

# **SHAINNA ALI, PHD, LMHC, ACS, NCC**

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## **EDUCATION**

### **Doctorate of Philosophy in Education-Counselor Education**

University of Central Florida

CACREP Accredited

Spring 2016

Dissertation Title:

*The Impact of a Strengths-Based Group Counseling Intervention on LGBTQ+ Young Adults' Coping, Appraisal of Social Support, and Coming-Out Growth*

### **Master of Arts in Mental Health Counseling**

University of Central Florida

CACREP Accredited

Fall 2012

### **Bachelor of Arts in Anthropology**

University of Central Florida

Fall 2010

GPA: 3.768, Cum Laude

Focus: Culture and Gender

Burnett Honors College Honors in the Major Thesis:

*Hijra Identity in Guyana: Colonial and Postcolonial Transformations in Hijra Identity*

## **LICENSURE & CERTIFICATION**

- Licensed Mental Health Counselor MH15290
- Nationally Certified Counselor 717726
- Approved Clinical Supervisor 3047

<b>TEACHING and SUPERVISION</b>
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Fall 2018	<b>CM592: Clinical Mental Health Counseling</b> Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program
	<b>CM595: Human Sexuality</b> Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program
Summer 2018	<b>CM585: Addictions Counseling</b> Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program
	<b>MHS 6470: Human Sexuality</b> Graduate course taught at the University of Central Florida
Spring 2018	<b>CM550: Diversity &amp; Multiculturalism</b> Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program
	<b>MHS 6500: Group Counseling</b> Graduate course taught at the University of Central Florida
Fall 2017	<b>CM521: Lifespan and Human Development</b> Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program
	<b>CM595: Human Sexuality</b> Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program
	<b>MHS 6830: Counseling Internship</b> Graduate source at the University of Central Florida
Summer 2017	<b>CM507: Theories of Counseling and Psychotherapy</b> Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program

**CM550: Diversity & Multiculturalism**

Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program

**MHS 6401: Techniques of Counseling**

Graduate course taught at the University of Central Florida

Spring 2017

**CM550: Diversity & Multiculturalism**

Graduate course taught at The Chicago School of Professional Psychology Mental Health Counseling Online Program

**MHS 6803: Practicum**

Graduate course taught at the University of Central Florida

**CPY 535: Counseling Skills**

Graduate counseling techniques course at Rollins College

**CPY 601: Human Sexuality**

Graduate course at Rollins College

**EDU 272: Educational Psychology**

Undergraduate course at Rollins College

Fall 2016

**EDU 272: Educational Psychology**

Undergraduate course at Rollins College

**MHS 6500: Group Counseling**

Graduate course taught at the University of Central Florida

**MHS 6830: Counseling Internship**

*Two* sections taught at the University of Central Florida

Summer 2016

**MHS 6803: Practicum**

Graduate course taught at the University of Central Florida

**SLS 1102: Introduction to American University Life**

Undergraduate course offered to assist international students in adapting to campus culture and American life.

Spring 2016

**IDS 7500: Research Seminar in Education**

Course taught at the University of Central Florida

**MHS 7340: Advanced Career Counseling**

Course taught at the University of Central Florida

Guest Lecture on Professional Networking and Leadership

**Multicultural Counseling**

Guest Lecture on Multicultural Counseling Competencies at Stetson University

Fall 2015

**IDS 7500: Research Seminar in Education**

Course taught at the University of Central Florida

Summer 2015

**MHS 6421: Foundations of Play Therapy & Play Process**

Guest Lecture on Psychodrama and Sociodrama at the University of Central Florida

Spring 2015

**MHS 6500: Group Counseling**

Course taught at the University of Central Florida

**EDH 6305: Teaching and Learning in the Community College**

Undergraduate course taught at the University of Central Florida

**EDH 6081: Contemporary Problems in the Community College**

Undergraduate course taught at the University of Central Florida

Fall 2014

**MHS 6401: Techniques of Counseling**

Graduate course taught at the University of Central Florida

**EDH 6305: Teaching and Learning in the Community College**

Undergraduate course taught at the University of Central Florida

**EDH 6053: The Community College in America**

Undergraduate course taught at the University of Central Florida

**EDH 6215: Community College Education**

Undergraduate course taught at the University of Central Florida

**MHS 6500: Group Counseling**

Guest Lecture on the Working in the Working Stage at the University of Central Florida

**MHS 6803: Practicum I and II**

Supervised application of counseling skills, theories and competencies with clients, emphasizing competence in individual, group and family counseling

Summer 2014

**MHS 6450: Addictions Counseling**

Graduate course taught at the University of Central Florida

**MHS 6440: Couples Counseling**

Assisted in providing an overview of couples theories and techniques at the University of Central Florida

**MHS 6421: Foundations of Play Therapy & Play Process**

Guest Lecture on the Mental Health Benefits of World Dance at the University of Central Florida

Spring 2014

**MHS 6420: Foundations of Multicultural Counseling**

Co-taught knowledge and research pertaining to multicultural counseling and social justice issues, develops skills and personal awareness, and examines attributes that affect counseling diverse populations at the University of Central Florida

Fall 2013  
& Spring 2014

**MHS 6400: Introduction to Counseling**

Co-taught overview of the philosophy, organization, administration, and roles of counselors in various work settings at the University of Central Florida

Fall 2013  
& Spring 2014

**MHS 6500: Group Procedures and Theories of Counseling**

Facilitated a 10-week group utilized to demonstrate and teach group counseling logistics, methods, and variations at the University of Central Florida

Fall 2013

**MHS 6430: Family Counseling (Graduate Teaching Assistant)**

Assisted in formulating and grading quizzes in addition to overall grades at the University of Central Florida

## TRAININGS PROVIDED

**Ali, S.** (2016, April). *Exploring Culture & Identity*. Cultural competence training provided for Global UCF.

**Ali, S.** (2018, April). *Empowering Clients through Affirmative Practice*. LGBTQ+competence provided for Central Florida Behavioral Health Hospital.

## PRESENTATIONS

### NATIONAL/INTERNATIONAL

**Ali, S.** (2018). Inside out and counseling: Creative interventions to facilitate emotional intelligence. Paper presented at the Association for Creativity in Counseling Conference. Clearwater, FL.

Courtland, C. & **Ali, S.** (2018, April). Intersectionality: The Complexity of Identity in Counseling Across Cultures. Paper presented by Lee at the American Counseling Association Convention. Atlanta, GA.

Lee, C. & **Ali, S.** (2017, October). *Intersectionality: Understanding the Complexity of Identity in Counseling across Cultures*. Paper presented at the Association for Counselor Education and Supervision Conference. Chicago, IL.

**Ali, S.** & Bloom, Z.D. (2017, October). *Inside and out of the classroom: Methods to enhance emotional intelligence in counselor education*. Paper accepted to be presented at the Association for Counselor Education and Supervision Conference. Chicago, IL.

**Ali, S.** (2016, September-accepted). *Growing through Group: An Empirically-Supported Strengths-Based Group Counseling Intervention*. Paper presented at the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Conference, San Antonio, TX.

**Ali, S.**, Hooper-Knox, A., Henesy, R., & Overheim, T. (2016, September-accepted). *Affirmative Practice: Gaining the Competence to Empower our Clients*. Paper presented at the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Conference, San Antonio, TX.

**Ali, S.**, Henesy, R., Griffith, C., & Washington, S. (2016, March). *Affirmative practice: Embracing a positive perspective with LGBTQ+ Clients*. Paper presented at the American Counseling Association, Montreal, Canada.

Solomon, C. & **Ali, S.** (2016, March). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Paper presented at the American Counseling Association, Montreal, Canada.

**Ali, S.** (2015, October). *Cultural relativism & counseling: A place within pedagogy and practice*. Paper presented at the Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Gonzalez, J., & **Ali, S.** (2015, October). *Cultivating multicultural research within your counseling environment*. Paper presented at the Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Bloom, Z. D., & **Ali, S.** (2015, October). *Contemporary Pornography and Adolescent Relationships*. Paper presented at the Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Bloom, Z. D., & **Ali, S.** (2015, October). *Psychometric properties of the attitudes towards erotica questionnaire and the sexual opinion survey with a sample of counseling professionals*. Paper accepted to be presented at Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Ali, S. (2015, September-Accepted). *Coming-out competence: Preparing counselors to effectively assist clients through the coming-out-process*. Paper accepted to be presented at the Association for Assessment and Research in Counseling Association Conference. Memphis, TN.

**Ali, S.** (2015, April-Accepted). *Dance and diversity: World dance as a creative tool in counseling*. Paper accepted to be presented at the Association for Creativity in Counseling Conference. San Antonio, TX.

**Ali, S.** (2015, March). *Counseling and coming-out: Understanding the process of sexual minority disclosure*. Paper presented at the American Counseling Association, Orlando, FL.

Barden, S., **Ali, S.**, Gutierrez, D., & Gonzalez, J. (2015, March). *Understanding the influence of breast cancer on Latina couples: A Consensual Qualitative Research Design*. American Counseling Association, Orlando, FL.

- Siddiqui, A. & **Ali, S.** (2015, March). *Am I fine? Social skills intervention for adolescents with Autism spectrum disorders*. Paper presented at the American Counseling Association, Orlando, FL.
- Ali, S.** (2014, September). *The cycle of coming out*. Paper presented at the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Inaugural Conference, New Orleans, LA.
- Ali, S.** (2014, September). *Counselor's perceived competence in counseling clients through the coming-out process*. Paper presented at the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Inaugural Conference, New Orleans, LA.
- Ali, S.** (2014, March). *Prescription perspective: A research proposal for an exploratory investigation of attitudes related to prescription drug use, misuse, and abuse and their impact on addictions counseling*. IAAOC-sponsored session, Paper presented at the American Counseling Association, Honolulu, HI.
- Ali, S.,** & DePue, M.K. (2012, March). *Breaking through the pill mills: Understanding how counseling is influenced by the rise of prescription drug dependence*. Paper presented at the American Counseling Association, San Francisco, CA.
- Ali, S.,** DePue, M.K., & Super, J. (2012, March). *Out of the closet and into the light: Promoting a successful transformation among sexual minorities*. Paper presented at the American Counseling Association, San Francisco, CA.

### **REGIONAL/STATE**

- Ali, S.** (2017, October). *Empowering Clients through Affirmative Practice*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.
- Ali, S.** (2017, October). *Inquiring on Intersections: A Critical Process in Multicultural Counseling Competence*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.
- Ali, S.** (2016, October). *Evidence-based interventions to LGBTQ+ clients' coping, social support, and coming out growth*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.
- Ali, S.** (2015, September). *Understanding identities and culture: Strategies to increase multicultural counseling competence*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.



- Ali, S.** & Siddiqui, A. (2015, September). *Diversity and dance: Exploring the therapeutic implications of world dance*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.
- Bloom, Z. D. & **Ali, S.** (2015, September). *Processing the "Process" and Treating Trauma through Interpersonal Neurobiology and EMDR Lenses*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.
- Ali, S.** (2015, April). *Coming-out in Counseling: Are counselors prepared to assist clients through the coming-out process?* Paper presented at the Florida Statewide Graduate Research Symposium. Orlando, FL.  
**(1<sup>st</sup> place in the Education division)**
- Ali, S.** (2014, October). *Problems with pills: Understanding prescription drug use, misuse, and abuse*. Paper presented at the Florida Counseling Association, Tampa. FL.
- Ali, S.** (2014, October). *Coming-out competence: Understanding the process of identity disclosure in counseling sexual minority clients*. Paper presented at the Florida Counseling Association, Tampa. FL.
- Ali, S.** (2014, October). *Prescription perspective: The importance of recognizing the perception of prescription drugs in Counselor Education*. Paper presented at the Association for Counselor Education and Supervision, Birmingham, AL.
- Gonzalez, J., Barden, S. M., Gutierrez, D. & **Ali, S.** (2014, October). Existential counseling as a vehicle to support Latina breast cancer survivors. Paper presented at the Association for Counselor Education and Supervision, Birmingham, AL.
- Ali, S.** (2013, October). *Understanding the cycle of sexual identity development*. Paper presented at the Florida Counseling Association, Tampa. FL.
- Ali, S.** (2011, October). *Understanding the impact of Florida's pill mills*. Paper presented at the Florida Counseling Association, Orlando, FL.
- Ali, S.** (2011, October). *Utilizing group therapy for sexual minority adolescents*. Paper presented at the Florida Counseling Association, Orlando, FL.

## LOCAL

- Ali, S.** (2017, January). *From sadness to joy: Creative interventions to foster emotional intelligence*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.

- Ali, S.** (2017, January). *Coming out growth: Empirically-supported strengths-based interventions to assist LGBTQ+ clients in counseling*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** (2016, April). *The impact of a strengths-based group counseling intervention on young adults' coping, appraisal of social support, and coming-out growth*. Paper presented at the University of Central Florida's Graduate Research Forum, Orlando, FL. **(2nd place in the education division)**
- Ali, S.** (2016, February). *The impact of a strengths-based group counseling intervention on young adults' coping, appraisal of social support, and coming-out growth*. Paper presented at the University of Central Florida's College of Education and Human Performance Research Showcase, Orlando, FL. **(3rd place)**
- Ali, S.** (2016, February). *Affirmative counseling practice with clients in the coming-out process*. Paper presented at the University of Central Florida's Counseling Conference, Orlando, FL.
- Ali, S. & Siddiqui, A.** (2016, February). *The ABCs of ASD: Guidelines for ethical and effective practice with clients diagnosed along the spectrum*. Paper presented at the University of Central Florida's Counseling Conference, Orlando, FL.
- Bloom, Z.D., & **Ali, S.** (2016, February). *An introductory lesson on interpersonal neurobiology*. Paper presented at the University of Central Florida's Counseling Conference, Orlando, FL.
- Ali, S.** (2015, March). *Coming-out in counseling: Are counselors prepared to assist clients through the coming-out process?* Paper presented at the University of Central Florida's Graduate Research Forum, Orlando, FL. **(1st place in the education division)**
- Ali, S.** (2015, February). *Coming-out in counseling: Are counselors prepared to assist clients through the coming-out process?* Paper presented at the University of Central Florida's College of Education and Human Performance Research Showcase, Orlando, FL. **(2nd place)**
- Ali, S.,** Cushy, K., & Siddiqui, A. (2015, February). *Dancing across borders: Utilizing the therapeutic implications of world dance*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** & Bloom, Z. D. (2015, February). *Intersecting identities: Increasing sensitivity with diverse populations*. Paper presented at the University of Central Florida

Counseling Conference. Orlando, FL.

Bloom, Z. D., **Ali, S.**, & Yost, J. (2015, February). *Counselors' comfort with sexuality and attitudes towards pornography*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

**Ali, S.** (2014, April). *Coming-out competence: Exploring counselor competency in aiding sexual minority clients*. Paper presented at the UCF Graduate Research Forum, Orlando, FL.

**Panel Member** (2014, February). *So you want to get a PhD in counselor education?* Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.

**Ali, S.** & Bloom, Z. D. (2014, February). *The coming out cycle: Understanding the cyclical nature of sexual minority development*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.

**Ali, S.** & Gungor, A. (2014, February). *Presenting at local, state, national, and international conferences*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.

Bloom, Z. D. & **Ali, S.** (2014, February). *Adolescents and pornography exposure: Counseling implications*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.

**Ali, S.** (2013, February). *Embracing change: Utilizing the transtheoretical model in sexual identity development*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

**Ali, S.** (2012, April). *Florida's pill mills: Understanding prescription drug diversion and its influence*. Paper presented at the University of Central Florida Graduate Research Forum, Orlando, FL.

**Ali, S.** (2012, February). *Florida's pill mills: Understanding prescription drug diversion and its influence on counselors*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

**Ali, S.** (2010, April). *Contemporary Hijra identity in Guyana: Colonial and Postcolonial transformations in Hijra gender identity*. Paper presented at the University of Central Florida Showcase of Undergraduate Research Excellence, Orlando, FL.

**Ali, S.** (2009, April). *How to teach the Holocaust: Cornerstones for educators of Holocaust curricula K-12*. Paper presented at the University of Central Florida

Showcase of Undergraduate Research Excellence, Orlando, FL.

## INVITED PRESENTATIONS

**Ali, S.** (2015, April). *Coming-out in Counseling: Are counselors prepared to assist clients through the coming-out process?* University of Central Florida Board of Trustees Meeting. Orlando, FL.

**Ali, S.** (2012, October). *Utilizing motivational interviewing to facilitate change.* University Behavioral Center, Orlando, FL.

## PUBLICATIONS

### REFEREED PUBLICATIONS

#### PUBLISHED

**Ali, S.** & Lambie, G. W. (2018). The Impact of Strengths-based Group Counseling on LGBTQ+ Young Adults' in the Coming Out Process. *Journal of Gay and Lesbian Mental Health*.

**Ali, S.** & Bloom, Z.D. (2018). Creative approaches to address online dating in counseling. *Journal of Creativity in Mental Health*. DOI: 10.1080/15401383.2018.1535922

**Ali, S.** (2017). Inside out and counseling: Creative interventions to facilitate emotional intelligence. *Journal of Creativity in Mental Health*. 12(3), 377-387.

**Ali, S.**, Lambie, G. W., & Bloom, Z.D. (2017). Exploring the factor structure of the sexual orientation counselor competency scale. *The Professional Counselor*, 7(3), 223-237.

**Ali, S.** (2017) The Coming Out Journey: A Phenomenological Investigation of a Lifelong Process Counseling and Coming-Out. *VISTAS*.

**Ali, S.**, Cushey, K., & Siddiqui, A. (2017). Diversity and dance: Exploring the therapeutic implications of world dance. *Journal of Creativity in Mental Health*. 12(1), 31-47.

Bloom, Z. D., Gutierrez, D., Lambie, G. W., & **Ali, S.** (2016). Counselors' comfort with sexuality, attitudes towards pornography, and propensity to assess and treat client issues related to client pornography use. *Journal of Mental Health Counseling*. 38(4), 327-345. DOI: 10.17744/mehc.38.4.04

Barden, S. M., Gutierrez, D., Gonzalez, J., **Ali, S.** & Cruz-Ortega, L.G. (2016). Perspectiva masculina: An exploration of intimate partners of Latina breast cancer survivors. *The Family Journal*, 24, 222-229. DOI: 10.1177/106648071664869

Barden, S. M., Gutierrez, D., Gonzalez, J., & **Ali, S.** (2016). Healing Faith: A Qualitative Exploration of Latina Breast Cancer Survivors. *Counseling and Values*, 61(3), 142-158. DOI: 10.1002/cvj.12034

**Ali, S.** & Barden, S.M. (2015). Considering the cycle of coming out: Sexual minority identity development. *The Professional Counselor* 5(4). 501-515.

**Ali, S.** (2010, January). Holocaust educational practices: Reviews and recommendations. *UCF Undergraduate Research Journal* 4(1). 53-59.

## **IN PRESS**

**Ali, S.** & Lambie, G. W. (in press). Examining the Utility of Group Counseling for LGBTQ+ Young Adults in the Coming Out Process. *Journal of Specialists in Group Work*.

**Ali, S.** & Lee, C. (in press). Creative methods to address intersectionality in counseling. *Journal of Creativity in Mental Health*.

## **IN PREPARATION**

**Ali, S.** & Lambie, G. W.(in preparation). Counselors' preparedness to assist clients through the coming-out process.

## **BOOK CHAPTERS**

Lee, C. & **Ali, S.** (2018). Intersectionality. *Multicultural Issues in Counseling: New Approach to Diversity*.

**Ali, S.**, Hundley, G., & DePue, M. K. (2017). Beyond the prescription: The other side of opiate painkillers. In Lassiter, P.S. (Editor) & Buser, T. J. Editor(Eds.), *The Annual Review of Addiction and Offender Counseling (22-39)*. Eugene, Oregon :Wipf and Stock Publishers.

## **BOOKS**

Cohn, S. N., **Ali, S.**, Dillard, M. P., & Zorina, M. (2012). *The Boy in the suitcase, Holocaust family stories of survival*. Hamilton Books.

## BOOK REVIEWS

Prout, T, & Watkins, M. (2014). Essential interviewing and counseling skills: An integrated approach to practice. New York, NY: Springer Publishing Company.

## NON-REFEREED PUBLICATIONS

### Contributing Author to the American Counseling Association

**Ali, S.** (2018, October). Counseling considerations for the coming out process. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/10/11/counseling-considerations-for-the-coming-out-process>

**Ali, S.** (2018, May). Coloring books in counseling. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/05/22/coloring-books-in-counseling>

**Ali, S.** (2018, February). #MeToo: Considerations for counseling. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/02/02/metoo-considerations-for-counseling>

**Ali, S.** (2018, January). How to be an LGBTQ+ affirming friend. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/01/13/how-to-be-an-lgbtq-affirming-friend>

**Ali, S.** (2018, January). Three TED talks you need to watch if you are considering counseling. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/01/10/three-ted-talks-you-need-to-watch-if-you're-considering-counseling>

**Ali, S.** (2018, January). Seven lies you have been told about counseling. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/01/19/seven-lies-you-ve-been-told-about-counseling>

**Ali, S.** (2017, December). 'Tis the season: Five common causes of the holiday blues. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2017/11/21/tis-the-season-five-common-causes-of-the-holiday-blues>

### Contributing Author to the National Association on Mental Illness

**Ali, S.** (2018, January). Six ways you can help a loved one on their healing journey. *Retrieved from* <https://www.nami.org/blogs/nami-blog>

### **Contributing Author to Psychology Today**

**Ali, S.** (2018, December). A guide to achieving your New Year's resolutions. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201812/guide-achieving-your-new-year-s-resolutions>

**Ali, S.** (2018, December). Why New Year's Resolutions Fail. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201812/why-new-years-resolutions-fail>

**Ali, S.** (2018, December). How to manage your mental health during the holidays. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201811/how-manage-your-mental-health-during-the-holidays>

**Ali, S.** (2018, October). Mental health lessons from Kanye's Oval Office meeting. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201810/mental-health-lessons-kanyes-oval-office-meeting>

**Ali, S.** (2018, October). Is social media making you lonely? *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201810/is-social-media-making-you-lonely>

**Ali, S.** (2018, September). How to improve your wellness. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201809/how-improve-your-wellness>

**Ali, S.** (2018, August). Reflecting on Rick Genest: Body art and mental health. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201808/reflecting-rick-genest-body-art-and-mental-health>

**Ali, S.** (2018, June). What you need to know about the loneliness epidemic. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201807/what-you-need-know-about-the-loneliness-epidemic>

**Ali, S.** (2018, June). The key to maintaining your digital well-being. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201807/the-key-maintaining-your-digital-well-being>

**Ali, S.** (2018, May). The World Health Organization highlights gaming disorder. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/the-world-health-organization-highlights-gaming-disorder>

- Ali, S.** (2018, May). A call for change: How to contribute to suicide prevention. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/call-change-how-contribute-suicide-prevention>
- Ali, S.** (2018, May). The barriers to Kate Spade's mental health. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/the-barriers-kate-spades-mental-health>
- Ali, S.** (2018, June). Reflecting on Kate Spade. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/sadness-does-not-discriminate-reflecting-kate-spade>
- Ali, S.** (2018, June). The coming out cycle. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/the-coming-out-cycle>
- Ali, S.** (2018, May). The problem with Tyronn Lue minimizing anxiety. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201805/the-problem-tyronn-lue-minimizing-anxiety>
- Ali, S.** (2018, May). Why you've been ghosted. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201805/why-youve-been-ghosted>
- Ali, S.** (2018, May). The invisible competition: Athletes and mental health. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201805/the-invisible-competition-athletes-mental-health>
- Ali, S.** (2018, May). How to contribute to mental health awareness. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201805/how-contribute-mental-health-awareness>
- Ali, S.** (2018, May). How to help a child face mental health problems. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201805/how-help-child-face-their-mental-health-problems>
- Ali, S.** (2018, May). Emoji intelligence: Three tips to improve your communication. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201805/emoji-intelligence-three-tips-enhance-your-communication>
- Ali, S.** (2018, May). Can Kanye West promote mental health awareness? *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201805/can-kanye-west-promote-mental-health-awareness>



- Ali, S.** (2018, April). What no one wants to say about Avicii's passing. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201804/what-no-one-wants-say-about-avicii-s-passing>
- Ali, S.** (2018, April). What to do when a loved one needs mental health help. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201804/what-do-when-loved-one-needs-mental-health-help>
- Ali, S.** (2018, March). Six lies you might believe about therapy. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201804/six-lies-you-might-believe-about-therapy>
- Ali, S.** (2018, April). How to heal a fractured friendship. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201804/how-heal-fractured-friendship>
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## PROFESSIONAL LEADERSHIP & SERVICE

### PRESIDENT

Florida Association for Multicultural Counseling & Development <i>President</i>	2015-2016
UCF Counselor Education Doctoral Student Association <i>President</i>	2014-2015
Community-Charity Club at UCF South Lake <i>Founder/President</i>	2008

### EDITORIAL SERVICE

Journal of Counseling Sexology & Sexual Wellness Inaugural Editorial Board	Present
The Journal of Creativity in Mental Health	Present

<i>Editorial board</i>	
The Annual Review of Addictions & Offender Counseling	2013-2018
<i>Editorial board</i>	
Journal of Addictions and Offender Counseling	2013-2018
<i>Editorial board</i>	
Journal of Addictions and Offender Counseling	2014
<i>Ad-hoc reviewer</i>	

## COMMITTEE CHAIR

International Association for Addictions & Offender Counselors	2013-2015
<i>Graduate Student Committee</i>	
Association for LGBT Issues in Counseling:	2014-2015
<i>Affirmative Practice &amp; Social Justice Committee</i>	
Chi Sigma Iota-Upsilon Chi	2013-2014
<i>Professional Development Committee</i>	
Chi Sigma Iota-Upsilon Chi	2013-2014
<i>Newsletter Committee</i>	2011-2012

## COMMITTEE MEMBER

International Registry of Counselor Education Programs	Present
Adult Higher Education Alliance	2015
<i>Conference Committee</i>	
Association for Creativity in Counseling	2015
<i>Conference Committee</i>	
Chi Sigma Iota-Upsilon Chi	2014-2015
<i>Newsletter Committee</i>	
Association for LGBT Issues in Counseling	2014
<i>Conference Committee</i>	
Association for LGBT Issues in Counseling	2013
<i>Technology &amp; Development Committee</i>	
Chi Sigma Iota-Upsilon Chi	2011-2012
<i>Awards Committee</i>	

## CONFERENCE SERVICE

American Counseling Association Conference	2016
<i>Proposal Reviewer</i>	
Southern Association for Counselor Education and Supervision	2016
<i>Proposal Reviewer</i>	
American Counseling Association Conference	2015

<i>Proposal Reviewer</i>	
Adult Higher Education Alliance	2015
<i>Conference Coordinator</i>	
Association for Counselor Education and Supervision	2015
<i>Proposal Reviewer</i>	
UCF Counseling Conference	2015
<i>Proposal Reviewer</i>	
Association for Creativity in Counseling Conference	2015
<i>Proposal Reviewer</i>	
American Counseling Association Conference	2015
<i>Association of Multicultural Counseling &amp; Development's Exhibit Booth</i>	
American Counseling Conference	2015
<i>Florida Counseling Association Exhibit Booth</i>	
University of Central Florida's Counseling Conference	2014
<i>Volunteer</i>	

## WORKSHOPS

UCF Coming Out Day Workshop	2013
<i>Organizer &amp; Co-Facilitator</i>	

## ADDITIONAL SERVICE

UCF Community Counseling Clinic	2010-2011
<i>Volunteer Coordinator</i>	

## PROFESSIONAL RECOGNITIONS, AWARDS, & HONORS

Association for Creativity in Counseling's Emerging Leader Award	2018
Florida Counseling Association Division of the Year	
awarded to the Florida Association of Multicultural Counseling and development for Presidential term of 2015-2016	2016
UCF Graduate Research Forum (2nd place)	2016
UCF CEDHP Research Showcase (3 <sup>rd</sup> place)	2016
Association for Specialists in Group Work Research Grant	2016
UCF Order of the Pegasus (nominated on behalf of the College of Education)	2013
Pete Fischer Humanitarian Award	2015
Selected for the ACES Emerging Leaders Program	2015
Statewide Research Symposium (1 <sup>st</sup> place)	2015
UCF Graduate Research Forum (1 <sup>st</sup> place)	2015
UCF CEDHP Research Showcase (2 <sup>nd</sup> place)	2015
Most Outstanding Doctoral Student-Chi Sigma Iota	2015

Upsilon Chi Chapter	
UCF Graduate Student Spotlight	2015
Most Outstanding Doctoral Student-Chi Sigma Iota	2014
Upsilon Chi Chapter	
International Association of Addictions and Offender Counseling	
Student Scholarship	2014
UCF Order of the Pegasus (One of two master's students nominated on behalf of the College of Education)	2013

## GRANTS AND FUNDING

Association for Specialists in Group Work Research Grant (\$1,000)	2016
Association for LGBT Issues in Counseling Research Grant (Applied)	2016
Association for Assessment and Research in Counseling Grant (Applied)	2015
Association for Counselor Education and Supervision Grant (Applied)	2015
UCF Graduate Travel Fellowship (\$500)	2015
Delores A. Auzenne Fellowship (\$5,000)	2014-2015
UCF Graduate Travel Fellowship (\$500)	2014
UCF RAMP Fellowship (\$20,000)	2010-2012
UCF Summer Mentoring Fellowship (\$3,500)	2010

## CLINICAL EXPERIENCE

### **Integrated Counseling Solutions, LLC** 2016-Present

Owner, Therapist

Integrated Counseling Solutions, LLC. is a part of Counseling Professionals of Orlando, a dynamic group of counselors in Central Florida who offer a variety of tailored counseling services addressing a wide range of issues.

<http://www.integratedcounselingsolutions.com/>

### **Community Counseling and Research Clinic** 2011-2016

The University of Central Florida  
Orlando, Florida

*Supervisory Coordinator (2015-2016)*

*Clinical Therapist (2013-2014)*

Provide individual counseling to community clients presenting with varying levels of psychological distress and functioning.

*Clinical Practicum (2012)*

Provided individual counseling to community clients presenting with varying levels of psychological distress and functioning.

*Volunteer Coordinator (2011-2012)*

Coordinator responsibilities included training, scheduling, and managing volunteers. Volunteer responsibilities included scheduling clients for clinic practicum and internship students.

*Research Assistant (2011-2012)*

Gathered data for a research project related to learning disabilities. Administered assessments for a research project related to counselor empathy, counselor competency, and the supervisory relationship for counselors-in-training.

**University Behavioral Center  
Orlando, Florida**

2013-2015

*Clinical Therapist*

University Behavioral Center is dedicated to providing intensive mental health services to children and adolescents. Therapist duties include individual, family, and group therapy for minors admitted to acute inpatient or intensive residential treatment.

2012

*Clinical Intern: Adolescent Sexual Abuse Prevention Program (ASAPP)*

This intensive residential program is designed to treat male children and adolescents under the age of 17 who are in crisis due to inappropriate sexual behavior. Intern duties include individual, family, and group counseling in order to help develop youth accept responsibility for their offenses, develop coping strategies, and to prevent re-occurrence in the future.

*Clinical Intern: Solutions Program*

This intensive residential program is designed to treat male children and adolescents under the age of 17 with various diagnoses that may include depressive disorders, oppositional defiant disorders, conduct disorder, bipolar disorder, and attention deficient hyperactivity disorder. Common concerns beyond these diagnoses include substance abuse, emotional abuse, and neglect. Intern modalities include individual, family, and group counseling.

**The Thyme of Day  
Clermont, Florida**

2012-2014

*Group Therapist*



The Thyme of Day is a holistic center that utilized various methods of healing from yoga to therapy in order to enhance wellness

**Oviedo High School**

Fall 2011

Oviedo, Florida

*Career Counseling Group Facilitator*

Facilitated a career-focused group to at-risk high school students in grades 9-12.

<b>DIVERSITY AND INCLUSION</b>
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**Diversity and Inclusion**

Orlando, Florida

*Graduate Research Assistant*

In recognizing the need to promote diversity and inclusion at UCF, the Chief Diversity Officer created a position in 2015 to facilitate much-needed research. I currently assist the Chief Diversity Officer in carrying out the office's mission by collecting, analyzing, and disseminating pertinent data for all areas of the university community.