

Anna K. Owens Ph.D.

Counselor Education and Supervision
Nova Southeastern University
Davie, Florida

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EDUCATION

Ph.D. Counselor Education and Supervision

Florida Atlantic University, Boca Raton, FL December 2018

Master of Education, Counselor Education with a specialization in School Counseling

Florida Atlantic University, Boca Raton, FL May 2013

Bachelor of Arts, Intercultural Communications & Sociology

Florida Atlantic University, Boca Raton, FL August 2009

International Business Studies, American Business School of Paris

Paris, France 2006

ACADEMIC APPOINTMENTS AND POSITIONS

Assistant Professor, College of Psychology, Department of Counseling
Nova Southeastern University
Specialization in Clinical Mental Health and School Counseling

August 2019- Present

Adjunct Professor, Department of Counselor Education, College of Psychology
Nova Southeastern University
Clinical Mental Health Counseling

Summer 2019

Adjunct Professor, College of Education, Department of Counselor Education
Florida Atlantic University
Specialization in Clinical Mental Health and School Counseling

Spring 2019

RESEARCH & SCHOLARLY ACTIVITIES

Publications

Villares, E., *Owens, A., Carbonneau, K., Dimmitt, C., & *Fullilove, C. (2023). A meta-analysis of school counselor-led outcome research. *Journal of Counseling & Development*. In Progress.

Villares, E., Dimmitt, C., **Owens, A.** (2020). A Meta-Analysis of ASCA National Model. Available at: https://nsuworks.nova.edu/cps_facarticles/1700

Owens, A. K. (2018). A meta-analysis of school counselor-led interventions on social-emotional skills and competence for middle and high school students (10982639) [Doctoral dissertation, Florida Atlantic University]. ProQuest Dissertations & Theses Global.

Presentations

Refereed International Presentations

Owens, A. (2017, July). *School-Based Family Counseling: An Integration of School and Family Counseling Models*. Oxford Family Counseling Institute. International Association of Marriage and Family Counseling: Oxford, England

Refereed National Presentations

Flamez, B., **Owens, A.**, and Ballard, M. (February 2023). *The 2023 Connection: Creative Techniques for Working with Families in Crisis during the COVID-19 Pandemic*; Learning Institute. International Association of Marriage and Family Counseling: St. Petersburg FL

Owens, A., Beattie, E., and Irvine, T., (February 2023). The Role of the Social Media Use among Millennial Relationships. International Association of Marriage and Family Counseling: St. Petersburg FL

Flamez, B., Berry, S., Moore, M., **Owens, A.**, and Hicks, J., (April 2022). *The 2022 Connection: Creative Techniques for Working with Families in Crisis during the COVID-19 Pandemic*; American Counseling Association: Atlanta, GA.

Owens, A., and James, S., (March 2022). *Integrative Evidence-based Assessments and Interventions on Social Anxiety and Isolation Behaviors due to Covid-19*. National Evidence-Based School Counseling Conference (EBSCC): Virtual

Flamez, B., Moore, M., Hicks, J., and **Owens, A.**, (January 2022). *The 2022 Connection: Creative Techniques for Working with Families in Crisis during the COVID-19 Pandemic*; Learning Institute. International Association of Marriage and Family Counseling: New Orleans, LA.

Flamez, B., Canfield, B., Peluso, P., and **Owens, A.**, (January 2022). *Scared to Leave Afraid to Stay: IPV & the Intersection of Criminal Law, Family Law, & Family Therapy*. International Association of Marriage and Family Counseling: New Orleans, LA.

Villares, E., **Owens, A.**, Fullilove, C., (October, 2021) Poster: *What's the Effect? A Meta-Analysis of School Counselor-Led Interventions*. Association of Counselor Education and Supervision (ACES): Atlanta, GA.

- Owens, A.,** (April 2021) *What can Counselors expect when teaching Social and Emotional Skills.* American Counseling Association (ACA) Virtual Conference
- Owens, A.,** Villares, E., Brigman, G., (March 2021) *What does the research say? A Review of School Counselor-led Social/Emotional Learning Interventions for Middle and High School Students.* National Evidence-Based School Counseling Conference (EBSCC): Boca Raton, FL.
- Owens, A.,** and Hill, M., (March 2021) *Keeping a Straight Face: Secondary Resources for LGBTQIA+ Students.* National Evidence-Based School Counseling Conference (EBSCC): Boca Raton, FL.
- Thompson, E., **Owens, A.,** & Jungersen, T., (March 2021) Poster: *A program pilot study on burnout prevention and self-care for practicum/internship school counseling graduate students.* National Evidence-Based School Counseling Conference (EBSCC): Boca Raton, FL.
- Owens, A.** (2020, February). *School- Based Mental Health Services for Children and Families.* International Association of Marriage and Family Counseling: New Orleans, LA.
- Villares, E., Dimmitt, C. & **Owens, A.** (2019, March). *A Meta-Analysis of ASCA National Model.* National Evidence-Based School Counseling Conference (EBSCC): Columbus, OH.
- Owens, A.** (2019, February). *Addressing the Mental Health Crisis in Schools.* International Association of Marriage and Family Counseling: New Orleans, LA.
- Owens, A.** (2018, February). *Working with Families of Student with Disabilities.* International Association of Marriage and Family Counseling: New Orleans, LA.
- Refereed State Presentations**
- Owens, A.,** and Grissell, D., (October 2021) *Can't We Just Talk About It? A school counseling approach to emotional regulation among school-aged boys.* Florida School Counselor Association State Conference: Tampa, FL.
- Owens, A.** (2021, February). *Essential Business: Why Mastering Social Emotional Learning (SEL) Interventions Matters.* Second Inaugural CSI Statewide Professional Development Event: Boca Raton, FL.
- Owens, A.; panelist.** (November 2020) *Children's Mental Health, Psychology, and Behavior Modification: An Introduction to Unique Careers* NSU webinar lecture series, Davie FL
- Owens, A** and Thompson, E. (September 2020) *Mental Health Support for Gifted Students.* Monroe County Schools District (MCSD)

Thompson E., and **Owens, A.**, (August 2020). *Wellness and Self-care: A workshop on how to cultivate life balance through contemplation and action*. Palm Beach County School District (PBCSD)

Thompson E., **Owens, A.**, Ivey, C, and Utribe, C. (July 2020). *Finding Meaning and Happiness in your Life's Work: Compassionate Reflection and Play in Action*. Broward County School District

Owens, A. (April 2020) *Schools out: Why Social and Emotional Connectiveness are more essential than ever*. NSU webinar lecture series, Davie FL

Owens, A., Hill, M., & Grissell, D., (February 2020) *An Apple a Day keeps the Doctor Away: The Correlations Between Low Socioeconomic Students, Access to Medical Care, and Academic Outcomes*. Second Inaugural CSI Statewide Professional Development Event: Miami, FL.

Owens, A. (2019, February) Poster session: *The aftermath of a Crisis: A School Counselor's Role when a Tragedy Strikes the Community*. Florida's Inaugural CSI Statewide Professional Development Event: Miami, FL.

Owens, A. (2018, November) Poster session: *The Impact of School-Counselor-Led Interventions on Secondary Student Outcomes*. Florida School Counselor Association State Conference: Orlando, FL.

Owens, A. (2017, November). *Evidence- Based Interventions for Students with Neurodevelopmental Disorders*. Florida School Counselor Association State Conference: Orlando, FL.

Owens, A. (2012, November). Poster session: *Keep Calm and Learn on*. Florida School Counselor Association State Conference: Sarasota, FL.

Grant participation

Villares, E. (2017, July). *A Meta-Analysis of the ASCA National Model*, \$10,000. American School Counselor Association. *Research Data Collector*

Webb, L., Brigman, G., Carey, J., & Villares, E. (2011, August). *A randomized controlled trial of Student Success Skills: A program to improve academic achievement for all students*, \$2,738,187. Education Research Grant 84.305A, Institute of Education Sciences, U. S. Department of Education. *Research Data Collector*

INSTRUCTION

Graduate Courses Taught (Nova Southeastern University; In progress- Fall 2023)

PYCL 0512	Human Growth and Development (online)
PYCL 0585	Psychology of Exceptional and At-Risk Children (online)
PYCL 0586	Diagnosis and Treatment of Child and Adolescent Psychopathology (online)

PYCL 0688 School Counseling Internship

Graduate Courses Taught (Nova Southeastern University; Summer 2023)

PYCL 0512 Human Growth and Development (online)
 PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology (online)
 PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology (online)

Graduate Courses Taught (Nova Southeastern University; Winter 2023)

PYCL 0512 Human Growth and Development (online)
 PYCL 0688 School Counseling Internship
 PYCL 0585 Psychology of Exceptional and At-Risk Children

**Graduate Courses Taught (Nova Southeastern University; Fall 2022)
 Maternity Leave**

PYCL 0512 Human Growth and Development (online)
 PYCL 0512 Human Growth and Development (online)

Graduate Courses Taught (Nova Southeastern University; Summer, 2022)

PYCL 0512 Human Growth and Development (online)
 PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology (online)
 PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology (online)

Graduate Courses Taught (Nova Southeastern University. Winter, 2022)

PYCL 0512 Human Growth and Development (Davie)
 PYCL 0512 Human Growth and Development (online)
 PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology (online)
 PYCL 0688 School Counseling Internship
 PYCL 0585 Psychology of Exceptional and At-Risk Children

Graduate Courses Taught (Nova Southeastern University; Fall 2021)

PYCL 0512 Human Growth and Development (Davie)
 PYCL 0512 Human Growth and Development (online)
 PYCL 0631 Career Counseling (online)
 PYCL 0688 School Counseling Internship

Graduate Courses Taught (Nova Southeastern University; Summer, 2021)

PYCL 0512 Human Growth and Development (online)
 PYCL 0512 Human Growth and Development (online)

Graduate Courses Taught (Nova Southeastern University; Winter, 2021)

PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology (Davie)
 PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology (online)

PYCL 0631	Career Counseling (online)
PYCL 0631	Career Counseling (online)
PYCL 0632	Social and Cultural Foundations in Counseling, (8 week intensive)
PYCL 0688	School Counseling Internship

Graduate Courses Taught (Nova Southeastern University; Fall, 2020)

PYCL 0512	Human Growth and Development (online)
PYCL 0512	Human Growth and Development (online)
PYCL 0586	Diagnosis and Treatment of Child and Adolescent Psychopathology
PYCL 0632	Social and Cultural Foundations in Counseling
PYCL 0688	School Counseling Internship

Graduate Courses Taught (Nova Southeastern University; Summer, 2020)

PYCL 0512	Human Growth and Development
PYCL 0660	Community Mental Health

Graduate Courses Taught (Nova Southeastern University; Winter, 2020)

PYCL 0512	Human Growth and Development
PYCL 0586	Diagnosis and Treatment of Child and Adolescent Psychopathology
PYCL 0632	Social and Cultural Foundations in Counseling
PYCL 0685	School Counseling Practicum

Graduate Courses Taught (Nova Southeastern University; Fall, 2019)

PYCL 0512	Human Growth and Development
PYCL 0512	Human Growth and Development
PYCL 0660	Community Mental Health

Graduate Courses Taught (Nova Southeastern University; Summer, 2019)

PYCL 0512	Human Growth and Development
PYCL 0585	Diagnosis and Treatment of Child and Adolescent Psychopathology

Graduate Courses Taught (Florida Atlantic University, Spring 2019)

MHS 5005	Processes in Counseling
MHS 6830	Practicum in Mental Health Counseling

Graduate Assistant of Clinical Mental Health and School Counseling

Department of Counselor Education, Florida Atlantic University, Boca Raton, FL (2015-2018)

Masters Level Courses Taught

MHS 5005	Processes in Counseling
SDS 5010	Fundamentals of School Counseling
MHS 6340	Career Development
MHS 6401	Counseling Theories and Techniques
MHS 6423	Counseling Adolescents
MHS 6470	Counseling and Human Sexuality

MHS 6510	Group Counseling
MHS 6600	Consultation and Behavior Management
SDS 6800	Practicum in School Counseling
SDS 6820	Internship in School Counseling

SERVICE

Department Service

College of Psychology, Department of Counseling; Nova Southeastern University
School Counseling Practicum placement coordinator: responsibilities increased from Tri County (Miami, Broward, Palm Beach) to now include entire State of Florida
Co-Creator of School Counseling Curriculum Revision Faculty Survey; Qualtrics
Serve as the CPCE (Counselor Preparation Comprehensive Exam) Remediation Self-Paced Course point of contact for all CPCE students enrolled in course.
Academic Advisor for graduate students
Curriculum Committee Chair; School Counseling program (2023-2024)
Practicum Committee; School Counseling Concentration Representative
Participation in course redesign initiative Quality Matter standards
Accepted proposal for change in format delivery of School Counseling to online
School Counseling Accreditation team
App Central; Review and endorsing Faculty Syllabi Winter 2022

Department of Counselor Education; Florida Atlantic University
Served in capacity of Academic Advisor; advised master's degree-seeking students.
Invited as Chi Sigma Iota Beta Rho Chi Chapter Keynote speaker April 13th 2023

Chi Sigma Iota Beta Rho Chi

Invited Keynote speaker April, 2023
Invited Keynote speaker April, 2021
Past President (2018-2019)
Chapter President (2017-2018)
Vice President/President Elect (2016-2017)
Member (2013-present)
CSI Newsletter, Editor and Designer (August 2017- 2018)
Chapter Event Coordinator (August 2016-present)
Increased Chapter communication and membership

Professional Service

European Branch- American Counseling Association (EB-ACA)
International Committee Chair

Association for Counselor Education and Supervision (ACES)
SACES Membership Co-chair, Fall 2021- Present

Association for Counselor Education and Supervision (ACES), Research Grant Award Reviewer

Focus on Counselor Education (CE) in the areas of CE Research, CE Teaching, CE Supervision, CE Professional Identity, and CE Leadership Development.

Evidence-Based School Counseling Conference Advisory Board

National Conference planning committee member (September 2019- 2021)

Conference Proposal Review Committee (November 2018 – present)

Florida School Counselor Association

Volunteer Coordinator (November 2018- 2021)

Grants and Scholarship Committee Member (November 2018- present)

International Associations for Family and Marriage Counseling

International Committee Member (Appointed September 2018 – present)

2018 Oxford Family Counseling Institute planning committee

Campus Coordinator for Florida Atlantic University

Association for Assessment and Research in Counseling (AARC)

Conference Volunteer September 9th-10th, 2016.

Mental Health Counselor Association of Palm Beach (MHCAPB)

Educational Outreach Coordinator (January 2023- Present)

Executive Board Member at Large (October 2021- August 2022)

Chapter President (October 2020-October 2021)

Secretary and Treasurer (October 2017-October 2020)

Service to the Community

Mental Health Counselor Association of Palm Beach

President (October 2020- 2021)

Secretary/ Treasurer 2018-October 2018)

Professionals United for Parkland (PU4P)

Board member, Educational Outreach Fall 2018- Present)

City of Boca Raton. Educational Task Force Committee

Appointed by City Council (August 2018- December 2020)

Junior League of Boca Raton

Member (August 2013 – 2015)

Grant Committee Member (August 2014 – 2015)

PROFESSIONAL DEVELOPMENT

Conferences and Seminars Attended

American Counseling Associations (ACA)

Representative for Florida Atlantic University

International Association Marriage and Family Counseling (IAMFC)

IAMFC Annual Conference Presenter. St. Petersburg, February 2023
IAMFC Annual Conference Presenter. New Orleans, February 2022
IAMFC Annual Conference Presenter. New Orleans, February 2020
IAMFC Annual Conference Presenter. New Orleans, February 2019
IAMFC Annual Conference Presenter. New Orleans, February 2018
Oxford Family Counseling Institute. Presenter July 20th, 2017

AMERICAN SCHOOL COUNSELOR ASSOCIATION (ASCA)

ASCA Annual Conference attendance. Orlando, FL July 2014
ASCA Annual Conference attendance. Phoenix, AZ July 2015
ASCA Annual Conference attendance. New Orleans, LA July 2016

FLORIDA SCHOOL COUNSELOR ASSOCIATION MEMBER (FSCA)

FSCA Annual Conference Presenter. October 29th, 2021
FSCA Annual Conference Poster Presenter. November 2nd, 2018
FSCA Annual Conference Presenter. November 3rd, 2017
FSCA Summer "Drive By" Conference attendance. June 15th, 2013
FSCA Annual Conference Poster Presenter. October 2012

Mental Health Counselor Association of Palm Beach (MHCAPB) CE training seminars attended:

Fish Out of Water: Exploring the Disconnect between Masculinity and Vulnerability. September 22nd 2023
Obsessive Compulsive Disorder: Assessment, Diagnosis and Treatment June 17th 2022
Troubled Teens: Working with "Gen Z" May 20th 2022
Cannabis Psychosis: Current Research. Recovery Strategies April 22nd, 2022
ACE Scores: Accounting for Toxic Stress During Childhood March 18th 2022
What's the Buzz? Exploring EMDR/ February 11th, 2022
Personality Disorders: Adversity, Dysregulation and the Search for Secure Attachment. January 14th, 2022
How to Chill: Mindfulness with Teens for Rootedness and Humanity. October 15th, 2021
NARM and Working with Teenagers. September 10th, 2021
Broken Families: Targeting Trauma and its Roots. June 11th, 2021
Love Wins: Trauma, Adversity and Healing. May 14th, 2021
Rethinking Personality Disorder: The Search for Secure Attachment April 16th, 2021
Bottomless: The Marchman Act and Other Radical Approached to Addiction March 12th, 2021.
The Happiness Trap: Spirituality, Psychotherapy, and Holistic Health February 12th, 2021.
Food and Mood: Eating and Emotional Regulation in the Pandemic. January 15th, 2021.
Sexual Betrayal: Helping Couples Survive. November 3rd, 2020.
Surviving or Thriving? Strategies to Build a Smart Private Practice During the Pandemic. October 9th, 2020
Fearless Love: Relationship Sanity During Crazy Times. June 26th, 2020
Telehealth for Counselors: Zooming Into a New Era. June 5th, 2020
Close Up: COVID-19 Through the Lens of Inpatient Psychiatry May 20th, 2020
No Quick Fix: Secure Solutions for Recovery Management. April 24th, 2020

The Brain-Savvy Therapist: Neurobiology and Attachment in Psychotherapy. March 14th, 2020
Never Enough: Homeostasis, Marijuana and Opiate Addiction. February 14th, 2020
A Unified Partnership: Attorneys & Mental Health Counselors. January 24th, 2020
From PTSD to PTG: Psychological Resilience after Community Crisis. December 13th, 2019
Sex, Drugs & Rock-Solid Recovery: Regaining Intimacy. October 25th, 2019
Saving Lives: Getting Loved Ones into Treatment Using the Marchman Act. September 13th, 2019
More than Addiction: Comprehensive Approaches to Co-Occurring Disorders. May 31st, 2019
Eating Disorders Don't Discriminate: Screening for Signs and Symptoms. April 19th, 2019
Marijuana: Weeding Out Fact from Fiction. March 15th, 2019
Love Wins: Trauma, The Nervous System and Recover. February 15th, 2019
Starry Nights: Non-suicidal Self-injury. November 16th. 2018
No Time to Lose: Accelerating Trauma Resolution. October 12th, 2018.
Using Emotions in Therapy: Gottman, Ekman, Norcross and Napier. August 24th, 2018
Borderlines Part 2: Treating Personality Disorders. May 18th, 2018
Affluenza: Family Pathology of Excessive Wealth. April 20th, 2018
The Body Keeps Score: Healing Trauma from Linehan to Van der Kolk. December 15th, 2017

Florida Counseling Association (FCA)

(*Participated, assisted with the organization, and planning for both trauma events on behalf of the Department of Counselor education at Florida Atlantic University)

Communal Trauma: A Journey of Hope and Healing Anniversary Reactions, Traumatic Grief, January 4th, 2019

Communal Trauma Training for Mental Health Professionals, August 3rd, 2018

Florida Atlantic University, Division of Student Affairs: iLead 10th Annual Student Leadership Conference September 23rd, 2017

Creative Activities:

Organized the following events and activities to enhance our CSI Chapter during my terms as president 2017-2018

- Created and mentored a New “Emerging Leaders” program within CSI chapter
- Pre-summer planning meetings to prepare for upcoming Fall Semester. May, June, July, and August 2017.
- Hosted monthly meetings through presidency with agenda and tracking of minutes.
- Collaborated with board members, students, and core faculty to ensure growth of CSI chapter.
- *Considerations in Working with High-Risk Clients*. October 25th, 2017
- *Six Habits of Successful Private Practice Mastery*. February 28th, 2018
- *Gottman Level 1 and 2 Clinical Training Couples Therapy*. March and June 2018
- *Expert Panel on issues in mental health, rehabilitation, and school counseling tracks with an international perspective*. October 11th, 2018

Awards and Recognitions:

- National School Counseling Week; Certificate of Appreciation for Service and Contribution to NSU's School Counseling Program, February 2022
- Florida School Counselor Association Emerging Leader Fellow, October 2018
- International Association of Marriage and Family Counseling Emerging Leader Fellow, January 2018

PROFESSIONAL AFFILIATIONS

International/National

American Counseling Association (ACA)
International Association for Marriage and Family Counselors (IAMFC)
American School Counselor Association (ASCA)
Association for Counselor Education and Supervision (ACES)
Chi Sigma Iota International Honor Society (CSI)

Regional/State/Local

Florida School Counselor Association (FSCA)
Palm Beach School Counselor Association (PBSCA)
Mental Health Counselor Association of Palm Beach (MHCAPB)

PROFESSIONAL CERTIFICATIONS AND LICENSURE

State of Florida, Hours towards licensure Mental Health Counseling
Licensed Mental Health Counselor (LMHC) #130275
State of Florida, Professional Teaching Certification
Guidance and Counseling PreK – 12. Certificate #1209210
Level 1 Clinical Training, Gottman Method Couples Therapy
Bridging the Couple Chasm, March 2018
Level 2 Clinical Training, Gottman Method Couples Therapy
Assessment, Interventions, and Co-Morbidities, June 2018

CLINICAL EXPERIENCE

Licensed Mental Health Counselor (#MH 21982. Passed NCMHCE; March 2023)

Registered Mental Health Counselor Intern

Boca Raton, FL February 2018-present

- Life transitions
- Relief from anxiety and depression
- Secondary & Post-secondary students academic needs
- Adolescent self-harm
- Social and Emotional Learning (SEL) interventions at home & school.
- Advanced knowledge in ESE; Gifted placement, IEP's, and 504 accommodations

Professional School Counselor

Boynton Beach, FL. August 2013 – February 2018

- Individual, Group, and Classroom Guidance Counseling
- Counsel students in grades K through 12, using CBT approaches to address issues such as academic performance, social skills, self-esteem, and attendance.
- Advise students in short-term crisis incidents such as bullying, friendship issues, and classroom behavior issues
- Co-lead weekly girls' group that targets anger management, social skills, behavioral issues, conflict resolution training decreasing repeat anger-related incidents. Organized meet-and-greet portion of High School parent's night for middle school to educate participants about career choice, high school options, and scholarships.
- Facilitated an Anti-Bullying curriculum for grades 6 through 8 focusing on bullying defined, school policy on reporting bullying behaviors, internet in bullying, how to handle bullies, and alternative behaviors for bullies and victims.
- Case Management and Special Education, Individualized Education Plans (IEP's), and Section 504
- Participate in and run weekly team meetings for Initial and Annual IEP's and School-Based Problem Solving.