



INNOVATIONS IN
COLLEGE COUNSELING
CONFERENCE

Presenters



Presenter: Sherry Benton, Ph.D

Presentation: Ethics in Stepped Care Clinical Management

Bio: Dr. Sherry Benton is the founder and Chief Science officer for TAO Connect, Inc. She is also a professor emeritus from the University of Florida's Department of Psychology. She has more than 25 years of clinical and research experience in counseling psychology. She has been President of the American Academy of Counseling Psychology and President of the Association of Counseling Center Training Agencies.

Dr. Benton is a fellow in APA and a Diplomate in the American Academy of Counseling Psychology. She has publications in the areas of college student mental health, stepped care models of service, substance use and prevention, and digital behavioral health services. In addition, she has made many presentations on adapting our services to the digital world, artificial intelligence and behavioral health, tele-behavioral health, and the future of psychotherapy. She received the Distinguished Service Award from the American Academy of Counseling Psychology for Extraordinary Service to Counseling Psychology and the Educational Advocacy, Distinguished Service Award from the American Psychological Association Board of Educational Affairs.



Presenter: Kimberly Burdine, Ph.D

Presentation: Roundtable Lunch

Bio: Dr. Kimberly Burdine (pronouns: she/her/hers) is a licensed psychologist and has worked in university counseling for over 8 years. She currently serves as a psychologist and diversity coordinator at The University of Texas at Austin. In Dr. Burdine's work with the college population, providing specialized services for students who are historically marginalized and underserved has been most rewarding. This work includes consultation and support with various departments, offices, and student organizations in effort to increase awareness around mental health and diversity consciousness. Most recently, she works to promote mental health awareness and reduction of stigma associated with mental health concerns and help-seeking in underserved communities.

In addition to her work with the college population, Dr. Burdine has worked with adolescents, families, and women in youth, family, domestic violence and sexual assault services agencies. She has also worked as a certified high school counselor and mathematics teacher. Dr. Burdine's primary research interests are cultural identity based mental health concerns and multicultural competence in teaching, training, and supervision. She applies a relational-cultural orientation to her clinical interests in adolescent and young adulthood development, cultural identity, family of origin and relationship concerns, depression, trauma, and substance use

concerns. She feels most “at home” when engaging in prevention and outreach programming, group therapy, training, and supervision.



Presenter: Enedelia Saucedo, Ph.D

Presentation: Innovations in Multicultural Competencies

Bio: Originally from the North Side of Fort Worth, Texas, Dr. Saucedo earned her Ph.D. in Counseling Psychology from Oklahoma State University. She uses culture, education, equality, empowerment, and self-exploration to help clients identify strengths and to promote active change. Her professional interests and expertise include issues such as: social justice, ethnic identity, racism/discrimination, intersectionality, first-generation college students, media influence, the psychology of gender, queer (LGBTQ+) identity, and trauma related to emotional, physical and sexual abuse. She currently serves as Staff Psychologist and Multicultural/Diversity Coordinator at the University of North Texas' (UNT) Counseling & Testing Services.

She offers consultation and trainings in the area of diversity/multicultural including but not limited to topics such as race/ethnicity, gender, sexual and romantic orientation, social justice, socio-political climate conversations, intersectionality of oppression, and power & privilege. Being open to learning and examining self can be a vulnerable yet rewarding experience. Dr. Saucedo encourages discomfort in discussions as discomfort is at the edge of growth.

“My goal is to make it *safe* for others to feel uncomfortable; safety and comfort are not one in the same. When I meet with clients, I don't shy away from discomfort; we sit in it, we process it, we manage it--so feelings don't become this thing we avoid or want to get rid of. Feelings can be helpful. ...I like to help others find strength in vulnerability and to encourage the pursuit of authenticity. We all want to be valued and acknowledged; therefore, at times, we have to challenge systems and our personal lenses to ensure that we are also highlighting those we typically leave out.”



Presenter: Tamara Knapp-Grosz, Ph.D, APRN, BC

Presentation: Innovations in Flourishing: Beyond Counselor Self-care and Resilience

Bio: As Senior Director, Dr. Knapp-Grosz currently oversees the Counseling and Testing Center at the University of North Texas. Dr. Knapp-Grosz received her Master's in Psychology from Long Island University and her Ph.D. in Counseling Psychology with a specialization in Marriage and Family Counseling from Seton Hall University. She has undergraduate degrees in Psychology and Nursing. Dr. Knapp-Grosz completed her doctoral internship in Clinical Psychology at Walter Reed Army Medical Center. It was during her time as an Active Duty Army Psychologist that she first became interested in resiliency and maximizing potential.

Dr. Knapp-Grosz's clinical interests include Anxiety Disorders, Autism Spectrum Disorders and Positive Psychology. A former corporate Psychologist, she has opened over 100 treatment programs across the United States. Active in numerous professional organizations, Dr. Knapp-Grosz is a Past President of both the Georgia College Counseling Association the American College Counseling Association. Most recently Dr. Knapp-Grosz was Director of Counseling and Student Accommodations at the Savannah College of Art and Design for 15 years. In her free time, Dr. Knapp-Grosz enjoys cooking, spending time at a lake or the beach and traveling with her husband and two children.



Presenter: Amy Lenhart, MA, LPC-S, NCC

Presentation: Innovations in Flourishing: Beyond Counselor Self-care and Resilience

Bio: Amy Lenhart has worked at Collin College since 2000 providing mental health and career counseling to students, has prior experience in a four-year university, as well as a domestic violence agency.

Amy holds a Master's Degree in Counseling and Psychology in Education, and graduated with honors. She also holds a Bachelor's degree in Psychology and English. She is a Licensed Professional Counselor Supervisor in Texas, and is also a Nationally Certified Counselor.

Amy is a past-president of the American College Counseling Association, and has served on the board as a member at large. Amy has also served on the Texas College Counseling Association as president, treasurer, and senator. Awards and honors include an award for leadership, an award from the Texas College Counseling Association (TCCA) for the TCCA Outstanding College Counselor, as well as a merit award from the Texas Career Development Association. Amy has presented internationally, nationally, and in her state on college counseling and mental health topics, and has been quoted in several articles on mental health issues in the college setting.



Presenter: Javier Ungo, LCSW

Presentation: The UT BART Model

Bio: Counseling and Mental Health Center at the University of Texas at Austin
Assistant Director for Access and Referral Services

Javier oversees the Brief Assessment and Referral program where he and his team provide brief assessment services to students upon intake, assist with referrals to community resources and assist students in navigating mental health resources. Javier also coordinates CMHC's crisis services including the 24/7 crisis line.



Presenter: Pamela Flint, Ph.D

Presentation: Innovations in Animal Assisted Therapy (AAT) in College Counseling

Bio: Dr. Pamela Flint is the Associate Director of Clinical Services in Counseling and Testing Services at the University of North Texas. She has worked at the university for over 16 years as an Assistant Professor and over 18 years as a staff psychologist providing personal and career counseling at the UNT's Counseling and Testing Services, prior to serving in the Associate Director of Clinical Services role. Her first career was as a psychiatric nurse in the DFW area, working in both inpatient and outpatient settings.

Dr. Flint brought Animal Assisted Therapy to Counseling and Testing Services at the University of North Texas in 2002 with her first therapy dog, Roxy. Her current therapy animals are Dakota and Willow, both are Labrador Retrievers.

Another of her interests is suicide prevention programming. She has been a certified Master Trainer for QPR, a suicide prevention program, since 2013 and previously provided ASIST training from 2013-2016, another suicide prevention program, as a Master trainer.

She provides additional training as a certified instructor for QuitSmart, a successful smoking cessation program offered to students at no cost. She has been an instructor since 1998.



Presenter: Cynthia K. Chandler, Ed.D, LPC-S, LMFT-S

Presentation: Innovations in Animal Assisted Therapy (AAT) in College Counseling

Bio: Dr. Cynthia K. Chandler is a professor in the Department of Counseling and Higher Education at the University of North Texas, which is located in Denton, Texas, where she has taught various graduate courses in counseling since 1989. She is a licensed professional counselor and supervisor and a licensed marriage and family therapist and supervisor.

She has been involved with animal-assisted therapy practice, supervision, and research since 1999. She is author of the classic book, *Animal-Assisted Therapy in Counseling*; the 3rd edition was published in 2017. She is also author of the book, *Animal-Assisted Interventions for Emotional and Mental Health: Conversations with Pioneers of the Field*, published in 2018.

For her work in animal-assisted therapy Dr. Chandler received in 2016 the American Counseling Association's Professional Development Award, and in 2009 the Thelma Duffey Award for Vision and Innovation from the Association for Creativity in Counseling.