

**Carly A. Paro-Tompkins, Ed.D., LMHC**

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**CURRICULUM VITAE**

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**EDUCATION AND CREDENTIALS**

**Ed.D., Counselor Education and Supervision**, 2015 – Argosy University, Sarasota, FL  
*CACREP – accredited program / Chi Sigma Iota*

**M.S., Counseling and Psychology**, 2008 – Troy University, Orlando, FL  
*CACREP – accredited program / Chi Sigma Iota*

**B.A., Psychology and Interpersonal Communication**, 2004 – University of Central Florida, Orlando, FL

**Licensed Mental Health Counselor**, 2011 – Present – Florida, #MH 10856

**Licensed Professional Counselor**, 2010 – 2013 – North Carolina, #8357

**Qualified Supervisor, Clinical Mental Health Counseling**, 2015 – Present – Florida

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**ACADEMIC EXPERIENCE**

NOVA SOUTHEASTERN UNIVERSITY - COLLEGE OF PSYCHOLOGY, Clearwater, FL

**Associate Professor**, August 2022-present

**Assistant Professor**, August 2016 - 2022

Teaching Mental Health and School Counseling programs in traditional, online, and hybrid formats. Supervise practicum and internship students. Cultivate community relations to facilitate these academic opportunities. Research, attend conferences and presentations, and contribute to publications. Co-Advisor of the Counseling Student Organization.

ARGOSY UNIVERSITY, TAMPA – COLLEGE OF EDUCATION, Tampa, FL

**Adjunct Professor**, December 2014 to July 2016

Taught Counselor Education courses in traditional, blended, and online formats. Oversaw practicum students and interface with faculty for student-centric service opportunities.

CAPELLA UNIVERSITY, Online

**Adjunct Professor**, May 2015 to July 2016

Taught online courses for mental health counseling students.

ARGOSY UNIVERSITY, SARASOTA & TAMPA CAMPUSES, Tampa, FL

**Graduate Teaching Assistant**, August 2011 to December 2013

Served in a Teaching Assistant and Group/Individual Clinical Supervisor aspect. Facilitated discussions both online and in-person. Provided presentations, lectures, and exercises. Performed clinical supervision to master's level counseling students and monitored progression with their clients.

## RESEARCH AND SCHOLARSHIP

### Publications:

Thompson, I. A. & **Paro-Tompkins, C.** (in development). Chapter 7: Role and Identity Changes. in Thompson, I. A., Teixeira, V. B., & Thompson, E. S. (in development). *Working with women with peripartum depression: A strengths-based approach*. New York, NY: Routledge.

Davis, E., & **Paro, C.** (2020). Preparing high school students with chronic illness for college transition: Lessons learned from college counselors. *Professional School Counseling*, 23 (1) 1-11.

Davis, E., & **Paro, C.** (2018). College counselors' perceptions of working with freshmen with chronic illnesses. *Journal of College Counseling*, 23(1), 15-29.

### Non-Refereed Publications:

Paro-Tompkins, C. & Tompkins, J., (2021). Mason Jars, Suicide Loss, and Survival. Magazine article, Corduroy Road: Waves, 1, 106-109.

Paro, C. (2017, November). Reflections on counseling in a politically intense climate. *Florida Association for Counselor Education and Supervision Newsletter*.

### Editorial Leadership:

Paro, C. (2017-2018). *The Florida Association of Counselor Education and Supervision Newsletter*. (Series Editor). A quarterly publication of a division of the Florida Counseling Association.

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## PRESENTATIONS

\* *Indicates collaborations with students*

### International:

**Paro-Tompkins, C.**, (Accepted for 2024, July). Mental well-being: Improving distress tolerance and resilience . In T. Jungersen (Chair), Legal and Regulatory Implications of Trauma Mitigation in Post-pandemic Clinical Training. (Symposium). International Congress of Psychology, Barcelona, Spain.

\*Veloso, E., Jungersen, T. S., Karl, S., **Paro-Tompkins, C.** & Wojnas, K. (March, 2022). Using trauma informed practices in working with Haitian refugees. Poster Presentation at the American Counseling Association Conference, Toronto, Canada.

Mitcham, M., Jain, S., & **Paro-Tompkins, C.**, (2022, March). *Courageous conversations: Transformative Multicultural Pedagogy*. American Counseling Association Annual Conference, Toronto, Canada.

Paro-Tompkins, C. (2021, July). Multicultural and diversity competencies. In J. Lewis (Chair), *Diversity initiatives in graduate clinical and counseling training*. (Symposium). International Congress of Psychology, Prague, Czech Republic.

Mitcham, M., **Paro, C.**, & Kanzki-Veloso, E. (2018, October). *Courageous conversations in counseling and the classroom: Multicultural competencies and microaggressions*. Presentation at the European Branch of the American Counseling Association Annual Conference, Athens, Greece.

Jungersen, T. S., **Paro, C.**, & Kanzki-Veloso, E. (2018, October). *Responding to mass shooting: A unified service delivery approach*. Presentation at the European Branch of the American Counseling Association Annual Conference, Athens, Greece.

**National:**

Jungersen, T. S., & **Paro, C.** (2019, October). *Assessing counseling student readiness to return after program interruption*. Presentation at the Association for Counselor Education and Supervision Conference, Seattle, WA.

Jungersen, T. S., **Paro, C.**, & Kanzki-Veloso, E. (2019, March). *Responding to the Parkland shooting: A unified service-delivery approach by counselors*. Presentation at the American Counseling Association Conference, New Orleans, LA.

\*Kanzki-Veloso, E., Moldovan, L., **Paro, C.**, & Karl, S. (2019, March). *Benefits of integrating positive psychology into counselor education programs*. Presentation at the American Counseling Association Conference, New Orleans, LA.

Kanzki-Veloso, E., & **Paro, C.** (2017, October). *Returning veterans' experiences of a holistic therapeutic program*. Presentation at the Association for Counselor Education and Supervision Annual Conference, Chicago, Illinois.

**Paro, C.**, & Thompson, I., (2017, October). *Assessing counselor dispositions: Exploring best practices in counselor education*. Presentation at the Association for Counselor Education and Supervision Annual Conference, Chicago, Illinois.

Pereira, J. & **Paro, C.** (2017, March) *Play-ful supervision: Creative techniques for working with supervisees*. Presentation at the American Counseling Association Annual Convention, San Francisco, California.

Paro, C., Suprina, J., & Pereira, J. (2015, October). *Building multicultural competence in counseling students: Efforts to address social class in counselor education*. Presentation at the Association for Counselor Education and Supervision Annual Conference, Philadelphia, Pennsylvania.

Paro, C. (2015, March). *Building multicultural competence in counseling students: Efforts to address social class in counselor education*. Presentation at the American Counseling Association Convention, Orlando, Florida.

Paro, C., Herman, D., & Georgiou, J. (October, 2013). *Maintaining the integrity of*

Paro-Tompkins, C

*counselor education as a profession while fostering individuality and diversity of professors in training.* Presentation at the Association of Counselor Education and Supervision Annual Conference, Denver, Colorado.

Payne, J., **Paro, C.**, & Smith, S. (October, 2013). *Does racial mismatch in counseling supervision matter? The benefits of a structured supervision protocol.* Presentation at the Association of Counselor Education and Supervision Annual Conference, Denver, Colorado.

### **Regional:**

Mitcham, M., **Paro, C.**, & Butler, K. (2018, October). *Courageous conversations actions and advocacy in counselor education and the classroom: Lessons learned from the Duke and Duchess of Sussex.* Preconference Learning Institute at the Southern Association for Counselor Education and Supervision Conference, Myrtle Beach, SC.

Jungersen, T. S., & **Paro, C.** (2016, October) *Practical strategies for student orientation in online counselor education programs,* SACES Conference, New Orleans, LA.

Mitcham, M., **Paro, C.**, & Sachin, J. (2016, October). *Courageous conversations: Teaching the diversity course using transformational multicultural pedagogy; Challenges and opportunities,* Preconference Learning Institute; Southern Association of Counselor Education and Supervision Conference, New Orleans, LA.

### **State:**

**\*Paro, C.**, Thompson, I., Coleman, K., & Silva, J. (2017, October). *Using mindfulness approach with unsheltered individuals: Current trends, lessons learned, and implications for counselors.* Presented at the Florida Counseling Association Annual Conference, Orlando, Florida.

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## **Workshops and Trainings**

Jungersen, T. S., & **Paro-Tompkins, C.** (2021, October). *Group process: working with the forensic population.* Nova Southeastern University, Davie, Florida.

Paro-Tompkins, C. (2021, June). *Mental health report: Mental wellness in the post-COVID workplace.* Presentation for the Central Pinellas Chamber of Commerce, Women in Leadership Event, Clearwater, FL.

Paro-Tompkins, C. (2020, May). *Practical tools for maintaining or regaining wellness during COVID-19.* Presentation for the Coconut Creek Democratic Club, Coconut Creek, FL.

Paro-Tompkins, C. (2020, August). *Mental health and wellness during COVID 19.* Presentation for Zoo Tampa, Tampa, FL.

- Paro-Tompkins, C., & Powell, P. (2020). *Connecting through the screen: A practical approach to working with teens and young adults affected by trauma and attachment*. Presented in Conjunction with Nova Southeastern University and Camelot Community Care, Invited Panelist, Clearwater, FL.
- Paro, C. (2019, November). *Emotional preparation for the holiday season*. Rally presentation. Nova Southeastern University, Davie, Florida.
- Jungersen, T. S., & **Paro, C.** (2017, September). *Group process and facilitation: working with the forensic population*. Nova Southeastern University, Davie, Florida.
- Perjessy, C., **Paro, C.**, & Kanzki-Veloso, E., (2017, October). *Doctoral student preparation: The academic interview*. Online panel discussion hosted by FACES.
- Davis, E., Kanzki-Veloso, E., & **Paro, C.** (2017, November). *Doctoral student preparation: Getting the grant*. Online panel discussion hosted by FACES.
- Kanzki-Veloso, E., & **Paro, C.** (2017, October). *Doctoral student preparation: The ins and outs of publication*. Online panel discussion hosted by FACES.
- Thompson, I., & **Paro, C.** (2017, April). *Careers in counseling and psychology*. Workshop on the Social Science Profession: Preparing for Work in the Counseling Field, Nova Southeastern University, Davie, Florida.
- Jungersen, T. S., & **Paro, C.** (2017, September). *Group process and facilitation: working with the forensic population*. Nova Southeastern University, Davie, Florida.
- Paro, C. (2017, April). *Careers in counseling and psychology*. Workshop on the Social Science Professions: Preparing for Work in the Counseling Field, Nova Southeastern University, Davie, Florida.
- Mitcham, M., **Paro, C.**, & Sachin, J. (2016, October). *Courageous conversations: Teaching the diversity course using transformational multicultural pedagogy; Challenges and opportunities*. Preconference Learning Institute at the Southern Association of Counselor Education and Supervision Conference, New Orleans, LA.
- Jungersen, T. S., & **Paro, C.** (2016, November). *Group process and facilitation: working with the forensic population*. Nova Southeastern University, Davie, Florida.

Elected Offices

**Florida Association for Counselor Education and Supervision                      July 2018 to June 2019**

**Past-President**

*Division of the Florida Counseling Association*

Duties include: creating and managing the division budget, publishing quarterly newsletter, increasing membership of counselor educators and clinical supervisors, engaging membership in professional development opportunities and serving as a voting member of the Board.

**Florida Association for Counselor Education and Supervision                      July 2017 to June 2018**

**President**

*Division of the Florida Counseling Association*

Duties include: creating and managing the division budget, publishing quarterly newsletter, increasing membership of counselor educators and clinical supervisors, engaging membership in professional development opportunities and serving as a voting member of the Board.

**Florida Association for Counselor Education and Supervision                      July 2016 to June 2017**

**President-elect**

*Division of the Florida Counseling Association*

Duties include: overseeing nominations and elections, supporting the President with overall organization of official duties, facilitating professional development opportunities for membership and outreach.

**Florida Counseling Association    July 2014 to June 2015**

**Statewide Region Representative**

Duties include: representing the statewide regional representatives across the state of Florida on the FCA board to advocate for community and professional needs throughout the state. Work to engage professionals and provide both educational and networking opportunities. As well as serving as a voting member of the Board.

**Florida Counseling Association    July 2013 to June 2015**

**Region Representative, Region 4**

Duties include: engage professionals and provide both educational and networking opportunities throughout the western counties of Florida.

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Appointed Offices

**Statewide Suicide Prevention Coordinating Counsel                                      October 2015 to present**

Statewide Office for Suicide Prevention and the Suicide Prevention Coordinating Council focus on suicide prevention initiatives such as creating and implementing the Statewide Plan for Suicide Prevention in Florida as well as increasing public awareness.

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## Membership Service

### American Counseling Association

**Program Reviewer March 2007 - Present** *ACA, ACES, ASERVIC, and/or SACES Conferences*

Duties include review of assigned program proposals, rating of various content and technical components of the presentation proposals, and provision of recommendation for proposal acceptance.

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## COMMITTEE EXPERIENCE

### Current

#### **Nova Southeastern University's**

##### **Counseling Student Organization**

**July 2016-Present**

*College of Psychology, Department of Counseling  
Faculty Advisor*

Duties include: overseeing nominations and elections, supporting the President with overall organization of official duties, facilitating professional development opportunities for membership and outreach for all five campuses.

#### **Nova Southeastern University's**

##### **Admissions Committee**

**July 2016-Present**

*College of Psychology, Department of Counseling  
Committee Member  
Chair (2018-2020)*

Duties include: reviewing department of counseling applicants across all program formats and rendering admissions recommendations. Meeting with recruitment staff and providing updates to faculty and stakeholders about enrollment status and needs.

#### **Nova Southeastern University's**

##### **Readmissions Committee**

**July 2018-Present**

*College of Psychology, Department of Counseling  
Committee Member*

Duties include: reviewing department of counseling reapplicants across all program formats and rendering admissions recommendations.

#### **Nova Southeastern University's**

##### **Regional Campus Committee**

**September 2021-**

**Present**

*College of Psychology, Department of Counseling  
Committee Member*

Duties include: Evaluate best practices in hybrid model education, make recommendations to faculty and department chair about programmatic improvements, engage regional campus students in satisfaction and programmatic surveys.

**Nova Southeastern University's**

**Interprofessional Education and Practice**

**September 2021-**

**Present**

*Committee Member*

Duties include: collaboration with institutional leaders in the departments of Occupational Therapy, Physical Therapy, Nursing and Psychology to assist students in professional cooperation and problem solving. Provide opportunities for students to work across disciplines to solve complex cases and master professional communication and competence.

*Previous:*

**Nova Southeastern University's**

**Residential Institute Committee**

**2016-2020**

*College of Psychology, Department of Counseling  
Member*

*Interim Chair*

**2018-2019**

Duties include: developing and implementing the inaugural residential institute for the Department of Counseling's online clinical mental health counseling program.

**Nova Southeastern University's**

**Search Committee**

**2018-2019**

*College of Psychology, Department of Counseling  
Committee Member*

Duties include: reviewing applications, hosting candidates on campus, interviewing candidates, voting on final candidate selections, and supporting the committee chair in formalizing the hiring recommendations for the Dean.

**Nova Southeastern University's**

**Curriculum Committee**

**2017-2019**

*College of Psychology, Department of Counseling  
Committee Member*

Duties include: reviewing all aspects of curricular experience for the master's programs in mental health and school counseling including monitoring of student learning outcomes and alignment with national standards to foster iterative programmatic development and enhancements.

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**Journal Editorial Service**

**Ad Hoc Reviewer, *Journal of Child and Adolescent Counseling*, 2019 to 2021**

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**Funded Research Grants**



Wright, G., Kanzki-Veloso, E., & **Paro-Tompkins, C.** (2023, June) *Career Counseling with Foster Youth Transitioning to Adulthood Using a Psychoeducation Group Counseling Approach*. Nova Southeastern University President's Quality of Life Grant in partnership with the Flite Center of Broward County. \$15,000. Fully funded.

Kanzki-Veloso, E., Karl, S., Yehl, A., Pann, J., & **Paro, C.**, Quality of Life Grant (2019, May) *Program Evaluation of a Veterans Wellness Center*.

\*Kanzki-Veloso, E., Karl, S., Yehl, A., Pann, J., **Paro, C.**, Castro, M., Gonzalez, A., Staley N., Grabner, S., Schumacher, L., Plombon, B., Pupko, L., & Davis, P. (2018, October). *A Mixed Methods Study of a Career Counseling Program with OIF/OEF Veterans using the CIP Approach*. Paper accepted for presentation at the annual meeting of the European Branch of the American Counseling Association EB-ACA, in Athens, Greece.

Kanzki-Veloso, E., Karl, S., Yehl, A., Pann, J., & **Paro, C.**, (2017, May) *Career counseling with OIF/OEF veterans using the Cognitive Information Processing (CIP) approach*. NSU Quality of Life Grant

Dr. Paro was awarded an American College Counseling Association Research Grant:

Davis, E., & **Paro, C.** (2018). *College counselors' perceptions of working with freshmen with chronic illnesses and college readiness*. American College Counseling Association Research Grant. \$500.00. Fully awarded.

She was awarded an NSU College of Psychology Grant:

Paro, C., Thompson, I. A., & Kanzki-Veloso, E. (2018). *Using a mindfulness approach with unsheltered individuals*. Funded by Nova Southeastern University's College of Psychology. Role: Co-Investigator. Amount \$3,140.

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### CONFERENCE COORDINATION

Convention Committee, Florida Counseling Association Traumatology Symposium, Orlando Florida, June, 2018.

Convention Committee, Florida Counseling Association Annual Convention, Orlando Florida, October, 2017.

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### PROFESSIONAL MEMBERSHIPS

American Counseling Association (ACA)

Association for Counselor Education and Supervision (ACES)

Florida Association for Counselor Education and Supervision (FACES)

Florida Counseling Association (FCA)

## **INSTRUCTIONAL EXPERIENCE**

### **Nova Southeastern University (3 Credit Hour, Master's Level Courses)**

2021:

PYCL 680 Counseling Practicum  
PYCL 681 Counseling Internship I (2 sections)  
PYCL 682 Counseling Internship II  
PYCL 502 Counseling Theories and Techniques  
PYCL 511 Introduction to Mental Health Counseling Techniques, Residential Institute  
PYCL 511 Introduction to Mental Health Counseling Techniques  
PYCL 570 Ethical, Legal and Professional Issues in Counseling  
PYCL 635 Group Theory and Practice

2020:

PYCL 680 Counseling Practicum (3 sections)  
PYCL 681 Counseling Internship I (2 sections)  
PYCL 682 Counseling Internship II (2 sections)  
PYCL 502 Counseling Theories and Techniques  
PYCL 511 Introduction to Mental Health Counseling Techniques, Residential Institute

2019:

PYCL 680 Counseling Practicum  
PYCL 681 Counseling Internship I  
PYCL 682 Counseling Internship II  
PYCL 511 Introduction to Mental Health Counseling Techniques  
PYCL 570 Ethical, Legal and Professional Issues in Counseling  
PYCL 632 Social and Cultural Foundations of Counseling  
PYCL 635 Group Theory and Practice

2018:

PYCL 680 Counseling Practicum  
PYCL 681 Counseling Internship I  
PYCL 682 Counseling Internship II  
PYCL 512 Human Growth and Development  
PYCL 669 Advanced Treatment Interventions  
PYCL 511 Introduction to Mental Health Counseling Techniques  
PYCL 570 Ethical, Legal and Professional Issues in Counseling  
PYCL 632 Social and Cultural Foundations of Counseling  
PYCL 635 Group Theory and Practice

2017:

PYCL 680 Counseling Practicum  
PYCL 681 Counseling Internship I (2 sections)

PYCL 682 Counseling Internship II  
PYCL 511 Introduction to Mental Health Counseling Techniques (4 sections)  
PYCL 570 Ethical, Legal and Professional Issues in Counseling (3 sections)  
PYCL 631 Career and Lifestyle Assessment  
PYCL 635 Group Theory and Practice (2 sections)

2016:

PYCL 680 Counseling Practicum  
PYCL 632 Social and Cultural Foundations of Counseling

**Argosy University Online, Clinical Mental Health Program (3 Credit Hour, Master's Level Courses)**

2016:

R6032 Research and Program Evaluation  
C6035 Human Growth and Development

2015:

R6032 Research and Program Evaluation

**Argosy University, Tampa Campus (3 Credit Hour, Master's Level Courses)  
Adjunct Faculty**

2016:

C6438 Group Theories and Practice  
C6492 Field Experience for Marriage and Family and Mental Health Counseling

2015:

C6492: Practicum Supervision and Field Experience for Marriage and Family Therapy  
C6445 Social and Cultural Counseling Competency  
PC6012 Schools of Family Therapy  
C6601 Practicum Supervision for Mental Health Counseling  
C6445 Social and Cultural Counseling Competency  
C6432 Diagnosis and Treatment Planning  
C6041 Foundations of Mental Health Counseling

2014:

C6438 Group Theories and Practice  
PC6700 Couples and Family Therapy  
PC6012 Schools of Family Therapy  
C6445 Social and Cultural Counseling Competency  
C6495 Field Experience II Mental Health Counseling

**Argosy University, Sarasota and Tampa (3 Credit Hour, Master's Level Courses)  
Graduate Teaching Assistant**

2013:

(TA3) Ethics in Counseling at Argosy Tampa, Dr. Eric Davis

(TA3) Theories of Personality, Argosy Tampa, Dr. Jennifer Pereira

(TA3) Ethics in Counseling, Tampa Campus, with Dr. Jennifer Pereira

(TA3) Schools of Family Therapy, Tampa Campus, with Dr. Michelle Mitcham

2012:

(TA2) Field Placement III at Argosy, Tampa Campus, with Dr. Michelle Mitcham

(TA2) Family Systems Theories, Argosy, Sarasota Campus, with Dr. Beverly Mustaine

2011:

(TA1) Ethics in Counseling at Argosy, Tampa Campus, with Dr. Eric Davis

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### PROFESSIONAL CLINICAL EXPERIENCE

CARLY PARO COUNSELING AND CONSULTING, St. Petersburg, FL

**Private Practice**, July 2012 - Present

Counsel adolescents and adults with a specialization in depression, anxiety, self-harm, family issues, divorce, and adoption. Lead parenting and substance abuse groups.

CONTRACT THERAPIST, SANDRA HALL, Largo, FL

**Group Facilitator**, December 2013 to July 2016

Perform intakes, assessments, and group therapy for clients' mandated substance abuse treatment post-DUI violation.

NFUSION, REGION IV MENTAL HEALTH SERVICES, Olive Branch, MS

**Project Coordinator**, August 2011 to June 2012

Interfaced with the Mississippi Department of Mental Health to promote a systems of care grant in the city. Launched a community center, hired staff, and served youth aging out of the foster care system.

ADOPTION RELATED SERVICES OF PINELLAS, INC, St. Petersburg, FL

**Counselor**, October 2011 to August 2016

Counseled individual with a history of involvement in the foster care system. Led therapy for youth and families both pre- and post-adoption.

CAMP BOGGY CREEK, HOLE IN THE WALL CAMPING ASSOCIATION, Eustis, FL

**Psych-Social Professional**, June 2010 to September 2010

Led mental health professional at a summer camp for chronic and terminally ill children. Trained staff in behavior management and abuse reporting. Analyzed camper applications and set up behavioral plans.

GENESIS YOUTH AND FAMILY SERVICES, Charlotte, NC

**Counselor / Intensive In-Home Team Lead**, October 2009 to June 2010

Managed a team focused on cognitive-behavioral therapy, trauma-focused therapy, play therapy, and insight-focused therapy for high-risk behavioral mental health, and emotional problems.

A BETTER THERAPY, Orlando, FL

**Counselor**, August 2007 to October 2008

Performed full intake assessments and clinical diagnosis. Oversaw a caseload and took on new clients. Completed therapeutic sessions with children, families, and adults along with detailed treatment plans.

ECKERD YOUTH ALTERNATIVES, Christmas, FL

**Group Treatment Coordinator**, May 2005- July 2007

Provided individual supportive counseling, group therapy, and case management for youth in the Juvenile Justice System. Served as the youth's advocate, interfaced with the court system and parents, and supervised family visitations. Led and trained staff in treatment care.