



Murray State University, Murray, KY

August 2010 – June 2014

Department of Educational Studies, Leadership, and Counseling

Clinical Mental Health Counseling Program Coordinator, Assistant Professor

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8. Burt, I., **Patel S. H.**, Butler, S. K., & Gonzalez, T. (2013). Integrating leadership skills into anger management groups to reduce aggressive behaviors: The LIT Model. *Journal of Mental Health Counseling*, 35, 124-141. (30% acceptance rate per Cabell's Directories, 2013)
7. **Patel, S. H.**, Hagedorn, W. B., & Bai, H. (2013). An investigation of counselor educators' attitudes towards evidence-based practices. *Counselor Education and Supervision*, 52, 96-108. (11-15% acceptance rate per Cabell's Directories, 2012)
6. Shillingford-Butler, M. A., **Patel, S. H.**, & Ngazimbi, E. E. (2012). The role of the professional school counselor in reducing teacher anxiety. In G. R. Walz, J. C. Bleuer, & R. K. Yep (Eds.), *Ideas and research you can use: VISTAS 2012* (pp. 1-10). Retrieved from [http://www.counseling.org/resources/library/vistas/vistas12/Article\\_58.pdf](http://www.counseling.org/resources/library/vistas/vistas12/Article_58.pdf) (64%







10. **Patel, S. H.**, Shillingford, M. A., & Ngazimbi, E. E. (2009, February). *Reducing teacher anxiety to close the achievement gap*. Program presented at the national conference of the Holmes Partnership, Jacksonville, FL.
9. **Patel, S. H.** (2008, November). *Motivational counseling: Implications for improving treatment outcomes for male juvenile sex offenders*. Program presented at the international conference of the European Branch of the American Counseling Association, Wiesbaden-Niedernhausen, Germany.
8. Hagedorn, W. B., **Patel, S. H.**, & Young, T. (2008, November). *When talking won't work: Implementing experiential activities with addicted clients*. Program presented at the international conference of the European Branch of the American Counseling Association, Wiesbaden-Niedernhausen, Germany.
7. Hagedorn, W. B., Cooper, J., Temme, M., Hughes-Brand, N. S., Brand, C. E., Hirshhorn, M., & **Patel, S. H.** (2008, March). *When talking won't work: Implementing experiential activities with addicted clients*. Program presented at the national conference of the American Counseling Association, Honolulu, HI.
6. Edwards, N. N., **Patel, S. H.**, & Young, T. L. (2008, March). *Using person centered therapy to treat women with a history of childhood sexual abuse*. Program presented at the national conference of the American Counseling Association Conference, Honolulu, HI.
5. Ngazimbi, E. E., Shillingford, M. A., & **Patel, S. H.**, (2008, March). *Using narrative therapy with clients diagnosed with bipolar disorder*. Program presented at the national conference of the American Counseling Association, Honolulu, HI.
4. Edwards, N. N., Ngazimbi, E. E., **Patel, S. H.**, & Shillingford, M. A. (2008, February). *Collaboration between teachers and counselors in reducing teacher anxiety and burnout*. Program presented at the national conference of the American Association of Colleges for Teacher Education, New Orleans, LA.
3. Blackman, O., Crawford, F., Edwards, N. N., Riley, K., **Patel, S. H.**, & Shillingford, M. A. (2008, February). *Is teacher professional development being over-used in the attempts to bring about large scale reform*. Program presented at the national conference of the Holmes Partnership, Orlando, FL.
2. Glover, M. M., **Patel, S. H.**, & Ngazimbi, E. E. (2007, October). *Factors promoting success in Ph.D. degree programs in counselor education*. Program presented at the national conference of the Association for Counselor Education and Supervision, Columbus, OH.
1. Walter, S. M., **Patel, S. H.**, Ngazimbi, E. E., Shillingford, M. A., & Glover, M. M. (2007, October). *Reflections of a first year doctoral cohort*. Program presented at the national conference of the Association for Counselor Education and Supervision, Columbus, OH.

**Regional Refereed Presentations**

6. Shillingford-Butler, M. A., & **Patel, S. H.** (2014, October). *Redefining professional support for faculty of color.*



9. \*Coleman, S. M., & **Patel, S. H.** (2011, October). *Motivational interviewing and readiness to change*. Program presented at the state conference of the Kentucky Counseling Association, Louisville, KY.

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**TEACHING EXPERIENCE**

**CNS 684: Problems**

This course is designed for advanced students who want to work on special problems in the student's program of study according to individual needs. Staff supervision should be arranged prior to enrollment. Approval of instructor is required.

*Summer 2011*

**CNS 671: Multicultural Counseling**

The purpose of this course is to focus on the role that cultural environment plays in the lives of people and the implications of that role for the helping professions and the helping process. There will be an overview of the different micro-cultures to which individuals belong and the implications for the delivery of counseling services. It is expected that the counseling student will learn how to use the concept of pluralism in the provision of counseling services to multicultural individuals and populations.

*Spring 2016, 2015, 2013, 2012, 2011, & 2010; Summer 2015, 2014, 2013, 2012, & 2011*

**CNS 635: Human Development**

A detailed study of the life-span development of the individual in terms of human growth and development, foundations and dynamics of human behavior, and personality, and learning theories and their application.

*Fall 2014; Spring 2014 & 2011; Summer 2015, 2014, 2013, & 2012*

**CNS 624: Theories of Counseling**

Critical analysis and evaluation of leading theories of counseling and their implications for practice.

*Fall 2014, 2013, 2012, 2011, & 2010*

**GUI 100: Self Development & Career Exploration**

A study of decision-making as it relates to the student's life experiences. In-class activities teach the concepts of decision-making, time management, career planning, assertiveness and communication skills.

*Fall 2015*

**Courses Taught at University of Central Florida****MHS 6803: Practicum in Counselor Education**

Supervised counseling emphasizing competence in individual counseling, working with groups, tests in educational-career-personal counseling.

*Fall 2007; Spring 2008*

**MHS 6500: Group Procedures and Theories of Counseling**

This course is designed to give the student an understanding of the role of theories within group

**MHS 6450: Addictions Counseling**

This course is an entry-level graduate course that provides counselors and other human service workers with an overview of the addictive process. Theories of addiction counseling and application of these theories will comprise a significant part of this course, particularly with how they apply to work with individuals, couples, families, and groups. Co-occurring disorders, such as process addictions and mental illnesses will also be addressed. Students will develop conceptual knowledge, practical skills, and self-awareness concerning the etiology of addiction, assessment strategies (including the use of wraparound assessment and intervention services), wellness strategies for facilitating optimal development and preventing clinician burn-out, and diagnosis and treatment planning. This will be accomplished through assigned readings, seminar discussions, videotapes, lectures, case presentations, guest speakers, and student assignments.

*Summer 2008*

**MHS 6421: Foundations of Play Therapy and Play Process**

Theories and application of the principles of play in the counseling process with children.

*Summer 2008*

**MHS 6401: Techniques of Counseling**

The nature of counseling and its relationships to theoretical concepts.

*Fall 2007*

**Invited Guest Lecturer**

*Spring 2009*

MHS 6450

Addictions Counseling

*The Intervention/Confrontation Model*



2012 – 2013	Interim Chair – Committee on Institutional Studies and Research (appointed by Associate Provost for Graduate Education and Research)
<i>College</i>	
2015 – Present	Member – CAEP Steering Committee (appointed by Department Chair)
2015 – Present	Member – CAEP Writing Team: Standard 3 (appointed by Department Chair)
2015 – Present	Co-Chair – Sparks Lecture Committee (appointed by Dean and Department Chair)
2015 – Present	Member –

**Organizational Service**

2015 – Present      Coordinator



**Professional Memberships and Affiliation**

National Association of Student Personnel Administrators (2015 – Present)

American Counseling Association (2002 – Present)



- Completed individual needs assessment and led multi-disciplinary team during treatment team sessions

The Grove Counseling Center - G.O.A.L.S. Program      July 2003 – August 2005

Sanford, Florida

Mental Health Counselor

- Provided individual, group, and family counseling to incarcerated adolescent males placed in a moderate risk program
- Offered substance abuse, anger management, legal, school, and vocational counseling
- Completed assessments, treatment plans, performance summaries, and billing in a timely manner

**AWARDS AND RECOGNITION**

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**Murray State University**

- Roundabout Murray Newsletter – Office of the Provost Faculty Spotlight (2014)
- Finalist for Emerging Scholar Award (2013)
- Senate Bill 1 Learning Community (2012)

**University of Central Florida**

- College of Education, Dean's Fellowship
- Holmes Scholar