

# **Ajitha Chandrika Prasanna Kumaran, Ph.D., NCC, LPC-Associate**

Ajitha.Kumaran@tamuc.edu

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## **License and certification**

LPC-Associate, State of Texas

# 88933

Effective June 2022

Supervised by Candace Chuyou-Campbell, Ph.D, LPC-S, RPT-S and Kristopher Garza, Ph.D., LPC-S

NCC-National Certified Counselor

#1567720

June 2021-present

## **WORK**

### **Assistant Professional Track**

June 2021-Present

Department of Counseling

*Texas A&M University-Commerce*

Teaching core CACREP courses in Clinical Mental Health Counseling, activity involved with departmental committees, graduate student advising, and supervising.

### **Senior Lecturer**

August 2019-May 2021

Education and Pupil Services Department

*University of Wisconsin-STOUT*

Taught core courses and Supervising Masters in School Counseling Students. Activity involved in program development, department curriculum committee, and new student recruitment.

### **Guest Faculty**

2013 to 2015

*Tamil Nadu Open University, Chennai, Tamil Nadu, India.*

Taught master's in psychology and counseling students in research statistics and psychological testing courses. Topics includes central tendency, descriptive statistics, t-test, ANOVA, MANOVA, personality assessments, intelligence testing, aptitude testing, interest inventories, career testing, and sentence completion testing.

## EDUCATION

### **Doctor of Philosophy in Counselor Education**

August 2015-August 2019

Dissertation title *Experiences of fifth-grade students in an emotional mindfulness program*

Texas A&M University-Corpus Christi (*CACREP Accredited Program*)

Counseling and Educational Psychology Department

### **Post-Graduation Diploma in Psychological Counseling**

August 2012-July 2013

Tamil Nadu Open University, India

*Relevant Coursework:* Counseling theories and techniques

### **Master of Science in Applied Psychology- Specialized in Clinical and Organizational Psychology**

August 2010 – April 2012

Bharathiar University, India

Submitted Case report on Clinical Practicum thesis as a partial fulfilment of master's degree which mainly focused on ten different cases: Mental retardation, severe depression with psychotic symptoms, obsessive compulsive disorder, autism, alcohol dependency syndrome, delusional disorder, mixed anxiety disorder, learning disability and somatoform disorder

### **Bachelor of Science in Psychology, Human Development, and Human Resource Management**

August 2007 – April 2010

St Thomas College of Arts and Science Affiliated to University of Madras, India

Submitted research thesis as a partial fulfillment of Bachelor of Science degree: Involved in research on two topics- one for survey t-test and other as correlation study. The research was based on the level of job involvement and job stress among experienced and fresh workers. In the other study inference obtained was that the Parenting styles (authoritative and authoritarian) influence self-esteem of the adolescents.

## CERTIFICATIONS & TRAININGS

1. Dialectical behavior therapy (DBT) training, summer 2018, TAMUCC
2. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), summer 2016, the Counseling and Training Clinic, TAMUCC.
3. Dialectical behavior therapy (DBT), summer 2016, TAMUCC
4. Sexual Assault training, spring 2016, the Counseling and Training Clinic, TAMUCC
5. Mental Health First Aid, fall 2015, Behavioural health Center, Corpus Christi Tx.
6. 2011, 3-day workshop on Rorschach Ink-Blot Test: Exner's Method Administration, Scoring and Interpretation, which was conducted by Sri Ramachandra University Alumni, India.

7. Transactional Analysis 2011, India.

## **RESEARCH SCHOLARSHIP**

### ***Published***

- Prasath, P. R., **Chandrika Prasanna Kumaran, A.**, Spears, J. R., & Jackson, K. (2021). Creativity in the Classroom: A Content Analysis of the Journal of Creativity in Mental Health from 2005 to 2020. *Journal of Creativity in Mental Health*, 1-22.
- Ermis, H., Watson, J., Karaman, M., Freeman, P., **Kumaran, A.**, Haktanir, A., & Streeter, A. (2018). Psychometric properties of the Multidimensional Scale of Perceived Social Support within Hispanic college students. *Hispanic Journal Behavioral Sciences*, doi.org/10.1177/0739986318790733
- Karaman, M.A., **Kumaran, A.C.**, Haktanir, A. & Lenz, S. (2018). Predictors of Counselor-in-Training students' General Self-Efficacy. *AkdenizEgitim Arastirmalari Dergisi*, 12(25), 136-149. doi: 10.29329/mjer.2018.153.8
- Haktanir, A., Watson, J. C., Ermis-Demirtas, H., Karaman, M. A., Freeman, P. D., **Kumaran, A.**, & Streeter, A. (2018). Resilience, Academic Self-Concept, and College Adjustment Among First-Year Students. *Journal of College Student Retention: Research, Theory & Practice*. doi: 10.1177/1521025118810666

## **PROFESSIONAL PRESENTATIONS**

### ***International***

- Chandrika Prasanna Kumaran, A.**, Ratanavivan, W., and Lou, A. (2022, December). *Counseling Globally: Information and Implications*. **Virtual Presentation** at Mental Health Connections: Building a Global Counseling Community conference, National Board for Certified Counselors (NBCC)
- Chandrika, A.** and Selvaraj, P. (2012, February). *Sexual Abuse via Internet- Emphasizing the Role of Parents*. **60 minutes** presentation at Inter National Seminar Conducted by Sri Kanyaka Parameswari Arts & Science College for Women, India.
- Chandrika, A.** (2013, November) *Thinking of an alternative way to reach the inner world of the Autistic child-case study*. **60 minutes** presentation at international conference – Current Perspectives in Educational Psychology organized by Tamil Nadu Open University and Women’s Christian College Chennai, Tamil Nadu, India. Paper is published in the proceeding book-ISBN: 978-93-5001-418-9.

## National

Prasath, P., **Kumaran, A.**, and Spears, J. (October 2022). *Creativity + Research = Systematic Content Analysis to Explore Creative Teaching*. 60 minutes at American Counseling Association (ACA), Virtual Recording.

Faucher, A., **Kumaran, A.**, and Ratanavivan, W. (October 2021). *The role of gatekeeping in online learning: Best practices to facilitate non-traditional learning*. 50 minutes at Association for Counselor Education and Supervision (ACES) annual conference, Atlanta, Georgia.

Prasath, P., **Kumaran, A.**, Jackson, K., and Spears, J. (October 2021). *Creativity in the Classroom: A systematic content analysis of the Journal of Creativity in Mental Health*. 50 minutes at Association for Counselor Education and Supervision (ACES) annual conference, Atlanta, Georgia.

**Kumaran, A.**, Ratanavivan, W. and Scholl, M. (2021, June). *Experiential Activities in Online Classroom: Promoting Growth and Connection with Students*. 60 minutes presentation at Association of Humanistic Counseling (AHC) Annual conference, Virtual.

Thapa, S., and **Kumaran, C.P.A.** (2021, January). *What kind of emotions are faculty experiencing during the COVID-19 pandemic? Exploring emotions and emotional regulation when teaching online*. 60 minutes roundtable presentation at Association of American Colleges & Universities (AAC&U) Annual Virtual Conference.

**Kumaran, A.**, (2020, September). *Implementing creative online teaching strategies and providing a safe e-learning space in multicultural counseling course*. 50 minutes presentation at Association for Creativity in Counseling (ACC) Virtual conference

**Kumaran, A.**, Prasath, P., Oyeniyi, O., and Therthani, S. (2020, June). *Panel Discussion on Job Search and Beyond: International Counselor Educators*. 90 minutes panel at Association for Multicultural Counseling and Development (AMCD) Virtual conference.

Smith, L. R., and **Kumaran, A.** (2019, October). *Doctoral Students becoming Supervisors: An Examination of Pedagogy and Student Experiences*. **90 minutes presentation** at Association for Counselor Education and Supervision (ACES) annual conference, Seattle, WA.

Smith, L., **Kumaran, A.**, and Lenz, S. (2016, September). *Preliminary evidence for TF-CBT as an intervention for Traumatic Response to Bullying*. **Poster** Presentation at Association for Assessment and Research in Counseling (AARC) annual conference. Ft. Lauderdale, FL.

**Kumaran, A.**, Ermis, H., and McMullen, J. (2019, July). *Career counseling guidance for elementary school students*. **60 minutes** presentation at American School Counseling Association (ASCA) annual conference.

Ermis, H., **Kumaran, A.**, and McMullen, J. (2019, June). *Advocating for Muslim Students in the U.S. Schools: If not Us, Then Who?* **60 minutes** presentation at American School Counseling Association (ASCA) annual conference.

### **Regional**

Gonzalez, E., and **Kumaran, A.**, (2022, November). *Let's talk about it: Multicultural activities in classroom* . **Poster**. Southern Association for Counselor Education and Supervision conference,

### **State**

**Kumaran, A.**, Ratanavivan, W., Wilkins, J., and Donald, S. (2023, March). Is Personal Therapy Necessary for Counselors-in-Training? Implications for Counselor Educators and Supervisors. **60 minutes Round table** at Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference.

**Kumaran, A.**, Ratanavivan, W., and Zhang, Y. (2023, March). I wish I knew': Supervising international LPC-Associates. **60 minutes presentation** at Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference.

Prasath, P., **Kumaran, A.** and Spears, J. (November 2021, November). *Wondering how to be Creative in the Classroom? Tips for Early Career Faculty from our Practice-based Creativity Research*. **90 minutes presentation** at Texas Counseling Association (TCA) professional growth conference, Galveston, TX.

Ratanavivan, W. and **Kumaran, A.** (2021, February). Virtual Will I Make It through the Semester? Incorporating Virtual Mindfulness Brief Activities into Supervision and the Classroom Environment. **60 minutes** at Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference, Virtual.

**Kumaran, A.** and Ratanavivan, W. (2021, February). Virtual Mindfulness Brief Introduction and Activities: Implications for School Counselors. **90 minutes**

**presentation** at Texas School Counseling Association (TSCA) Annual Professional School Counselor Conference, Virtual.

**Kumaran, A.** Watson, J, and Ratanavivan, W. (2019, November). *TAHEAD Presents: Refreshing the Foundation of Humanistic Counseling*. **90 minutes presentation** at Texas Counseling Association (TCA) professional growth conference, FortWorth, TX.

**Kumaran, A.,** & Ricard. J. R. (2018, November). *Emotional Mindfulness Group Intervention for Preteens*. **90 minutes** presentation at Texas Counseling Association (TCA) professional growth conference, Dallas, TX.

Can, N., Ermis. H., & **Kumaran, A.,** (2018, March). *What Do We Know About International Counseling Students? A 10-year Literature Review*. **Poster** presentation at Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference, Austin, TX.

Nelson, K. & **Kumaran, A.,** (2018, March). *Posttraumatic Growth: Thriving in the Aftermath*. **Round Table** presentation at Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference, Austin, TX.

Smith, R., Ratanavivan, W., & **Kumaran, A.,** and Ermis, H. (2018, March). *A Creative STEM Achievement Program for Elementary Students*. Presentation at Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference, Austin, TX.

Ermis, H., **Kumaran, A.,** & Gerlach, J. (2018, February). *Creative Arts Based Cognitive Restructuring as a Clinical Technique for Common Childhood Mental Health Problems*. **Three-hour** presentation at Texas School Counseling Association (TSCA) Annual Professional School Counselor Conference, Galveston, TX.

**Kumaran, A.,** Ermis, H., & Gerlach, J. (2018, February). *Emotional Mindfulness Group Intervention for Preteens*. **90 minutes** Presentation at Texas School Counseling Association (TSCA) Annual Professional School Counselor Conference, Galveston, TX.

Watts, R., Hand, L., & **Kumaran, A.** (2017, November). *Something Old, Something New: Understanding and Applying Adlerian Counseling Techniques*. **Three-hour** presentation at Texas Counseling Association (TCA) professional growth conference, Galveston, TX.

Ermis, H., **Kumaran, A.,** & H., Lenz, S. (2017, November). *The Role of Resilience, Empathy, and Mattering in Burnout among Counselors-In-Training*. **Poster**

Presentation at Texas Counseling Association (TCA) professional growth conference, Galveston, TX.

**Kumaran, A.** (2017, February). *Early Recollection Techniques*. **90 minutes** presentation at Gulf Coast Counseling Association (GCCA) annual conference, Corpus Christi, TX.

Watson, J. and **Kumaran, A.** (2016, November). *Young and online: Assessing and treating internet addiction in adolescents*. **Presentation** at Texas Counseling Association (TCA) professional growth conference, Dallas, TX.

## TEACHING

### **Assistant Professional Faculty (2021-Present)**

- Qualitative Research-Doctoral  
*Master level*
- Introduction to counseling
- Counseling Theories and Techniques
- Counseling Diverse Populations
- Career Counseling
- Advanced Counseling Skills
- Assessments in Counseling
- Chemical dependency

### **Senior Lecturer (2019-2021)**

- Counseling Process Laboratory
- Applied Research
- Law and Ethics in Counseling Professionals
- Multiculturalism for Pupil Service Providers
- PreK-12 School Counseling Developmental Curriculum
- School Counseling Practicum
- Group Dynamics

### **Teaching assistant (2015 -2019)**

- Introduction to Counseling
- Counseling for Holistic Wellness
- Group Counseling
- The Counseling Process Lab
- Introduction to Clinical Mental Health Counseling
- Psychodiagnostics and Treatment Strategies
- Developmental School Counseling
- Ethical Legal Issues Counseling
- Abnormal Human Development and Behavior

- Introduction to Marriage, Couple, and Family Counseling
- Developmental issues in Personality and behavior
- Practicum
- Internship

**Guest Faculty (2013-2015)**

- Research statistics
- Psychological testing and Assessment

## **COUNSELING**

1. Harold Murphy Counseling Center (August 2022-Present), McKinney, TX  
Supervisor Candace Chuyou-Campbell, Ph.D, LPC-S, RPT-S
  - Working with clients who have mild to severe anxiety, depression and stress among the age range of 9 to 50 with a wellness based counseling. I work with couples and family clients as well.
2. Private Clients (October 2022-Present)  
Supervisor: Kristopher Garza, Ph.D., LPC-S
  - Working with clients who have mild to severe anxiety, depression and stress above the age of 18 with a wellness based counseling.
3. Counselor Intern: (January 2016 – August 2018) Early Childhood Development Center (ECDC), Corpus Christi, TX.  
Supervisor: Mary Alice Fernandez, Ph.D., LPC-S and Dr. Jennifer Gerlach
  - Developed a guidance lesson curriculum and activities; guided master's practicum students during class guidance and individual counseling session; created behavioral contract and chart for students in RTI and 504; conducted the 504 meetings; provided individual and small group counseling.
4. Clinical Practicum 2011-2012, 3 months at Sri Ramachandra Medical College and Research institute, Chennai, India. Chair: Annalakshmi Narayanan, Ph.D.
  - Observing in-and-out patient in the psychiatry and clinical psychology department; used psychological assessments; and DSM-IV-TR for diagnosis and case writing.

## **SUPERVISION**

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| • Masters and Doctoral students            | 2019-Present |
| • Doctoral Supervisor to master's students | 2016-2017    |



I provided individual and triadic clinical supervision to master's students. I used Adlerian stand of supervision, where I respect and encourage my supervisee's professional development. I integrate Adlerian supervision style into the foci and roles of discrimination model of supervision.

### **STUDENT DISSERTATION**

Student	Title	Association	Progress
James Wilkins	Social Interaction Experiences of Neurodivergent Individuals during the Coronavirus Disease 2019 (COVID-19) Pandemic	Committee member	Defended
Brandi Sawyer	The experiences of rural mental health counselors during the coronavirus (covid-19) pandemic	Dissertation chair	Defended
Mignon Mulvey Jambon	Examining Targeted Factors that Influence High Conflict Divorce Parenting Behaviors for Future Interventions	Dissertation chair	Analyzing Data
Cathalina Dean	Working on proposal	Committee member	Working on proposal
Carla Moffitt	Working on proposal	Committee member	Working on proposal
Ruben Gomez	Humanistic Sandtray Couples Therapy: A Phenomenological Inquiry	Committee member	Working on proposal
Samantha Culbertson	Latina AVID Student Perspective on College Readiness	Committee member	Defended
Christian Henry	The mental health challenges associated with educated middle	Committee member	Proposal completed

	Class African American males' perceptions of potential police Brutality: a qualitative inquiry		
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### **HONORS AND AWARDS**

- I. Merle Price Mentor Mentee research award 2020; University of Wisconsin-STOUT.
- II. President's International Excellence Award-TAMUCC, International Graduate Students Scholarship Fall 2018-Spring 2019.
- III. Scholarship- TAMUCC, practicum internship scholarship Fall 2016.
- IV. Scholarship – TAMUCC, Graduate School Scholarship-in state tuition for Fall 2016.
- V. Scholarship – TAMUCC, Graduate School Scholarship-in state tuition for Fall 2015, Spring 2016, Summer 2016, and Fall 2017.
- VI. Awarded second place in clinical analysis in CHAITANYA, Mega Inter-Collegiate Fest (January 2010) at Sri Kanyaka Parameswari Arts & Science College for Women.
- VII. Obtained seventh rank in Bachelor of Science degree, branch Psychology from University of Madras.
- VIII. Awarded amount Rs.5000 in the name of Fr.Jhon Peter Award for presenting a paper on Biodiversity-Eco System Management and Green Economy in January 2011.

### **DEPARTMENT AND UNIVERSITY SERVICE**

1. Master's interview coordinator
2. Dissertation committee
3. Doctoral and Master student advising
4. Doctoral student interview committee
5. Scholarship committee
6. Faculty search committee

### **LEARDERSHIP AND PROFESSIONAL SERVICE**

2021-Spring	Served as a conference program reviewer Association of Humanistic Counseling (AHC)
2020-Present	Reviewer at Journal of Human Services
2020 Fall	served as a reviewer for SACES Research Grant.
ACPK	

2020-2021	<i>Emerging Leader</i> Association of Humanistic Counseling (AHC), American Counseling Association (ACA)
2019 Fall-Present	Currently reviewing scholarships for Wisconsin School Counseling Association (WSCA).
2019-Present	<i>President</i> Texas Association for Humanistic Education and Development (TAHEAD), Texas Counseling Association (TCA). <ul style="list-style-type: none"> <li>▪ Hosting business meetings once every quarter.</li> <li>▪ Business meeting at TCA, Professional Growth Conference (PGC) 2019.</li> <li>▪ Presentation at PGC for TAHEAD to engage with members.</li> <li>▪ Hosting an exhibition booth to network and recruit new potential members.</li> <li>▪ Publishing Annual Newsletter.</li> <li>▪ Planning to collaborate with Region II chapters.</li> </ul>
2019 Fall	Served as a reviewer for SACES Research Grant.
2019 Fall	Served as a reviewer for 63 <sup>rd</sup> Annual Professional Growth Conference.
2018-2019	<i>President</i> Chi Sigma Iota: Theta Alpha Mu. Developed the Annual Plan which included topics of members meeting, community service activities, and induction ceremony dates and tentative topics for presentation.
2018-2019	<i>President-Elect</i> TAHEAD Working collaboratively with the president, attending board meeting, and being encouraging leader for the new leaders.
2016- 2018	<i>Secretary</i> TAHEAD Attended the business and members meeting and recording meeting minutes and collaborated with the TAHEAD board members in facilitating its growth. Moreover, learning from the president and president-elect to explore other leadership roles in TAHEAD.
2017-2018	<i>Vice President</i> Chi Sigma Iota: Theta Alpha Mu. Collaborated with the president and assisted the president as needed for monthly business and members meeting. Additionally, organized and conducted the induction ceremony in the honor of welcoming newly inducted member s.
2017-2018	<i>Past President</i>

- Counselor education research consortium CERC, TAMUCC.*  
 Provided guidance and support need to the CERC current president.
- 2017-2018 *Legislative Liaison*  
*Gulf Coast Counseling Association (GCCA), TCA*  
 Provided updates from the state legislator board to the board members and collaborating with the president in other GCCA activates.
- 2016-2017 *UCSO representative*  
 Chi Sigma Iota: Theta Alpha Mu  
 Attended the UCSO meetings at TAMUCC and communicated the current campus events which could be a possible fund-raising opportunity. Moreover, submitting paperwork for refunds of catering services of monthly meeting, site supervisor meetings, and induction ceremonies.
- 2016-2017 *President*  
 Counselor education research consortium CERC, TAMUCC  
 Provided knowledge and practice-based platform for masters and doctoral students to learn and conduct research. Organized a trip to go the state capital to attend TCA Advocacy day for masters and doctoral students of Counseling and Educational Psychology Department. Elected new term officers and reviewed the CERC constitution.
- 2015-2016 UCSO Officer,  
 Counselor education research consortium CERC, TAMUCC  
 Attended the UCSO meetings at TAMUCC and communicating the current campus events which could be a possible fund-raising opportunity.
- 2015 Volunteered at the Professional Growth Conference Texas Counseling Association (TCA) 2015 Conference, Corpus Christi, Tx
- 2013-2014 Volunteered for an Autistic Child in Son-Rise Treatment Program in India for about six months

## **PROFESSIONAL AFFILIATIONS**

American Counseling Association  
 Association for Counselor Education and Supervision  
 Texas Counseling Association  
 Indian Psychologist Association