

Chris Simpson, Ph.D., LPC-S
Professor
Department of Counseling
Texas A&M University-Commerce
Chris.simpson@tamuc.edu

EDUCATION

PhD. Counselor Education, University of North Texas, August 2002

M.Ed. Counseling, University of North Texas, May 1999

B.S. Kinesiology, University of North Texas, December 1992

AREAS OF EXPERTISE/ INTEREST

Non-suicidal Self-Injurious Behavior (NSSI), Grief/Bereavement, Counselor Supervision

HONORS AND AWARDS

Professor of the Year Award. Texas A&M University-Commerce Chapters of Kappa Alpha Psi Fraternity and Delta Sigma Theta Sorority, 2016.

15 Years of Service Appreciation 2001-2016. Camp El Tesoro de la Vida ("The Treasure of Life")

10 Years of Service Appreciation 2001-2010. Camp El Tesoro de la Vida ("The Treasure of Life")

Vice-President's Assigned Time Award Recipient 2002. San Francisco State University. Department of Counseling, College of Health and Human Services

Bobbie Wilborn Scholarship Recipient 2000-2001. University of North Texas. Department of Counseling, Development & Higher Education

GRANTS

Funded

Faculty Development Grant Award. Texas A&M University-Commerce. Graduate Studies and Research, March 27, 2007, \$500.

Mini-Grant Recipient. Texas A&M University-Commerce, Graduate Studies and Research, November 18, 2005, \$600.

Procedure Manual for School Counselors Working with Non-Suicidal Self-Injurious Students. The Baxter Trust, February 22, 2011, \$30,000.

PROFESSIONAL/CLINICAL EXPERIENCE

Professor, 2017-Present
Department of Counseling
Texas A&M University-Commerce

Assistant Department Head 2017-2018
Department of Psychology, Counseling and Special Education
Texas A&M University-Commerce

Associate Professor 2011-2017
Department of Psychology, Counseling & Special Education
Texas A&M University-Commerce

Assistant Professor 2005-2011
Department of Counseling
Texas A&M University-Commerce

Licensed Professional Counselor-Supervisor 2003- Present
License #18253
The Counseling Connection- Private Practitioner

Cognitive Rehabilitation Therapist 2003-2005
Pate Rehabilitation Endeavors

Contract Therapist 2003-2005
Center for Therapeutic Change

Assistant Professor (2002-2003)
Department of Counseling
San Francisco State University-

.
Interim School Counselor Fall 2001
Tenderfoot Primary School, Sanger Texas

.
Primary Counselor 1998-2000
Solutions Outpatient Services

PUBLICATIONS AND SCHOLARLY WORKS

Dissertation

Simpson, C. (2002). *A study of master's level group instructor practices in preparing students to become competent group leaders*. Unpublished doctoral dissertation, University of North Texas, Denton, TX.

Refereed Publications

Robinson, A., Simpson, C. & Hott, B. (2017). The Effects of Child-Centered Play Therapy on the Behavioral Performance of Three First Grade Students with ADHD. *International Journal of Play Therapy*, 28(2), 73-83.

Robinson, A., Quast, H., Davis, J., Riley, S., Hott, B., & Simpson, C. (2016). Self-injury and the use of behavioral interventions: A synthesis of single case studies. *Journal of Professional Counseling: Practice, Theory, and Research*, 43(2), 14-27.

Daugherty, J.L., Hendricks, L. & Simpson, C. (2014). Sleep aids: Sedative-hypnotic drugs in America. *National Forum Journal of Counseling and Addiction*, 3 (1). Retrieved from <http://www.nationalforum.com/Electronic%20Journal%20Volumes/Daugherty,%20Jason%20L%20Sleep%20Aids%20NFJCA%20V1%20N1%202014.pdf>

Guidry, K., Simpson, C.S., Test, T. & Bloomfield, C. (2013). Ambiguous Loss and Its Effects on Children: Implications and Interventions for School Counselors. *Journal of School Counseling*. 11(15). Retrieved from <http://www.jsc.montana.edu/articles/v11n15.pdf>

Aslinia, S. D., Rasheed, M. & Simpson, C. (2011). Individual Psychology (Adlerian) applied to international collectivist cultures: Compatibility, effectiveness, and impact. *Journal for International Counselor Education*, 3(1). Retrieved from <http://digitalscholarship.unlv.edu/cgi/viewcontent.cgi?article=1018&context=jice>

Simpson, C., Armstrong, S.A., Couch, L. & Bore, S.K. (2010). Understanding non-suicidal self- injury: Perceptions of school counselors. *Journal of School Counseling*, 8 (37). Retrieved from <http://www.jsc.montana.edu/articles/v8n37.pdf>

Simpson, C.S., Armstrong, S.A. & Johnson, Q. (2008). An interview with Robert C. Berg: A retrospective look at the career of a group counseling teacher and facilitator. *Journal of Professional Counseling: Practice, Theory, and Research*, 36(1), 1-16.

Simpson, C. & Bore, S.K. (2008). Self-injury: Counseling youth who self-mutilate (ACAPCD-18). Alexandria, VA: *American Counseling Association*. Retrieved from <http://counselingoutfitters.com/vistas/ACAPCD/ACAPCD-18.PDF>

Durodoye, B.A., Ennis-Cole, D., Simpson, C. & Ennis III, W. (2008). Multicultural Education and Empowerment through Faculty Support Programs. *Perspectives in Peer Programs Journal*, 21(1), 12-20.

Armstrong, S.A. & Simpson, C.S. (2002). Expressive arts and family therapy: Including young children in the process. *Texas Counseling Association Journal*, 30(2), 2-9.

Simpson, C. (2001). Self-mutilation. Greensboro, NC: *ERIC/CASS Digest*. Retrieved from www.gpoaccess.gov/eric/200301/ed465945/pdf

Books

Simpson, C. (2015). *Cutting and Self-Harm*. ABC-CLIO: Santa Barbara, CA.

Book Chapters

Simpson, C.S. & Bore, S.K. (2008). Self-injury: understanding and providing assistance to students who self-mutilate. In J.M. Allen (Ed.), *21st century school counseling: Professional and personal perspectives and practices*. Ann Arbor, MI: Counseling Outfitters, LLC.

Brooks, A. & Simpson, C. (2007). Cutting: Self-injury in adolescence. In D.R. Coy (Ed.), *Children of promise: Investing in our legacy*. RonJon: Addison, TX.

Coy, D.R., Simpson, C.S., & Armstrong, S.A. (2003). Career development with multicultural students. In S.M. Wakefield (Ed.), *Unfocused kids: Innovative practices to help students with their plans after high school*. CAPS Press: Greensboro, NC.

Digital Publications

Simpson, C. (2016). *Helping your self-injurious child: A brief but essential guide for parents*. [Kindle DX Version]. Retrieved from Amazon

Simpson, CS. , Gamez, J.G. & Sarker, S.A. (2012). *An on-line training manual introducing nonsuicidal self-injury (NSSI) to school counselors*. Retrieved from <https://outlook.tamuccommerce.edu/exchweb/bin/redir.asp?URL=http://www.tamuc.edu/academics/colleges/education/HumanServices/departments/psychologyCounselingSpecialEducation/counseling/nssi/default.aspx>

Other Publications

Guidry, K. & Simpson, C. (2015). *Ambiguous loss and children: Implications for school counselors*. ADEC Forum, 41(2)

Simpson, C. & Armstrong, S.A. (2007). *Camp El Tesoro de la Vida: A camp experience for bereaved children*. Camping Magazine, 80(4), 32-35.

Coy, D.R. & Simpson, C.S. (2002). *Kids Who Cut*. School Counselor, 40(1).

REFEREED PRESENTATIONS

Chuyou-Campbell, C. & Simpson, C. (2021, November). *Assessing the quality of the parent-child relationship through sandtray*. 2021 Sandtray Summit (online Conference).

Robinson, A. & Simpson, C. (2016, February). *The use of child-centered play therapy with elementary school students with ADHD*. Texas School Counseling Association Annual Conference.

Smith, R. & Simpson, C. (2014, November). *Implementing family therapy in schools*. Texas Counseling Association 58th Professional Growth Conference, Dallas, TX.

Simpson, C.S., Quast, H. & Robinson, A. (2014, January). *Supervising and non-suicidal self-injury (NSSI): Supervising a counselor intern working with a self-injuring client*. Texas Association for Counselor Education and Supervision Midwinter Conference 2014, Austin, TX.

Ellison, L. & Simpson, C.S. (2009). *Adjunct faculty and gate-keeping: Strategies for part-time instructors in assessing and addressing problematic student behaviors*. 2009 National Conference of the Association for Counselor Education and Supervision (ACES), San Diego, CA.

Simpson, C.S. (2008). *Grief and children: Conceptualization and techniques for working with the bereaved child*. Harlan Steph Counseling Conference, Wichita Falls, TX.

Simpson, C.S. & Armstrong, S.A. (2008). *Self-injurious behavior in the secondary school setting: Surveying secondary school counselors about perceptions of sib*. AACE 2008 National Assessment Conference, Dallas, TX.

Simpson, C.S. & Bollman, N. (2008). *The sensible approach to grief: Running grief support groups that work*. Texas Counseling Association (TCA) 52nd Annual Growth Conference, Houston, TX.

Simpson, C.S., Bollman, N. & Freeman, S.J. (2007). *A Unique Group Model for Working with Grieving Adults and Children*. Association for Death Education and Counseling (ADEC) 29th Annual Conference, Indianapolis, IN.

Simpson, C.S. & Bollman, N. (2007). *The sensible approach to grief: A Unique Model for Grief Group Facilitation*. Texas Counseling Association (TCA) 51st Annual Growth Conference, Corpus Christi, TX.

Coy, D.R. & Simpson, C.S. (2006). *Cutters and Self Injurious Behavior: What Parents & Educators Should Know*. Center for Parent Education 14th Annual Conference on Parent Education, Denton, TX.

Simpson, C.S. (2006). *Self-injurious behavior: Cutting, self-harm, self-mutilation*. North Texas Counseling Conference, Denton, TX.

Simpson, C.S., Armstrong, S.A. & Willis, S. (2006). *A camp experience for grieving children*. Texas Counseling Association (TCA) 50th Annual Growth Conference, San Antonio, TX.

- Coy, D.R. & Simpson, C. (2005). *Identifying and Working with Cutters*. Texas Counseling Association (TCA) 49th Annual Growth Conference, El Paso, TX.
- Coy, D.R. & Simpson, C. (2004). *Self-Injury and Adolescence*. North Texas Counseling Conference, Denton, TX.
- Simpson, C. & Coy, D.R. (2004). *Self-Injurious Behavior*. Texas Counseling Association (TCA) 48th Annual Growth Conference, Ft. Worth, TX.
- Coy, D.R. & Simpson, C.S. (2003). *The phenomenon of self-injurious behavior in the schools*. 2003 American Counseling Association (ACA) National Conference, Pre-Conference Workshop, Anaheim, CA.
- Coy, D.R., Allen, J.M., Rubin, R. & Simpson, C. (2003). *Self-Hurt/ Self-Mutilation*. 2003 American School Counseling Association (ASCA) Annual Conference, St. Louis, MO.
- Coy, D.R., Allen, J.M., Gallagher, J. & Simpson, C. (2002). *Self-mutilation/self-hurt: What counselors can do to address the problem*. 2002 American School Counselor Association (ASCA) Annual Conference, Miami, FL.
- Armstrong, S.A. & Simpson, C. (2002). *Using expressive art activities with supervisees: Enhancing self-awareness and building cohesion in group supervision*. 2002 Association for Counselor Education and Supervision (ACES) National Conference, Park City, UT.
- Orozco, G. & Simpson, C. (2002). *From the school to the community: Counselors working with media to reach diverse parents*. California School Counselor Association (CASCA) Fall Conference, Oakland, CA.
- Dean, K. & Simpson, C. (2001). *It's all about belonging: Group activity therapy for pre-adolescents*. First Annual Educational Research Exchange, Denton, TX.
- Armstrong, S. & Simpson, C. (2001). *Current teaching practices of group counseling instructors*. Roundtable session presented at Rocky Mountain Association for Counselor Education and Supervision 2001 Annual Conference, Breckenridge, CO.
- Coy, D. & Simpson, C. (2001). *Self-mutilation/self-hurt*. Texas Counseling Association 45th Annual Professional Growth Conference, Dallas, TX.
- Simpson, C. & Bullock, M. (2001). *Creation of a career: Helping students create a career philosophy*. Texas Counseling Association 45th Annual Professional Growth Conference, Dallas, TX.

Abney, P., Bullock, M., Muro, J., Kern, C., & Simpson, C. (2001). *Creating healthy relationships*. Texas Counseling Association (TCA) 45th Annual Professional Growth Conference, Dallas, TX.

Invited Presentations

Simpson, C. (2021). *Skills for being present*. Boston Consulting Group, Dallas, TX

Simpson, C. (2020). *Techniques for managing your stress*. Boston Consulting Group, Dallas, TX

Simpson, C. (2019). *Managing anxiety in the workplace*. Boston Consulting Group, Dallas, TX.

Simpson, C. (2018). *Work performance and anxiety: How being in the moment can alleviate anxiety and increase performance*. Boston Consulting Group, Dallas, TX.

Burgos, D., Cusumano, Sheffield, S. & Simpson, C. (2016). *Discussion panel on rural mental health*. Rural Mental Health Forum 2016 Commerce, TX.

Simpson, C. S. (2016). *Self-Injury with secondary school students*. Half-day Workshop for Frisco Independent School District, Frisco, TX.

Simpson, C. S. (2016). *Your self-injurious child: How to effectively confront the behavior*. One hour presentation to Sulphur Springs Independent School District, Sulphur Springs, TX.

Simpson, C.S. (2015). *Working with the self-injurious student: A guide to working with adolescents and teens who use non-suicidal self-injury (NSSI)*. American Psychotherapy Institute, McKinney, TX.

Simpson, C.S. (2014). *Working with the self-injurious student: A guide to working with adolescents and teens who use non-suicidal self-injury (NSSI)*. American Psychotherapy Institute, McKinney, TX.

Simpson, C.S. (2013). *Working with the self-injurious student: A guide to working with adolescents and teens who use non-suicidal self-injury (NSSI)*. American Psychotherapy Institute, McKinney, TX.

Simpson, C. S. (2012). *Self-injury with secondary school students*. Garland ISD Light Counselor Meeting, Garland, TX.

Simpson, C.S. (2011). *The nuts and bolts of non-suicidal self-injury*. Half Day Workshop for Northeast Texas Counseling Association, Sulphur Springs, Texas.

Simpson, C.S. (2010). *Eliminating barriers for learning: Removing the stigma of mental illness*. Full Day Workshop for Region 8, Mt. Pleasant, Texas.

Simpson, C.S. (2010). *Understanding the self-injuring student*. Half Day Workshop for McKinney Independent School District, McKinney, Texas.

Simpson, C.S. (2010). *Ethical issues for the private practitioner*. 2010 Northern Metro Counseling Association Annual Winter Conference, Plano, Texas.

Simpson, C.S. (2009). *Understanding the self-injuring student*. Full Day Workshop for Region 8, Mt. Pleasant, Texas.

Simpson, C.S. (2008). *Eliminating barriers for learning: Social emotional factors that promote education*. Full Day Workshop for Region 8, Mt. Pleasant, Texas.

Freeman, S.J. & Simpson, C.S. (2007). *Grief and Loss: Identifying and working through the process*. Full day Workshop for Texas A&M University-Commerce Lecture Series, Mesquite, Texas.

Simpson, C.S. (2007). *Self-injurious behavior: What school counselors should know*. 1st Annual Region 10 Counselor's Symposium, Plano, TX.

Simpson, C.S. (2006). *Self-injury: What school professionals should know*. Half Day Workshop for Bryan Independent School District, Bryan, Texas.

Coy, D.R. & Simpson, C. (2006). *Self-injury in school settings*. Full Day Workshop for Region IX, Wichita Falls, TX.

Simpson, C. (2005). *The importance of group in the grief process*. 1st Annual Campfire Grief Conference. Ft. Worth, TX.

Simpson, C. (2004). *Working with your children: Alternatives to discipline*. Family night lecture at Solutions Outpatient Services, Dallas, TX.

Simpson, C. (2004). *Boys: How they are unique. How to work with them*. Half Day Workshop at Parish Episcopal School, Dallas, TX.

Simpson, C. (2004). *Self-Injurious Behavior*. Northern Metro Counseling Association 2004 Annual Winter Workshop, Plano, TX.

Simpson, C. (2004). *Self-injury in treatment settings*. Family Night lecture at Solutions Outpatient Services, Dallas, TX.

Simpson, C. (2002). *Kids who cut*. Workshop on self-injurious behavior at Santa Rosa School District, Santa Rosa, CA.

Coy, D.R. & Simpson, C. (2002). *Self-hurt/self-harm: What are the signs? What can school Counselors do?* TCA Conference Post Conference Workshop, Austin, TX.

SERVICE

University/College/Departmental Committees

Texas A&M Commerce

University Committee on Diversity, Equity and Inclusion (DEI, Spring 2022)

Department of Counseling

Community Mental Health Track Coordinator (Fall 2018-Present)

Department of Counseling

Assistant Professor Professional Track Search Committee, Chair (Spring 2022)

Department of Counseling

Assistant Professor Professional Track Search Committee, Chair (Fall 2021)

Assistant Professor Tenure Track in School Counseling Search Committee, Chair (Spring 2021)

Department of Counseling

Harold Murphy Counseling Center Clinical Director Search Committee, Chair (2019)

College of Education and Human Services

"What the Truth Sounds Like" Symposium, Moderator Spirituality & Religion Break-Out (September 24, 2020)

Department of Counseling

Assistant Professor Professional Track Search Committee, Member (2020)

Department of Counseling

Community Mental Health Program, Program Coordinator (2019-Present)

Department of Counseling

Retention and Dismissal Committee, Chair (2018-Present)

College of Education and Human Services

Grade Appeal Committee, Chair (Fall 2016)

Department of Psychology, Counseling and Special Education

Departmental Search Committee (SE), Member (Fall 2016)

Department of Psychology, Counseling and Special Education

Departmental Search Committee (SE), Member (Spring 2016)

Department of Psychology, Counseling and Special Education
Departmental Search Committee (COUN), Member (Fall 2014)

Department of Psychology. Counseling and Special Education
Doctoral Coordinator, Counseling Program (Fall 2013-Spring 2018)

Department of Psychology. Counseling and Special Education
Doctoral Committee, Chair (Fall 2013-Spring 2018)

College of Education and Human Services (COEHS)
Virtual Advisory Committee (Fall 2013-Spring 2018)

College of Education and Human Services (COEHS)
Tenure and Promotion Committee (Fall 2013-Spring 2016)

Department of Psychology, Counseling and Special Education
Departmental Search Committee, Member (Fall 2013)

Department of Psychology, Counseling and Special Education
Departmental Search Committee, Member (Fall 2012)

Department of Psychology, Counseling and Special Education
Collin Higher Education Center, Liaison (Fall 2009-Spring 2013)

Department of Psychology, Counseling and Special Education
Departmental IRB, Member (Fall 2012-Summer 2013)

Department of Psychology, Counseling and Special Education
Counseling Doctoral Committee, Member (Fall 2012-Spring 2016)

Department of Psychology, Counseling and Special Education
Director of Training and Placement (Fall 2012-Fall 2013)

Department of Psychology, Counseling and Special Education
Faculty Search Committee, Chair (Fall 2011-Spring 2012)

Department of Psychology, Counseling and Special Education
Administrative Assistant Search Committee, Member Fall 2011

College of Education and Human Services Search Task Force, Member (Fall 2010)

Department of Counseling, Assistant Professor Search Committee, Chair
(Fall 2009-Spring 2010)

Department of Counseling

Clinical Committee, Chair (Fall 2007-Spring 2010)

Department of Counseling
Director of Training and Placement (Fall 2007-Summer 2009)

Director of the Community Counseling Center, Commerce, TX
(Fall 2007-Summer 2009)

Department of Counseling
Alumni Committee, Member 2005-2006

Department of Counseling
Faculty Search Committee, Member 2005-2006

Professional Service

Northern Metro Counseling Association, President (2011-2012)

Community Service

Boston Consulting Group (BCG), Consultant (2018-Present)

First Presbyterian Church-Dallas, Associate Pastor Search Committee (Spring 2021)

First Presbyterian Church-Dallas, Youth Director Search Committee (Fall 2019)

First Presbyterian Church-Dallas, Youth Sunday School Teacher (2018)

First Presbyterian Church-Dallas, Elder (2012-2015)

Camp El Tesoro de la Vida, Therapist (Summer 2001-Summer 2020)

Lighthouse for New Hope, Consultant (2006-2008)

First Presbyterian Church-Dallas, Youth Church School Teacher (2010-2011)

First Presbyterian Church-Dallas, Youth Sponsor (2005-2010)

First Presbyterian Church-Dallas, Associate Pastor Nominating Committee, Member
(2008-2010)

Professional Membership

Member- Texas Counseling Association (TCA)

Member (and former President)- Northern Metro Counseling Association (NMCA)

Member- American Counseling Association (ACA)