

Theresa Libios, PhD, LPC, CMHC, NCC

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SUMMARY

PhD in Counselor Education and Supervision with extensive experience in teaching, clinical practice, and counselor education. Expertise in providing therapy to children, underserved adolescents, adults, trauma survivors, caregivers, and individuals affected by dementia. Skilled in a variety of therapeutic modalities, including person-centered therapy, play therapy, EMDR, CBT, DBT, group therapy, and grief counseling. Active member of key counseling associations, author, and accomplished conference presenter on critical topics in counseling.

SUMMARY OF EXPERIENCE

- Experience teaching adjunct and mentoring graduate counseling students.
- Blackboard and Canva experience creating courses and curriculum
- Direct individual student and family counseling
- Direct clinical mental health services to individuals, couples and IOP clients
- Direct clinical mental health services supporting dementia clients, families, and adult day center staff.
- Direct play therapy intervention with middle school students, seniors, and private practice clients
- Two (2) years of experience providing crisis intervention to Austin ISD middle school students.
- Two (2) years of experience mentoring and tutoring 7th and 8th grade Austin ISD students.
- Three (3) years of providing classroom support to students with disabilities.
- Three (3) years of direct teaching and classroom management in public and Christian private school settings
- Seven (7) years of administration support services
- Seven (7) years of creating administrative policies and procedures.
- Seven (7) years of project management and special events
- Ten (10) years of entrepreneurship in a retail store and service industry
- Fifteen (15) years of management experience

EDUCATION

Doctor of Philosophy, Counselor Education and Supervision	2/2025
Walden, University	Minneapolis, MN
Master of Arts, Clinical Mental Health Counseling	10/2019
Southern New Hampshire University	Manchester, NH
Bachelor of Arts, Psychology	5/2015
Southern New Hampshire University	Manchester, NH
Associate in business and Fashion Merchandising	3/1989
Art Institute of Houston	Houston, TX

PROFESSIONAL EXPERIENCE

Texas A&M Central Texas	8/2025 to Present
Adjunct	Killeen, TX
<ul style="list-style-type: none">• Mentoring students for classroom and professional success• Creating and designing an online learning environment for adult learners• Preparing lectures and discussion questions for class• Engages students through virtual class meetings.• Monitors students' academic progress and refers students for support as necessary.	

Henderson State University

Adjunct

1/2022 to Present

Arkadelphia, AR

- Mentoring students for classroom and professional success
- Creating and designing an online learning environment for adult learners
- Preparing lectures and discussion questions for class
- Engages students through virtual class meetings.
- Monitors students' academic progress and refers students for support as necessary.

Licensed Professional Counselor

Blaine Counseling & Consulting, Owner

10/2021 to Present

Round Rock, TX

- Provide counseling services to adolescents, adults, families, and couples.
- Develop and write treatment plans, process notes, and diagnostic summaries.
- Utilize DBT, CBT, Person-Centered Therapy, Play Therapy, and mindfulness.
- Provide mental health consultations to community agencies.
- Teach mental health education and awareness to community agencies.
- Business administration and management

Antioch University

Adjunct

8/2024 to 5/2025

Online

- Mentoring students for classroom and professional success
- Creating and designing an online learning environment for adult learners
- Preparing lectures and discussion questions for class
- Engages students through virtual class meetings.
- Monitors students' academic progress and refers students for support as necessary.

Counselor, Student & Family Support Team

Leander ISD

10/2020 to 5/2025

Leander, TX

- Provide individual counseling services to students.
- Provide individual counseling services to students and families
- Facilitate case management providing client wellness and support.
- Assess and implement short-term care.
- Collaborate with SFST to review cases and discuss staff interventions.
- Provide mental health education to school counselor 's and administration.
- Provide referral resources to families for continued long-term care.

Licensed Professional Counselor Associate

The Timothy Center

3/2019 to 6/2021

Austin, TX

- Provided counseling services to adolescents, adults, families, and couples.
- Provided group IOP counseling services to adolescents, teens, and young adults.
- Developed and wrote treatment plans, process notes, and diagnostic summaries.
- Utilized DBT, CBT, Person-Centered Therapy, Play Therapy, and mindfulness.
- Collaborated with clinicians team to review and discuss progress notes.
- Provided front office administration support.

Mentor/Tutor

Austin School District Gear UP/APIE

8/2018 – 5/2020

Austin, TX

- Mentor/tutor with 7th and 8th graders one-on-one and small group in a middle school setting
- Implemented Art Therapy, book club, and study groups.
- Help students improve their study skills, strengthen their communication skills, and build self-confidence.

- Address different learning styles of students to keep them engaged.
- Created special programs to address students personal and academic challenges.

Substitute Teacher

10/2017 – 5/2018

Georgetown School District

Georgetown, TX

- Utilized classroom management to maintain a safe and welcoming environment for 25 students in the 5th grade.
- Implemented lesson plans in a manner that ensures the integrity of academic time and motivates students to participate.
- Addressed different learning styles of students to keep them engaged.

Retail Store Owner

4/2017 – 6/2018

ABC Scrubs

Georgetown, TX

- Maintained adequate staffing by recruiting, orienting, and training employees.
- Coached employees to help them improve their performance and meet customer needs.
- Achieved financial objectives and increase sales by 10% quarterly by preparing an annual budget, scheduling expenditures, analyzing variances, and initiating corrective actions.
- Ensured availability of merchandise by approving contracts and maintaining inventory

Administrative Assistant

4/2016 – 5/2017

South University

Austin, TX

- Managed daily office operations by providing direct administrative support to the director.
- Assisted 23 students in weekly assessment classes and proctored nursing exams.
- Provided tours and presentations to prospective students to achieve 100% enrollment.

Technical Operations Coordinator

10/2008 - 12/2015

Time Warner Cable

Austin, TX

- Created community awareness by orchestrating company events on diversity and inclusion.
- Managed daily office operations by providing direct administrative support to 3 directors and supplemental support to 20+ managers.
- Served as liaison between management, employees and other integral departments.

Business owner

7/2007 - 9/2015

Total Care Cleaning

Austin, TX

- Operated and managed cleaning business with a staff of 15, which provided make-ready services.
- Improved employee morale and productivity by implementing positive employee relations.
- Managed company's culture by strategically planning for business growth, recruitment, training, finance and supporting managerial staff.

Paraprofessional

1/2003 - 6/2006

Cypress Independent School District

Houston, TX

- Assisted special needs student's with class participation.
- Helped students with disabilities achieve their educational goals.
- Created process note's for teacher's and parent's on student progression.
- Classroom management with 5-8 students' special needs students
- Implemented lesson plans.
- Tutored at risk students through an after school granted supported program.

Substitute Teacher, P.E. Teacher, Registrar

11/2000 – 6/2002

Trinity Christian Academy

Houston, TX

- Developed and presented curriculum.
- Administered Fall and Spring fitness test for K-8th graders.

- Created special tutoring programs.
- Administration support for school procedures
- Parent liaison for current and prospective student's

Teaching

Coun 5393 Mental Health Practicum	Fall 2025
COUN 5357 Methods and Practice	Fall 2025
CED 6073 Advanced Play Therapy	Summer 2025
CED 6063 Counseling Children & Adolescents: Intro to Play	Summer 2025
CED5 5142 Assessment and Testing	Spring 2025
CED 6953 Social and Cultural Foundations	Spring 2025
CED 6063 Counseling Children & Adolescents: Intro to Play	Spring 2025
CED 6953 Social and Cultural Foundations	Fall 2024
CED 6033 Marriage and Family Counseling	Fall 2024
COUN 5142 Assessment and Testing	Fall 2024
CED 6073 Advanced Play Therapy	Summer 2024
CED 6063 Counseling Children & Adolescents: Intro to Play	Summer 2024
PS511 Research and Program Evaluation	Fall 2023
CED 6083 Research and Program Development	Fall 2023
CED 6043 Psychopathology	Fall 2023
CED 6063 Counseling Children & Adolescents: Intro to Play	Summer 2023
CED 6073 Advanced Play Therapy	Summer 2023
CED 6083 Research and Program Development	Spring 2023
CED 6063 Counseling Children & Adolescents: Intro to Play	Spring 2023
PS530 Ethical and Legal Issues in Addictions Treatment	Spring 2023
CED 6083 Research and Program Development	Fall 2022
CED 6043 Psychopathology	Fall 2022
CED 6073 Advanced Play Therapy	Summer 2022
CED 6063 Counseling Children & Adolescents: Intro to Play	Summer 2022
CED 6043 Psychopathology	Spring 2022
CED 6063 Counseling Children & Adolescents: Intro to Play	Spring 2022
COUN 6306-22 Ethical and Legal Issues – Teaching Assistant	Winter 2021
COUN 6306-23 Ethical and Legal Issues – Teaching Assistant	Winter 2021
CPLB-602L-08, CMHC Pre-Practicum II - Teaching Assistant	Summer 2021
CPLB-601L-11, CMHC Pre-Practicum I - Teaching Assistant	Winter 2020
COUN-8135, Clinical Supervision – Teaching Assistant	Winter 2020

PRESENTATIONS

- Libios, T.A. (2025, April) *Million Little Scars: Play Therapy Heals Cultural Trauma* Presented for American Counseling Association Conference, In-person.
- Libios, T.A. (2024, October) *When Diversity, Equity, and Inclusion Shows Up in Play Therapy*. Presented for International Association for Play Therapy : In-person.
- Libios, T.A. (2023, November) *Self-Care for Helping Professionals*. Presented for Austin ISD: Austin Partners in Education (APIE), In-person.
- Libios, T.A. (2023, October) *Grief & Loss: Cultural Considerations in Play Therapy with African American Adolescents*. Presented for The International Association for Play Therapy, In-person.
- Libios, T.A. (2022, November) *Grieving Through the Holidays*. Presented for University of Texas: The AMEN Project, In-person.
- Libios, T.A. (2022, November) *Navigating Grief and Loss: Thriving with a Heavy Heart*. Presented for University of Texas: The AMEN Project, In-person.
- Libios, T.A. (2022, October) *Million Little Scars: Play Therapy Heals Cultural Trauma* Presented for The International Association of Play Therapy Conference, In-person.
- Libios, T.A. & Hudspeth, E. F. (2022, October) *The Evolving Playroom: Exploring Virtual Reality (VR) Play Therapy*. Presented for The International Association of Play Therapy Conference, In-person.

- Libios, T.A. (2022, May) *Grief, Loss, and Relationships*. Presented for University of Texas: The AMEN Project, Virtual.
- Libios, T.A. (2022, February) *The Ageless Playroom: Play Therapy with Older Adults*. Presented for Play Therapy Prep, Virtual.
- Libios, T.A. (2022, February) *Million Little Scars: Play Therapy Heals Cultural Trauma* Presented for Play Therapy Prep, Virtual.
- Libios, T. A. (2021, December). *Play Therapy Practices*. Presented at LeanderISD, In Person.
- Hudspeth, E. F. & Libios, T.A. (2021, October). *Adding to the ACES of Minority Populations: COVID-19 and implications for play therapy*. Presented for The Association of Play Therapy Educational Series, In-person.
- Hudspeth, E. F & Libios, T.A. (2021, August). *Identifying Students in Crisis & Mental Health* . Presented for Austin Partners in Education, tutor professional development, Virtual.
- Hudspeth, E. F & Libios, T.A. (2020-2021, August-May). *Identifying Students in Crisis & Mental Health* . Presented for Austin Partners in Education, tutor professional development, Virtual.
- Hudspeth, E. F. & Libios, T.A. (2020, November). *Adding to the ACES of Minority Populations: COVID-19 and implications for play therapy*. Presented for The Association of Play Therapy Educational Series, Virtual.
- Libios, T. A. (2020, August). *Identifying Students in Crisis: For teachers*. Presented at Hill Country Christian School, In Person.
- Libios, T. A. (2020, August). *Diversity in Practice: Culturally diverse mental health services that are inclusive*. Presented at The Timothy Center for continuing education, online.
- Libios, T. A. (2020, July). *Diversity in Practice: Culturally diverse mental health services that are inclusive*. Presented at The Timothy Center for continuing education, online.
- Libios, T. A., & Hudspeth, E.F. (2019, April). *Play Therapy with Dementia Clients*. Presented at The Chicago School of Psychology Virtual Conference, online.
- Libios, T. A., & Hudspeth, E.F. (2019, December). *Play Therapy with Dementia Clients*. Presented at The Association for Creativity in Counseling, Clearwater, FL.

Book Chapters

- Libios, T. A., & Hudspeth, E.F. (2021, August). *Misdiagnosing and Underdiagnosing African American Women: Implications for Trauma-Informed Care*. NOVA SCIENCE PUBLISHERS.
- Libios, T. A., & Hudspeth, E.F. (2022, July). *The Interplay of Disenfranchised Grief and Systemic Barriers from COVID-19 for African Americans*. Routledge.

Research

Black Mothering: Experiences of Black Mothers in Safety Conversations with Black Sons
Culture, Medicine, and Psychiatry: An International Journal of Cross-Cultural Health Research

Grants

The SMILE Project	Fall 2022
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Consultations & Community Projects

University of Texas AMEN – Grief & Loss Group	Spring 2022
University of Texas AMEN – Kickstart-30	Spring 2021
University of Texas AMEN – Kickstart-30	Fall 2020

Proposal Reviewer

Association for Play Therapy	February 2023
Association for Counselor Education & Supervision	February 2023
Association for Creativity in Counseling	August 2022
Association for Creativity in Counseling	August 2021

Honors and Awards

Chi Sigma Iota	
Counseling Academic and Professional Honor Society International	May 2022
Gear Up Mentor Tutor of the Year	May 2019

Committee Positions

American Counseling Association Conference Committee	November 2021 - Present
Nominations Committee - Association for Play Therapy	April 2021 – Present
Ethics Committee - Association for Play Therapy	April 2021 – Present
Planning Committee Member - Association for Creativity in Counseling	June 2022
Credentialing Committee - Association for Creativity in Counseling	June 2022
American Counseling Association Conference Committee	November 2021
Tapestry Vice – President Walden University	November 2021
Planning Committee Member - Association for Creativity in Counseling	June 2021
Credentialing Committee - Association for Creativity in Counseling	June 2021
Committee Chair - Association for Play Therapy Leadership Academy	February 2021
Committee Member - Association for Play Therapy Leadership Academy	April 2021
Nominations Committee - Association for Play Therapy	April 2021 – Present

CERTIFICATIONS

Play Therapy	in Progress
EMDR Trained Therapist	August 2021
Research Certification (PHRP)	June 2019
Alzheimer's Community Educator Training	August 2019

PROFESSIONAL MEMBERSHIPS

Association for Counselor Education and Supervision	2020-Present
Southern Association for Counselor Education and Supervision	2020-Present
Tapestry	2020-Present
Association for Creativity in Counseling	2019-Present
American Counseling Association	2019-Present
Association for Play Therapy	2017-Present
Austin Therapist of Color	2017-Present
Texas Association for Play Therapy	2017-Present

COMMUNITY AFFILIATIONS

Association for Play Therapy Leadership Academy	2021
Association for Play Therapy Conference Volunteer	2019
Alzheimer's Association Community Educator	2019
Association of Play Therapy Conference Volunteer	2018
Austin Therapist of Color	2017
Age of Central Texas Senior Day Care Volunteer	2015
Age of Central Texas Senior Day Care Volunteer	2014

Internships

Clinical Mental Health Intern	5/2019 to 10/2019
The Timothy Center	Austin, TX

- Provided counseling services to adolescents, adults, families, and couples.
- Provided group IOP counseling services to adolescents, teens, and young adults.
- Developed and wrote treatment plans, process notes, and diagnostic summaries.
- Utilized DBT, CBT, Person-Centered Therapy, Play Therapy, and mindfulness.
- Collaborated with clinician team to review and discuss progress notes.

Memory Care Intern	3/2019 - 10/2019
Age of Central Texas	Austin, TX

- Utilized talk therapy to enhance the quality of life for clients diagnosed with dementia.
- Provided cognitive therapy to groups of 2 to 10 clients to promote memory health.

- Engaged clients by assisting them with dance therapy kinesiology activities.
- Applied Play Therapy and Person -Centered Therapy techniques in individual and group sessions.