

Anna K. Owens Ph.D.

Counselor Education and Supervision
Nova Southeastern University
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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, Double Major: Intercultural Communications & Sociology

Woman's Studies Certification, 2009

Florida Atlantic University, Boca Raton, FL August 2009

International Business Studies, American Business School of Paris

Paris, France 2006

ACADEMIC APPOINTMENTS AND POSITIONS

**Teaching Appointments, Department of Counselor Education, College of Psychology,
NOVA Southeastern University**

Assistant Professor, Specialization in Clinical Mental Health and School Counseling
Fall 2019

Adjunct Professor, Clinical Mental Health Counseling
Summer 2019

**Teaching Appointments, Department of Counselor Education, College of Education,
Florida Atlantic University**

Adjunct Professor, Specialization in Clinical Mental Health and School Counseling
Spring 2019

RESEARCH & SCHOLARLY ACTIVITIES

Publications

* **Villares, E., Dimmitt, C. & Owens, A.** (In progress/Upcoming 2020). *A Meta-Analysis of ASCA National Model.*

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

Villares, E., Dimmitt, C. & Owens, A. (2019, March). *A Meta-Analysis of ASCA National Model*. 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. (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

PYCL 0586 Diagnosis and Treatment of Child and Adolescent Psychopathology
PYCL 0512 Human Growth and Development
MHS 5005 Processes in Counseling
MHS 6830 Internship 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

Department of Counselor Education, Florida Atlantic University

Served in capacity of Academic Advisor; advised master's degree-seeking students.

Chi Sigma Iota Beta Rho Chi

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

International Committee Member (Appointed September 2019)

Evidence-Based School Counseling Conference Advisory Board
Conference Planning Committee (September 2019 – March 2020)
Volunteer Coordinator (September 2019 – present)
Conference Proposal Review Committee (November 2018 – present)

Florida School Counselor Association
Volunteer Coordinator (November 2018- present)
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)
Volunteer September 9th-10th, 2016.

Mental Health Counselor Association of Palm Beach (MHCAPB)
Executive Board Member (October 2017-present)
Secretary and Treasurer

Professionals United for Parkland (PU4P)
Executive Board Member (June 2019-present)
Education and Community Outreach

Service to the Community

City of Boca Raton. Educational Task Force Committee
Appointed by City Council (August 2018- present)

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. 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 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) monthly seminars

Saving Lives: Getting Loved Ones 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 Recovery. 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:

- Florida School Counselor Association Emerging Leader Fellow, 2018
- International Association of Marriage and Family Counseling Emerging Leader Fellow, 2018

PROFESSIONAL AFFILIATIONS

International/National

American Counseling Association (ACA)
International Association for Marriage and Family Counselors (IAMFC)
American School Counselor Association (ASCA)
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, Professional Teaching Certification
Guidance and Counseling PreK – 12. Certificate #1209210
State of Florida, Hours towards licensure for Mental Health Counseling
Registered Mental Health Counselor Intern #16862
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

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 parents 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.

PROFESSIONAL REFERENCES

Paul R. Peluso, Ph.D., LMHC, LMFT

Florida Atlantic University; Professor and Chair

ACA Governing Council Representative, International Association of Marriage and Family Counselors (IAMFC). Immediate Past-Editor, Measurement and Evaluation in Counseling and Development

PPeluso@fau.edu (561) 297-3625

Elizabeth Villares, Ph.D.

Florida Atlantic University; Professor

President-Elect, Southern Association of Counselor Education and Supervision

Governing Board Chair, Florida School Counselor Association

EVillare@fau.edu (561) 297-3602

Brian S. Canfield, Ed.D.

Florida Atlantic University; Professor

Fellow and Past President, American Counseling Association

BCanfield@fau.edu (561) 297-3602