback; Biofeedback Certification International Alliance ▪ August 2014
 Independent facilitator of the *Parenting the Love and Logic Way*™ curriculum July 2014

PROFESSIONAL EXPERIENCE

Counselor ▪

Private Practice▪ Offices in Greenville ▪ August 2009 to Current

Office in Bonham, TX ▪ August 2009 to July 2012

Clinical Director, Provide community based counseling services, Supervisor to interns, Develop treatment plans, Organize case management, Preparation for sessions, Conduct weekly supervision sessions. Conduct weekly play therapy, youth, family, individual & marriage counseling sessions. Conduct weekly group sessions; Life Skills, Parenting Classes, Anger Management and Equine therapy groups

Ad-Interim Assistant Professor:

Department of Counseling

July 2018 to current Texas A&M University-Commerce ▪ Commerce, Tx

Teach Graduate Counseling & Psychology Courses, Develop Syllabus, Lesson plans Independently organized & facilitated complete classroom experience, Compiled Testing Measures & Reported grades, Created online curriculum

Department of Counseling, Psychology, Special Education

July 2017 to July 2018 Texas A&M University-Commerce ▪ Commerce, Tx

Teach Graduate Counseling & Psychology Courses, Develop Syllabus, Lesson plans Independently organized & facilitated complete classroom experience, Compiled Testing Measures & Reported grades, Created online curriculum

Adjunct Professor, Psychology Department ▪ Aug 2009- June 2010: Aug 2012-July 2017

Texas A&M University- Commerce ▪ Commerce, Texas

Teach Undergraduate Psychology Courses, Develop Syllabus, Lesson plans Independently organized & facilitated complete classroom experience, Compiled Testing Measures & Reported grades, Created online curriculum

Ad-Interim Assistant Psychology Professor, Psychology Department

July 2010 to June 2012 Texas A&M University-Commerce ▪ Commerce, Texas

Teach Undergraduate Psychology Courses, Develop Syllabus, Lesson plans Independently organized & facilitated complete classroom experience, Compiled Testing Measures & Reported grades

Counselor ▪ Green Oaks Hospital ▪ Dallas, Texas ▪ August 2009 to September 2010

Conducted group counseling sessions, and weekly group Family session; Facilitated skills based group sessions to individuals with psychological disorders in inpatient facility

Graduate Assistant, Counseling Department ▪ January 2006 to Aug 2009

Texas A&M University-Commerce ▪ Commerce, Texas

Teach Undergraduate Psychology Courses, Develop Syllabus, Lesson plans Independently organized & Facilitated complete classroom experience, Compiled Testing Measures & Reported grades

Research Assistant, Counseling Department ▪January 2008 to December 2008

Texas A&M University-Commerce ▪ Commerce, Texas

Researched various topics, Compiled data, Wrote for journal publication

Counselor Intern ▪ Graduate Assistant ▪ January 2007 to December 2007

Student Counseling Center ▪ Texas A & M University-Commerce; Commerce, Texas
 Provided counseling services in a private practice setting for individuals, Developed treatment plans, Organized case management, Preparation for sessions, Executed staffing of clients, Consultation with family/ parents/ professionals, Liaison to other campus offices

Filial Therapy Intern ▪ May 2007 to August 2007

Texas A&M University-Commerce ▪ Private Practice setting ▪ Greenville, Texas
 Marketed and screened for the group, Co-lead an eight-week filial model parenting group, Provided individual assistance as needed

Counseling Supervisor Intern ▪ January 2007 to May 2007

Texas A&M University-Commerce ▪ Commerce, Texas
 Supervise master's level practicum counseling interns on a weekly basis both individually and as a group

Advanced Practicum Intern ▪ June 2005 to December 2006

Counseling and Psychology Clinic at TX A&M University-Commerce ▪ Commerce, TX
 Conducted counseling sessions with adults, children, couples, and families presenting with various concerns; Facilitated Play Therapy, Sand Tray, and Art Interventions, Developed Treatment Plans, Executed Staffing of Clients

Graduate Assistant ▪ June 2004 to May 2006

Department of Career Services ▪ Texas A&M University-Commerce ▪ Commerce, TX
 Composed and published bi-weekly job bulletin, Improved and updated department website, conducted mock interviews, Compile graduate survey & evaluate statistics

PUBLISHED MANUSCRIPTS

Balkin, R. S., Perepiczka, M., Whitely, R., & Kimbrough, S. (2009). The relationship of values and emotional awareness to sexual activity in young adulthood. *Adultspan Journal*, 8(1), 29-42.

UNPUBLISHED MANUSCRIPTS

Whitely, R. (in press) Treatment of Common Psychological Disorders. In D. Aslinia (Ed.), *Basic and Advanced Skills, Practicum, and Internships*. Manuscript submitted for publication.

PRESENTATIONS

Whitely, R & Tim Ryan (2017, March) *Horses As Helpers*. Presentation at Glen Oaks hospital, Greenville, TX.

Whitely, R & Teresa Marlott, & Chi-Sing Li (2015, Dec) *Exploring Our Worlds from the Inside Out*. Presentation at Psychodrama & Sociometry: How to Dazzle your Clients Healing the Drama Within, Frisco, Tx.

Whitely, R (2015, Nov) *Ethical Considerations with our furry Friends*. Presentation at Glen Oaks hospital, Greenville, TX.

Whitely, R & Tim Ryan (2015, Oct) *Play with Horses*. Presentation at EAGALA Retreat Workshop, Jefferson, TX.

Whitely, R. & Vanchura, Darlene. (2014, Dec) *Who's in Your Head? – Increasing Self Understanding through Sociograms & Genograms*. Presentation at Bridging Harts Training Institute, Psychodrama Conference 2014, Dallas, TX.

Whitely, R. (2014, Oct) *Neurofeedback and Brain mapping an Introduction*. Presentation at the Northeast TX Counseling Assoc., Paris Junior College, Greenville, TX.

Whitely, R., & Bennett, J. (2014, May) *Horsin' Around with Ethics*. Presentation at the Northeast TX Counseling Assoc., Shadow Ranch, Sulphur Springs, TX.

Whitely, R. (2014, April) *Power Tools For living*. Presentation for Women's Shelter, Throwaway Ponies, Rockwall, TX.

Whitely, R. (2013, Feb). *How do ethics affect my daily activities?* Presentation for Glen Oaks Hospital, Greenville, TX.

Whitely, R. & Sanders, D. (2011, Nov). *Group Work Techniques for Participants of all ages: At-Risk Juveniles, Parents, Geriatric, Patients*. Presentation at the meeting of the Texas Counseling Association Annual Conference, Fort Worth, TX.

Whitely, R. (2011, June). *How do ethics affect my daily activities?* Presentation at Hopkins County Memorial Hospital, Sulphur Springs, TX.

Whitely, R. (2010, Nov). *The Efficacy of Equine-Assisted Psychotherapy with At-Risk Adolescents*. Presentation at the meeting of the Texas counseling Association Annual Conference, Austin, TX.

Whitely, R. (2010, Nov). *Use of Activities and Play when Counseling Children*. Presentation at the meeting of the Counselor Networking Meeting at Rains ISD; Emory, TX.

Whitely, R. (2010, Aug). *Anti-Bullying Campaign*. Presentation at the meeting of the Community Resource Coordination Group, Greenville, TX, at Glen Oaks Hospital.

Whitely, R., & Bradley, P. (2009, Nov). *How do I get started in Animal Assisted therapy? An overview of Animal and Equine Assisted Therapy*. Presentation at the meeting of the Texas Counseling Association Annual Conference, Dallas, TX.

Ball, L., Stanley, D., & Whitely, R. (2008, May). *Attachment to the Perpetrator in cases of Betrayal Trauma*. Presentation at the meeting of the Texas Association for Play Therapy 15th Annual Play Conference, Dallas, TX.

SERVICE

Texas Counseling Association (TCA) Public Policy Committee (appointment: July 1, 2017- June 30, 2019)

Throwaway Ponies Volunteer – 2009- Current

Texas Assoc of Marriage and Family Counselors (TAMFC) Advocacy Days Liaison (May 2016-May 2018)

Texas Assoc of Marriage and Family Counselors (TAMFC) Membership Chair (June 2015-2016)

The Journal of Humanistic Counseling: Editorial Board Fall 2011- 2013

Texas A&M University- Commerce, Undergraduate Programs Committee Fall 2011-2012

Texas A&M University- Commerce, Departmental IRB Committee Fall 2011-2012

Texas A&M University- Commerce, Murphy Day Committee Fall 2011- 2012

Texas A&M University- Commerce, Future Needs, Plans and concerns Committee Spring 2011- 2012

Texas A&M University- Commerce, Scholarships/Excellence Fund Committee Fall 2010 -Fall 2011

Texas A&M University- Commerce, Library Committee Fall 2010-Fall 2011

Social Director for the 2009 Texas Counseling Association Professional Growth Conference ▪ May 2008 to November 2009

Chi Sigma Iota International ▪ Epsilon Tau Chapter's Fundraiser Committee Chair ▪ March 2007 to May 2008

Assistant to the Editor for the *Journal of Graduate Student Scholarship in Counseling* ▪ August 2007 to December 2007

Proctor for Murphy Day Continuing Education Conference, Texas A&M University-Commerce ▪ February 2007

Proctor for Master's Comprehensive Exams at Texas A&M University-Commerce ▪ January 2007

TEACHING (Texas A&M University-Commerce)

COUN 528: Introduction to Group Dynamics and Procedures ▪ Ad Interim Assistant Professor Department of Counseling Texas A&M University-Commerce ▪ Fall 2017▪ Fall 2018

COUN 551: Practicum ▪ Ad Interim Assistant Professor Department of Counseling Texas A&M University-Commerce ▪ 2 Sections, Fall 2018

COUN 551: Theories ▪ Ad Interim Assistant Professor Department of Counseling Texas A&M University-Commerce ▪ Fall 2018

COUN 552 Counseling Internship ▪ Adjunct Professor, College of Education at Texas A&M University-Commerce ▪ Spring 2016 ▪ Fall 2016▪ Spring 2017▪ Ad Interim Professor Department of Counseling Texas A&M University-Commerce ▪ Fall 2017▪ Ad Interim Assistant Professor Department of Counseling Texas A&M University-Commerce ▪ Spring 2018

COUN 414 Home and Family Living, undergraduate ▪ Graduate Teaching Assistantship Department of Counseling at Texas A&M University-Commerce ▪ Spring 2008 ▪ Ad Interim Assistant Professor Department of Counseling Texas A&M University-Commerce ▪ Spring 2018

PSY 205 Applied Professional Ethics ▪ Adjunct Professor Department of Psychology Texas A&M University-Commerce ▪ Spring 2015 ▪ Fall 2015 ▪ Spring 2016 ▪ Fall 2016▪ Spring 2017 ▪ Ad Interim Assistant Professor Department of Counseling Texas A&M University-Commerce ▪Fall 2017 ▪ Ad Interim Assistant Professor Department of Counseling Texas A&M University-Commerce ▪ Spring 2018

COUN 548 Advanced Counseling Skills ▪ Ad Interim Assistant Professor
Department of Counseling Texas A&M University-Commerce ▪ Spring 2018

COUN 522: Counseling Diverse Populations ▪ Ad Interim Assistant Professor
Department of Counseling ▪ Fall 2017

CED 497 Ethics for Human Services ▪ Adjunct Professor, College of Education at Texas
A&M University-Commerce ▪ Sum I 2012 ▪ Fall 2012 ▪ Sum I 2013 ▪ Fall 2013 ▪ Spring
2014 ▪ Sum I 2014 ▪ Fall 2014 ▪ Spring 2015

PSY 317 Psychology of Personality ▪ Ad Interim Assistant Professor ▪ Department of
Psychology at Texas A&M University-Commerce ▪ Spring 2012

PSY 300 Learning Process and Development ▪ Ad Interim Assistant Professor ▪
Department of Psychology at Texas A&M University-Commerce ▪ Spring 2012, 2
sections

PSY 2301 Introduction to Psychology ▪ Ad Interim Assistant Professor ▪ Department of
Psychology at Texas A&M University-Commerce ▪ Fall 2010, 2 sections; Spring 2011, 2
sections; Fall 2011, 2 sections; Spring 2012, 2 sections.

PSY 2306 Sexual Behavior ▪ undergraduate ▪ Ad Interim Assistant Professor ▪
Department of Psychology at Texas A&M University-Commerce ▪ Spring 2010; Spring
2011; Fall 2011.

PSY 214 Aspects of Psychology ▪ Ad Interim Assistant Professor ▪ Department of
Psychology at Texas A&M University-Commerce ▪ Fall 2011, 3 sections Lecture &
online

PSY 310 Psychology of Diverse Populations ▪ undergraduate ▪ Ad Interim Assistant
Professor ▪ Department of Psychology at Texas A&M University-Commerce ▪ Adjunct,
Spring 2010; Fall 2010, 3 sections-1online; Spring 2011, 2 sections.

PSY 316 Abnormal Psychology ▪ undergraduate ▪ Adjunct Professor ▪ Department of
Psychology at Texas A&M University-Commerce ▪ Fall 2009

PSY 130 Psychology of Adjustment ▪ undergraduate ▪ Adjunct Professor ▪
Department of Psychology at Texas A&M University-Commerce ▪ Fall 2009

COUN 412 Career Development ▪ undergraduate ▪ Graduate Teaching Assistantship ▪
Department of Counseling at Texas A&M University-Commerce ▪ Spring 2009

COUN 516 Pre-Practicum, master's-level course COUN516 ▪ Co-teaching with Dr.
Lori Ellison master's-level course ▪ Graduate Assistantship ▪ Department of Counseling
at Texas A&M University-Commerce ▪ Spring 2009

COUN 301 Introduction to the Counseling Profession, undergraduate ▪ Graduate
Teaching Assistantship ▪ Department of Counseling at Texas A&M University-
Commerce ▪ Fall 2006 & Fall 2008

COUN 315 Philosophy of the Helping Relationship, undergraduate ▪ Graduate
Teaching Assistantship ▪ Department of Counseling at Texas A&M University-
Commerce ▪ Fall 2006

COUN 501 Introduction to Counseling, master's-level course ▪ Assisted Dr. Linda Ball ▪
Department of Counseling at Texas A&M University- Commerce ▪ Fall 2007

ACCOMPLISHMENTS AND AWARDS

Recipient of the Office of the Dean of Graduate Studies ▪ Summer Dissertation
Fellowship ▪ Funded \$1000. For dissertation research ▪ June 2009

Recipient of the Texas Counseling Association ▪ Educational Endowment Fund Award ▪ Funded \$500. For dissertation research ▪ April 2008

Phi Theta Kappa ▪ North Central Texas College, Gainesville, TX

Alpha Sigma Lambda, the National Honor Society for Adult Students

Deans List for Academic Achievement Fall 98 & Spring, Fall 2003 ▪ North Central Texas College, Gainesville, Texas

Chi Sigma Iota, Counseling Academic Honor Society

Psi Chi, the National Honor Society in Psychology

PROFESSIONAL AFFILIATION

Texas Counseling Association ▪ Since 2006

National Association for Certified Counselors ▪ Since 2006

Equine Assisted Growth and Learning Assoc ▪ Since 2009

American Counseling Association ▪ Since 2010

Biofeedback Certification International Alliance ▪ Since 2012

North East TX Counseling Association ▪ Since 2013

Texas Assoc of Marriage and Family Counselors ▪ Since 2015