

**Caroline Austin Norris**  
**Texas A&M University- Central Texas**  
**1001 Leadership Place, Killeen, TX 76549**

**EDUCATION**

**Doctor of Philosophy**, Counselor Education. Texas A&M University - Corpus Christi  
*Passed Defense June 2018; Graduation August 2018*

*Dissertation Title:* Counselor-In-Training Experiences of Self-Compassion Training in Group Supervision  
Chair: Dr. Marvarene Oliver Ed.D., LPC-S, LMFT-S

**Master of Science**, Clinical Mental Health Counseling. Texas A&M University - Corpus Christi  
*May 2015*

**Bachelor of Arts**, Psychology. Texas A&M University - Corpus Christi  
*May 2012*

**PROFESSIONAL LICENSES**

**Licensed Professional Counselor (Texas)** *February 2018*

**National Certified Counselor** *July 2015*

**PROFESSIONAL EXPERIENCE**

**Assistant Director**, Counseling and Training Clinic- Texas A&M University -Corpus Christi.  
*August 2015 – present*

**Clinical Supervisor**, Counseling and Training Clinic- Texas A&M University- Corpus Christi.  
*August 2015 – present*

**COUNSELING EXPERIENCE**

**Mental Health Counselor**, Counseling and Training Clinic- Texas A&M University- Corpus Christi  
*August 2015 - present*

**Group Facilitator**, TAMU-CC Dialectical Behavior Therapy Research Team. Corpus Christi, TX  
*August 2014 - May 2016*

**Student Counselor**, Counseling and Training Clinic- Texas A&M University- Corpus Christi  
*June 2014 – May 2015*

**Group Facilitator**, Family Night Out Program at Antonio E. Garcia Center. Corpus Christi, TX  
*August 2014 - May 2015*

## TEACHING EXPERIENCE

*\*Masters level coursework at Texas A&M University- Corpus Christi*

Assisted teaching for **two sections of Internship Group Supervision** January 2018- present

*Established professional relationship with students, evaluated student progress, provided feedback based on the developmental level of the student, reviewed student tapes of client work in a classroom setting, assisted students with the development of case conceptualization skills, facilitated group discussion, described ethical implications for certain cases, provided feedback about use of theory, challenged students when appropriate about treatment plan objectives*

Assisted teaching for **Couples Counseling** July- August 2017

*Established an online presence at the primary facilitator for this fully online course, with support and availability by faculty member, facilitated online discussions, graded graduate level research papers and projects, was accessible for in person meetings as needed for students, provided clarification over foundation and utility of the Gottman Approach to Marital Therapy: Level One as needed by students, & created learning community through Blackboard*

Assisted teaching for **Couples Counseling** January - May 2017

*Established an online presence as an educator and course facilitator, created quizzes and exams, graded graduate level research papers and projects, was accessible for in person meetings as needed for students, facilitated online discussions, provided clarification over foundation and utility of the Gottman Approach to Marital Therapy: Level One as needed by students, & created learning community through Blackboard*

Assisted teaching for **Internship Group Supervision** January - May 2017

*Established professional relationship with students, evaluated student progress, provided feedback based on the developmental level of the student, reviewed student tapes of client work in a classroom setting, assisted students with the development of case conceptualization skills, facilitated group discussion, described ethical implications for certain cases, provided feedback about use of theory, challenged students when appropriate about treatment plan objectives*

Assisted teaching for **Practicum Group Supervision** August - December 2016

*Established professional relationship with students, evaluated student progress, provided feedback based on the developmental level of the student, reviewed student tapes of client work in a classroom setting, evaluated student progress, reviewed student reflection papers, assisted students with the development of case conceptualization skills, facilitated group discussion, normalized experiences developmentally appropriate for counselors-in-training*

## PROFESSIONAL PUBLICATIONS

### ***Published***

Lenz, A. S., Watson, J. C., Luo, Y., Norris, C., & Nkyi, A. (2017). Cross-cultural validation of four positive psychology assessments for use with a ghanaiian population. *International Journal for the Advancement of Counselling*, doi:1-14. 10.1007/s10447-017-9317-8

### ***Manuscripts in Review***

Lenz, A. S., Blount, A. J., & Norris, C. A. *Systematic review of empirical studies evaluating wellness-informed approaches to supervision*. Manuscript submitted to The Clinical Supervisor

### ***Book Chapter in Progress***

Watson, J.C. & Norris, C. A. Documentation and record keeping in clinical settings. In *Contemporary Issues in Clinical Mental Health Counseling*. Thousand Oaks, CA: SAGE

### **PROFESSIONAL PRESENTATIONS**

- Norris, C.A.** & Lenz, S.A. Content Session: “Wellness-Based Supervision: Where’s all the Evidence?” Texas Association for Counselor Education and Supervision (TACES) Conference. Austin, TX.  
*January 2018*
- Blount, A., **Norris, C.A.** & Lenz, S.A. Poster Presentation: “*Where’s all the Evidence? A Systematic Review of Wellness-Based Supervision*” Association of Assessment and Research in Counseling (AARC) Conference. Phoenix, AZ  
*September 2017*
- Norris, C.A.** Guest Lecturer for Supporting Pediatric Adjustment and Resilience through Counseling (SPARC) Program: “*Self-Compassion with Adolescents Experiencing Depression*”. Corpus Christi, TX.  
*July 2017*
- Norris, C. A.** Guest Lecturer for Internship: “*Definitions of Wellness and its Relevance to Counselors in Training*” Corpus Christi, TX  
*April 2017*
- Norris, C.A.** & Strauss, L. “*Dialectical Behavior Therapy: Learning the Basics*” Gulf Coast Counseling (GCCA) Association Conference. Corpus Christi, TX  
*February 2017*
- Norris, C.A.** Presented on Mindfulness and Emotion Regulation Skills apart of Training in Dialectical Behavior Therapy for Beginners. *Hosted by DBT Research Team at Texas A&M University Corpus Christi (6 hours)* Corpus Christi, TX.  
*June 2016*
- Hunnicut Hollenbaugh, K.M., Oliver, M., Ricard, R., **Cubberley, C. A.**, Dyrich, A. “*Dialectical Behavior Therapy: An Introduction and Useful Techniques for Mental Health Counselors*” Texas Counseling Association Conference (TCA). Corpus Christi, TX  
*November 2015*
- Cubberley, C.A.** Presented on Mindfulness and Interpersonal Effectiveness Skills apart of Training in Dialectical Behavior Therapy for Beginners. *Hosted by DBT Research Team at Texas A&M University Corpus Christi (6 hours)* Corpus Christi, TX.  
*June 2015*
- Cubberley, C. A.** & Hartlaub, M. “*An Idiographic Examination of Family Experiences and Romantic Relationships in Young Adults*” Southwestern Psychological Association (SWPA) Conference. Oklahoma City, OK  
*April 2012*

### **CERTIFICATIONS & TRAININGS**

**Trauma & Attachment: Effective Treatment Strategies for Helping Challenging Clients.** *March 2018*  
San Antonio, TX.

**The Body Keeps the Score 2 Day Trauma Conference with Bessel van der Kolk.** *November 2017*  
Live Webinar.

**The American Red Cross Disaster Mental Health Certification.** *September 2016*  
Corpus Christi, TX.

**The American Red Cross Psychological First Aid Certification.** *March 2016*  
Corpus Christi, TX.

**Certified Office of the Attorney General Sexual Assault Advocate.** *July 2016*  
Corpus Christi, TX.

**Training in Trauma Focused Cognitive Behavior Therapy.** *June 2016*  
Corpus Christi, TX.

**Training in Dialectical Behavior Therapy: Advanced.** *June 2015*  
*Hosted by DBT Research Team at Texas A&M University Corpus Christi (6 hours)*  
Corpus Christi, TX.

**Gottman Method Couples Therapy: Level 1 Clinical Training.** *May 2015*  
Corpus Christi, TX.

**Training in Dialectical Behavior Therapy for Beginners.** *June 2014*  
*Hosted by DBT Research Team at Texas A&M University Corpus Christi (6 hours)*  
Corpus Christi, TX.

### SCHOLARSHIPS

Competitive Academic Scholarship awarded by the Office of Graduate Studies *2015 – present*

### GRANTS

#### *Funded*

Texas A&M University- Corpus Christi Parents Council Grant. \$350.  
Attendance at the AARC Conference in Phoenix, AZ. *August 2017*

### PROFESSIONAL LEADERSHIP & SERVICE

***Gulf Coast Counseling Association***

<i>Executive Board Member: Secretary</i>	<i>2016 – present</i>
<i>Emerging Leader</i>	<i>2015 – 2016</i>
<i>Conference Planning Committee</i>	<i>2015 – 2017</i>

***Chi Sigma Iota International Honor Society***

<i>Executive Board Member: Secretary</i>	<i>2014 - 2015</i>
<i>Executive Board Member: Organization Representative/University Liaison</i>	<i>2014</i>

***Texas Counseling Association***

<i>Conference Planning Committee</i>	<i>2015</i>
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**PROFESSIONAL ORGANIZATION MEMBERSHIP**

***American Counseling Association (ACA)***

***Association for Assessment and Research in Counseling (AARC)***

***Chi Sigma Iota International Honor Society***

***Texas Counseling Association (TCA)***

***Texas Association for Counselor Education and Supervision (TACES)***

***Gulf Coast Counseling Association (GCCA)***