

Bethany Townsend, PhD, LCPC, NCC
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EDUCATION

- Doctor of Philosophy, Counselor Education and Supervision** **May 2019**
Dual minor in Quantitative and Qualitative Research
University of Wyoming, Laramie, WY (CACREP-accredited)
Dissertation: *Assessing the Impact of a Brief Self-Compassion Intervention on Counselor Trainee Perfectionism: A Mixed Methods Case Study*
- Master of Arts, Clinical Mental Health Counseling** **May 2015**
Adams State University, Alamosa, CO (CACREP-accredited)
- Master of Arts, Human Performance and Physical Education** **August 2009**
Emphasis in Coaching
Adams State University, Alamosa, CO
- Bachelor of Arts, Psychology** **December 2001**
Minor in Coaching
Adams State University, Alamosa, CO
summa cum laude

CURRENT POSITION

- Assistant Professor, Counselor Education Department** **2019–Present**
Northwest Nazarene University, Nampa, ID
- Teach CACREP-core classes, advise students, provide clinical supervision
 - CACREP Liaison
 - Faculty Chapter Advisor of Psi Omega Sigma chapter of Chi Sigma Iota

REFEREED JOURNAL ARTICLES

- Townsend, B. J., Ishman, L., Dion, L., & Carnes-Holt, K. L. (2021). An examination of Child-Centered Play Therapy and Synergetic Play Therapy. *Journal of Child and Adolescent Counseling*, 7(3), 193–206. doi:10.1080/23727810.2021.1964931
- Elliott, A., Bohecker, L., Elliott, G. M., Townsend, B. J., Johnson, V., Lopez, A., Horn, D. D., & Roach, K. (2019). Interstate licensure portability: Logistics and barriers for professional counselors. *The Professional Counselor*, 9, 252–266. doi:10.15241/ae.9.3.252
- Townsend, B. J., Mullins, P. S., & Morris-Howe, L. B. (2019). The tip of the iceberg: Fostering appreciation for diversity and commonality. *Journal of Creativity in Mental Health*, 14, 169–180. doi:10.1080/15401383.2019.1572559

Reynolds, T., & Townsend, B. (2018). To speak or remain silent: An examination of two English teachers' styles of leading whole-class discussion. *English in Education*, 52, 200–212. doi:10.1080/04250494.2018.1509672

PROFESSIONAL PRESENTATIONS

Townsend, B. J. (2023, January). *Creatively addressing career needs in counseling*. Educational session. Idaho Counseling Association (ICA) State Conference, Boise, ID.

Martinez, H., Henderson, J., Leishman, K., & Townsend, B. J. (2023, January). *Advanced supervision workshop*. ICA Pre-Conference, Boise, ID.

Townsend, B. J. (2022, October). *A for effort: The conflict between grade inflation and gatekeeping*. Lightning talk. Rocky Mountain Association for Counselor Education and Supervision (RMACES) Regional Conference, Coeur d'Alene, ID.

Townsend, B. J. (2021, November). *Evaluation inflation: An ethical dilemma?* Online presentation. Association for Counselor Education and Supervision (ACES) Virtual Roundtable Session.

Townsend, B. J. (2021, November). *Making a difference by discussing religion and spirituality*. Online presentation. ICA State Conference.

Henderson, J., Leishman, K., Townsend, B. J., Esp, S., & Baughman, D. (2021, November). *Advanced supervision workshop*. Online presentation. ICA Pre-Conference.

Townsend, B. J. (2020, November). *Engaging in cultural conversations*. Online presentation. ICA State Conference.

Townsend, B. J. (2020, October). *Not just for students: Promoting self-care for educators and supervisors*. Online presentation. RMACES Regional Conference.

Townsend, B. J. (2019, November). *Self-compassion as self-care*. Educational session. ICA State Conference, Boise, ID.

Townsend, B. J. (2019, October). *Scaffolding self-compassion into counselor education programs*. Educational session. ACES National Conference, Seattle, WA.

Townsend, B. J., Thiemann, K. L., & Morgan, M. M. (2018, October). *Dear younger me: Reflections on the journey*. Poster presentation. RMACES Regional Conference, Park City, UT.

Townsend, B. J. (2018, August). *Self-compassion for the counselor*. Workshop session. Wyoming Counseling Association "Heal the Healer" Summer Retreat, Casper, WY.

- Townsend, B. J. (2017, October). *Creating open conversations of religion and spirituality in counselor training programs*. Round-table discussion. ACES National Conference, Chicago, IL.
- Maurya, R. K., & Townsend, B. J. (2017, April). *Yoga: A wellness model promoting social justice*. Round-table discussion. Shepard Symposium, Laramie, WY.
- Townsend, B. J. (2017, February). *Peeling back the theoretical onion: Putting career theory to practice creatively*. Online presentation for University of Wyoming Project Echo, Laramie, WY.
- Bruce, M. A., & Townsend, B. J. (2016, October). *Evidence-based interventions for critical issues in counseling children and adolescents*. Educational session. Wyoming Counseling Association Annual Conference, Casper, WY.
- Bruce, M. A., Maurya, R. K., Morris-Howe, L. B., Townsend, B. J., & DeDiego, A. C. (2016, September). *Evidence-based mentoring of new faculty in higher education: Facilitating success*. Round-table discussion. RMACES Regional Conference, Steamboat Springs, CO.

RELATED PROFESSIONAL EXPERIENCE

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|---|---------------------|
| Mental Health Counselor
Kuna Counseling Center, Kuna, ID | 2019–present |
| <ul style="list-style-type: none"> ● Counsel individuals across the lifespan as well as couples and families | |
| Mental Health Counselor
Interfaith Good Samaritan, Laramie, WY | 2018–2019 |
| <ul style="list-style-type: none"> ● Instituted <i>pro bono</i> counseling services in an agency which had previously not offered mental health services | |
| Mental Health Counselor and Supervisor
Wellspring Counseling, Laramie, WY | 2018-2019 |
| <ul style="list-style-type: none"> ● Provided counseling to individuals, couples, and families ● Provided triadic and block supervision to master’s students | |
| Graduate Assistant
School of Counseling, Leadership, Advocacy, and Design, University of Wyoming | 2016–2019 |
| <ul style="list-style-type: none"> ● Assisted with CACREP self-study for re-accreditation and addition of multiple sites ● Independently instructed F2F and online sections of <i>Fundamentals of Counseling</i> ● Supervised four student-teachers during 2017 spring residency | |
| Mental Health Counselor
Laramie Lab School and Laramie Montessori School, Laramie, WY | 2016–2017 |
| <ul style="list-style-type: none"> ● Provided school-based individual and group counseling to students in grades 1–6 | |

- Growth Group Facilitator** **June 2016**
Adams State University, Alamosa, CO
- Invited by faculty to facilitate 5-day growth group for counselor trainees during summer intensives
- Mental Health Counselor** **2015–2016**
San Luis Valley Behavioral Health Group, Alamosa, CO
- Worked with individuals, couples, and groups in clinical and school-based settings averaging 90 hours per month of direct services
- Mental Health Intake Clinician** **2014–2015**
San Luis Valley Behavioral Health Group, Alamosa, CO
- Assisted new clients with intakes and counseled approximately 15 clients per week in both clinical and school-based settings
- Special Education Paraprofessional** **2012–2013**
San Luis Valley Board of Cooperative Educational Services, Alamosa, CO
- Worked individually and dually with 4th and 5th grade students with special needs
- Coding and Documentation Specialist** **2010–2012**
San Luis Valley Regional Medical Center, Alamosa, CO
- Coded accounts, audited files, and implemented new billing system
 - Created new training procedures to orient new staff and increase accurate documentation
- Rehab Technician** **2005–2010**
San Luis Valley Regional Medical Center, Alamosa, CO
- Provided outpatient and inpatient physical therapy services
 - Coded and audited inpatient and outpatient charts
- Cross Country Coach** **2001–2010**
Sargent Consolidated School District, Monte Vista, CO
- Recruited, trained, and mentored male and female athletes in grades 6–12

AWARDS & HONORS

Counselor Educator of the Year, Idaho Counseling Association, 2022

Outstanding Graduate Student, Colorado Counseling Association, 2015

Southern Peaks League Cross Country Coach of the Year: 2006, 2009, 2010

PROFESSIONAL SERVICE POSITIONS

Membership Committee: Idaho Counseling Association, Current

President and Past-President: Idaho Association for Counselor Education and Supervision, 2021-2023

Co-chair of Proposal Committee: RMACES, 2019–2020

Co-chair of Graduate Student Committee: RMACES, 2017–2019

Representative: Interstate License Agreement Committee, 2017–2019

Planning Committee Member: 7th Biennial Rocky Mountain Center of Play Therapy Studies Conference, 2017

Graduate Student Representative: Advisory Council on Graduate Education, University of Wyoming, 2016–2017

Secretary of Alpha Sigma Chi chapter of Chi Sigma Iota: Adams State University, 2014–2015

PROFESSIONAL LICENSES, CERTIFICATIONS, & AFFILIATIONS

Licenses

- Licensed Clinical Professional Counselor, Idaho (LCPC-8865), 2022–present
- Licensed Professional Counselor, Colorado (LPC.0014301), 2017–present

Credentials and Training

- Basic, Advanced, and Enhanced Training in Accelerated Resolution Therapy (completed in 2022)
- Yothera Certification (completed 2021)
- EMDR Training (completed in 2019)
- Teaching and Learning Certification, Ellbogen Center for Teaching and Learning, University of Wyoming, May 2019
- National Certified Counselor (632145), 2015–present

National/Regional Affiliations

- Association for Counselor Education and Supervision, 2016–present
- Rocky Mountain Association for Counselor Education and Supervision, 2016–present
- Chi Sigma Iota, 2014–present
- American Counseling Association, 2013–present

State Affiliations

- Idaho Association for Counselor Education and Supervision, 2021–present
- Idaho Counseling Association, 2019–present
- Wyoming Counseling Association, 2016–2019
- WY Association for Spiritual, Ethical, and Religious Values in Counseling, 2016–2017
- Colorado Counseling Association, 2014–2016

Local Affiliations

- Psi Omega Sigma chapter of Chi Sigma Iota (CSI), Northwest Nazarene University, 2019–present
- Mu Nu Tau chapter of CSI, University of Wyoming, 2017–2019

- Alpha Sigma Chi chapter of CSI, Adams State University, 2014–2015