

Audrey L. Cecil, M.S., LPC-Intern

AudreyLCecil@gmail.com | LPC-Intern license #75185

EDUCATION

- 2013-2015 **Master of Science, Community Mental Health Counseling**
 University of North Texas, CACREP accredited
 Department of Counseling and Higher Education
 Graduated August 2015
 GPA 4.0
- 2004-2008 **Bachelor of Arts, Major in Psychology, Minor in Communication**
 Texas A&M University
 College of Liberal Arts, Department of Psychology
 Graduated May 2008

RESEARCH EXPERIENCE

Study Therapist, Department of Psychology, Clinical Psychology Division, Anxiety and Depression Research Center (ARC), Southern Methodist University
 April 2015- Present

- Conduct weekly manualized therapy sessions based on two different treatment arms
- Participate in weekly supervision with the ARC director and co-therapists
- Engage in teleconferences with UCLA
- Attended immersive workshop at UCLA (August 2015)
- Monitor patient outcomes

Research Assistant, Department of Counseling and Higher Education, University of North Texas
 August 2013-August 2015

- Aided in development of research questions
- Assisted in data collection
- Reviewed current literature related to hypersexuality
- Contributed to manuscript development and completion

Research Team Member, Department of Psychology, Psychology Research Team, Texas A&M University
 August 2007-May 2008

- Assisted in data collection and data entry
- Reviewed current literature
- Contributed to manuscript conceptualization
- Participated in weekly roundtable discussions

PUBLICATIONS

Publications in press or published

Giordano, A. L. & Cecil, A. L. (2014). Religious coping, spirituality, and hypersexual behavior among college students. *Sexual Addiction & Compulsivity*. 21(3), 225-239.
 doi:10.1080/10720162.2014.936542

Giordano, A., Prosek, E., Cecil, A., & Brown, J. (in press). Predictors of hypersexual behavior among collegiate males and females: Exploring self-conscious emotions. *Journal of Addictions & Offender Counseling*.

Publications in progress

Cecil, A. L., & Giordano, A. L. (Under Review). Combining neurofeedback and cognitive behavioral therapy to treat posttraumatic stress disorder.

TEACHING EXPERIENCE

Cecil, A. L. (2014, October). *Psychoneuroimmunology*. Guest lecture presented in COUN 5490, University of North Texas, Denton, Texas.

PRESENTATIONS

Cecil, A. L. (2014). *Neurofeedback in counseling*. Poster presentation at the annual meeting of Rho Kappa Chapter of Chi Sigma Iota: Counseling, Research, Emerging Scholarship, and Trends Conference, Denton, TX.

Giordano, A. L., **Cecil, A. L.**, Lankford, C. (2014). Attending to hypersexual behavior in college students. Presentation at the annual meeting of the Texas Counseling Association, Dallas, TX.

COUNSELING EXPERIENCE

Mental Health Counselor, Fletcher Counseling and Associates, Jeffrey Fletcher, LPC-S, Licensed Sex Offender Treatment Provider
December 2015- Present

- Conduct individual mental health counseling for a variety of psychological issues including but not limited to depression, anxiety, abuse, physiological disturbances due to mental disorders

Subcontractor for United States Federal Probation, Fletcher Counseling and Associates, Jeffrey Fletcher, LPC-S, Licensed Sex Offender Treatment Provider
December 2015-Present

- Conduct intakes and administer assessments to incoming clients (SASSI, LSI-R)
- Conduct individual mental health counseling services
- Conduct chemical dependency individual counseling
- Maintain communication with probation staff regarding offender progress

Group Therapy Co-Facilitator, Fletcher Counseling and Associates, Jeffrey Fletcher, LPC-S, Licensed Sex Offender Treatment Provider
July 2015-Present

- Provide psychoeducational group therapy co-facilitation weekly for 90-minutes with licensed supervisor
- Participate in weekly supervision

Community Counseling Internship, Galaxy Counseling Center, Garland, Texas
January 2015- August 2015

- Provided individual, couples, and family therapy to community clients
- Conducted DARS (Disability and Rehabilitative Services) assessments and wrote clinical reports
- Sustained a client caseload of 8-11 clients per week
- Participated in weekly individual and group supervision

Audrey L. Cecil, M.S., LPC-Intern

Community Counseling Practicum, Counseling and Human Development Center, University of North Texas

August 2014- December 2014

- Provided individual counseling to undergraduate students and community clients
- Conducted intake sessions and developed treatment plans
- Maintained client files and case note
- Participated in client conceptualization with supervisor
- Received Therapeutic Crisis Intervention training

Group Therapy Co-Facilitator, Liles Arnold, LPC, Licensed Sex Offender Treatment Provider

October 2014- December 2014

- Delivered psychoeducational group therapy co-facilitation weekly for 90-minutes with licensed supervisor
- Maintained client case notes
- Participated in client conceptualization with supervisor

PROFESSIONAL EMPLOYMENT

Teletherapy Project Manager, Department of Psychiatry, Mood Disorders Lab, University of Texas Southwestern Medical Center

May 2015- Present

- Launched a start-up project in less than one month
- Completed target goal of 100 encounters within three months
- Created therapy curriculum in collaboration with clinical team
- Clinic recruitment and implementation (3 clinics within 3 months)
- Development of project workflow and processes with administrative core
- Maintain DSRIP reporting requirements for telemedicine
- Document and measure all patient encounters and progress

Clinical Coordinator, Department of Psychiatry, Mood Disorders Lab, VitalSign⁶, University of Texas Southwestern Medical Center

October 2014- Present

- Provide overview of depression to clinic staff
- Train staff to provide patient education for depression and importance of depression screening
- Work with clinical psychologist on patient education for depression and non-medication treatment options
- Monitor patient for changes in symptom severity and medication side effects
- Participate in regular caseload supervision with psychiatrist
- Provide recommendation for and support implementation of treatment plan changes according to evidence-based algorithm
- Enter patient data into VitalSign⁶ application
- Document all encounters and monitor outcome measurements

Van Poole Properties International

Lead Buyer's Specialist, Residential and Commercial Property

June 2012 – October 2014

Intern/Realtor

May 2007-December 2007

Loretta's Intimate Apparel

Store Manager

June 2008 – May 2012

Marketing Director

June 2010 - May 2012

Consultant

June 2014 – June 2014

Whitworth Properties

Realtor

June 2005 - May 2008

PROFESSIONAL LEADERSHIP AND SERVICE

Chi Sigma Iota Counseling Honor Society

Co-chair, Professional Development Committee

May 2014-May 2015

Events include:

DSM-5 Training (October 2014)

Wellness Day (February and March 2015)

Coffee Chat on *Sexual Dysfunction in Counseling* (September 2014)

Coffee Chat on *Working with Sex Offenders* (May 2015)

Mentor to incoming Master's students

August 2013-December 2014

TRAINING

TAD study training, University of California Los Angeles, Department of Psychology, Anxiety and Depression Research Center of UCLA, Michelle Craske, PhD, Director, Raphael Rose, PhD, Associate Director, Michael Treanor, PhD

August 2015

Immersive, two-day workshop training on

-interoceptive, imaginal, in-vivo, and written exposures

-pleasant activity scheduling

-cognitive distortions and cognitive restructuring

-positive emotion cultivation

HONORS AND SCHOLARSHIPS

Chi Sigma Iota, Counseling Honor Society

Inductee

March 2014-Present

COMMUNITY INVOLVEMENT

New Texas Symphony Orchestra, Dallas, Texas , Volunteer orchestra

Violist

November 2011-May 2014