

CURRICULUM VITAE

G. Michael Russo, Ph.D., LPC-S (OK), NCC, BCN- Fellow

Assistant Professor of Professional Counseling

Department of Educational Psychology

Jeannine Rainbolt College of Education

The University of Oklahoma

Norman, Oklahoma

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Lab website: <https://www.ou.edu/education/annette-lab>

EDUCATION

Doctor of Philosophy in Counselor Education and Supervision (Ph.D.) with a Graduate Minor in Applied Statistics

May 2021

The University of Mississippi, University, MS (*CACREP Accredited*)

Dissertation: The efficacy of neurofeedback in the treatment of individuals with anxiety-spectrum disorders: A meta-analysis.

Committee Members: Richard S. Balkin, Ph.D., LPC, NCC (Chair); A. Stephen Lenz, Ph.D., LPC, NCC (Methodologist); Stephanie L. Lusk, Ph.D., CRC; Alicia C. Stapp, Ed.D.

Master of Science in Clinical Mental Health Counseling (M.S.)

December 2017

The University of Texas at San Antonio, San Antonio, TX (*CACREP Accredited*)

Bachelor of Arts in Psychology (B.A.)

May 2014

The University of Texas at San Antonio, San Antonio, TX

TEACHING, MENTORSHIP, AND SUPERVISION

University of Oklahoma Courses Instructed (*CACREP Accredited*)

Fall 2025

EDPC 5503: Introduction to Neurofeedback in Counseling (BCIA accredited didactic education course)

EDPC 5473: Counseling Theories

Summer 2025

EDPC 5533: Neuropsychopharmacology / Neurobiology of Addiction

Spring 2025

EDPC 5653: Crisis Counseling

EDPC 5513: Introduction to Abuse and Addictions Theory and Treatment

Fall 2024

EDPC 5503: Introduction to Neurofeedback in Counseling (BCIA accredited didactic education course)

EDPC 5473: Counseling Theories

Summer 2024

EDPC 5920: Optional Counseling Internship

EDPC 5533: Neuropsychopharmacology / Neurobiology of Addiction

Spring 2024

EDPC 5653: Crisis Counseling

EDPC 5513: Introduction to Abuse and Addictions Theory and Treatment

EDPC 5923: Internship in Professional Counseling

Fall 2023

EDPC 5473: Counseling Theories

EDPC 5923: Internship in Professional Counseling

Summer 2023

EDPC 5533: Neuropsychopharmacology / Neurobiology of Addiction

Boise State University Courses Instructed (*CACREP Accredited*)

Spring 2023

COUN 690: National Counselor Examination Preparation

COUN 529: Applied Evaluation of Counseling Practice

COUN 512: Research & Program Evaluation

COUN 528: Counseling Internship II

COUN 597: Special Topics: Introduction to Internship

Fall 2022

COUN 690: Master's Counselor Preparation Comprehensive Examination (CPCE)

COUN 502: Counseling Theories and Applications I

COUN 526: Counseling Internship I

Summer 2022

COUN 504: Assessment and Testing in Counseling

COUN 597: Foundations of Clinical Neurofeedback Research

Spring 2022

COUN 552: Introduction to Neurofeedback

COUN 529: Applied Evaluation of Counseling Practice

COUN 512: Research & Program Evaluation

COUN 528: Counseling Internship II

Fall 2021

COUN 502: Counseling Theories and Applications I

COUN 526: Counseling Internship I

COUN 602: Advanced Theories and Research in Counseling

COUN 603: Instructional Theory in Counselor Education and Supervision

Bradley University Courses Instructed (*CACREP Accredited*)

ENC 608: *Brain-Based Counseling Interventions*

Second Fall Quarter, 2022

(Distance-based instruction)

Thomas Jefferson University Courses Instructed (*CACREP Accredited*)

CTC 655-1: *Advanced Clinical Interventions in Trauma Treatment II*

Spring, 2021

(Distance-based instruction)

The University of Mississippi Courses Co-Instructed (*CACREP Accredited*)

COUN 608-002: *Issues and Ethics in Counseling* (Oxford Campus)

Summer, 2020

Instructor of record: Mandy L. Perryman, Ph.D., LPC, NCC

Synchronous (Distance-based) instruction

COUN 608-001: *Issues and Ethics in Counseling* (Tupelo Campus)

Summer, 2020

Instructor of record: Mandy L. Perryman, Ph.D., LPC, NCC

Synchronous (Distance-based) instruction

COUN 611: *Assessment in Counseling* (Combined Tupelo & Oxford Campus)

Summer, 2019

Instructor of record: Richard S. Balkin, Ph.D., LPC, NCC

[In person and synchronous (Distance-based) instruction]

COUN 607: *Group Procedures* (Tupelo Campus)

Spring, 2019

Instructor of record: Joshua Magruder, Ph.D., LPC-S, NCC

COUN 674: *Diagnostic Systems in Counseling*

Fall, 2018

Instructor of record: Marc Showalter, Ph.D., LPC-S

University of Texas at San Antonio Courses Teaching Asst. (*CACREP Accredited*)

COU 6973: *SI: Intro to Theory/Prac Neuro*

Fall, 2015

Instructor of record: Mark S. Jones, DMin, LPC-S, LMFT, BCN, qEEG-D

COU 6973: *SI: Intro to Theory/Prac Neuro*

Summer, 2015

Instructor of record: Mark S. Jones, DMin, LPC-S, LMFT, BCN, qEEG-D

COU 6973: *SI: Intro to Theory/Prac Neuro*

Spring, 2015

Instructor of record: Mark S. Jones, DMin, LPC-S, LMFT, BCN, qEEG-D

Guest Lectures (*Selected*)

PSY 3803: *Physiological Psychology*

Guest lecture titled: An Introduction to the Art and Science of Neurofeedback

Fall, 2023 & Spring, 2024

Instructor of record: Lauren Ethridge, Ph.D.

University of Oklahoma, Norman, OK

COUN 569: *Seminar: Professional Counseling*

Guest lecture titled: Life Post-Masters: Doctoral Degree Experiences

Fall, 2020

Instructor of record: Raissa Miller, Ph.D., LPC
Boise State University, Boise, ID (Distance-based lecture)

COUN 798: *Transitioning into the Professoriate*

Guest lecture titled: Supervision and Gatekeeping in Counselor Education
Spring, 2019

Instructor of record: Amanda Winburn, Ph.D., SB-RPT, NCSC, NCC
The University of Mississippi, University, MS

COUN 787: *Advanced Professional Identity and Ethics in Counselor Education*

Guest lecture titled: Ethical Decision Making in Counselor Education
Fall, 2018

Instructor of record: Alexandria Kerwin, Ph.D., LPC-S, NCC
The University of Mississippi, University, MS

COU 6883: *Trauma, Crisis, and Grief Counseling*

Guest lecture titled: Crisis! What Do I Do?!!
Summer, 2018

Instructor of record: Thelma Duffey, Ph.D., LPC, LMFT
The University of Texas at San Antonio, San Antonio, TX

COU 5203: *Introduction to Clinical Mental Health Counseling*

Guest lecture titled: The Hope Behind the Squiggles: Neurocounseling and Neurofeedback
Fall, 2015

Instructor of record: Kim Lee-Hughes, Ph.D.
The University of Texas at San Antonio, San Antonio, TX

PSY 4953: *Special Studies in Psychology: Stress Management*

Guest lecture titled: Neurofeedback Therapy in San Antonio
Summer, 2013

Instructor of record: Mary McNaughton-Cassill, Ph.D.
The University of Texas at San Antonio, San Antonio, TX

Supervisory Experiences

Boise State University, Counseling Dept. Practicum Clinic

Ad-hoc Faculty Supervisor, Boise, ID

January 2020– May 2023

- Provided individual supervision to counseling practicum students as they worked with Boise State University undergraduate students.

Oxford Treatment Center

Doctoral Student Supervisor, Oxford, MS

March 2020– August 2020

- Provided individual supervision of master's level counselors-in-training that worked with individuals in various stages of recovery.
- Individual supervision was provided via weekly, synchronous, distance-based methods such as phone and/or zoom formats. Asynchronous methods such as email and text were also utilized as a secondary form of communication.

Waller and Associates Counseling, LLC

Doctoral Student Supervisor, Oxford, MS

March 2020– August 2020

- Provided individual supervision of graduate level counselors-in-training that saw clients in a private practice setting.
- Individual supervision was provided via weekly, synchronous, distance-based methods such as phone and/or zoom formats. Asynchronous methods such as email and text were also utilized as a secondary form of communication.

The University of Mississippi, Center for Student Success

Doctoral Student Supervisor, University, MS

March 2020– May 2020

- Provided individual supervision of mindfulness-based psychoeducational groups completed by master's level counselors-in-training throughout COVID-19 pandemic.
- Individual supervision was provided via weekly, synchronous, distance-based methods such as phone and/or zoom formats. Asynchronous methods such as email and text were also utilized as a secondary form of communication.

The University of Mississippi, University Counseling Center

Doctoral Student Supervisor, University, MS

January 2020– March 2020

- Provided weekly individual and group supervision to graduate-level students enrolled in *CACREP* accredited internship courses.
- Students provided counseling to address a wide range of clinical goals for students at The University of Mississippi.
- Provided feedback to students based on direct clinical observation of live and recorded counseling sessions, assisted in the development of clear and concise clinical notes, and upheld a supportive environment to enhance the development of their professional counseling identity.

Mentorship Experiences: Highlighting Amazing Counseling Students

Macary Humphrey, 2025 NAADAC/NBCC Minority Addiction Counseling Fellow

1st year M.Ed. Student Mentee, University of Oklahoma, Norman, OK

December 2024

<https://www.naadac.org/mfp-fellows>

Laci Whipple, 2024 NBCC Minority Addiction Counseling Fellow

Former Student Mentee, Boise State University, Boise, ID

March 2024

<https://www.nbccf.org/programs/fellows/addictioncounseling>

Landen Le Van Chau, 2023 NBCC Minority Addiction Counseling Fellow

1st year MA Student Mentee, Boise State University, Boise, ID

March 2023

<https://www.nbccf.org/programs/fellows/2023AddictionCounseling>

Thomas Andrew Pitts, 2022 NBCC Minority Addiction Counseling Fellow

1st year MA Student Mentee, Boise State University, Boise, ID

April 2022

<https://www.nbccf.org/programs/fellows/2022AddictionCounseling>

Mindy Haws, 2021-2024 Idaho Mental Health Counselors Association Graduate Student Representative

1st year MA Student Mentee, Boise State University, Boise, ID

September 2021

<https://imhca38.wildapricot.org/Contact>

RESEARCH INTEREST AND SCHOLARLY PRODUCTIVITY

(Underlined name denotes student mentee; name in red with double underline denotes community-based practitioner)

Primary Research Interests:

- Neuroscience-informed counseling and Neurofeedback
- Anxiety
- Substance Use Disorders
- Trauma

Peer-reviewed Publications

14. Gonzales, S., Smith, S., Bentzen, Q., & **Russo, G. M.** (Under review). School counselor's experiences addressing the mental health of students with chronic illness. *Professional School Counseling*.
13. Dickinson, R., Miller, R., Brown, C. L., **Russo, G. M.**, & Knowles, E. (In press). A resilience skill-building counseling intervention with college students from migrant farmworker backgrounds: A practitioner-lead single-case pilot study. *Journal of Single-Case in the Social Sciences*.
12. Hunter, S., Crowley, C. J., Brown, C. L., Reisman, B. L., & **Russo, G. M.** (2025). Exploration of an adventure therapy case study through a trauma-informed neurobiological lens. *Journal of Cognitive Psychology*. Advance online publication. <https://doi.org/10.1080/20445911.2025.2526070>
11. McClain, J. R., **Russo, G. M.**, Brown, C. L. & McKinzie, S. E. (2025). Evaluating the efficacy of adventure therapy in anxiety-spectrum disorders: A meta-analysis. *Journal of Counseling & Development*, 103(3), 373–386. <https://doi.org/10.1002/jcad.12563>
10. **Russo, G. M.**, Smith, S., & Sperandio, K. R. (2023). A meta-analysis of neurofeedback for treating substance use disorders. *Journal of Counseling & Development*, 101(2), 143–156. <https://doi.org/10.1002/jcad.12466>
9. Field, T. A., Moh, Y. S., Luke, C., Gracefire, P., Beeson, E. T., **Russo, G. M.** (2022). A training model for the development of neuroscience-informed counseling competencies.

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- Journal of Mental Health Counseling*, 44(3), 266–281.
<https://doi.org/10.17744/mehc.44.3.05>
8. Dumas, D. M., **Russo, G. M.**, Miller, R., Esp, S., Mastroleo, N. R., & Turrisi, R. (2022). Sensation seeking and adolescent drinking: Do protective behavioral strategies lower risk?. *Journal of Counseling & Development*. 100(4), 352–363.
<https://doi.org/10.1002/jcad.12430>
7. **Russo, G. M.**, Balkin, R. S., & Lenz, A. S. (2022). A meta-analysis of neurofeedback for treating anxiety-spectrum disorders. *Journal of Counseling & Development*, 100(3), 236–251. <https://doi.org/10.1002/jcad.12424>
6. Balkin, R. S., Lenz, A. S., **Russo, G. M.**, Powell, B. W., & Gregory-Pike, H. (2022). Effectiveness of EMDR for decreasing symptoms of over-arousal: A meta-analysis. *Journal of Counseling & Development*, 100(2), 115–122.
<https://doi.org/10.1002/jcad.12418>
5. Balkin, R. S., **Russo, G. M.**, & Perryman, M. L. (2022). A comparison of treatment perspectives between adolescent males in residential treatment for substance use and their counselors. *Journal of Counseling & Development*, 100(1), 56–63.
<https://doi.org/10.1002/jcad.12399>
4. **Russo, G. M.**, Schauss, E., Naik, S., Banerjee, R., Ghoston, M., Jones, L. K., Zalaquett, C. P., Beeson, E. T., & Field, T. A. (2021). Extent of counselor training in neuroscience-informed counseling competencies. *Journal of Mental Health Counseling*, 43(1), 75–93.
<https://doi.org/10.17744/mehc.43.1.05>
3. Balkin, R. S., & **Russo, G. M.** (2021). Evaluating perceptions of working alliance and crisis stabilization for adolescent males in residential treatment for substance abuse: A time-

series analysis. *Counseling Outcome Research and Evaluation*, 12(1), 4–15.

<https://doi.org/10.1080/21501378.2020.1776598>

2. Dreis, S., Gouger, A., Perez, E., **Russo, G. M.**, Fitzsimmons, M., & Jones, M. (2015). Using neurofeedback to lower anxiety symptoms using individualized QEEG protocols: A pilot study. *NeuroRegulation*, 2(3), 137–148. <http://doi.org/10.15540/nr.2.3.137>

1. **Russo, G. M.**, & Novian, D. A. (2014). A research analysis of neurofeedback protocols for PTSD and alcoholism. *NeuroRegulation*, 1(2), 183–186.

<http://doi.org/10.15540/nr.1.2.183>

Book Chapters

Russo, G. M., Beeson, E. T., & Burt, I. (2024). Integrating neuroscience-informed counseling research into counseling practice. In T. A. Field, L. K. Jones, & L. A. Russell-Chapin (Eds.), *Neuroscience-Informed Counseling: Brain-based clinical approaches* (2nd ed., pp. 269–286). American Counseling Association.

Longo, R. E., & **Russo, G. M.** (2017). Working with forensic populations: Incorporating peripheral biofeedback and brainwave biofeedback into your organization or practice. In T. F. Collura & J. A. Frederick (Eds.), *Handbook of clinical QEEG and neurotherapy* (pp. 92–105). Routledge. <https://doi.org/10.4324/9781315754093>

Patents, Invention Disclosures, and Commercialization

Russo, G. M. (2025). *Systems and Methods for Detecting a Response Bias in an Individual* (Provisional Patent No. PCT/US25/28073). International Patent Application, U.S. Patent and Trademark Office.

Russo, G. M. (2024). *Systems and Methods for Detecting a Response Bias in an Individual* (Provisional Patent No. 63/643,567). U.S. Patent and Trademark Office.

Russo, G. M. (2023). *Use of electroencephalogram to detect bias in assessments* (Invention Disclosure No. 2024-014). University of Oklahoma, Office of Technology and Commercialization.

Methodological Pre-registrations

Russo, G. M., Jimenez, U., & Porter, C. (2023). *Evaluation of neurofeedback in reducing depressive symptomology: A meta-analysis* (ID No. CRD42023475999). National Institute for Health and Care Research: PROSPERO.

https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42023475999

Non- Refereed Publications

Russo, G. M. (In press). Neuroscience Committee News. *IAAOC Newsletter*. American Counseling Association.

Russo, G. M., & Gracefire, P. (2025). *CNIC Certification Requirements* [White paper]. National Board for Certified Counselors.

Russo, G. M., & Gracefire, P. (2025). *CNIC Statement of Purpose* [White paper]. National Board for Certified Counselors.

Russo, G. M., & Gracefire, P. (2025). *CNIC Cost and Benefits Summary* [White paper]. National Board for Certified Counselors.

Russo, G. M. (2024). *Practicum & Internship Site Supervisor Handbook*. University of Oklahoma, Professional Counseling Program.

Russo, G. M. (2021). Neuroscience Committee News. *IAAOC Newsletter*, 47(1), 11. American Counseling Association.

Russo, G. M. (2021). *The efficacy of neurofeedback in the treatment of individuals with anxiety-spectrum disorders: A meta-analysis* (Publication No. 28494036) [Doctoral dissertation,

The University of Mississippi]. ProQuest Dissertations and Theses Global.

Russo, G. M., & Stevens, S. (2016). Counseling students gaining early exposure to neurofeedback. *Counseling Today*, 58(8), 14–16. American Counseling Association.

Russo, G. M. (2015, February). What is neurofeedback? *Sigma Alpha Chi Chapter of Chi Sigma Iota Newsletter*, 3(3), 5. UTSA Department of Counseling.

Russo, G. M. (2015, February). Student spotlight. *College of Liberal and Fine Arts Career Connections*, 13–14. UTSA Career Center.

External Grants, Scholarships, and Programmatic Sponsorship

Award Totals to Date: \$236,768.53

Total External Funding Awarded: \$3,545.00

Russo, G. M. (Principal Investigator), Manapat, P. D. (Co-Principal Investigator), & Ethridge, L. E. (Co-Principal Investigator). (2025). *Exploration of Human EEG in the Detection of Social Desirability Bias: A Pilot Study*. [Grant]. National Science Foundation's Accelerated Research Translation Cooperative Action Fund: Advancing Nature and Health Research Evidence.
Unfunded Proposal Amount: \$100,000.00

Brown, C. L. (Co-Principal Investigator) & **Russo, G. M.** (Co-Principal Investigator). (2025). *Adventure of the Brain: An EEG study of Outdoor Experiences* [Grant]. REI Cooperative Action Fund: Advancing Nature and Health Research Evidence.
Unfunded Proposal Amount: \$44,920.00

Brown, C. L. (Co-Principal Investigator) & **Russo, G. M.** (Co-Principal Investigator). (2024). *Adventure of the Brain: An EEG study of Outdoor Experiences* [Grant]. REI Cooperative Action Fund: Advancing Nature and Health Research Evidence.
Unfunded Proposal Amount: \$44,920.00

Russo, G. M. (2020). *Student neurofeedback research equipment grant*. BrainMaster Technologies, Inc.
Student Research Equipment Grant: \$2,245.00

Russo, G. M. (Principal Investigator), Down, M. (2016–2017). *Examining the efficacy of neurofeedback combined with psychotherapy in the treatment of individuals with post-traumatic stress disorder*. The Foundation for Neurofeedback and Neuromodulation Research.
Unfunded Proposal Amount: \$2,000.00

Dreis, S., Gouger, A., Perez, E., **Russo, G. M.**, Fitzsimmons, M., & Jones, M. (2015). *Using neurofeedback to lower anxiety symptoms using individualized QEEG protocols: A pilot study*. The International Society for Neurofeedback and Research.

Student Paper Award: \$850.00

Russo, G. M. (2015). *To go fast go alone, to go far go together: The mutual growth in the process of professional mentorship*. The Association for Applied Psychophysiology and Biofeedback.

Scholarship Amount Awarded: \$250.00

Russo, G. M. (2015). *The bridge between PTSD and chemical addiction: Theory meets practice*. The Biofeedback Society of Texas.

Scholarship Amount Awarded: \$200.00

Russo, G. M. (Principal Investigator), Wilborn, K., Mangold, D., & Novian, D. A. (2014–2015). *The effects of neurofeedback on cortisol levels in individuals with depressive symptomatology*. The ISNR Research Foundation.

Unfunded Proposal Amount: \$2,000.00

Internal Grants and Scholarships

Total Internal Funding Awarded: \$48,213.25

Russo, G. M. (Principal Investigator). (2025). *Evaluating the Utility of Neurofeedback in Treating People with Anxiety-related Disorders: A Pilot Study* [Grant]. The University of Oklahoma: Jeannine Rainbolt College of Education Research and Travel Fund.

Funding Awarded: \$949.00

Russo, G. M. (Principal Investigator). (2024). *Development of Technology to be Used for the Detection of Bias* [Grant]. The University of Oklahoma Growth Fund.

Funding Awarded: \$35,000.00

Russo, G. M. (2020). *The Efficacy of Neurofeedback in the Treatment of Individuals with Anxiety-Spectrum Disorders: A Meta-Analysis*. The University of Mississippi Graduate School Dissertation Fellowship Award.

Dissertation Fellowship Award: \$10,913.25

Russo, G. M. (2019). *Treatment trends in male adolescent substance use: A time series analysis for adolescents in recovery*. The University of Mississippi Graduate Student Travel Award.

Travel Grant Award: \$300.00

Russo, G. M. (2019). *Treatment trends in male adolescent substance use: A time series analysis for adolescents in recovery*. The University of Mississippi School of Education Student Travel Grant.

Travel Grant Award: \$300.00

Russo, G. M. (2019). *Treatment trends in male adolescent substance use: A time series analysis for adolescents in recovery*. The University of Mississippi Department of Leadership and Counselor Education Student Travel Grant.

Travel Grant Award: \$300.00

Russo, G. M. (2019). *Training clinical mental health counselors in the biological basis of behavior: Aims of the AMHCA neuroscience taskforce*. The University of Mississippi Graduate Student Travel Award.

Travel Grant Award: \$300.00

Russo, G. M. (2019). *Training clinical mental health counselors in the biological basis of behavior: Aims of the AMHCA neuroscience taskforce*. The University of Mississippi School of Education Student Travel Grant.

Travel Grant Award: \$300.00

Russo, G. M. (2019). *Training clinical mental health counselors in the biological basis of behavior: Aims of the AMHCA neuroscience taskforce*. The University of Mississippi Department of Leadership and Counselor Education Student Travel Grant.

Travel Grant Award: \$300.00

Russo, G. M. (2015). *Blueprints for university-based neurofeedback program or student group*. The University of Texas at San Antonio Graduate Student Professional Development Award.

Scholarship Amount Award: \$500.00

Programmatic Sponsorships

Total Sponsorship Funding Awarded: \$185,010.28

Russo, G. M., & BrainMaster Technologies, Inc. (2021). *BrainMaster Technologies, Inc. Entered into Affiliation Agreement to Support the Development of Boise State University's Neurofeedback Training Program*. Partnership between BrainMaster Technologies, Inc. & Boise State University, Department of Counselor Education.

Contract #: 21-8307 BrainMaster Technologies

Status: Fully Executed

Sponsorship Award Value: \$47,105.28

Russo, G. M., & The Princeton Review, Inc. (June 2014 – June 2019). *The Princeton Review, Inc. Sponsorship of Student Members of the UTSA Student Psychology Club*. Partnership between The Princeton Review, Inc. & The University of Texas at San Antonio, Department of Psychology, Student Psychology Club.

Status: Fully Executed

Sponsorship Award Value: \$87,437.50

Russo, G. M., & UTSA Student Affairs. (June 2014 – June 2019). *UTSA Student Affairs Sponsorship of the Rowdy Runner Brain Inventory*. Partnership between UTSA Student Affairs & The University of Texas at San Antonio, Department of Psychology, Student Psychology Club.

Status: Fully Executed

Sponsorship Award Value: \$5,000

Russo, G. M., & Kaplan, Inc. (June 2013 – June 2014). *Kaplan, Inc. Sponsorship of Student Members of the UTSA Student Psychology Club*. Partnership between Kaplan, Inc. & The University of Texas at San Antonio, Department of Psychology, Student Psychology Club.

Status: Fully Executed

Sponsorship Award Value: \$45,467.50

Peer-reviewed International and National Conference Presentations

45. **Russo, G. M., Porter, C., Sperandio, K. A., & Jiminez, U.** (2025, September 12). A meta-analysis of neurofeedback for treating people with depressive symptomatology [Poster presentation]. The 2025 Association for Assessment and Research in Counseling National Conference, Daytona Beach, FL, United States.
44. Gonzales, S., Smith, S., Bentzen, Q., & **Russo, G. M.** (2024, September 6). School counselor's experiences addressing the mental health of students with chronic illness [Poster presentation]. The 2024 Association for Assessment and Research in Counseling National Conference, Pittsburgh, PA, United States.
43. McClain, J. R., McKinzie, S. E., **Russo, G. M.**, & Brown, C. L. (2023, September 8). Evaluating the efficacy of adventure therapy in anxiety spectrum disorders: A meta-analysis [Poster presentation]. The 2023 Association for Assessment and Research in Counseling National Conference, Nashville, TN, United States.
42. **Russo, G. M.**, Smith, S., & Sperandio, K. A. (2022, September 9). Evaluating the efficacy of neurofeedback in the reduction of substance use disorder symptoms through meta-analysis [Conference session]. The 2022 Association for Assessment and Research in

Counseling National Conference, St. Louis, MO, United States.

41. Moh, Y., **Russo, G. M.**, Ghoston, M. R., & Gracefire, P. J. (2022, June 24). A training model for incorporating neuroscience-informed counseling [Conference session]. 2022 AMHCA Conference, Las Vegas, NV, United States.
40. Moh, Y., Gracefire, P., **Russo, G. M.**, Field, T. A. (2022, April 22). A neuroscience taskforce's training model and its future. In M. R. Ghoston (Moderator), AMHCA Neuroscience Symposium [Symposium]. American Mental Health Counselors Association 2022 Neuroscience Symposium, Virtual.
<https://www.amhca.org/events/eventdescription?CalendarEventKey=ee3124e6-387e-4ebe-b131-a455234491dd&Home=%2fabout%2fgovernance>
39. **Russo, G. M.**, Balkin, R. S. (2021, September 11). Evaluating the efficacy of neurofeedback for reducing symptoms of anxiety-spectrum disorders through meta-analysis [Conference session]. The 2021 Association for Assessment and Research in Counseling National Conference, Cincinnati, OH, United States.
38. **Russo, G. M.**, Balkin, R. S., Lenz, A. S., Powell, B., & Gregory, H. (2021, April 19). A meta-analysis of EMDR research for psychophysiological symptoms of over-arousal [Poster presentation]. The American Counseling Association 2021 Annual Conference, Virtual Conference.
37. **Russo, G. M.** & Balkin, R. S. (2020, September 12). Time series analyses of clinician and adolescent males' perceptions of the efficacy of residential treatment for substance abuse [Conference session]. The 2020 Association for Assessment and Research in Counseling Annual Conference, Virtual Conference. <https://2020aarc.sched.com/event/eDJU/time-series-analyses-of-clinician-and-adolescent-males-perceptions-of-the-efficacy-of->

[residential-treatment-for-substance-abuse](#)

36. Banerjee, R., **Russo, G. M.**, & Zalaquett, C. P. (2021, June 26). Neuroscience in counseling [Conference session]. International Society for Neuroregulation and Research 2021 Annual Conference, Virtual Conference.
35. Field, T. A., Moh, Y., Gracefire, P., Luke, C., Miller, R., Beeson, E. T., & **Russo, G. M.** (2020, June 25). AMHCA Neuroscience Taskforce update: Towards a training model for neuroscience integration [Conference session]. American Mental Health Counselors Association Annual Conference, Virtual Conference.
- <https://www.amhca.org/20conference/20schedule/thursday6252020>
34. Balkin, R. S., **Russo, G. M.**, Lenz, A. S., Gregory, H., & Powell, B. (2020, April 18). *The effectiveness of EMDR: A meta-analysis* [Poster presentation]. The American Counseling Association Annual Conference, San Diego, CA, United States. (*Conference canceled due to COVID-19*).
33. Balkin, R. S. & **Russo, G. M.** (2019, September 13). *Treatment trends in male adolescent substance use: A time series analysis for adolescents in recovery* [Conference session]. The 2020 Association for Assessment and Research in Counseling National Conference, San Antonio, TX, United States.
32. Field, T. A., **Russo, G. M.**, Gracefire, P. J., Moh, Y., Ghoston, M. R., Zalaquett, C., & Gitner, G. (2019, June 28). *Training clinical mental health counselors in the biological basis of behavior: Aims of the AMHCA Neuroscience Task Force* [Conference session]. American Mental Health Counselors Association Annual Conference, Herndon, VA, United States. <https://www.amhca.org/19conference/schedule>
31. **Russo, G. M.**, Bodenhamer-Davis, G., & Crawford, J. (2015, October 17). *Blueprints for*

university-based neurofeedback program or student group [Conference session]. The International Society for Neurofeedback and Research 23rd Annual Conference, Denver, CO, United States. <https://theisnr.wixsite.com/isnr-2015-conference/schedule>

30. Dreis, S., **Russo, G. M.**, Fitzsimmons, M., Perez, E., & Gouger, A. (2015, October 15).

Using neurofeedback to lower anxiety symptoms using individualized QEEG protocols: A pilot study [Conference session]. The International Society for Neurofeedback and Research 23rd Annual Conference, Denver, CO, United States.
<https://theisnr.wixsite.com/isnr-2015-conference/schedule>

Peer-reviewed State Conference Presentations (Underlined name denotes student mentee)

29. **Russo, G. M.**, Brown, C. L., & Smarinsky, E. (2023, September 21). *Getting started with neurofeedback*. [Conference session]. New Horizons in Brain Science: 2023 Zarrow Mental Health Symposium, Virtual Conference.

28. Smith, S., & **Russo, G. M.** (2023, January 27). *Evaluating the efficacy of neurofeedback for reducing symptoms of anxiety-spectrum disorders through meta-analysis* [Conference session]. 2023 Idaho Counseling Association Conference, Boise, ID, United States.

27. **Russo, G. M.** (2022, August 11). *Neurofeedback and substance use prevention* [Conference session]. The 4th Annual Prevention Training; Idaho Office of Drug Policy, Boise, ID, United States. <https://odp.idaho.gov/event/4th-annual-prevention-training-institute/>

26. Miller, R., & **Russo, G. M.** (2021, August 12). *Neuro-based resiliency and substance abuse prevention* [Conference session]. The 3rd Annual Prevention Training; Idaho Office of Drug Policy, Boise, ID, United States. <https://odp.idaho.gov/event/3rd-annual-prevention-training-institute/>

25. **Russo, G. M.**, & Russo, J. N. (2021, April 27). *Introduction to the art and science of*

- neurofeedback* [Conference session]. The 40th Annual F. E. Woodall Spring Conference for the Helping Professions, Cleveland, MS, United States.
24. **Russo, G. M.** & Wood, A. M. (2020, March 27). *Introduction to the art and science of neurofeedback* [Conference session]. The 39th Annual F. E. Woodall Spring Conference for the Helping Professions, Cleveland, MS, United States. (*Conference canceled due to COVID-19*).
23. Tatum, M. J., Spencer, M. D., **Russo, G. M.**, Wood, A. M., Wren, D., Lewis, C., King, A. M., Powell, B., Therthani, S., & Frankum, J. (2019, April 12). *To PhD or not to PhD* [Conference session]. The 38th Annual F. E. Woodall Spring Conference for the Helping Professions, Cleveland, MS, United States.
- <https://www.tickettailor.com/events/deltastateuniversitycounselorededucation/232761>
22. **Russo, G. M.**, & Jones, M. (2016, October 16). *Integrating galvanic skin response and skin temperature training in your clinical practice* [Conference session]. The 42nd Annual Biofeedback Society of Texas Conference, San Antonio, TX, United States.
21. **Russo, G. M.** (2015, September 19). *To go fast, go alone; to go far, go together: The mutual growth in the process of professional mentorship*. The 41st Annual Biofeedback Society of Texas Conference, Houston, TX, United States.

Conducted Training Seminars, Webinars, and Workshops

20. Hendricks, L., Stewart, D., Smith, D., Mitchell, K., & **Russo, G.** (2025, February 6). *Standards of excellence: Maintaining diversity and inclusivity within the counseling profession* [Webinar]. International Association of Addictions and Offender Counselors.
19. **Russo, G. M.** (2021, September 24). *Evaluating neuroscience-informed counseling through research* [Webinar]. BRAINSTORM Live.

<https://zoom.us/rec/share/CAk8F1N66n7fDYEuNUwGYOK9OqyXceKcyhTSyjqxKK4WHEbEXf3wW3VRWM9yvQ7Q.KFQapMjMsTifHG12>

18. **Russo, G. M.** (2021, August 27). *Creating high-quality studies of neurofeedback or neuroscience-informed counseling* [Webinar]. BRAINSTORM Live.
https://zoom.us/rec/share/YeNI_Vsp0LZ7EtLAB01geAOi6iHWXCK2UXJcn8H4DiUFRVy64pfcf4jEYGMOUrUu.tbflMBrQC3S8eK8s?startTime=1630081789000
17. **Sobrinho, M. & Russo, G. M.** (2021, January 18). *Social and cultural foundations of individual counseling and group work: CPCE review session* [Seminar]. Department of Leadership and Counselor Education, The University of Mississippi, University, MS, United States.
16. **Russo, G. M.** (2020, August 19). *Introduction to the integration of neurofeedback in counseling practice, research, and service* [Webinar]. Department of Educational Psychology, Counseling, and Special Education, The Pennsylvania State University, Virtual training.
15. **Russo, G. M.** (2018, April 18–20). *Development of a crisis toolbox: Referrals, assessments, and consultation techniques to limit liability while promoting client growth* [Workshop]. BCFS Health and Human Services, San Antonio, TX, United States.
14. **Russo, G. M.** (2018, March 13). *Crisis! What do I do when my client is suicidal or homicidal?* [Seminar] BCFS Health and Human Services, San Antonio, TX, United States.
13. **Russo, G. M.** (2017). *Using EEG data and research as tools in counseling* [Webinar]. BRAINSTORM Live.
https://nucounseling.adobeconnect.com/_a1316639349/ppn4v2azqgb3/?proto=true

12. **Russo, G. M.** (2017, August 21–23). *Providing heart rate variability biofeedback to clinical populations* [Workshop]. Restore Behavioral Health, San Antonio, TX, United States.
11. **Russo, G. M.** (2016, August 22–24). *Providing heart rate variability biofeedback to clinical populations* [Workshop]. Restore Behavioral Health, San Antonio, TX, United States.
10. **Russo, G. M., & Estrada, V.** (2012, October 2). *What we wish we knew: Mentorship seminar* [Seminar]. Student Psychology Association of The University of Texas at San Antonio, San Antonio, TX, United States.

Invited Presentations and Keynotes

10. **Russo, G. M.** (2025, April 11). Integrative neurotherapy, neuroscience-informed counseling, and neurofeedback- Oh my! [Keynote session]. Oklahoma Counseling Association Spring Conference, Shawnee, OK, United States.
9. **Russo, G. M.** (2025, February 3). *Exploring the role of integrative neurotherapy in substance-based treatment* [Invited presentation]. Texas Department of License and Regulation (TDLR) Inservice, Virtual inservice, TX, United States.
8. **Russo, G. M.** (2024, October 10). *Evaluating the role of integrative neurotherapy and neurofeedback in the treatment of individuals experiencing symptoms of substance use disorders* [Keynote session]. Oklahoma Drug and Alcohol Professional Counselor Association Conference, Norman, OK, United States.
7. **Russo, G. M.** (2021, October 26). *APA Workshop: Crafting professional papers using the 7th edition publication manual* [Workshop]. Beta Sigma Upsilon chapter of Chi Sigma Iota, Boise, ID, United States.

6. **Russo, G. M.** (2021, March 16). *A road to become a counselor and counselor educator: Academic and professional experiences* [Invited presentation]. Student Psychology Association of The University of Texas at San Antonio, San Antonio, TX, United States.
5. **Russo, G. M., & Wren, D.** (2020, June 11). *Clinical intake interview: Major depressive disorder* [Clinical simulation video]. The University of Mississippi, Department of Leadership and Counselor Education.
4. Wren, D., Gregory, H., Lewis, C., **Russo, G. M.**, Powell, B., Wood, A. M. Montgomery, E., McClain, R. (2019, December 10). *Site supervisor training* [Clinical simulation video]. The University of Mississippi, Department of Leadership and Counselor Education.
3. **Russo, G. M.** (2018, April 3). *Neurocounseling and neurofeedback: The hope behind the squiggles* [Invited presentation]. Student Psychology Association of The University of Texas at San Antonio, San Antonio, TX, United States.
2. **Russo, G. M.** (2017, December 5). *Technological innovations in the counseling profession* [Invited presentation]. BCFS Health and Human Services, San Antonio, TX, United States.
1. **Russo, G. M.** (2015, April 7). *The implementation of QEEG-guided neurofeedback in the treatment of anxiety spectrum disorders* [Invited presentation]. The 2015 Ready, Set, Research! Competition, San Antonio, TX, United States.

Published Interviews and Media Involvement

Rucker, B. (2024, November 4). Michael Russo, an assistant professor of professional counseling, recently guest appeared on the “in your head” podcast. *The Seed Sower*.
<https://mailchi.mp/ou.edu/the-seed-sower-11-4-24?e=7c370dfc57#Jeannine-Rainbolt-College-of-Education>

- Richardson, L. (Host). (2024, October 24). Neuroscience-informed Counseling with Dr. G. Michael Russo and Leigh Richardson (No. 249) [Audio podcast episode]. In *In your Head with Leigh Richardson*. The Brain Performance Center.
<https://podcasts.apple.com/us/podcast/episode-249-neuroscience-informed-counseling-with-dr-g/id1511221989?i=1000674336455>
- Rucker, B. (2024, April 10). *Critical clinical professional counseling degree receives accreditation* [Press release]. OU News.
<https://www.ou.edu/news/articles/2024/april/critical-clinical-professional-counseling-degree-receives-accreditation>
- Phillips, L. (2021, September 27). *Counseling Today*, Features: Tapping into the benefits of EMDR. *Counseling Today*. <https://ct.counseling.org/2021/09/tapping-into-the-benefits-of-emdr/>
- Perryman, M. L. (2020, August 19). Michael Russo Wins MCA's Outstanding Contributor in Research Student Award. *The University of Mississippi, Department of Leadership & Counselor Education Fall 2020 Newsletter*. <http://counselor.education.olemiss.edu/wp-content/uploads/sites/22/2020/08/Fall-2020-Newsletter.pdf>
- Flores, M. (2020, August 10). Education Professor, Ph.D. Student Recognized for Counseling Research. *The Local Voice: Read at Maximum Volume*.
<http://www.thelocalvoice.net/oxford/education-professor-ph-d-student-recognized-for-counseling-research/>
- Flores, M. (2020, August 6). Education Professor, Ph.D. Student Recognized for Counseling Research. *Ole Miss: The University of Mississippi News*.

<https://news.olemiss.edu/education-professor-ph-d-student-recognized-for-counseling-research/>

The University of Texas at San Antonio. (2015). *UTSA - Your Best Choice* [Television commercial]. <https://www.youtube.com/watch?v=DNGm9m6z6jo>

Villa, M. (2014). Academic excellence: UTSA named one of five certified neurofeedback U.S. training centers. *Spectrum*, 4, 30. <http://www.utsa.edu/spectrum/2014/>

Luukkonen, T. (2014). Heading toward breakthroughs. *Discovery*, 7, 27–28. <http://www.utsa.edu/discovery/2014/>

Villa, M. (2014, November 10). UTSA named one of five certified neurofeedback U.S. training centers. *UTSA Today*. <http://www.utsa.edu/today/2014/11/sarabiacycenter.html>

Program Evaluations and Needs Assessments

BUILD PODER

Transcript Analyst, Multiple Locations, MS and CA

July 2020–December 2020

- Oversaw transcript analysis for the Building Infrastructure Leading to Diversity Promoting Opportunities for Diversity in Education and Research (BUILD PODER) project at California State University, Northridge (CSUN).
 - BUILD PODER at CSUN has been funded since 2014 by a \$22 million grant from the National Institutes of Health, Diversity Program Consortium.
- Ensured transcription accuracy of faculty and student interviews. Interviews were conducted for purposes of evaluating participant experiences. Services provided through a partnership between CSUN and the Center for Research Evaluation (CERE) at The University of Mississippi.

Pathways 2 Possibilities (P2P)

Project Manager, Multiple Locations, MS and SC

May 2020–July 2020

- Analyzed quasi-experimental data pertaining to students' perceptions and sense of self-efficacy surrounding post-high school career trajectories.
- Students attended schools located in the Mississippi Delta, Mississippi Coastal areas, as well as the state of South Carolina.
- Data was analyzed in partnership between The University of Mississippi, Center for Research Evaluation (CERE) and Coastal Carolina University's Office of Institutional Research, Assessment and Analysis (IRAA).
- Prepared detailed reports, executive summaries, concise technical reports, infographics, and PowerPoint presentations in concert with project administrators, Sarah Mason and Hope Gilbert.

Tallahatchie County Public Library

Data Analyst and Community Engagement Specialist, Charleston, MS

January 2020–May 2020

- Worked as part of an interdisciplinary team to collect and analyze data that benefitted stakeholders of the Tallahatchie County Public Library.
- Contributed to the creation and distribution of surveys to assess stakeholder perceptions of library services.

Other Research Experience

OU Applied Neurofeedback and Neurocounseling Education, Training, and Testing Evaluation (ANNETTE) Lab

Director, Norman, OK

October 2023–Present

- Train and support undergraduate and graduate students on the development of neuroscience-based research for publication purposes.
- Developed marketing materials in conjunction with OU Marketing Department.
- Lab website: <https://www.ou.edu/education/annette-lab>

The University of Mississippi, Center for Research Evaluation (CERE)

Graduate Research Assistant, University, MS

May 2020–December 2020

- Conducted program evaluations as well as needs assessments on behalf of organizational and/or institutional clients.
- Served as a mentor to junior-level colleagues as part of an interdisciplinary team.
- Completed technical reports, executive reports, and 2-page programmatic overviews that were used in advocating for continuation of funding from the Mississippi State Legislature.
- Provided evaluation services for projects funded by organizations such as: [The W. K. Kellogg Foundation](#), [Bloomberg Philanthropies](#), and [The National Institute of Health Diversity Program Consortium](#).

University of Memphis, Dept. of Counseling, Educational Psychology and Research, BRAIN CENTER

Consultant (unfunded), Memphis, TN

November 2019–December 2020

- Evaluated efficacy of neurofeedback sessions provided to empower individuals who have aversive childhood experiences.
- Provided consultation about the nature of changes that occurred during neurofeedback sessions whilst collaborating with a multidisciplinary, grant funded team consisting of representatives from: University of Tennessee Health Science Center, University of North Texas, The New Mind Center, and COMPASS Intervention Center. All research procedures/techniques were performed under the supervision of the Principle Investigator, Eraina Schauss.

UTSA, Department of Psychology, DYAD Research Lab

Graduate Research Assistant, San Antonio, TX

August 2014–May 2015

- Studied the effects of alcohol on females' ability to negotiate healthy condom use behaviors to protect against sexually transmitted infections.
- Performed scripted and recorded interactions with participants during double-blind research conditions.
- Conducted para-verbal and verbal video coding
- Ensured grant-compliance through the following funding sources:
 - The National Institute on Drug Abuse/NIH (SC1 DA031962) Total Award: \$1,408,875
 - The National Institute on Alcohol and Alcoholism/NIH (R21 AA018403) Total Award: \$408,620
 - The National Institute on Alcohol and Alcoholism/NIH (R01 AA014512-06-10) Total Award: \$2,897,992

UTSA, Department of Psychology, Psychoneuroendocrinology Research Lab

Undergraduate Research Assistant (unfunded), San Antonio, TX

April 2013–May 2014

- Explored epigenetic mediators of childhood trauma and the effects of trauma on the cortisol awakening response.
- Administered psychometric batteries.
- Maintained compliance with IRB requirements and standards.

Other Projects and Creative Works

Project timespan: April 2025–Present.

G. Michael Russo proposed the development of the Certified Neuroscience-Informed Counselors (CNIC) certification series to the National Board for Certified Counselors (NBCC) on April 10, 2025, at 2:23pm CST. The documents proposed include: CNIC Certification Requirements, CNIC Cost-Benefits Summary, and the CNIC Statement of Purpose (Russo & Gracefire, 2025). All three documents were authored by G. Michael Russo and Peni Jean Gracefire. Russo and Gracefire began conversations with NBCC President and CEO Dr. Kylie Dotson-Blake and Dr. Taunya Tinsley on 4/30/25 regarding the development of the CNIC certification series.

Project timespan: April 2014–May 2017.

G. Michael Russo served as the liaison between UTSA and The Biofeedback Certification International Alliance (BCIA) to negotiate a contract to allow UTSA students the opportunity to take the Board Certification in Neurofeedback (BCN) exam on campus. UTSA was already offering all of the additional components necessary for students to obtain their BCN with the exception of a location where the exam could be proctored. To eliminate this gap, Russo worked in concert with the following organizations: BCIA, The UTSA Business Contracts Office, The UTSA Department of Counseling, UTSA Student Government Association, and UTSA chapter of Students of The International Society for Neurofeedback and Research (SISNR). Collaboratively, the organizations were successfully able to collaborate to address this need, thus allowing students to sit for their BCIA BCN exam on campus.

Project timespan: November 2014–February 2015.

Created the Students of The International Society for Neurofeedback and Research (SISNR) organizational constitution. Constitution designed to be used by students who wished to start a chapter of SISNR at their local college/university. Constitution approved by SISNR's Legal Affairs and approved by The SISNR Board of Directors on February 23, 2015.

Project timespan: April 2014–December 2014.

Primary author of 38 GA 104: "Resolution for Veteran Success". Resolution created to assist UTSA student veterans, active duty members, and their dependents in acquiring a central location to access resources. Examples of resources include: mental health resources, study room, and information about tuition/fees compensation. Prior to this resolution, individuals would have to attempt to navigate numerous systems on their own or with word-of-mouth assistance. Resolution 104 was unanimously passed by The 38th General Assembly of The UTSA Student Government Association and signed by SGA President, Zack Dunn.

PROFESSIONAL LICENSE / CERTIFICATION / TRAININGS

Licensure

Licensed Professional Counselor (LPC)
Approved LPC Supervisor (LPC-S)
Oklahoma Board of Behavioral Health Licensure
Licensure Number: 11413

April 2023–Present
April 2025– Present

Licensed Professional Counselor (LPC)
Idaho Licensing Board of Professional Counselors and Marriage and Family Therapists
Licensure Number: LPC-8168

June 2021–May 2023

Provisionally Licensed Professional Counselor (P-LPC)

August 2018–June 2021

Mississippi State Board of Examiners for Licensed Professional Counselors

Licensure Number: P-0505

Certifications

National Certified Counselor

June 2018–Present

National Board for Certified Counselors

Certification Number: 997528

Board Certified in Neurofeedback, Fellow*

July 2015–Present

Biofeedback Certification International Alliance

Certification Number: E5800

*Internationally recognized in 2015 as one of the youngest individuals to obtain clinician-level certification

Nonviolent Crisis Intervention

June 2014–June 2016

Crisis Prevention Institute

Certification Number: NCA0C312

Registrations

Registered Neurofeedback Mentor

July 2017–Present

Biofeedback Certification International Alliance

Registration Number: F-27

Idaho Bureau of Occupational Licenses (IBOL) Registered Supervisor

March 2022–May 2023

Idaho Licensing Board of Professional Counselors and Marriage and Family Therapists

Trainings (Selected)

Neurocounseling: Brain-Based Clinical Approaches

March 2017

The American Counseling Association (ACA), San Francisco, CA

Columbia-Suicide Severity Rating Scale (C-SSRS)

February 2017; February 2018

The Columbia Lighthouse Project

Psychological First Aid (PFA)

February 2017

The National Child Traumatic Stress Network (NCTSN)

Strategic Planning Approach to Suicide Prevention

January 2017

Suicide Prevention Resource Center (SPRC)

Counseling on Access to Lethal Means (CALM)

February 2016

Suicide Prevention Resource Center (SPRC)

Social, Behavioral, and Education (SBE) Sciences Responsible Conduct of Research Course

August 2013

Collaborative Institute Training Initiative (CITI Program)

Social/Behavioral Research Course

August 2013; October 2019

Collaborative Institute Training Initiative (CITI Program)

Didactic Neurofeedback Course

Stens Biofeedback Corporation, Austin, TX

November 2012

Question Persuade Refer (QPR)

UTSA Counseling Services, San Antonio, TX

December 2011

PROFESSIONAL & CLINICAL EXPERIENCE

The University of Oklahoma, Department of Educational Psychology

Assistant Professor of Professional Counseling, Norman, OK

May 2023–Present

- Served counselors-in-training as they developed their unique counseling identities (see Teaching Mentorship and Supervision section).
- Conducted research that predominately focused on the areas of neurofeedback, addiction, and neuroscience-informed counseling (See Research Interest and Scholarly Productivity section).
- Served in various capacities that benefitted the University of Oklahoma, the State of Oklahoma, and the Counseling Profession at the national and international levels (see Professional Service and Leadership section).

Boise State University, Department of Counselor Education

Assistant Professor, Boise, ID

August 2021–July 2023

- Served counselors-in-training as they developed their unique counseling identities (see Teaching Mentorship and Supervision section).
- Conducted research that predominately focused on the areas of neurofeedback, addiction, and neuroscience-informed counseling (See Research Interest and Scholarly Productivity section).
- Served in various capacities that benefitted Boise State University, the State of Idaho, and the Counseling Profession at the national and international levels (see Professional Service and Leadership section).

The University of Mississippi, University Counseling Center

Clinical Graduate Assistant, University, MS

August 2018–May 2019; August 2019–May 2020

- Worked as part of an interdisciplinary team to provide evidence-based clinical services from a humanistic and neuroscience-informed counseling framework under the direct supervision of J. McCormick, Ph.D., LPC-S (8/18–12/18); K. Harrison, M.Ed., LPC-S (1/19–4/1/2020); and, Marc Showalter, Ph.D., LPC-S (4/1/20–5/2020).
- Provided crisis intervention to individuals were considering suicide/homicide, some of which also experienced delusional thoughts/psychosis.
- Provided field-based clinical supervision to master's level counselors-in-training as part of the requirements of their *CACREP-accredited* internship experience. Addressed the following *CACREP Standards*: Section 3A-E and J-V, Section 4F-H, and Section 5-C3a-e.
- Co-facilitated a SMART Recovery group and a clinical group that focused on empowering loved ones and children of individuals who struggle with addiction.
- Maintained client records in accordance with the state of Mississippi Licensed Professional Counselors Board Rules, HIPPA requirements, and the University Counseling Center rules/regulations.

Mississippi Department of Mental Health

Behavioral Health Specialist II, North Mississippi Regional Center, Oxford, MS

May 2019–August 2019

- Provided individual, group, and family therapy to adults with severe or profound levels of Intellectual/Developmental Disability.

- Created individualized service plans and trained staff on appropriate implementation using an Applied Behavioral Analysis and Humanistic framework.
- Worked as part of a multidisciplinary team under the supervision of S. Beard, M.Ed., LPC-S.

BCFS Health and Human Services

Internship Coordinator & Case Manager, Resiliency Through Healing, San Antonio, TX February 2018–August 2018

- Created internship coordination and crisis intervention procedures that have been utilized in multiple programs including: Services To At Risk (STAR) Youth, Preparation for Adult Living (PAL), Texas Family Together and Safe (TFTS), and Resiliency through Healing (RTH).
- Worked with individuals aged 18 to 25 who experienced trauma, abuse, and/or neglect during their childhood and/or adolescence. Assisted with emotional support, resource acquisition, and referral to in-house mental health clinicians.
- Supervised master's level mental health interns (CMHC, MFT, and social work) on crisis hotline protocols, walk-in procedures and daily operations.
- Assisted in the development of the RTH program by providing grass roots efforts to create and maintain partnerships with local mental health practices, organizations, and universities.

Student Counselor, Preparation for Adult Living (PAL), San Antonio, TX March 2017–December 2017

- Provided therapeutic support to youth and young adults who are currently in the foster care system, or have recently transitioned out of foster care. Therapy was provided under professorial supervision of Dr. G. Juhnke and Dr. B. Jones. On-site supervision was provided under R. Fletcher and K. Rodriguez.
- Assisted in the development of The Resiliency Through Healing Program by providing mentorship to case management staff under the supervision and guidance of Ms. K. Rodriguez.
- Facilitated Department of Family and Protective Services (DFPS) Preparation for Adult Living (PAL) groups covering the following topics: (1) Health and Safety; (2) Housing and Transportation; (3) Job Readiness; (4) Financial Management; (5) Life Decisions and Responsibility; (6) Personal and Social Relationships.

Restore Behavioral Health, PLLC

Clinical Care Coordinator, San Antonio, TX April 2016–February 2018

- Empowered client growth through the completion of over: 2,000 neurofeedback sessions, 400 clinician-ordered psychological batteries, and 100 QEEG recordings. All sessions completed under the supervision of Dr. M. Down.
- Coordinated 3 pro bono, neurofeedback research studies to provide treatment for clients suffering from: (1) PTSD, (2) Traumatic Brain Injury, or (3) Autism Spectrum Disorder.
- Updated crisis intervention procedures by providing training resources for the C-SSRS. Clients who were at high-risk for suicide met with a clinician for same-day appointments.
- Supervised undergraduate-level student interns in administration of self-report clinical assessments, assessment scoring, and creation of clinical reports that were reviewed by licensed clinical psychologists.

Archdioceses of San Antonio, Catholic Charities

Student Counselor, San Antonio, TX January 2017–May 2017

- Provided counseling services to under-served client populations under professorial supervision of Dr. G. Juhnke and on-site supervision of J. Locke.
- Provided therapeutic services to clients of various backgrounds including individuals who were refugees from the war in Uganda, individuals in a homeless environment, and/or in an active state of crisis.
- Held grief and loss groups for adolescent males at St. Anthony High School.

The University of Texas at San Antonio, Department of Counseling

Student Counselor, Sarabia Family Counseling Center, San Antonio, TX January 2016–December 2016

- Counseled individuals and families from the community who were aiming to implement lifestyle changes. Therapy was brief (7–10 sessions on average) and utilized a solution focused theoretical orientation. Counseling was provided under the professorial supervision of Dr. G. Juhnke and Dr. M. Rosales.
- Administered vocational and clinical assessments including: O*net Interest Profiler, The SAD PERSONS Scale, Session Rating Scale (SRS), and Outcome Rating Scale (ORS).
- Maintained client records in accordance with The State of Texas Licensed Professional Counselors Board Rules, HIPPA requirements, and Sarabia Family Counseling Center rules/regulations.

Texas Department of Corrections

Group Facilitator, Bexar County Juvenile Justice Program, San Antonio, TX August 2016–December 2016

- Provided court mandated psychoeducational groups to at-risk youth and their caregivers under professorial supervision of Dr. G. Juhnke.
- Youth groups focused on the topics of healthy communication, character building, and problem-solving strategies.
- Parenting groups focused on parenting skills, communication styles, and familial wellness.

La Paz Community Mental Health Care Center

Clinical Group Facilitator, San Antonio, TX January 2016–May 2016

- Provided therapeutic groups to adults with chronic psychological pathology and/or intellectual disabilities.
- Advocated for increased availability of resources whilst promoting client autonomy and independence to facilitate a greater sense of welfare.
- Maintained client records in accordance with The State of Texas Licensed Professional Counselors Board Rules, HIPPA requirements, and La Paz rules/regulations.

Laurel Ridge Treatment Center, UHS, INC

Assistant to The Director of Electroconvulsive Therapy, San Antonio, TX November 2014–December 2015

- Advocated on behalf of over 230 clients that sought Electroconvulsive Therapy treatment.
- Provided emotional support to clients before and after treatment under the supervision of Dr. R. A. Faber.
- Verified that appropriate medical clearance and voluntary consent was provided in compliance with The State of Texas Administrative Code (Title 25, Part 1, Chapter 405, Subchapter E) prior to ECT treatment.

Mental Health Worker, San Antonio, TX

August 2014–December 2015

- Supervised therapeutic milieu on the Psychiatric Intensive Care (P-ICU) and Adult Substance Misuse Unit.
- Monitored individual patient progress and assisted with healthy conflict resolution.
- Assisted patients with individualized therapeutic goals.

Kingwood Pines Hospital, UHS, INC

Mental Health Technician, Houston, TX May 2014–August 2014

- Assisted patients in healthy conflict resolution and boundary setting.
- Managed milieu on Psychiatric Intensive Care (P-ICU), Adult Substance Misuse Unit, Adolescent Male and Childhood Units to ensure patient safety and wellness.
- Provided care to clients suffering from pervasive psychological distress.

Lead Instructor of Patient Education, Houston, TX

May 2012–August 2012

- Taught patient education groups with individuals who ranged from 3 to 66+ years of age. Individuals aimed to learn coping skills to manage acute and/or chronic mental health diagnoses. Services provided under the supervision of Ms. B. Robertson.
- Created patient education handbooks that were used and provided to each unit at the hospital.
- Ensured continuity of patient health education by implementing the Mental Health Technician lead education groups upon my departure.

Integrative Counseling and Neuroeducation Services (iCNS)

Senior Intern, San Antonio, TX

August 2012–May 2014

- Responsible for updates to *The Comprehensive Bibliography* for The International Society for Neurofeedback and Research under the supervision of Dr. A. Novian located at:
<http://www.isnr.org/resources/comprehensive-bibliography.cfm>
- Maintained HIPPA compliance when working with client records.
- Trained interns from The UTSA Department of Psychology on office procedures, crisis protocol, and billing practices.

The Rowdy Runner Brain Inventory (RRBI)

Founder, San Antonio, TX

June 2013–May 2014

- Created "The Dr. Mary McNaughton-Cassill Scholarship of Student Success" Scholarship is awarded bi-annually and entitles recipient to enroll in an in-person test preparation course for free.
- Negotiated and signed a 5-year (June 2014– June 2019) contract with The Princeton Review. Contract designated the donation of testing scholarships valued at \$20,985.00 and membership discounts valued at \$66,452.50.
- Negotiated and signed a 1-year (June 2013– June 2014) contract with Kaplan, Inc. Contract designated the donation of testing scholarships valued at 2,798.00 and membership discounts valued at 42,669.50.
- Acquired event sponsorship from The UTSA Office of Student Activities with an available operating budget of 5,000 over a 5-year period (April 2014–April 2019).
- Marketing of competition occurred via: Roadrunner Late Night, UTSA Chapter of Psi Chi, Student Psychology Club at UTSA, The UTSA Department of Psychology, and UTSA Student Government Association.

University Oaks at The University of Texas at San Antonio

Community Assistant, San Antonio, TX

December 2011–January 2013

- Provided acculturation support to over 500 students, many of whom were of international origin.
- Assisted students in acquisition of mental health services and provided 24/7 crisis intervention services.
- Provided community-building activities/events that met the interests and needs of the student community.

PROFESSIONAL SERVICE AND LEADERSHIP

Editorial

Journal of Counseling & Development (JCD)

Editorial Board Member

July 2020–July 2021; December 2023–Present

Journal of Single-Case in the Social Sciences (JSS)

Guest Reviewer

August 2023–Present

International Journal for the Advancement of Counselling (IJAC)

Editorial Board Member	May 2021–Present
Ad hoc Associate Editor of Meta-Analyses	February 2022–Present

<i>Applied Psychophysiology and Biofeedback Journal (AAPB)</i>	
Guest Reviewer	December 2023–December 2024

<i>Counseling Outcome Research & Evaluation (CORE)</i>	
Ad hoc reviewer	July 2021–June 2023
Editorial Assistant	January 2020–June 2021

International Service and Leadership

International Association for Addiction and Offender Counseling (IAAOC)	
Chair, Neuroscience Committee	August 2021–Present
Candidate, President-elect	September 2021

The International Society for Neuroregulation and Research (<i>Formerly: International Society for Neurofeedback and Research</i>)	
Co-Chair, Student Advocacy Committee	January 2014–December 2019
Abstract Reviewer, Conference Committee	May 2017; May 2019

National Service and Leadership

NeuroLiteracy Micro-credential Advisory Board	
American Mental Health Counseling Association Representative Member	May 2025–Present

American Counseling Association (ACA)	
Chair, Publications Committee	May 2025–Present
Member, Publications Committee	July 2020–July 2021; December 2023–Present
Mentor, ACA Mentorship Program	February 2021–February 2022

Association for Assessment and Research in Counseling (AARC)	
Proposal Reviewer, 2022 Conference Committee	May 2022–June 2022

American Mental Health Counselors Association (AMHCA)	
Candidate, President-elect	April 2024– August 2024
Co-chair, Neuroscience Taskforce (NTF)	July 2023–Present
Member, NTF Applications Workgroup	January 2020–July 2023
Member, NTF Leadership Circle	October 2019–October 2020
Member, NTF Counselor Education & Training Subcommittee	December 2018–December 2019

Association for Multicultural Counseling and Diversity (AMCD)	
Graduate Student Mentee	January 2016–January 2017

Regional/State Service and Leadership

Institute for the Study of Behavioral Health and Addiction	
Coordinator, Community and Legislative Relationships	May 2021–May 2023

Idaho Counseling Association (ICA)	
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2021 ICA Conference Judge, Graduate Student Poster Presentations

November 2021

Mississippi Counseling Association (MCA)

Northwest Regional Legislative Contact, Government Relations Committee
Advocate, Day at the Capital

July 2019–July 2021
January 2019; January 2020

Southern Association for Counselor Education and Supervision (SACES)

Member, Graduate Student Committee

January 2016–December 2018

Texas Counseling Association (TCA)

Advocate, Day at the Capital

January 2015

University Service and Leadership

The University of Oklahoma

University Wide Service

Faculty Hearing Panelist, Academic Integrity Programs

August 2023– Present

Affiliate, Institute for Community and Society Transformation (ICAST)

August 2023– Present

Department of Educational Psychology

Elections Committee Co-Chair

August 2025– Present

NBCC Campus Coordinator

April 2024– Present

LADC Certification Program Coordinator

December 2023– Present

CACREP Coordinator Support

November 2023– Present

Internship Coordinator

December 2023– May 2025

Boise State University

University Wide Service

Member, Bookstore Advisory Board

August 2021– May 2023

School of Education

Member, College Improvement Advisory Board

September 2021– May 2023

Member, Curriculum Committee

August 2021– May 2023

Department of Counselor Education

Dissertation Committee Member for Rebecca Dickinson

April 2021– Present

CACREP Coordinator Support

August 2022– May 2023

Dissertation Committee Member for Brette Stephenson

September 2021– May 2023

Member, Strategic Alignment Committee

August 2021– May 2023

Member, Doctoral Selection Committee

August 2021– May 2023

Member, Recruitment and Retention Committee

August 2021– May 2023

Member, Department of Counselor Education MA Selection Committee

August 2021– May 2023

Co-Advisor, Beta Sigma Epsilon chapter of Chi Sigma Iota

May 2021– May 2023

Addiction Counseling Cognate & Internship Coordinator

April 2021– May 2023

The University of Mississippi

Vice President, Epsilon Mu chapter of Chi Sigma Iota

February 2020–April 2021

PhD Student Evaluator, CES Assistant Professor Search Committee

January 2019

PhD Student Evaluator, CES Associate/Full Professor Search Committee

November 2018

The University of Texas at San Antonio

Student Liaison, BCIA Neurofeedback Cert. Exam Proctorship

April 2014–December 2017

<i>Advocacy Chair, Sigma Alpha Chi chapter of Chi Sigma Iota</i>	February 2015–February 2016
<i>Founding President, Students of ISNR</i>	January 2015–January 2016
<i>Graduate Senator, Student Government Association (SGA)</i>	January 2015–December 2016
<i>Committee Member, SGA Academic Affairs Committee</i>	January 2015–December 2016
<i>Grad. Student Rep., Council for Accreditation of Cou. & Related Educational Programs (CACREP)</i>	2015
<i>College of Education and Human Development Senator, SGA</i>	January 2014–December 2014
<i>Committee Member, SGA Student Affairs Committee</i>	January 2014–December 2014
<i>President, UTSA Student Psychology Club</i>	January 2012–December 2014
<i>Treasurer, UTSA Chapter of Psi Chi</i>	January 2013–December 2014
<i>Founding Chair, Rowdy Runner Brain Inventory (RRBI)</i>	April 2013
<i>Founding Board Member, Undergraduate Research & Creative Inquiry Showcase</i>	May 2013

Professional Affiliations (*Selected*)

International Association for Counselling (IAC)	2021–present
American Mental Health Counselors Association (AMHCA)	2016–present
Chi Sigma Iota (CSI), Counseling Academic & Professional Honor Society	2015–present
Beta Sigma Epsilon Chapter (Boise State University)	2021–2023
Epsilon Mu Chapter (The University of Mississippi)	2018–2021
Sigma Alpha Chi Chapter (The University of Texas at San Antonio)	2015–2018
American Counseling Association (ACA)	2012–present
<u>ACA Division Membership</u>	
International Association for Addiction and Offender Counseling (IAAOC)	2021–present
Association for Assessment and Research in Counseling (AARC)	2018–present
Association for Counselor Education and Supervision (ACES)	2015–present
<i>North Central Association for Counselor Education and Supervision (NCACES)</i>	<i>2023–present</i>
<i>Rocky Mountain Association for Counselor Education and Supervision (RMACES)</i>	<i>2021–2023</i>
<i>Southern Association for Counselor Education and Supervision (SACES)</i>	<i>2015–2021</i>
Association for Humanistic Counseling (AHC)	2018–2021
Association for Creativity in Counseling (ACC)	2014–2021
American College Counseling Association (ACCA)	2012–2014
<u>ACA Branch Membership</u>	
Oklahoma Counseling Association (OCA)	2023–present
<i>Oklahoma Mental Health Counselors Association (OKMHCA)</i>	<i>2023–present</i>
<i>Oklahoma Association of Counselor Education & Supervision (OACES)</i>	<i>2023–present</i>
<i>Oklahoma Association of Addiction Counselors (OAAC)</i>	<i>2023–present</i>
Idaho Counseling Association (ICA)	2021–2024
<i>Idaho Licensed Professional Counselors Association (ILPCA)</i>	<i>2021–2023</i>
<i>Idaho Association of Counselor Educators and Supervisors (IACES)</i>	<i>2021–2023</i>
Mississippi Counseling Association (MCA)	2018–2021
<i>Mississippi Association of Counselor Educators and Supervisors (MACES)</i>	<i>2018–2021</i>
<i>Mississippi Graduate Student Counselors Association (MGSCA)</i>	<i>2018–2021</i>
<i>Mississippi Licensed Professional Counselors Association (MLPCA)</i>	<i>2018–2021</i>
Texas Counseling Association (TCA)	2013–2018
<i>Texas Association for Counselor Education and Supervision (TACES)</i>	<i>2015–2018</i>
<u>ACA Organizational Affiliate</u>	

International Association for Resilience and Trauma Counseling (IARTC) 2021–present

The International Society for Neuroregulation and Research (ISNR) 2013–2020

AWARDS / HONORS

Awards

Exemplary Assessment and Evaluation Practices Award: Professional (Nominee) July 2024
Association for Assessment and Research in Counseling, Pittsburgh, PA

Outstanding Contributor Research - Student Award November 2020
Mississippi Counseling Association, Virtual Conference, MS

Outstanding Doctoral Student in Counselor Education Research Award May 2020
The University of Mississippi, School of Education, University, MS

President's Volunteer Service Award- Bronze Level April 2017
The President's Council on Service & Civic Participation, Washington, DC

Most Outstanding Graduate Student at the Masters' Level October 2015
Southern Association for Counselor Education and Supervision (SACES), Philadelphia, PA

Most Outstanding Graduate Student April 2015
The University of Texas at San Antonio, San Antonio, TX

Volunteer of The Year December 2014
Protectors of Animal Welfare and Safety (PAWS), San Antonio, TX

The Jane Findling Award April 2014
The University of Texas at San Antonio, San Antonio, TX

Most Outstanding Senior Student (Finalist) April 2014
The University of Texas at San Antonio, San Antonio, TX

President's Volunteer Service Award- Gold Level April 2014; April 2016
The President's Council on Service & Civic Participation, Washington, DC

Extra Mile Award May 2012
Campus Living Villages, San Antonio, TX

Honors

Marquis Who's Who in America April 2026
Uniondale, NY
ID Number: 4005698290

The Honor Society of Phi Kappa Phi April 2020
Baton Rouge, LA

ID Number: 12658638

Chi Sigma Iota, The International Counseling Academic and Professional Honor Society May 2015
Greensboro, NC

ID Number: 33122906

Who's Who Among Students in American Universities and Colleges

April 2014

The University of Texas System, San Antonio, TX

ID Number: 645714

Psi Chi, The International Honors Society in Psychology

January 2012

Chattanooga, TN

ID Number: 1059455

Honors Alliance

January 2012

The University of Texas at San Antonio, San Antonio, TX

CONFERENCE ATTENDANCE

International and National

American Mental Health Counselors Association Conference, <i>Charlotte, NC</i>	2024
Association for Assessment and Research in Counseling, <i>Nashville, TN</i>	2023
American Mental Health Counselors Association Conference, <i>Las Vegas, NV</i>	2022
Association for Assessment and Research in Counseling, <i>St. Louis, MO</i>	2022
AMHCA Neuroscience Symposium, <i>Virtual Symposium</i>	2022
Association for Assessment and Research in Counseling, <i>Cincinnati, OH</i>	2021
American Counseling Association, <i>Virtual Conference</i>	2021
American Evaluation Association, <i>Virtual Conference</i>	2020
International Society for Neuroregulation and Research, <i>Virtual Conference</i>	2020
Association for Assessment and Research in Counseling, <i>Virtual Conference</i>	2020
American Mental Health Counselors Association, <i>Virtual Conference</i>	2020
American Counseling Association, <i>San Diego, CA (Canceled due to COVID-19)</i>	2020
Association for Assessment and Research in Counseling, <i>San Antonio, TX</i>	2019
American Mental Health Counselors Association, <i>Herdon, VA</i>	2019
American Counseling Association, <i>San Francisco, CA</i>	2017
International Society for Neurofeedback and Research, <i>Denver, CO</i>	2015
Association for Counselor Education and Supervision, <i>Philadelphia, PA</i>	2015
Association for Creativity in Counseling, <i>San Antonio, TX</i>	2015
International Society for Neurofeedback and Research, <i>Dallas, TX</i>	2013

Regional

Southern Association for Counselor Education and Supervision, <i>Myrtle Beach, SC</i>	2018
Southern Association for Counselor Education and Supervision, <i>New Orleans, LA</i>	2016

State and Local

Texas Department of License and Regulation, <i>Virtual Inservice, TX</i>	2025
Oklahoma Mental Health Counselors Association Conference, <i>Norman, OK</i>	2024
New Horizons in Brain Science: 2023 Zarrow Mental Health Symposium, <i>Virtual Conference</i>	2023

2023 Idaho Counseling Association Conference, <i>Boise, ID</i>	2023
4 th Annual Prevention Training Institute, <i>Boise, ID</i>	2022
2022 Idaho Counseling Association Conference, <i>Boise, ID</i>	2022
3 rd Annual Prevention Training Institute, <i>Boise, ID</i>	2021
40 th Annual F. E. Woodall Spring Conference for the Helping Professions, <i>Cleveland, MS</i>	2021
70 th Annual Mississippi Counseling Association Conference, <i>Virtual Conference</i>	2020
39 th Annual F. E. Woodall Spring Conference for the Helping Professions, <i>Cleveland, MS (Canceled due to COVID-19)</i>	2020
38 th Annual F. E. Woodall Spring Conference for the Helping Professions, <i>Cleveland, MS</i>	2019
Youth Safety Summit, <i>San Antonio, TX</i>	2016
The Biofeedback Society of Texas, <i>San Antonio, TX</i>	2016
The Biofeedback Society of Texas, <i>Houston, TX</i>	2015
Undergraduate Research and Creative Inquiry Showcase, <i>San Antonio, TX</i>	2013
Texas Counseling Association, <i>San Antonio, TX</i>	2013