

VITAE

MELISSA ALVARADO, PhD, LPC-S
ST. EDWARD'S UNIVERSITY
SCHOOL OF BEHAVIORAL AND SOCIAL SCIENCES
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Educational Background

- August 2009 Texas A&M University-Corpus Christi (*CACREP*)
Doctor of Philosophy Counselor Education and Supervision

Dissertation: "Confluence of Developmental Assets, Ethnic Identity, and
Acculturative Stress on Thriving Among a Predominately Hispanic Population"
- May 2006 University of Texas at San Antonio
Master of Arts in Counseling
Community and Agency Counseling
- December 1999 Our Lady of the Lake University, San Antonio, TX
Bachelor of Arts in Psychology
Minor in Sociology
Certificate in Violence Prevention and Intervention
Certificate in Criminal Justice

Licenses/Certifications

- November 2006 Licensed Professional Counselor TX #62524
- November 2009 Licensed Professional Counselor- Approved Supervisor
- March 2011 American Red Cross Disaster Mental Health Certification
- June 2015 Registered Yoga Teacher (RYT-200)
- August 2019 EMDR Certification- Level 1- Basic Training

Academic Positions

- August 2021-present Associate Professor, Tenure-Track
Department Chair (appointed Jan 2022)
Department of Counseling
School of Behavioral and Social Sciences

St. Edward's University

- August 2017- July 2021 Assistant Professor, Tenure-Track
Internship Coordinator
Masters in Counseling Program
Office of Graduate Professional Studies
St. Edward's University
- August 2015- May 2017 Lecturer
Texas State University
Dept. of Counseling, Leadership, Adult Education and School Psychology
Professional Counseling Program
- October 2013- Dec 2020 Contributing Faculty
Walden University
College of Social and Behavioral Sciences
Mental Health Counseling Program
- August 2009- Dec 2013 Assistant Professor, Tenure-Track
The University of Texas-Brownsville
Department of Educational Psychology and Leadership Studies
Counseling and Guidance Program
- August 2011- Dec 2013 Clinic Coordinator
Community Counseling Clinic
The University of Texas-Brownsville
Educational Psychology and Leadership Studies
Counseling and Guidance Program
- August 2011- Dec 2013 Field Experiences Coordinator
The University of Texas-Brownsville
Department of Educational Psychology and Leadership Studies
Counseling and Guidance Program

Professional Clinical Positions

- September 2014- present Professional Counselor
Solo Private Practice
Austin, TX

San Antonio, TX

January 2014-
August 2014

Professional Counselor
San Antonio Counseling and Behavioral Center
San Antonio, TX

March 2009-
July 2009

Associate Psychologist II
Nueces County MHMR- Youth Services
Corpus Christi, TX

September 2008-
August 2007

Counseling Supervisor
Antonio E. Garcia Arts and Education Center,
Texas A&M University-Corpus Christi
Corpus Christi, TX

October 2006-
February 2009

Counselor/Youth Specialist
The Women's Shelter of South Texas
Corpus Christi, TX

February 2002-
July 2002

Case Manager
Communities in Schools
Kindred Elementary
San Antonio, TX

June 2000-
January 2002

Licensed Chemical Dependency Counselor Intern
The Patrician Movement
San Antonio, TX

Research Positions

May 2010- Dec 2013

Researcher/Program Evaluator
Camp COPE
Dallas, TX (remote)

January 2007-
August 2009

Graduate Research Assistant
Department of Counseling
Texas A&M University- Corpus Christi

September 2004-
May 2006

Graduate Research Assistant
Department of Social Work
University of Texas at San Antonio

July 2002-
June 2004

Research Assistant
Department of Psychiatry
University of Texas Health Science Center- San Antonio

San Antonio, TX

Honors/Awards

2021- TCA Distinguished Service Award
 2020- Texas Counseling Association Educational Endowment Fund Award- \$500.00
 2019-2020- Texas Counseling Association (TCA) Emerging Leader
 2017- Association for Humanistic Counseling - Humanistic Clinician Award
 2013- TCA Distinguished Service Award
 2011, 2012- UTB Scholarship of Community Engagement Grant- \$500.00
 2011- SACES Research and Best Practices Grant- \$500.00
 2011- College of Education Dean's Competitive Travel Funds- \$600.00
 2007, 2008, 2010- Volunteer Counselor with Camp C.O.P.E. - Invitation
 2008- Texas Counseling Association Educational Endowment Fund Award- \$500.00
 2006-National Hispanic Science Network on Drug Abuse Summer Institute Fellow

Scholarly Work

Publications

Alvarado, M., Lerma, E., Cavazos Vela, J., & Wright, A. (2019). Experiences of Spanish Speaking Counseling Students: Implications for the Profession. *The Journal of Counselor Preparation and Supervision, 12*(4), 1.

Alvarado, M. & Ricard, R. (2013). Developmental Assets and Ethnic Identify as Predictors of Thriving in Hispanic Adolescents. *Hispanic Journal of Behavioral Sciences, 35, (4)*, 510-523.

Alvarado, M. & Gonzalez, P. (2013). Experiences in Service Learning Among Counselor Education Students. *VISTAS 2013*. Retrieved from <http://www.counseling.org/Resources/>

Oliver M., Ricard R., Witt K., **Alvarado, M.**, & Hill, P. (2010). Creating College Advising Connections: Comparing Motivational Beliefs of Early College High School Students to Traditional First-Year University Students. *National Academic Advising Association Journal, 20, (1)*, 14-22.

Publications in Progress

Alvarado, M., Wong, E. (in progress). Exploration of Factors that Influence the Career Decisions of Mental Health Professionals. Submission journal selection pending.

Alvarado, M. (under review). Integrating Creativity in Ethics Courses. Submitted to The Journal of Creativity in Mental Health.

Grants- Not Funded

Alvarado, M. Taylor, K., & Thornell, C. (2021). Rise Up Texas: Increasing cultural and linguistic competence in counseling. Health Resources and Services Administration -\$1,909,862.

National- Refereed Contributions

- Alvarado, M.** (2021). Ethics is FUN! Integrating Creativity in Ethics Courses. Association for Counselor Education and Supervision Professional Conference, Atlanta, GA.
- Alvarado, M. & Rothfelder, K.** (2020) *#MeToo- Implications for the Profession*. American Counseling Association Conference, San Diego, CA, cancelled due to COVID-19. *(student involvement)*
- Alvarado, M.** *Getting Creative with Self Care*. (2020). American Counseling Association Conference, San Diego, CA, cancelled due to COVID-19.
- Taylor, K. & **Alvarado, M.** (2020). *Responding to Suicide Meet-Up*. SXSW Festival, Austin, TX, cancelled due to COVID-19.
- Dosal-Terminal, D, Taylor, K., & **Alvarado, M.** (2020). *Bicultural Identify Development with Latino-American youth: Considerations for Group Work*. Association for Specialists in Group Work Conference, Dorado, Puerto Rico. *(student involvement)*
- Taylor, K. & **Alvarado, M.** (2019). *Destigmatizing & Coping with Suicide Meet-Up*. SXSW Festival, Austin, TX.
- Alvarado, M. & Taylor, Kerrie.** (2019). *Sex Positivity: The What, Why, and How*. IAMFC World Conference, New Orleans, LA.
- Alvarado, M. & Lerma, E.** (2017). *Spanish Speaking Counseling: Best Practices and Implications for the Profession*. Association for Education and Supervision Conference, Chicago, IL.
- Alvarado, M.** (2016). *Put Your Oxygen Mask on First- Self Care in Counselor Education*. Southern Association for Counselor Education and Supervision Conference, New Orleans, LA.
- Alvarado, M.** (2015). *How Full is Your Bucket? Tools for Fostering Social and Emotional Wellness Among Children and Adolescents*. Association for Creativity in Counseling Conference, San Antonio, TX.
- Alvarado, M. & Lerma, E.** (2014). *Challenges Faced by Spanish Speaking Counseling Students: A Call to Action*. National Latino Psychological Association Biennial Conference, Albuquerque, New Mexico.
- Alvarado, M. & Lerma, L.** (2013). *But, I am Fluent in Spanish! Challenges faced by Spanish Speaking Student Counselors*. Association for Counselor Education and Supervision Conference, Denver, CO.
- Alvarado, M.** (2012). *Increasing Counseling Self Efficacy via Service Learning*. Southern Association for Counselor Education and Supervision Conference, Savannah, Georgia.
- Alvarado, M. & Ward, C.** (2011). *Understanding and Responding to Children and Adolescents of Deployed, Injured, and Fallen Service Members: What Counselor Educators Should Know*. Association for Counselor Education and Supervision Conference, Nashville, Tennessee.

Ward, C., & **Alvarado, M.** (2011). *The Few, The Proud, The Brave: Understanding and Helping Children and Adolescents of Deployed, Injured, and Fallen Service Members*. American School Counseling Association Conference, Seattle, Washington.

Alvarado, M. & Ward, C. (2011). *Kids Serve Too: An Overview and Evaluation of a Therapeutic Intervention for Children of Deployed and Injured Troops*. American Counseling Association Conference, New Orleans, Louisiana.

Ward, C. & **Alvarado, M.** (2011). *Understanding and Responding to Children and Adolescents of Deployed, Injured, and Fallen Soldiers*. American Counseling Association Conference, New Orleans, Louisiana.

Alvarado, M. (2010). *The Confluence of Service Learning on Student Perceptions, Beliefs, and Attitudes*. Southern Association for Counselor Educators and Supervisors Conference, Williamsburg, Virginia.

Alvarado, M. (2009). *Integrating Primary Prevention in Counselor Education: Moving Upstream Towards an End to Violence*. Association for Counselor Education and Supervision Conference, San Diego, California.

Ake, L., Garza-Ortiz, M, Ward, C., & **Alvarado, M.** (2007). *Attaining Social Justice for Immigrant Students* Association for Counselor Education and Supervision Conference, Columbus, Ohio.

Alvarado, M., Ward, C., Ake, L., & Garza-Ortiz, M. (2007). *Cultural Confusion? Making Sense of Cultural Variables within the Hispanic Population*. Association for Counselor Education and Supervision National Conference, Columbus, Ohio.

State- Refereed Contributions

Alvarado, M. & Wong, E. (2021). *Is Counseling Only for the Wealthy? Understanding the Behavioral Healthcare Shortage in Texas*. Texas Counseling Association Professional Growth Conference, Galveston, TX.

Taylor, K. & **Alvarado, M.** (2021). Supervision best practice strategies for counseling site supervisors. Texas Counseling Association Professional Growth Conference, Galveston, TX.

Alvarado, M. (2021). Self-Compassion: Treating Yourself as You Would a Good Friend. Presented at the Kaleidoscope of Counseling Virtual Conference.

Alvarado, M. & Garcia, J. (2021). TACES Legislative Committee Presents Advocacy & Legislative Updates. Presented at the Texas Association for Counselor Education and Supervision Midwinter Virtual Conference.

Alvarado, M. & Dominguez, D. (2020). *Supervising in a Social Unjust World*, Texas Association for Counselor Education and Supervision Winter Conference, San Antonio, TX.

Alvarado, M. & Kipp, A. (2018). *Boundaries: Helping Your Clients Draw the Line*. Texas Counseling Association, Dallas, TX.

- Alvarado, M.,** Lerma, E., Bolling, C. (2017). *Tools for Fostering Emotional and Social Wellness Among Children and Adolescents*. Texas Counseling Association Professional Growth Conference, Galveston, TX. (student involvement)
- Alvarado, M.** (2016). *Self-Compassion: Treating Yourself as You Would a Good Friend*. Texas Counseling Association Professional Growth Conference, Dallas, TX.
- Alvarado, M.** (2015). *From Couch to Yoga Mat: Using Complementary Treatments in Mental Health Counseling*. Texas Counseling Association Professional Growth Conference, Corpus Christi, TX.
- Alvarado, M.,** Izo, C, & Mazariegos, A. (2013). *Let's Talk About Sex: Exploring the Sexual Response Cycle and Sexual Dysfunction*. Texas Counseling Association Professional Growth Conference, San Antonio, TX. (student involvement)
- Alvarado, M.** (2013). *Responding to Military Connected Students*. Texas Counseling Association Professional Growth Conference, San Antonio, TX.
- Alvarado, M.** (2012). *Posters, Presentations, Oh My!*. Texas Counseling Association Professional Growth Conference, Galveston, Texas.
- Alvarado, M.** (2011). *Calling All Graduate Students!! Are you Taking Good Care of Yourself?* Texas Counseling Association Professional Growth Conference, Fort Worth, Texas.
- Alvarado, M.** (2010). *Counseling Kids with Emotional and Behavioral Problems in the Schools*. Texas Counseling Association Professional Growth Conference, Austin, Texas.
- Alvarado, M.** (2009). *Answering the Call: A look at thriving among Hispanic adolescents*. Texas Counseling Association Professional Growth Conference, Dallas, Texas.
- Alvarado, M.** (2009). *Primary Prevention of Family and Sexual Violence: The role of school counselors*. Texas Counseling Association Secondary School Counselors Conference, Austin, Texas.
- Ricard, R, Oliver, M., & **Alvarado, M.** (2009). *Early College High School Students: What Everyone Should Know*. Center for Educational Development, Evaluation, and Research Conference.
- Alvarado, M.,** Ricard, R., Witt, K., & Reeves, J. (2008). *Perceptions of Early College High School (ECHS) Students: What Counselors Should Know Part II*. Texas Counseling Association Professional Growth Conference, Houston, Texas.
- Alvarado, M.** & Ricard, R. (2007). *Perceptions of Early College High School (ECHS) Students: What Counselors Should Know*. Texas Counseling Association Professional Growth Conference, Corpus Christi, Texas.
- Alvarado, M.,** & Day, R. (2007). *It Hurts When I See Mommy and Daddy fight: The effects of domestic violence on children*. Texas Counseling Association Professional Growth Conference, Corpus Christi, Texas.

Local- Invited Contributions

Alvarado, M. & Hinojosa, C. (2020). *Mindful Education*. St. Martyr Mary Catholic School Teaching In-service. Austin, TX. *(student involvement)*

Alvarado, M. (2018). *Social Emotional Wellness in the Schools*. St. Louis King of France Church and School Faculty and Staff Development –Day of Learning. Austin, TX.

Alvarado, M. (2015). *Crisis and Trauma Response in the Schools*. Harlingen Consolidated School District Training. Harlingen, TX.

Alvarado, M. (2013). *Counselor Self Care*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

Alvarado, M. & Overton, T. (2013). *Promoting Success for Students with Disabilities in San Benito CISD*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

Alvarado, M. (2012). *Fostering Resilience among Students and Families*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

Alvarado, M. (2012). *Understanding and Responding to Children with Emotional and Behavioral Problems in the Schools*. San Benito Independent School District Counseling and Guidance Development Training, San Benito, Texas.

Alvarado, M. (2011). *Knowing What You Deserve: Understanding characteristics of healthy and unhealthy relationships*. UTB Women 4 Women Female Empowerment Retreat, Brownsville, Texas.

Alvarado, M. (2011). *Post Traumatic Stress Disorder: A Response to Sexual Assault*. 2nd Annual Conference on Violence Against Women In Brownsville, Brownsville, Texas.

Alvarado, M. (2010). *Love Shouldn't Hurt: A Look Into Teen Dating Violence*. 16th Annual Counselors' Institute, South Padre Island, Texas.

Alvarado, M. (2010). *The Effects of Domestic Violence on Youth*. 16th Annual Counselors' Institute, South Padre Island, Texas.

Teaching ActivitiesCourses Taught:***St. Edward's University***

CNSL 6336 Assessment Techniques

CNCO 6316 Professional Orientation

CNCO 6363 Ethics and Legal Issues in Counseling
CNSL 6368 Internship I
CNCO 6355 Diversity in Counseling
CNSL 6367 Practicum
CNSL 6369 Internship II
CNEL 6332 Child & Adolescent Counseling
CNSL 6371 Crisis & Trauma Management

Graduate Faculty Advisor
Internship Coordinator (2017-2021)
Department Chair (spring 2022-present)

Courses Taught:

Texas State University

COUN 5305 Assessment in Counseling
COUN5350 Professional Orientation and Ethics
COUN 5389 Internship

Courses Taught:

Walden University

COUN 6100 Introduction to Mental Health Counseling
COUN 6316 Techniques
COUN 6336 Crisis, Trauma, & Response
COUN 6306 Ethics and Legal Issues

Courses Taught:

University of Texas- Brownsville

COUN 6365 Practicum
COUN6369 Internship I
COUN 6370 Internship II
COUN 6301 Introduction to Research Methods in Counseling
COUN 6349 Child and Adolescent Counseling
COUN 6351 Crisis Counseling
EDCI 4322 Human Development and Instruction
COUN6347 Substance Abuse Counseling
COUN6314 Psycho-Educational Assessment
COUN 6310 Introduction to Counseling and Guidance

Supervision of Graduate Practicum and Internship Students- Spring 2010, Fall 2010, Spring 2011, Fall 2011, Fall 2012, Spring 2013, Summer 2013

Graduate Academic Advisor

Special Assignments:

Coordinator, University of Texas at Brownsville Community Counseling Clinic 2010-2013

Field Experiences Coordinator, Counseling and Guidance 2010-2013

Service Activities

University

Search Committee for Assistant Vice President of Faculty Diversity, Equity, & Inclusion Member- Spring 2021- St. Edward's University

Collegiality Committee Member, Fall 2020- Spring 2022- St. Edward's University

Ombuds/Grievance Committee Member, Fall 2019- St. Edward's University

IRB Committee Member, Fall 2018- Spring 2020- St. Edward's University

Collaborator, Campus Suicide Prevention Program- SAMSHA Grant funded, Fall 2011- December 2013- UTB

QPR Instructor, Campus Suicide Prevention Program, Fall 2011- December 2013- UTB

Volunteer Instructor, First Year Seminar (UNIV 1101) for Incoming Freshman, Fall 2011- UTB

Member, Campus Suicide Prevention Program Advisory Council, Spring 2011- December 2013-UTB

Consultant, University of Texas at Brownsville, Women 4 Women Female Empowerment Retreats sponsored by Student Health Services, Spring 2011- December 2013

Member, University of Texas- Brownsville Domestic Violence and Sexual Assault Issues Task Force, Spring 2010- December 2013

Member, Assessment committee member to evaluate First Year students and University retention, Spring 2009-Spring 2012- UTB

Collaboration with Counseling and Guidance faculty in the development of an advisement model for the University Advisement Center, Spring 2009- UTB

School/College

Member, Collegiality Committee, Fall 2020- St. Edward's University

Member, Homecoming Committee, Spring 2020- St. Edward's University

Chair, NCATE Standard 3c Committee, Spring 2012- Fall 2012- UTB

Member, NCATE Standard 3 Committee, Spring 2012- Fall 2013- UTB

Chair, College of Education Distinguished Lecture Committee, Spring 2011- UTB

Officer (Member Representative), Phi Delta Kappa, Fall 2009-Fall 2010- UTB

Member, College of Education Distinguished Lecture Committee, Spring 2010- UTB

Department/Program

Member, MAC Clinical Assistant Professor/Internship Coordinator Search Committee, Spring 2022.

Chair, MAC Faculty Tenure Track Search Committee, Fall 2021-Spring 2022.

Member, MAC Clinical Assistant Professor/Clinic Director Search Committee. Fall 2021-Spring 2022.

Faculty Reviewer, Student Admission Interviews, Fall 2020-present- St. Edward's University

Volunteer Clinic Supervisor- Summer 2020- St. Edward's University

Faculty Reviewer, Student Admission Applications, Fall 2018-present- St. Edward's University

Tevera Program Champion, Summer 2019- present- St. Edward's University

Member, Counseling Faculty Search Committee, Fall 2019-Spring 2020- St. Edward's University

Co-Chair, MAC Assessment Committee- Fall 2019-present- St. Edward's University

Member, Counseling Faculty Search Committee, Fall 2017-Spring 2018- St. Edward's University

Member, CACREP Committee, Fall 2017- present- St. Edward's University

Interim Program Coordinator, Counseling and Guidance, Fall 2012- UTB

Member, Counseling and Guidance Faculty Search Committee, Summer 2011-Spring 2012-UTB

Member, Educational Psychology Faculty Search Committee, Fall 2011- Spring 2012, Spring 2013-UTB

Member, NCATE Assessment Committee, Fall 2011- Spring 2012-UTB

Clinic Coordinator, Counseling and Guidance, Fall 2011- Fall 2013-UTB

Field Experiences Coordinator, Counseling and Guidance, Fall 2011- Fall 2013-UTB

Member, Special Education Faculty Search Committee, Spring 2011-UTB

Proctor, Comprehensive Examinations- Spring 2010, Fall 2010, Spring 2011, Spring 2012-UTB

Member, Educational Psychology and Leadership Studies Welfare Committee, Fall 2009-Spring 2011-UTB
CACREP Committee, Counseling and Guidance, Fall 2009- Fall 2013-UTB

Professional/Community

Program reviewer, Texas Association of Counselor Education and Supervision, program proposals, 2022.

Program Reviewer, Texas Counseling Association program proposals, 2021

Member at Large- Supervisor, Texas Association for Counselor Education & Supervision, 2019-2022

Legislative Liaison, Texas Counseling Association for Counselor Education & Supervision, 2020-2021

Austin Police Department Crime Victims Office– Pro Bono Counselor, 2020-2021

Reviewer, Texas Counseling Association program proposals, 2020

Secretary, Capital of Texas Counseling Association, 2018-2020

Co- Chair, Texas Counseling Association Awards Committee, 2018-2020

Committee Member, Texas Counseling Association Awards Committee, 2017-2018

Committee Member, Texas Counseling Association Wellness Committee, 2015- 2016

Reviewer, Journal of Primary Prevention, 2014- present

Chair, Texas Counseling Association Graduate Student Involvement Committee, 2012-2013

Co-chair, Texas Counseling Association Graduate Student Involvement Committee, 2011-2012

Reviewer, Texas Association of Counselor Education and Supervision program proposals, 2011, 2012, 2019

Reviewer, Southern Association of Counselor Education and Supervision program proposals, 2010, 2012

Pro bono Counselor, UTB Community Counseling Clinic, Fall 2009- Fall 2013

Collaborator, Friendship of Women, Fall- 2009- Fall 2013

Collaborator, Cameron County United Way on RFP, *Strengthening Low Income Latino Families with Infants with Developmental Milestone Delays and Disabilities*, Fall 2009

Member, United Way Youth Substance Abuse Treatment Task Force, Fall 2009- 2013

Reviewer, Association of Counselor Education and Supervision program proposals, 2009

Memberships

American Counseling Association
Association for Counselor Education and Supervision
Texas Counseling Association
Texas Association for Counselor Educators and Supervision
National Hispanic Science Network
Southern Association for Counselor Education and Supervision
International Association for Marriage and Family Counselors
Capital of Texas Counseling Association