

Samantha Airhart-Larraga, Ph.D., LPC-S, LCDC, NCC

Assistant Professor, Department of Counseling & Psychology
Program Coordinator, Clinical Mental Health Counseling
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EDUCATION

Doctor of Philosophy in Counselor Education and Supervision The University of Texas at San Antonio, San Antonio, Texas	August 2015 to May 2018
Master of Arts in Counseling St. Edward's University, Austin, Texas	September 2000 to December 2002
Bachelor of Arts in Psychology The University of Texas at Brownsville, Brownsville, Texas	September 1993 to December 1997

LICENSURE AND CERTIFICATION

Licensed Professional Counselor (Texas) Texas State Board of Professional Counselors, Board Approved Supervisor, License # 19320	February 2005 to July 2025
Licensed Chemical Dependency Counselor (Texas) Texas Department of State Health Services, License # 8876	April 2000 to April 2026
National Certified Counselor National Board for Certified Counselors, Certificate # 205608	October 2005 to July 2026

ACADEMIC TRAINING

Promoting Active Learning Online Association of College and University Educators (ACUE)	March 2024
Certificate in Effective College Instruction Association of College and University Educators (ACUE)	April 2023
Certificate in Inclusive Instruction for Equitable Learning Association of College and University Educators (ACUE)	April 2022

AWARDS AND HONORS

Minority Fellowship Program Doctoral Fellow (\$20,000) National Board of Certified Counselors Foundation	May 2017 to May 2018
Relapse Prevention Specialist Fellow (\$2,500) The Center for Healthcare Services	January 2016 to August 2016

RESEARCH EXPERIENCE

Refereed Publications

- Airhart-Larraga, S. (2024).** 'Immigration', in Dermer, S. B. & Abdullah, J. R. (eds.) *The SAGE Encyclopedia of Multicultural Counseling Social Justice, and Advocacy 4 volume(s)*. DOI: <https://doi.org/10.4135/9781071808023>
- Airhart-Larraga, S. (2024).** 'Immigrant women', in Dermer, S. B. & Abdullah, J. R. (eds.) *The SAGE Encyclopedia of Multicultural Counseling Social Justice, and Advocacy 4 volume(s)*. DOI: <https://doi.org/10.4135/9781071808023>

Airhart-Larraga, S. (2024). 'Myths about immigration', in Dermer, S. B. & Abdullah, J. R. (eds.) *The SAGE Encyclopedia of Multicultural Counseling Social Justice, and Advocacy 4 volume(s)*. DOI: <https://doi.org/10.4135/9781071808023>

Purgason, L., Johnson, G., Vallecillo, O., Honer, R., Covington, C., & **Airhart-Larraga, S. (2023).** English as a second language teachers' perspectives on interprofessional collaboration with school counselors: Supporting emergent bilingual students. *The Journal of Educational and Psychological Consultation*.

Lloyd-Hazlett, J., Knight, C., Horton, E., & **Airhart-Larraga, S. (2022).** Impact of service-learning on student counselors' self-reported measures of program evaluation, counselor advocacy, and interprofessional education. *Teaching and Supervision in Counseling* 4(1).

Airhart-Larraga, S., Lloyd-Hazlett, J., & Purgason, L. (2021). Resilience narratives of Hispanic counselors in the Texas Rio Grande Valley. *Journal of Professional Counseling: Practice, Theory, & Research* 48(1), 15-30. DOI: <https://doi.org/10.1080/15566382.2020.1871260>

Lloyd-Hazlett, J., **Airhart-Larraga, S.,** & Purgason, L. (2020). Critical knowledge, points of confusion, and training recommendations for client referrals. *Teaching and Supervision in Counseling* 2(1), 60-72. DOI: <https://doi.org/10.7290/tsc020106>

Airhart-Larraga, S. (in press). 'Chapter Twenty-Seven - Imposter Phenomenon,' in Stalnaker-Shofner, D. (ed.) *Teaching and Administration in Counselor Education: A Practical Guide for Training Graduate Students and New Educators*.

Publications Under Review

Airhart-Larraga, S., Stalnaker-Shofner, D., Hollaway, F., & Moser, D. (under review). "I don't fit society's definition of beauty:" Experiences of sizeism among Latinx females.

Works in Progress

Airhart-Larraga, S., Holloway, F., & Lovejoy, K. (manuscript revision). "Moving targets all the time": A feminist perspective of tenure and promotion for faculty that identify as mothers.

Allen, S., **Airhart-Larraga, S.,** Friedrich, W. (manuscript revision). First generation graduate students: Lived experiences of counselors during their graduate counseling program.

Allen, S., Hunter, Q., & **Airhart-Larraga, S.** (manuscript revision). Content analysis: Novice counselor peer community.

Allen, S., **Airhart-Larraga, S.,** & Slack, A. (data collection). Forensic population mental health: Self-efficacy, experiences, and graduate preparation among mental health professionals.

Refereed Presentations

Airhart-Larraga, S., Ortiz, L., & Lopez, D. (2024, March 15-16). *Latinx Females and the Intersection of Sizeism and Fertility: Implications for Counselors*. [Conference presentation]. 2024 NBCC Foundation Bridging the Gap Symposium, Washington, D.C.

Airhart-Larraga, S., Romero, D., & Reyes, E. (2023, June 2-4). *Providing culturally responsive counseling to our Latinx population: A dialogue about a relationship building approach*. [Conference presentation]. 2023 NBCC Foundation Bridging the Gap Symposium, Atlanta, Georgia.

Airhart-Larraga, S., Holloway, F., & Lovejoy, K. (2023, April 20-23). *A feminist perspective of tenure and promotion for faculty that identify as female and mothers: Implications for women in the academy*. [Conference presentation]. 11th Annual Faculty Women of Color in the Academy National Conference.

Airhart-Larraga, S. & Stalnaker-Shofner, D. (2022, September 15-16). *"Te has puesto gorda!": Accounts of sizeism among Latinx females and implications for mental health professionals*. [Conference presentation]. 2022 National Latino Behavioral Health Conference, Las Vegas, Nevada.

- Airhart-Larraga, S. (2022, June 1-5).** *Factors that Contribute to Career Longevity and Wellness of Latino Professional Counselors: What Can We Do to Stay Well, Effective, and Engaged in Counseling and Advocacy?* [Conference presentation]. 2022 NBCC Foundation Bridging the Gap Symposium, Washington, D.C.
- Robertson, D., & **Airhart-Larraga, S. (2021, November 3-5).** *The TCA Ethics Committee Presents: Becoming Aware of Our Blind Spots in the Ethical Decision-Making Process* [Conference presentation]. 2021 Texas Counseling Association Professional Growth Conference, Galveston, Texas.
- Airhart-Larraga, S. (2020, June 16-19).** *"No Estoy Loco!": Navigating Mental Health Stigma and Negative Perceptions when Working with the Latino Population* [Conference presentation]. 2020 NBCC Foundation Bridging the Gap Symposium.
- Saluto, A., Lopez, H., & **Airhart-Larraga, S. (2020, April 6-9).** *BDSM: Perceptions and Influences for Counseling* [Conference presentation]. TCSPP CMHC 3rd Annual Virtual Conference.
- Saluto, A., Lopez, H., & **Airhart-Larraga, S. (2020, January 25).** *Abuse within the BDSM Community: Increasing Cultural Awareness and Minimizing Misconceptions* [Conference presentation]. Texas LPC Intern Association Summit, Austin, Texas.
- Airhart-Larraga, S. (2019, February 28 – March 1).** *Supervision of Hispanic counselors: Helping build a resilient workforce through culturally relevant supervision* [Conference presentation]. Texas Association for Counselor Education and Supervision 2019 Mid-Winter Conference, Dallas, Texas.
- Airhart-Larraga, S. (2018, March 1-2).** *The narratives of professional counselors in the Rio Grande Valley: Stories of resilience in a mental health professional shortage area* [Conference presentation]. Texas Association for Counselor Education and Supervision 2018 Mid-Winter Conference, Austin, Texas.
- Airhart-Larraga, S. (2017, October 4-8).** *Using cognitive behavioral techniques in supervision for the prevention of counselor burnout* [Conference presentation]. Association for Counselor Education and Supervision 2017 Conference, Chicago, Illinois.
- Lloyd-Hazlett, J. & **Airhart-Larraga, S. (2017, March 2-3).** *Preparing student counselors for client referrals: Current training practices and lived experiences* [Conference presentation]. Texas Association for Counselor Education and Supervision 2017 Mid-Winter Conference, Austin, Texas.
- Airhart-Larraga, S. (2016, October 6-8).** *Self-care strategies to increase compassion satisfaction* [Poster presentation]. Southern Association for Counselor Education and Supervision 2016 Conference, New Orleans, Louisiana.
- Airhart-Larraga, S. (2016, October 6-8).** *Using cognitive behavioral techniques in supervision for the prevention of counselor burnout* [Conference presentation]. Southern Association for Counselor Education and Supervision 2016 Conference, New Orleans, Louisiana.
- Airhart-Larraga, S. (2016, January 28-29).** *Using cognitive behavioral techniques in supervision for the prevention of counselor burnout* [Conference presentation]. Texas Association for Counselor Education and Supervision 2016 Mid-Winter Conference, Austin, Texas.

Invited Presentations

- Airhart-Larraga, S. & Abdullah, J. (2023, May 30-June 1).** *MFP-MHC Doctoral: Understanding and Overcoming Imposter Phenomenon: Implications for Mental Health Professionals and Beyond.* [Conference Presentation]. 2023 NBCC Foundation Minority Fellowship Program Training and Orientation.
- Airhart-Larraga, S. & Abdullah, J. (2023, May 30-June 1).** *MFP Master's: Understanding and Overcoming Imposter Phenomenon: Implications for Counseling Practice.* [Conference Presentation]. 2023 NBCC Foundation Minority Fellowship Program Training and Orientation.
- Airhart-Larraga, S. (2023, March 11-12).** *A Dialogue on Recognizing, Managing, and Preventing Imposter Phenomenon for New Counseling Professionals.* [Conference presentation]. 2023 Bridging the Gap Virtual Summit hosted by Mental Health Academy.

Airhart-Larraga, S., Kratky, S., Sapp, K., & Conner, C. (2022, June 1-5). *Bridging the gap: Culture, authenticity, & professionalism*. [Conference presentation]. 2022 NBCC Foundation Minority Fellowship Program Training and Orientation.

Airhart-Larraga, S. (2021, April). *Jobs in academia: Finding, applying, and interviewing*. 2021 NBCC Foundation Professional Development Series.

Airhart-Larraga, S. (2020, September 17). *Leadership Panel*. 2020 Leadership Training for the NBCC Foundation Minority Fellows in Addictions (Virtual).

Airhart-Larraga, S. (2019, May 22-24). *Legacies and lifetimes: A counselor-focused exploration of civil-rights era Atlanta panel discussion* [Conference presentation]. 2019 NBCC Foundation Bridging the Gap Symposium, Atlanta, Georgia.

Accepted Presentations – Did Not Present

Airhart-Larraga, S. (2021, September) *Promoting Resilience: Dialogue on Thriving Long-Term as Counselors, Supervisors, Educators, and Advocates*. [Conference Proposal]. Accepted for presentation at the 2021 European Branch – American Counseling Association Conference. Did not present.

Airhart-Larraga, S. (2021). *Factors that Contribute to Career Longevity and Wellness of Latino Professional Counselors: What Can We Do to Stay Well, Effective, and Engaged in Counseling and Advocacy?* [Conference Proposal]. Accepted for presentation at the 2021 NBCC Foundation Bridging the Gap Symposium. Did not present.

Airhart-Larraga, S., Allen, S., & Friedrich, W. (2021). *First Generation Graduate Students: Lived Experiences of Counselors During their Graduate Counseling Program* [Conference Proposal]. Accepted for presentation at the 2021 ACES Conference. Did not present.

Airhart-Larraga, S. (2019, October). *Supervision of Hispanic counselors: Helping build a resilient workforce through culturally relevant supervision* [Conference Proposal]. Accepted for presentation at the Association for Counselor Education and Supervision Conference in Seattle, Washington. Did not present.

Other Discipline-Related Scholarship

Airhart-Larraga, S. (2023, August). *A Dialogue on Recognizing, Managing, and Preventing Imposter Phenomenon for New Counseling Professionals*. [Conference presentation]. Published in the Mental Health Academy continuing education catalog. <https://www.mentalhealthacademy.net/catalog/courses/a-dialog-on-recognizing-managing-and-preventing-imposter-phenomenon-for-new-counseling-professionals>

TEACHING EXPERIENCE

Assistant Professor, Texas A&M University – Central Texas, Department of Psychology & Counseling August 2018 to Present

COUN 5311 – Multicultural Counseling

COUN 5313 – Crisis Intervention and Management (Online)

COUN 5350 – Foundations of Counseling (Online)

COUN 5351 – Career Counseling

COUN 5353 – Theories of Counseling

COUN 5354 – Group Procedures for Counselors

COUN 5357 – Methods and Practice

COUN 5358 – Counseling Perspective on Psychopathology

COUN 5363 – Addictions Counseling (Online)

COUN 5365 – Ethical Foundations of Counseling (Online)

COUN 5389 – ST: Counseling Elderly and Families

COUN 5393 – Mental Health Practicum

Adjunct Instructor, The University of Texas at San Antonio, Department of Counseling May 2018 to August 2018
COU 5253 – Child and Adolescent Counseling

Teaching Intern, The University of Texas at San Antonio, Department of Counseling May 2016 to May 2018

COU 5683 – Practicum in Counseling
COU 5213 – Counseling Theories (hybrid)
COU 6523 – Couples and Family Counseling
COU 6883 – Trauma, Crisis, and Grief Counseling

Adjunct Instructor, The University of Texas at Brownsville (now UTRGV), Department of Counseling and Guidance August 2014 to May 2015
COUN 6313 – Personal Growth
COUN 6340 – Diagnosis and Treatment Planning in Counseling

CLINICAL EXPERIENCE

Psychotherapist, iKARE Mood Trauma Recovery Clinic August 2017 to August 2018
San Antonio, Texas
Provide counseling services to clients diagnosed with a psychiatric disorder.

Licensed Professional of the Healing Arts, Tropical Texas Behavioral Health April 2005 to December 2013
Brownsville, Texas
Conducted diagnostic evaluations for clients seeking services with TTBH, conducted cognitive therapy with clients diagnosed with major depression and anxiety, and reviewed uniform assessments for medical necessity for services with TTBH.

Substance Abuse Education Specialist, Tropical Texas Behavioral Health December 2002 to March 2005
Edinburg, Texas
Provided substance abuse counseling and psychoeducation services to adolescent clients with psychiatric disorders.

Counselor, Travis County Criminal Courts – Drug Court (SHORT Program) April 2000 to November 2002
Austin, Texas
Provided substance abuse counseling to clients referred to the SHORT program by the Travis County Criminal Courts. Developed appropriate treatment plans, made treatment recommendations to the judge, and conducted weekly case staffings.

Counselor, The Recovery Center of Cameron County February 1998 to March 2000
Brownsville, Texas
Facilitated substance abuse groups and provided individual substance abuse counseling and interviewed clients to make an appropriate DSM-IV substance abuse / use / dependence diagnoses and treatment recommendations. Developed treatment plans, discharge plans, and made appropriate referrals into the community.

SUPERVISORY EXPERIENCE

LPC Supervisor, Airhart Supervision Consultation and Counseling (Private Practice) December 2007 to Present
Belton, Texas
Clinical supervision of LPC-associates working in varied settings including domestic violence shelters, inpatient treatment facilities, psychiatric clinics, substance abuse treatment centers, career and rehabilitation centers, and geriatric population.

Clinical Supervisor, La Paz Community Mental Health Center May 2016 to June 2017
San Antonio, Texas
Clinical supervision of counseling student interns and LPC-interns as they provide group and individual counseling in a partial hospitalization setting with clients with chronic and severe mental health issues.

Clinical Supervisor, College of Education, Counseling & Guidance Program January 2012 to February 2015
The University of Texas at Brownsville
Clinical supervision of practicum and internship students seeking a master's degree in counseling at the University of Texas at Brownsville.

Clinical Supervisor, Tropical Texas Behavioral Health July 2007 to December 2013
Brownsville, Texas

Clinical supervision of case managers and counselors providing direct services to youth and families with psychiatric disorders.

ADMINISTRATIVE EXPERIENCE

Program Coordinator, Clinical Mental Health Counseling, Department of Counseling & Psychology, Texas A&M University – Central Texas August 2022 to Present

Assistant Dean of Counseling and Medical Services, Student Affairs Division December 2013 to August 2015
The University of Texas at Brownsville

Direct the development, maintenance, and administration of the Student Health Services at UTB. Monitor & evaluate department goals to achieve them on an annual basis. Oversight of the management of disability services, the College Assistance Migrant Program (CAMP), Student Support Services / A.S.P.I.R.E. Program, and University Recreation. Principal investigator for three federal grants: (1) HIV & Substance Abuse Prevention Grant, (2) Campus Suicide Prevention Grant, and (3) the Office of Violence Against Women Campus Planning Grant. Additional areas include development, writing, and submission of grant proposals and implementation of new programs to increase services for students of UTB such as the Collegiate Recovery Program.

Youth and Family Services Supervisor, Tropical Texas Behavioral Health July 2007 to December 2013
Brownsville, Texas

Managed the development, maintenance, and administration of the youth and family services department consisting of 40 case managers and three therapists at the Brownsville Outpatient location that served an average of 500 clients per year. Taught a 28-hour course to therapists on cognitive therapy.

GRANT WRITING EXPERIENCE

Substance Abuse and Mental Health Services Administration December 2019
Expanding Practitioner Education Grant; PI and co-author for the grant
Grant Written for Texas A&M University – Central Texas
Grant Not Funded

Texas Association for Counselor Education and Supervision March 2019
Research Grant: Examining the Factors that Contribute to Career Longevity of Hispanic
Professional Counselors in South Texas
Funded March 2019: \$500

U.S. Department of Education February 2015
Student Support Services Grant Application, Grant written for The University of Texas at Brownsville
Funded July 2015; 5 Years, \$1,450,000

The Alice Kleberg Reynolds Foundation August 2014
Diabetes Prevention Program for LGBT Community, Grant written for The University of Texas at
Brownsville
Grant Not Funded

Transforming Youth Recovery May 2014
Collegiate Recovery Grant; Grant written for The University of Texas at Brownsville
Funded; 1 year, \$10,000

Substance Abuse and Mental Health Services Administration December 2013 to August
HIV / Substance Abuse Prevention Grant; PI for The University of Texas at 2015
Brownsville
Funded; 3 Years, \$900,000

Substance Abuse and Mental Health Services Administration December 2013 to August
Campus Suicide Prevention Grant; PI for The University of Texas at Brownsville 2015
Funded; 4 Years, \$300,000

Office of Violence Against Women, U.S. Department of Justice December 2013 to August
2015

PROFESSIONAL SERVICE EXPERIENCE

Service to the Profession

Secretary of the Board, Center for Credentialing & Education Board	September 2023 to August 2024
Board Member, Center for Credentialing & Education Oversight and guidance of the Center for Credentialing & Education division of the National Board for Certified Counselors and Affiliates.	September 2022 to August 2025
Proposal Reviewer, NBCC Symposium	January 2022
Proposal Reviewer, TACES MidWinter Conference	January 2022
Chair, Advisory Council, Minority Fellowship Program – Addictions Counselors Select and support MFP fellows; advise on policy for administration of the program; support program planning, monitoring, and evaluation. Select and support new advisory council members.	October 2021 to October 2022
Reviewer, <i>Journal of Counselor Preparation and Supervision</i>	September 2021 to Present
Co-Chair, Texas Counseling Association Ethics Committee	July 2021 to June 2022
Proposal Reviewer, ACES Conference	April 2021
Proposal Reviewer, NBCC Symposium	January 2021
Advisory Council Member, Minority Fellowship Program - Addictions Counselors Reappointed to a second term, NBCC Foundation Select and support MFP fellows; advise on policy for administration of the program; support program planning, monitoring, and evaluation.	October 2020 to October 2021
Item Writer & Reviewer, TeleMental Health Examination (TMHE) Center for Credentialing & Education, Inc.	August 2020
Appointed Member, Texas Counseling Association Ethics Committee	July 1, 2020 to June 30, 2021
Item Writer & Reviewer, National Counselor Examination (NCE) National Board for Certified Counselors, Inc.	June 2020
Proposal Reviewer, TCA Professional Growth Conference	May 2020
Appointed Member, Texas Counseling Association Ethics Committee	July 1, 2019 to June 30, 2020
Treasurer, Mid-Texas Counseling Association	July 1, 2019 to June 30, 2022
Proposal Reviewer, NBCC Symposium	December 2019
Proposal Reviewer, TACES Conference	November 2019
Proposal Reviewer, LPC-Intern Association of Texas Conference	October 2019
Proposal Reviewer, TCA Professional Growth Conference	July 2019

Proposal Reviewer, ACES Conference	March 2019
Advisory Council Member, Minority Fellowship Program - Addictions Counselors NBCC Foundation Select and support MFP fellows; advise on policy for administration of the program; support program planning, monitoring, and evaluation.	October 2018 to October 2020
Volunteer Review Team Member, NBCC Foundation NBCC Foundation's 2018 Scholarship / Fellowships Review	December 2017
NBCC Foundation Ambassador ACES Conference	October 2017
Volunteer Review Team Member, NBCC Foundation NBCC Foundation's 2014 Scholarship / Fellowships Review	November 2014
<i>Service to the University</i>	
Institutional Review Board Committee	June 2023 to Present
Program Coordinator, Clinical Mental Health Counseling Program Texas A&M University - Central Texas, Department of Counseling and Psychology	August 2022 to Present
College of Education and Human Development Representative, Faculty Senate	April 2022 to Present
College of Education and Human Development KPI Task Force	November 2021 to Present
Faculty Scholarship and Research Committee	April 2021 to Present
Comprehensive Examination Committee for Master of Science in Liberal Studies Program	April 2021
Faculty Hiring Committee, Marriage and Family Therapy Program Texas A&M University - Central Texas, Department of Counseling and Psychology	February 2021 to May 2021
College of Education Dean Search Committee Texas A&M University - Central Texas	March 2020
Field Experience Coordinator, Clinical Mental Health Counseling Program Texas A&M University - Central Texas, Department of Counseling and Psychology	September 2019 to August 2022
Coordination of Stakeholder Advisory Council Texas A&M University - Central Texas, Department of Counseling and Psychology	August 2019
Performance Fitness Evaluation Committee Member (LSSP Program)	June 2019
Faculty Hiring Committee, Hiring Committee for Executive Assistant to the Dean Texas A&M University - Central Texas, College of Education	May 2019
Warrior Preview Day, Texas A&M University - Central Texas; Recruiting Event	March 2019
Warrior Preview Day, Texas A&M University - Central Texas; Recruiting Event	October 2018

PROFESSIONAL AFFILIATIONS

American Counseling Association	2016 to Present
-Association for Counselor Education and Supervision	2016 to Present
-Southern Association for Counselor Education and Supervision	2016 to Present
Texas Counseling Association	2014 to Present
-Texas Association for Counselor Education and Supervision	2015 to Present
Mid-Texas Counseling Association	2019 to Present
NAADAC The Association for Addiction Professionals	2020 to Present