

Vanessa B. Teixeira, EdD, LMHC, ACS, CCC

Assistant Professor, Department of Counseling
Nova Southeastern University
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Education

Argosy University, Washington D.C.

Doctor of Education in Counselor Education and Supervision (CACREP) 6/2015

Dissertation Topic: Counselor educator's gatekeeping practices in master's level counseling programs

University of North Florida, Jacksonville, FL

Master of Science in Mental Health Counseling (CACREP) 12/2010

Bachelor of Arts in Psychology 5/2008

Credentials and Grants

Licensed Mental Health Counselor (LMHC), Florida License #: MH15162

Approved Clinical Supervisor (ACS) Credential #: ACS2847

Certified Career Counselor (CCC) Credential #: 20-1678950644

Certified Trauma Focused Cognitive Behavioral Therapist (TF-CBT)

Research Grant: NSU Health Professions Research (HPD) Grant, *Principle Investigator*. \$7500 awarded. "Delivery Methods in LGBTQ+ Counseling Competency Trainings."

Higher Education Experience

Nova Southeastern University

Orlando, FL

Assistant Professor, Master's Mental Health Counseling

2022 - Present

Lecturer, Clinical Mental Health Counseling

2018- 2022

Adjunct, Master's Mental Health Counseling

2017- 2018

Courses: PYCL0680 Practicum / PYCL0681 Internship in Counseling; PYCL0582 Human Sexuality;

PYCL0631 Career and Lifestyle Assessment; PYCL0511 Introduction to Counseling Techniques;

PYCL0635 Group Theory and Practice; PYCL0660 Community Mental Health; PYCL0586 Diagnosis

and Treatment of Child and Adolescent Psychopathology, PYCL0669 Advanced Treatment Techniques

Format: Online, Face-to-Face and Hybrid

University of North Florida

Jacksonville, FL

Adjunct Faculty, Master's Mental Health Counseling

6/2016 – 08/2016

Course: MHS6305 Career Counseling

Trinity Washington University

Washington, D.C.

Adjunct Faculty, Undergraduate Human Relations Department

1/2015 – 10/2015

Courses: PSYC101 Introduction to Psychology; PSYC221 Psychopathology

Argosy University

Washington, D.C.

Graduate Teaching Assistant, Master's Mental Health Counseling

1/2013 – 8/2014

Courses: PC6105 Counseling Skills; PC6107 Foundations of Mental Health Counseling; PC6000

Counseling Theories; PC6410 Practicum in Counseling; PC6415 Internship in Counseling.

Clinical Counseling Experience

Children's Home Society of Florida Jacksonville, FL
Clinical Counselor and Headstart Mental Health Consultant 2/2016 – 6/2018

Provide individual counseling services in Duval county schools to children and adolescents struggling with behavioral, mental health, and substance abuse issues. Introduce *Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)* with children and families in the foster care system. Assist families with successfully completing case plans directed by the Department of Children and Families (DCF). Mental Health Consultant for Headstart centers of Duval County, providing behavioral consulting services and working with teachers and center directors on classroom management.

The Key Center Alexandria, VA
Resident Professional Counselor 2/2014 - 10/2015

Carried a caseload of approximately 10-20 clients in a private practice setting. Specialized in working with children, adolescents, and adults in a variety of clinical areas including *psychotic disorders, mood disorders, anxiety, trauma, adjustment and life transition*. Utilized person centered therapy while applying holistic, CBT, and play therapy techniques. Diagnosed psychopathology in accordance to the DSM-5 specified criteria and assess client needs by developing individualized treatment plans.

Psychiatric Rehabilitation Services, INC. Alexandria, VA
Rehabilitation Services Coordinator II 1/2011 - 9/2013

Carried a case load of 21 adult clients diagnosed with *Schizophrenia spectrum, other psychotic disorders, personality disorders, autism spectrum disorders and disabilities*. Led daily psychoeducational and recovery groups focused on wellness, work-readiness and psychoeducation. Specialized in CBT interventions to manage pervasive symptoms. Chaired curriculum development committee dedicated to providing clinically appropriate groups; coordinated daily staff meetings to facilitate case conceptualizations; and served as liaison to empower consumers to participate in agency decisions.

Gateway Community Services Jacksonville, FL
Adolescent Outpatient Counselor 1/2010 - 12/2010

Provided individual inpatient and outpatient counseling services to adolescent clients in residential substance abuse community agency, group homes, and full service schools. Utilized CBT interventions and trauma focused therapy in individual and group counseling settings. Diagnosed and screened clients for substance abuse diagnoses at the State Attorney's Office and administered biopsychosocial and other assessments via face to face and phone contact. Selected after internship for paid position.

Substance Abuse Technician 8/2010 - 12/2010

Supervised adolescent clients in male and female residential substance dependence units. Monitored male clients during Alcoholics Anonymous (AA) groups in the community and oversaw all clients during recreational activities, group meetings, and meal times.

Publications

Authored Book

Thompson, I., Teixeira, V., Thompson, E. (2023). *Counseling for peripartum depression: A strengths-based approach to Conceptualization and Treatment*. Routledge.

Peer-Reviewed Journals

Teixeira, V. B. (2017). Gatekeeping practices of counselor educators in master's level counseling programs. *The Journal of Counselor Preparation and Supervision*, 9(1). <http://dx.doi.org/10.7729/91.1177>

Güss, C. D., Tuason, M. T., & Teixeira, V. (2008). A cultural-psychological theory of contemporary Islamic martyrdom. *Journal of the Theory of Social Behaviour*, 37(4).

Textbook Chapter/Other Publications

Teixeira, V. (2017). Counselor know thyself: Personal biases in a diverse and multicultural world [Featured Teaching Activity 1.1]. In J. Sommers-Flanagan and R. Sommers-Flanagan, *eInstructor's Manual for Clinical Interviewing* (6th ed). Hoboken, NJ: Wiley.

Teixeira, V. (2017). Demonstrating and recognizing basic counseling skills: Counseling skills charades [Featured Teaching Activity 5.1]. In J. Sommers-Flanagan and R. Sommers-Flanagan, *eInstructor's Manual for Clinical Interviewing* (6th ed). Hoboken, NJ: Wiley.

Teixeira, V. (2016). Paraphilic disorders, female orgasmic disorders, and female sexual interest disorder/arousal disorder. In J. Carlson & S.B. Dermer (Eds.), *The SAGE Encyclopedia of Marriage, Family, and Couples Counseling*. London, UK: SAGE Publications.

Güss, C. D., Tuason, M. T., & Teixeira, V. (2008). A cultural-psychological theory of suicide terrorism. In R. E. Osborne, & P. Kriese (Eds.), *Global community: Global security*. Union, NJ: Rodopi Publishers.

Sanz, E. J., Güss, C.D., & Teixeira, V. (2007). *The BEETLE: Influences of personality and strategies on dyad's problem solving performance*. (Unpublished master's thesis). University of North Florida, Jacksonville, FL.

Professional Presentations

National Conferences

Thompson, I. A., Thompson, E. S., & Teixeira, V. (2022, October). Implementing a strengths-based approach to wellness for pregnant women and new mothers. Education session (60 minutes) presented at the American Counseling Association (ACA) 2022 Virtual Conference Experience.

Thompson, I. A., Perez, A., Teixeira, V., Thompson, E. S., & Jerome, J. H. (2021, October). Integrating maternal mental health and wellness into counselor education and supervision. Paper presented at the Association for Counselor Education and Supervision Conference, Atlanta, GA.

Teixeira, V., Davis, L., Lawson, H., & Zide, R. (2020, June). *Multisensory trauma-focused interventions for elementary school children with developmental disabilities*. Education session (60 minutes) presented at the American Mental Health Counselors Association (AMHCA) virtual conference.

Teixeira, V., Sobrino, M., Rodriguez, A., & Keith, S. (2019, March). *Creative TF-CBT techniques focused on preschool and elementary school children*. Education session (50 minutes) presented at the American Counseling Association (ACA) conference, New Orleans, Louisiana.

Teixeira, V. (2015, October). *Gatekeeping practices of counselor educators in master's level counseling programs*. Roundtable discussion (50 minutes) presented at the Association for Counselor Education and Supervision (ACES) conference, Philadelphia, Pennsylvania.

Teixeira, V., Stephens, L. (2015, March). *Ethnically diverse women and how we create a strong professional counselor identity. Who are our mentors?* Selected as Chi Sigma Iota's poster presenter at the American Counseling Association (ACA) conference, Orlando, Florida.

Teixeira, V., Dailey, S. F., Gill, C. S. (2013, October). *DSM-5: Helping mental health professionals navigate changes and additions*. Educational session (60 minutes) presented at the Association for Counselor Education and Supervision (ACES) conference, Denver, Colorado.

Teixeira, V. (2013, June). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Educational session (60 minutes) presented at the Association of Humanistic Counseling (AHC) Annual Conference, New York, New York.

Teixeira, V., & Güss, C. D. (2007, April). *A cultural-psychological theory of suicide terrorism*. Selected as Council of Undergraduate Research poster presenter at the Posters on the Hill annual conference, Washington, D.C.

Local Presentations

Teixeira, V. (2019, July). *TF-CBT Techniques Focused on Preschool and Elementary School Children*. Live webinar for Florida Association for Child and Adolescent Counseling (FACAC).

Teixeira, V. (2018, October). *Transgender issues in the counseling community*. Live webinar for Nova Southeastern University, Department of Recruitment and Admissions.

Teixeira, V. (2017, July). *Behavioral strategies in the VPK classroom*. Headstart training academy guest speaker at the The Schultz Center for Teaching & Leadership, Jacksonville, Florida.

Teixeira, V. (2016, July). *Classroom management strategies for VPK children*. Headstart training academy guest speaker at the The Schultz Center for Teaching & Leadership, Jacksonville, Florida.

Teixeira, V. (2016, April). *Chi Sigma Iota: Student leadership*. CSI initiation guest speaker at the University of North Florida, Jacksonville, Florida.

Teixeira, V. (2014, November). *How to survive your master's program*. Workshop presented at Argosy University, Arlington, Virginia.

Teixeira, V. (2013, August). *Doctoral comprehensive examination*. Workshop presented at Argosy University, Arlington, Virginia.

Teixeira, V. (2013, March). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Poster session presented at the International Women's Day: Celebrating the Future of Research Annual conference, Argosy University, Arlington, Virginia.

Pruitt, M. & Teixeira, V. (2010, August). *Preventive health benefits*. Workshop presented at the Forum on the Impact of the Healthcare Reform Bill on Mental Health Services, University of North Florida, Jacksonville, Florida.

State Conferences

Teixeira, V. (2013, November). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Educational session (60 minutes) presented at the Pennsylvania Counseling Association (PCA) annual conference, State College, Pennsylvania.

Teixeira, V. (2013, November). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Roundtable discussion presented at the Virginia Counselors Association (VCA) annual convention, Hot Springs, Virginia.

Leadership & Service

Chi Sigma Iota, Counseling Academic & Professional Honor Society International 12/2022- Present
Chapter Faculty Advisor (CFA)

Nova Southeastern University, Nu Sigma chapter

Promote positive counselor identity among student members, support student leadership and assist in organizing induction ceremonies and other student events on campus and online.

Florida Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling 10/2018- 5/2021
Resources Committee Co-Chair

Collect, organize, and disseminate local and state resources related to LGBTQQIA counseling and related fields as well as LGBTQQIA resources for clients, professionals, students, and communities throughout the state of Florida.

Florida Career Development Association (FCDA) 9/2019- 5/2021
Professional Development Committee Co-Chair

Promote local and state professional development opportunities and resources to counseling students and counseling professionals for the purpose of greater understanding and connection to the career development process.

Virginia Counselors Association (VCA) 1/2014- 10/2016
Professional Development Committee Co-Chair

Interview counseling professionals regarding current counseling issues and share video interviews via social media. Manage a social media page and post relevant material to help spark interest in professional development among counselors in Virginia.

American Counseling Association (ACA) 1/2014- 1/2015
Mentor; Leadership Development Task Force

Encourage leadership and diversity of mental health counselors among ACA and its divisions. Advocate for members to become effective leaders through events and conferences. Volunteer as mentor for master's level counseling students.

American Counseling Association (ACA) 6/2014
ACA 2015 Conference Proposal Reviewer

Qualified reviewer invited by department chair to review the ACA 2015 conference proposal submissions. Utilized rubric to score randomly assigned proposals for the ACA conference.

Northern ACES (NARACES) 1/2014- 10/2015
NARACES Graduate Student Committee Member

Advocate and enrich the experiences of graduate students in counselor education programs. Serve as a liaison between graduate students and the NARACES leadership.

Chi Sigma Iota, Counseling Academic & Professional Honor Society International 10/2013- 6/2015
Professional Development Committee Chair

Argosy University, Washington DC Sigma Phi Sigma chapter

Coordinate and organize educational and professional workshops for doctoral counselor education and supervision students. Organize mentoring program for the academic enrichment of master's and doctoral counseling students.

Lesbian, Gay, Bisexual, Transgender, & Questioning (LGBTQ) Allies Network 6/2013- 6/2015
President, Argosy University, Washington DC

Created first LGBTQ group at Argosy University, Washington DC to promote diversity. Create and organize on-campus events to promote awareness of LGBTQ issues in the counseling field.

Guest Lectures

- Teixeira, V. (2015, January). *Gatekeeping practices in counselor education*. Presented in Dr. Stephanie Dailey's C7454 Models of Clinical Supervision, Argosy University, Arlington, VA.
- Teixeira, V. (2013, July). *Reality Therapy*. Presented in Dr. John Conteh's PC6000 Counseling Theories, Argosy University, Arlington, VA.
- Teixeira, V. (2013, July). *Solution Focused Therapy*. Presented in Dr. John Conteh's PC6000 Counseling Theories, Argosy University, Arlington, VA.
- Teixeira, V. (2013, July). *Cognitive Behavioral Therapy (CBT) techniques*. Presented in Dr. John Conteh's PC6000 Counseling Theories, Argosy University, Arlington, VA.
- Teixeira, V. (2013, June). *The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Presented in Dr. Tracy Hutchinson's PC6005 Maladaptive Behavior, Argosy University, Arlington, VA.
- Teixeira, V. (2013, March). *Supervision models, contracts & supervisory styles*. Presented at Argosy University, Dr. Stephanie Dailey's C7454 Models of Clinical Supervision Doctoral Class, Arlington, VA.
- Teixeira, V. (2013, February). *Professional identity within your counseling career*. Presented in Dr. Jennifer Carney's PC6600 Lifestyle and Career Development, Argosy University, Arlington, VA.

Professional Affiliations

American Counseling Association (ACA)	2013 - 2022
Florida Counseling Association (FCA)	2018 - 2022
Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling	2014 - 2021
Association for Counselor Education and Supervision (ACES)	2013 - 2022
Southern ACES	2016 - 2018
Virginia Association of Counselor Education and Supervision (VACES)	2014 - 2015
Virginia Counselor Association (VCA)	2013 - 2015
Chi Sigma Iota, Counseling Academic & Professional Honor Society International	2013 - Present
National Society of Leadership	2010 - Present
Golden Key International Honor Society	2007 - Present
Kappa Alpha Theta Fraternity	2007 - Present

Other Contributions

Newsletter Articles

- Teixeira, V. (Fall, 2014). Advocacy in action: Student reflections. *Chi Sigma Iota Exemplar: Counseling Academic and Professional Honor Society International*, 29(3), 31-32.
- Teixeira, V. (Fall, 2014). VCA presents: Counselor interview series. *The Virginia Counselor*.
- Teixeira, V., & Carney, J. M. (2014, Summer). Bringing back life to teaching career counseling. *SACES Newsletter*, 9(5), 7.

- Teixeira, V. (August, 2014). Graduate career courses: Engaging students. *Career Convergence: Web Magazine*. Retrieved from http://www.ncda.org/aws/NCDA/pt/sd/news_article/92321/_parent/layout_details/false
- Teixeira, V. (Spring, 2014). Student view from the field: Learning what works. *International Association of Addictions and Offender Counselors (IAAOC) News*, 39(3), 17-19.
- Teixeira, V. (Spring, 2014). How to increase your professional development. *The Virginia Counselor*.
- Teixeira, V. (Spring, 2014). Working with addictions and co-occurring disorders. *International Association of Addictions and Offender Counselors (IAAOC): Graduate Student Newsletter*.
- Teixeira, V. (Winter, 2014). Graduate student spotlight. *North Atlantic Region Association for Counselor Education and Supervision (NARACES) Newsletter*.
- Teixeira, V. (Fall, 2013). Graduate student perspectives: Spread the word! *Infochange: Association for Humanistic Counseling Newsletter*, 9(1), 11.
- Teixeira, V. (Fall, 2013). LGBTQI & Allies Interest Network. *Chi Sigma Iota, Argosy University Washington DC Newsletter*, 23, 5.

Awards and Scholarships

Northern ACES Emerging Leaders Fellow	2014
Chi Sigma Iota Outstanding Doctoral Student chapter award	2013
Chi Sigma Iota professional development scholarship	2013
Student Professional Development scholarship	2013
Student Government scholarship	2007
Willard Ash Award scholarship	2007

National and International Research Projects

- Research Assistant, Argosy University Washington DC** 2013
 Research Supervisor: Stephanie Dailey, EdD
Paraphilic Disorders
 Independently wrote section on Paraphilic Disorders and Sleep-Related Disorders in ACA published book titled *DSM-5: Learning Companion for Counselors*. Recognized by authors for assisting with written material in Chapter 11.
- Research Assistant, University of North Florida** 2007
 Research supervisors: Dan Richard, Ph.D. & Debbie Wang, Ph.D.
Cultural influences on conflict resolution: A study of eastern and western logics
 Collected quantitative data by administering surveys in St. Augustine, Florida and Tokyo, Kyoto & Hiroshima, **Japan**. Completed research paper based on findings by comparing data results between Japan and United States. Poster presented at the *CICA-STR* Conference in Madrid, **Spain** (International Colloquium on Conflict and Aggression and Society for Terrorism Research) Sep, 2007

Research Assistant, University of North Florida

11/2004 - 5/2008

Research supervisor: Dominik Güss, Ph.D.

Wisdom and attitudes

Earned scholarship from the University of North Florida to independently collect quantitative research data in Brazil. Independently administered and coded 120 surveys to graduate students at the University of Uberaba, **Brazil**. Translated surveys and informed consent documents from English to Portuguese for Portuguese-speaking students. Managed research lab and supervised research assistants when coding data. Organized, analyzed and interpreted quantitative data via SPSS.

The beetle

Earned scholarship for working on a National Science Foundation (NSF) funded project. Translated directions and computer simulations from English to Portuguese. Administered surveys and computer simulations to dyads for two school semesters. Coded 30 video-taped hours of problem-solving strategies of dyads working on the computer simulation.

Free association and word decisions

Set parameters for data analysis for the Excel program in a study focused on free associations and word decisions. Entered, reviewed, and checked data results for accuracy.

Differences in verbal versus written & individual versus group planning strategies

Earned scholarship for Supervised Research (NSF funded project). Oversaw all confidential surveys and equipment in research lab. Coded questionnaires of individuals and groups.

Research Assistant, University of North Florida

1/2006 – 12/2007

Research supervisor: Ma Teresa Tuason, Ph.D.

Hurricane Katrina: The culture of a disaster

Reviewed, analyzed and coded transcripts from Hurricane Katrina survivors. Audited consensual qualitative research methodology.

A refuge: After-school care for African American children in poverty. Early child development & care

Interviewed staff of an after-school program for at-risk youth via the phone. Transcribed interviews regarding generational poverty and at-risk youth. Received acknowledgement in peer-reviewed published article for assistance with research.

Research Assistant, University of North Florida

5/2006

Research supervisor: Linda Foley, Ph.D.

Culpability in rape: How the relationship between a victim and rapist affects juror decisions

Supervised and tape-recorded undergraduate students in lab during mock jury sessions. Entered quantitative data into SPSS program.

Research Assistant, University of North Florida

11/2005

Research supervisor: Rebecca Marcon, Ph.D.

Florida PERKS: Partners in education and research for kindergarten success

Received federal funding to conduct research study. Scored test responses and supervised up to 10 research assistants scoring test responses.