

# Isabel A. Thompson, Ph.D., LMHC

Assistant Professor  
College of Psychology  
Nova Southeastern University

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## EDUCATIONAL EXPERIENCE

- Ph.D. Counselor Education and Supervision** August 2012  
University of Florida, Gainesville, FL  
*CACREP accredited program*  
Mental Health Counseling
- M.A. Counselor Education** May 2006  
University of Central Florida, Orlando, FL  
*CACREP accredited program*  
Mental Health Counseling
- Graduate Certificate in Marriage and Family Therapy** May 2006  
University of Central Florida, Orlando, FL
- B.A. Literature/Hispanic Language and Culture** May 2002  
New College of Florida, Sarasota, FL
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## LICENSES, CERTIFICATIONS, & TRAINING

- CACREP Team Member** March 2013  
Council for the Accreditation of Counseling & Related Educational Programs  
American Counseling Association Annual Conference, Cincinnati, OH
- Licensed Mental Health Counselor** October 2012  
State of Florida - MH#11460
- Cultivating Emotional Balance Teacher Training Certificate** August 2010  
Santa Barbara Institute for Consciousness Studies, Phuket, Thailand
- PREPARE/ENRICH Marriage Preparation and Enrichment Certificate** June 2005  
University of Central Florida, Orlando, FL
- Yoga Teacher Training Certificate** January 2001  
Sivananda Yoga Ashram, Paradise Island, Bahamas

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## ACADEMIC POSITIONS

**Assistant Professor****August 2012-present***College of Psychology**Nova Southeastern University, Fort Lauderdale, FL*

Conduct research, scholarly writing, teaching, supervision, and service in the mental health counseling program, and the field of Counselor Education. Serve on the admissions review committee. Teach traditional face-to-face semester courses, hybrid weekend intensive courses, and fully online courses.

## GRADUATE TEACHING EXPERIENCE

**Nova Southeastern University****August 2012-present**

Career and Lifestyle Assessment (PYCL 0631)

Community Mental Health (PYCL 0660)

Counseling Theories and Practice (PYCL 0502)

Couples and Family Counseling Strategies (PYCL 0645)

Group Theories and Practice (PYCL 0635)

Human Growth and Development (PYCL 0512)

Human Sexuality (PYCL 0582)

Internship Supervision (PYCL 0681)

Introduction to Counseling Techniques (PYCL 0511)

Practicum Supervision (PYCL 0680)

Research and Evaluation for Counselors (PYCL 0507)

**University of Florida****January 2009-April 2010**

Group Supervision in School Counseling (SDS 7820) – Teaching Assistant

Developmental Counseling over the Lifespan (MHS6480) – Teaching Assistant

Family-School Intervention (SDS 6938)–Teaching Assistant

## UNDERGRADUATE TEACHING EXPERIENCE

**Graduate Assistant Instructor****August 2011- May 2012***Educational Psychology**College of Education**University of Florida, Gainesville, FL*

- Human Growth and Development (EDF 3110)

**Graduate Assistant Instructor**

**August 2008-December 2011**

*Counselor Education Program*

*College of Education*

*University of Florida, Gainesville, FL*

Taught courses for the UF Center for Spirituality and Health and for the Counselor Education Program

- Mindful Living: A Course on Spirituality for Everyday Life (MHS 3930)
- Stress and Anxiety Management (SDS 3482)

**Assistant Admissions Coordinator**

**May 2009-June 2010**

*Counselor Education Program*

*College of Education*

*University of Florida, Gainesville, FL*

- Coordinated admissions process
- Facilitated new student orientation

**Doctoral Research Assistant**

**August 2007- May 2009**

*Counselor Education Program*

*College of Education*

*University of Florida, Gainesville, FL*

- Collaborated with a four person research team to conduct school-based intervention
- Designed and implemented interventions for the families of disruptive children
- Completed a presentation and publication based on research

**CLINICAL SUPERVISION EXPERIENCE**

**Group and Triadic Supervisor**

**January 2013-present**

*College of Psychology*

*Mental Health Counseling Program*

**Individual Supervisor**

**August 2008 - May 2011**

*College of Education*

*Counselor Education Program*

*University of Florida, Gainesville, FL*

- Provided individual supervision to counseling graduate students in the mental health, marriage and family, and school counseling master's programs

**Group Supervisor**

**January-April 2010**

*College of Education*

*Counselor Education Program*

*University of Florida, Gainesville, FL*

- Provided group supervision to counseling graduate students in the mental health and school counseling master's programs

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## CLINICAL EXPERIENCE

**Counselor, Private Practice** **May 2010-Aug 2012**  
*LCS Integrative Counseling & Consulting, Gainesville, FL*  

- Provided individual, couples, family, and group counseling services

**Counselor/Case Manager** **February - December 2007**  
*Drug Free Communities Support Program*  
*CDS Family and Behavioral Health Services, Inc., Gainesville, FL*

**Student Services Specialist** **February 2006 – January 2007**  
*Oak Park School/Community Education Partners, Pinellas Park, FL*

**Counselor Intern** **August 2005- January 2006**  
*Community Education Partners, Orlando, FL*

**Counselor Intern** **May –August 2005**  
*Marriage and Family Research Institute*  
*University of Central Florida, Orlando, FL*

## OTHER PROFESSIONAL EXPERIENCE

**Yoga Instructor** **January-April 2005**  
*Wellness Research Center*  
*University of Central Florida, Orlando, FL*

- Led weekly yoga classes for faculty and staff at the University of Central Florida

**Yoga Instructor** **October 2009-March 2010**  
*Counselor Education Wellness Program, University of Florida*  

- Led yoga sessions for groups of 3-10 individuals as part of a research study

**Graduate Research Associate** **August 2003 – April 2005**  
*University of Central Florida, Orlando, FL*

**Accreditation Researcher** **May- July 2003**  
*Writing Resource Center* **May-July 2002**  
*New College of Florida, Sarasota, FL*

- Self-study for Southern Association of Colleges and Schools Accreditation

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## FUNDED GRANTS

**Thompson, I. A.** (2011, October). Travel grant for ACES Conference Presentation: *Strength based family-school involvement approach to school counselor curriculum*. Funded by the Graduate Student Union Counsel, University of Florida. Amount \$250.

**Thompson, I. A.** (2010, March). First Author Travel Grant for ACA Presentation: *Wellness works: Quantitative and qualitative results of a wellness program provided for counseling graduate students*. Funded by the University of Florida School of Human Development and Organizational Studies in Education. Amount \$500.

Wolf, C. P., Mott, E., **Thompson, I. A.**, & Baggs, A. (2009). *Using yoga to improve wellness: Exploring the effects of a four-week Luna yoga program on female counselors and counselors-in-training*. Funded by Chi Sigma Iota & the University of Florida Center for Spirituality and Health. Role: Co-investigator. Amount \$680.

Davis, E. S., Thompson, E. S., **Thompson, I. A.**, & Hurley A. (2008). *Leading by example: The effects of a student-to-student mentoring program in counselor education*. Funded by Chi Sigma Iota. Role: Co-Investigator. Amount \$400.

Wolf, C.P., **Thompson, I. A.**, & Thompson, E. S. (2008). *Refresh your mind, rejuvenate your body, renew your spirit: A wellness program for future counselors*. Funded by Chi Sigma Iota. Role: Co-Investigator. Amount \$500.

Thompson, E. S. & **Thompson, I. A.** (2008). *Wellness across ethnicity and gender: What impact does a 15-week online course have on undergraduate wellness, creativity, and perceived mattering?* Funded by Chi Sigma Iota. Role: Co-Investigator. Amount \$600.

## GRANT PROPOSALS

**Thompson, I. A.**, & Karl (Ray), S. (2016). *The impact of therapist model of therapy on burnout and compassion fatigue*. Submitted for consideration for the President's Faculty & Research Development Grant (fiscal year 2017), Nova Southeastern University. Role: Principle Investigator.

**Thompson, I. A.**, Hibel, J., & Ray, S. (2013, March). *The impact of therapist model on the need for self-care: A mixed methods study*. Submitted for consideration for the President's Faculty Research & Development Grant (fiscal year 2014), Nova Southeastern University. Role: Principle Investigator.

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## PUBLICATIONS

### REFEREED PUBLICATIONS

**Thompson, I. A.**, Amatea, E. S., & Thompson, E. S. (2014). Personal and contextual predictors of mental health counselors' compassion fatigue and burnout. *Journal of Mental Health Counseling, 36* (1), 58-77.

Wolf, C. P., **Thompson, I. A.**, Thompson, E. S., & Smith-Adcock, S. (2014). Refresh your mind, rejuvenate your body, renew your spirit: A pilot wellness program for counselor education. *Journal of Individual Psychology, 70* (1), 57-75.

Wolf, C. P., **Thompson, I. A.**, & Smith-Adcock, S. L. (2012). Wellness in counselor preparation revisited: Promoting individual well-being. *Journal of Individual Psychology, 68* (2), 164-181.

Amatea, E. S., **Thompson, I. A.**, Rankin-Clemons, L., & Ettinger, M. L. (2010). Becoming Partners: A school-based group intervention for families of young children who are disruptive. *Journal of School Counseling, 8* (36).

### PUBLICATIONS IN DEVELOPMENT

Dixon, A. L., Thompson, E. S., & **Thompson, I. A.** (in progress). Effects of a 15-week online wellness course on college students' overall wellness and perceived mattering.

**Thompson, I. A.**, Wolf, C. P., Mott, E., Baggs, A., Thompson, E. S., Callueng, C., & Puig, A., (in progress). Luna Yoga: A wellness program for female counselors and counselors-in-training.

### CONTRIBUTING AUTHORSHIP

**Thompson, I. A.** (2015). Case Study 7 – I Feel Exhausted. In Herlihy, B. & Corey, G. *ACA Ethical Standards Casebook* (7<sup>th</sup> Ed). (pp. 187-188). Alexandria, VA: American Counseling Association.

### PROFESSIONAL CONTRIBUTIONS

Shallcross, L. (2012). Where east meets west. Isabel A. Thompson interviewed about integrating eastern approaches for cover story in *Counseling Today, 55* (4), 28-27.

Shallcross, L. (2009, November). On the cutting edge. Isabel A. Thompson and colleagues' research on wellness and self-care profiled in *Counseling Today, 52* (5), 32.

## INVITATED PUBLICATIONS

**Thompson, I. A.** (2012, November). Coping with stress. *Wellness at CPS, 1* (2).

Thompson, I. A. (2016). My body is mine, yet for a time it was yours. *Be Still* 1, (1).

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## PROFESSIONAL PRESENTATIONS

### REFEREED PRESENTATIONS

**Thompson, I. A.**, & Sincore, J. (2016, April). *Sexual assault: What counselors need to know to prevent secondary victimization*. Paper presented at the American Counseling Association-Canadian Counselling and Psychotherapy Association Annual Conference, Montreal, Quebec, Canada.

**Thompson, I. A.**, Jungersen, T., & Thompson, E. S. (2015, October). *Critical incidents in teaching: A trauma-informed approach to managing student self-disclosure*. Paper presented at the Association for Counselor Education and Supervision Conference, Philadelphia, PA.

Perez, A., Guerra, S., Grabois, B., Alvarez, J., Turcoane, C., Aronson, B. G., & **Thompson, I. A.** (2014, March). *Psycho-educational services for Nicaraguan coffee farm workers: Results of a mixed-methods exploratory study*. Paper presented at the American Counseling Association Annual Conference, Honolulu, HI.  
(16% acceptance rate).

Jungersen, T., Walker, L., & **Thompson, I. A.** (2013, October). *Training counselors for work with intimate partner violence trauma*. Paper presented at the Association for Counselor Education and Supervision Conference, Denver, CO.

Ray, S., Jungersen, T., **Thompson, I. A.** & Jones, K. D. (2013, March). *Spiritual implications of changes in DSM-5 criteria: An exploration of client impact*. Paper presented at the American Counseling Association Annual Conference, Cincinnati, OH.

Daniels, M. H., Thompson, E. S., & **Thompson, I. A.** (2012, October). *Addressing the achievement gap: Evidence-based strategies for transforming counselors' work with poor and financially disadvantaged families*. Paper presented to the Rocky Mountain Association for Counselor Education and Supervision Conference, Park City, UT.

Puig, A., Baggs, A., Mixon, K. A., & **Thompson, I. A.** (2012, March). *Beyond words: Integrating creativity and mindfulness into group work*. Paper accepted for presentation at the American Counseling Association Annual Conference, San Francisco, CA.

- Mixon, K. A., & **Thompson, I. A.** (2011, October). *Strength based family-school involvement approach to school counselor curriculum*. Paper accepted for presentation at the Association for Counselor Education and Supervision National Conference, Nashville, TN.
- Thompson, E. S. & **Thompson, I. A.** (2011, March). *Cultivating emotional balance: A merging of eastern and western approaches to managing emotions*. Paper presented at the American Counseling Association Annual Conference, New Orleans, LA.
- Thompson, I. A.**, Wolf, C. P. & Thompson, E. S. (2010, March). *Wellness works: Quantitative and qualitative results of a wellness program provided for counseling graduate students*. Presented at the American Counseling Association Annual Conference, Pittsburgh, PA.
- Wolf, C. P., Mott, E., **Thompson, I. A.**, Baggs, A., & Puig, A. (2010, March). *Using yoga to improve wellness: Exploring the effects of a four-week Luna yoga program on female counselors and counselors-in-training*. Poster presented at the American Counseling Association Annual Conference, Pittsburgh, PA.
- Thompson, I. A.**, Clemons, L., & Ettinger, R. (2009, November). *Family-school stories: Results from a school-based family intervention*. Presented at the Florida Counseling Association Convention, Miami, FL.
- Davis, E. S., Thompson, E. S., **Thompson, I. A.**, & Hurley, A. (2009, March). *Leading by example: The effects of a student-to-student mentoring program in counselor education*. Paper presented at the American Counseling Association Annual Conference, Charlotte, NC.
- Thompson, E. S., & **Thompson, I. A.** (2009, March). *Wellness across ethnicity and gender: What impact does a 15-week online course have on wellness, creativity and mattering?* Paper Presented at the American Counseling Association Annual Conference, Charlotte, NC.
- Thompson, I. A.**, Thompson, E. S., & Wolf, C. P. (2008, November). *Wellness works: Self-care strategies for counselors*. Paper presented to the Florida Counseling Association Annual Conference, Daytona Beach, FL.
- Thompson, E. S., **Thompson, I. A.**, & Limberg, D. (2005, May). *Counselor self-care, leisure and flow*. Paper presented to the Counselor Institute for School and Mental Health Counseling. University of Central Florida, Orlando, FL.
- Ray, S., Robinson, E. H., Robinson, S., Hayes, B. G., Curry, J., Limberg, D., **Thompson, I. A.**, & Welsh, L. (2005, April). *Assisting school counselors in building alliances that promote best practices in character education*. Presented at the American Counseling Association Annual Conference, Atlanta, GA.



Robinson, E. H., & **Thompson, I. A.** (2004, June). *Ethical caring and natural caring: An imperative for the schools*. Presented at the Consortium for Social Responsibility and Character In Education Conference, University of Central Florida, Orlando, FL.

### INVITED PRESENTATIONS

**Thompson, I. A.** (2016, April). *Mindfulness: An Introduction*. Presented for Nova Southeastern University's College of Osteopathic Medicine panel on integrative medicine

**Thompson, I. A.** (2016, January). *Mindfulness: An overview*. Presented for the Faculty Wellness Series of Nova Southeastern University's Division of Integrative Medicine.

**Thompson, I. A.** (2014, March). *Burnout prevention*. Presented for the Counseling Student Organization Specialty Speaker Series at Nova Southeastern University.

**Thompson, I. A.** (2011, April). *Counselor self-care: A contemplative approach for developing mental balance*. Presented at the Chi Sigma Iota Beta Chapter Professional Development and Leadership Day, University of Florida, Gainesville, FL.

**Thompson, I. A.,** & Thompson, E. S. (2008, April). *On the spot self-care: Simple wellness strategies for counselors*. Paper presented to Chi Sigma Iota Beta Chapter's Professional Development and Leadership Conference, University of Florida, Gainesville, FL.

### WORKSHOPS AND TRAININGS

**Thompson, I. A.** (2012, October). *Caring for the self: Self-care as relationship building*. Training presented to the School for Humanities and Social Sciences Faculty, Nova Southeastern University.

Locascio, A. S., & **Thompson, I. A.** (2012, June). *Focus Matters*. A training presented to Headstart Program teachers of Alachua County, FL.

**Thompson, I. A.,** Shader, K., Lenes, E., Rechtman, R. P., Mixon, K. A., & Puig, A. (2012, April). *Encourage creativity and healing retreat*.

### HONORS AND RECOGNITION

**Nominee for the Glen E. Hubele National Graduate Student Award** **October 2012**  
*American Counseling Association*

**University of Florida Alumni Pre-Doctoral Fellowship** **August 2007- August 2011**  
*College of Education, University of Florida, Gainesville, FL*

**Nominee for University of Florida Distinguished Faculty Award** April 2011  
*University of Florida, Gainesville, FL*

**Robert O. Stripling Scholarship** April 2011  
*Future Counselor Educator & Contributor to the Field*  
*College of Education, University of Florida, Gainesville, FL*

**Outstanding Doctoral Student Award** 2010  
*Chi Sigma Iota, Beta Chapter*  
*University of Florida, Gainesville, FL*

**David and Brian Marshall Memorial Scholarship** 2010  
*Counselor Education Program, University of Florida, Gainesville, FL*

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## PROFESSIONAL MEMBERSHIP & SERVICE

American Counseling Association

- Presenter
- Invited professional contributions to *Counseling Today*

Association for Counselor Education and Supervision

- Presenter

Association for Spiritual, Ethical, and Religious Values in Counseling

- Nominated for Secretary of ASERVIC (2016)
- Technology Committee member (October 2012-present)
- Listserv moderator (January 2013-present)
- Task Force Member for the joint ASERVIC/ALGBTIC task force (2016)

Chi Sigma Iota International Honor Society, Beta Chapter, University of Florida

- Presenter
- Co-chair Professional Development Committee (Spring 2008)
- Treasurer (2008-2009)