

Maria Alayza, Ph.D., LMHC, LMFT, BC-TMH

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(802)-363-2195

SUMMARY OF QUALIFICATIONS

- Mental health counseling experience with children, adults, couples, and families through individual and group sessions.
- Experience in providing psychotherapy services virtually, at school, community sites, as well as in a traditional office.
- Experience in case management and clinical administrative work.
- [Media](#) experience across diverse outlets, including TV and radio appearances and published op-eds since 2024.
- Bilingual: English and Spanish

EDUCATION

PhD Counseling Education and Supervision*

Florida Atlantic University, Boca Raton, FL

Dissertation Title: *Posttraumatic Growth*

Following Pregnancy Loss: Understanding the Influence of Positive Religious Coping

and the Moderating Effect of Perceived Social Support

December 2025

Certified Professional Coaching Program

University of Miami, FL

December 2021

Master of Science in Counseling, GPA 3.9

Specializations:

- **Clinical Mental Health Counseling**
- **Marital, Couple, Family Therapy**

Barry University, Miami Shores, FL

December 2020

Bachelor of Arts in Psychological Science, GPA: 3.9

Minor: Sociology

Honors: Magna Cum Laude

University of Vermont, Burlington, VT

May 2017

CREDENTIALS

Licensed Mental Health Counselor (LMHC), Florida

MH #21877

Licensed Marriage and Family Therapist (LMFT), Florida

MT#4572

Board Certified Telemental Health Provider (BC-TMH)

#4033

COUNSELING & THERAPY EXPERIENCE

Clinical Counselor- *Positive Therapy FL*

January 2026 – Present

- Provided virtual individual, couples and family therapy to individuals, integrating Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Trauma-informed approaches.
- Lead the Maternal Mental Wellness Program.

Clinical Counselor- *The Resilience and Cognitive Behavior Therapy Center*, Miami, FL

January 2022 – August 2024

- Provided virtual individual and couples therapy to adult individuals, integrating Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Clinical Counselor-*Mental Health & Art Therapy LLC*, Miami, FL

January 2022 – September 2022

- Provide in-person individual counseling to seniors with severe mental illness living at an assisted living facility.
- Provide counseling services integrating Art Therapy, Cognitive Behavioral Therapy and Acceptance and Commitment Therapy.

Clinical Counselor-*Children Home Society of Florida*, Miami, FL

March 2021 – November 2021

- Provided virtual and in-person individual counseling to children and adults using TF-CBT primarily.
- Provided virtual and in-person family therapy to individuals involved in dependency cases.
- Facilitated supervised and therapeutic visitations for court-mandated families.
- Worked collaboratively with the clinical dependency team (case managers, social worker, guardian ad litem, etc.)

Counselor, Intern - Trauma Resolution Center, Miami, FL

January 2020 - December 2020

- Provided virtual and in-person individual counseling to clients (minors, adults and elderly) using the Traumatic Incident Reduction (TIR) therapeutic approach
- Conducted virtual and in-person psychoeducational parenting groups
- Conducted psychoeducational groups on: psychobiology of trauma, impact of trauma in children, trauma bonding and cycle of violence.

Counselor, Intern – The Advocate Program, Miami, FL

August 2019 - December 2019

- Conducted substance abuse and domestic violence assessments
- Conducted anger management and substance abuse treatment group counseling using Cognitive Behavioral Therapy
- Facilitated supervised visitations for court-mandated families

TEACHING EXPERIENCE

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| <ul style="list-style-type: none"> • Adjunct Faculty, Barry University <ul style="list-style-type: none"> - Legal and Ethical Issues (CSL 600) - Individual Counseling Procedures (CSL 652) | Spring 2026 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6830: Internship – Dr. Gill - MHS 6421: Counseling Children – Dr. Rogers | Fall 2025 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6800: Practicum – Dr Ladd - MHS 6401: Counseling Theories & Techniques - Dr Ladd | Summer 2025 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6830: Internship – Dr Ladd | Spring 2025 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6830: Internship – Dr Ladd - MHS 6401: Counseling Theories & Techniques – Dr Ladd | Fall 2024 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6800: Practicum – Dr. Vastardis - MHS 5005: Processes in Counseling - Dr. Ladd | Summer 2024 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6830: Internship – Dr. Labarta - MHS 6930: Couples Counseling – Dr. Canfield | Spring 2024 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6830: Internship – Dr. Ladd - MHS 6510: Group Counseling – Dr. Mack | Fall 2023 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6800: Practicum – Dr. Ladd - MHS 6401: Counseling Theories & Techniques – Dr. Canfield | Summer 2023 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6470: Human Sexuality – Dr. Emelianchik-Key - MHS 6830: Internship – Dr. Irvine | Spring 2023 |
| <ul style="list-style-type: none"> • Graduate Teaching Assistant <ul style="list-style-type: none"> - MHS 6482: Lifespan Development – Dr. Bridget Glass - MHS 6700: Legal, Ethical and Professional Issues in Counseling – Dr. Brian Canfield | Fall 2022 |

GUEST SPEAKER/LECTURER

- **Alayza, M.,** Ponce, J., & Lam, H. (Panel, Foundations for Clinical Mental Health Counseling Course) (2025, October 27). Florida Gulf Coast University. Virtual
- Ponce, J & **Alayza, M.** (Invited speaker, Counseling and Human Diversity Course) (2024, September 3). *Enhancing Cultural Competence with the Latino population.* [Lecture]. University of Arkansas. Virtual
- **Alayza, M.** (Invited speaker, Families and Intimate Relationships Course) (2023, November 20). *Family Dynamics within the Hispanic population.* [Lecture]. St. Edward's University. Virtual

RESEARCH EXPERIENCE

Co-Investigator

- Vásquez-Colina, M., Blanco, S. & **Alayza, M.** (Under review). A Systematic Review of the Literature on Undergraduate Students' Academic Success at Hispanic-Serving Institutions. *Journal of Hispanic Higher Education.*

Co-Investigator

- Ponce, J., **Alayza, M.,** Dosal-Terminel, D., & Machuca, R. (In progress). A 30-year content analysis of the Hispanic population within counseling scholarship.

Co-Investigator – *A Qualitative Content Analysis of Clinical Supervisors of SEB Counselors who Practice in Spanish 2024*

- Collected data from research participants
- Assisted and collaborated with data analysis, along with other research team members

Research Assistant - *Seeing I Laboratory, University of Vermont, Burlington, VT*

August 2016 - May 2017

- Presented a proposal for future investigation based on the I-sharing research
- Collected data from research participants to evaluate responses focusing on I-sharing behaviors
- Assisted and collaborated with faculty and graduate students within the Social Psychology Department

PUBLIC SCHOLARSHIP

- **Alayza, M.** (2024). *5 things to do if anxiety is taking over your life.* DC Journal; My Journal Courier; The Daily Star.
- **Alayza, M.** (2025). *El impacto invisible en la salud mental.* La Opinion.

PRESENTATIONS & WEBINARS

National

- **Alayza, M.** (2026, February 27). *Relational Coping and Family Support: Navigating Posttraumatic Growth After Pregnancy Loss.* Education session presented at the International Association of Marriage and Family Counselors (IAMFC) Conference. Davie, FL.
- Ponce, J. & **Alayza, M.** (2025, September 13). *Elevating Hispanic/Latine Scholarship in Counseling Journals: A 30-Year Content Analysis.* Roundtable session presented at the AARC Conference. Daytona Beach, FL
- **Alayza, M.,** Chiu, L., Ponce, J. E., & Sahlia, Y. (2024, November 9). *From what's wrong to what happened: Trauma-informed and culturally responsive considerations in counselor education for Latin* communities.* Education session presented at the Southern Association for Counselor Education and Supervision (SACES) conference. Dallas, TX.
- Dosal-Terminel, D., Carter H., **Alayza, M.,** Papis, V. (2024, September 6). *A Qualitative Content Analysis of Cultural and Linguistic Factors in Clinical Supervision of Spanish-English Bilingual Counselors.* Poster presented at the Association of Assessment and Research in Counseling (AARC) conference. Pittsburgh, PA.
- **Alayza, M** (2024, February 15). *Trauma-informed and culturally responsive pedagogy with the Hispanic/Latinx population.* Roundtable at the AACTE 76th Annual Meeting Holmes Program. Aurora, CO.
- **Alayza, M;** Ponce, J; Moshe R; Kwok, S & Irvine, T (2023, October 14). *Burn Bright & Not Out: Infusing Wellness in Supervision Models for Burnout Prevention in Counseling Students & Supervisees.* Education session presented at the ACES Conference. Denver, CO.

- Bossie, C., Nelson, R. & **Alayza, M.** (2023, September 8). *Show me what you got: Simulated Session as a Means of Counselor Education Assessment*. Education session presented at the AARC Conference. Nashville, TN.
- Ponce, J. & **Alayza, M.** (2023, June 3). *Infusing Multicultural Sensitivity and Competence in CBT Treatment with Latinx Clients*. Education session presented at the NBCC Bridging the Gap Symposium: Eliminating Mental Health Disparities. Atlanta, GA.

State

- **Alayza, M.** (2025, November 14). *Healing the Self: Exploring Posttraumatic Growth after Pregnancy Loss*. Session presented at the Florida Counseling Association Convention (FCA). Fort Lauderdale, FL.
- Ponce, J. & **Alayza, M.** (2023, April 28). *Bridging the gap with culturally responsive ACT interventions*. Florida Counseling Association. Webinar
- Ponce, J. & **Alayza, M.** (2022, October 1). *Sitting with anxiety: ACT Interventions to Enhance Client's Psychological Flexibility*. Education session presented at the 73rd Florida Counseling Association Convention. Online.

Local

- **Alayza, M.** (2019, April 13). *Dance/Movement Therapy (DMT) for Mental Wellness*. Presented at the 11th Annual Graduate Student Conference. Barry University, Miami Shores, FL

PROFESSIONAL LEADERSHIP AND SERVICE

- Reviewer - International Journal for the Advancement of Counseling (Present)
- Secretary - Florida Association for Multicultural Counseling and Development (2025-2026)
- Assisted delivering Exit Exams at FAU (Spring 2023, Summer 2023, Spring 2024, Summer 2024, Spring 2025)
- Assisted in Master and Doctoral interviews at FAU (Fall 2022, Spring 2023, Fall 2023, Spring 2024, Spring 2025)
- Vice President – Beta Rho Chi Chapter CSI (2024-2025)
- Conference Committee Member for AARC 2024 Conference
- Ambassador of the School of Education, Graduate Professional Student Association, Florida Atlantic University (Spring 2023, Fall 2023, Spring 2024, Fall 2024)
- Local Arrangement Co-chair – Florida Educational Research Association (FERA) Conference 2023
- IAPC Chair for Peru – International Association of Psychology and Counseling (2022-2023)
- Social Media Co-chair – Southern Association for Counselor Education and Supervision (2022-2023)
- President-elect – Beta Upsilon Chapter Chi Sigma Iota (2019)

CASE MANAGEMENT AND ADMINISTRATIVE EXPERIENCE

Clinical Services Coordinator - CARE Center, Barry University, Miami, FL **August 2019 - August 2020**

- Ensured that the CARE Center had appropriate policies, procedures and clinical and administrative forms
- Trained and supervised staff by facilitating trainings, staff meetings and employees' evaluations
- Participated in Clinic Oversight Committee meetings to ensure compliance with policies and procedures
- Presented budget, attendance, billing and financial reports of income, expenditures, cash flow, etc.
- Implemented and transitioned the administration of the clinic to virtual platforms, coordinating services remotely

Senior Graduate Assistant - CARE Center, Barry University, Miami, FL **September 2017 - August 2019**

- Conducted intakes, scheduled appointments, processed payments and updated and maintain client database
- Audited files to ensure compliance with CARE Center, University, and State and Federal Regulations
- Provided outstanding customer service and maintained ongoing communication with CARE Center staff

VOLUNTEER HISTORY

Counselor and Mindfulness Facilitator – (CHAMPS), Barry University, Miami, FL **January 2019 - December 2019**

- Conducted activities to promote academic success, social-emotional learning, and skill-building in elementary and high school students
- Facilitated the development of skills to enhance self-esteem, reduce stress and anxiety, and manage anger
- Delivered stress reduction mindfulness practices to youth participants on a daily basis

Counselor - C.R.O.P., Barry University, Miami, FL

January 2018 - December 2018

- Provided social-emotional skills to middle and high school students to facilitate academic and personal success
- Conducted therapeutic activities to motivate and prepare students to complete postsecondary education
- Provided psychosocial and academic support to disadvantaged students (6th-12th grade)

Crisis Counselor Volunteer - Crisis Text Line

October 2017 - May 2018

- Answered texts from people in crisis who call the free, nationwide, 24/7 text line
- Conducted crisis intervention through active listening, collaborative problem solving, and safety planning

Educator Volunteer - "Healthy Fields", Burlington, Vermont

August 2015 - May 2016

- Provided psychoeducation on community resources and psychological support to farm workers
- Taught English to Hispanic farmers that face cultural and linguistic barriers when accessing health services

AWARDS, SCHOLARSHIPS & HONORS

- 2025 FAU Department of Counselor Education Outstanding Graduate
- 2024 ACES/Region Diversity Scholarship Recipient
- 2023 CCE Board Certified-TeleMental Health (BC-TMH) Provider training award from the NBCC Foundation

PROFESSIONAL DEVELOPMENT

- 2025 ADHD Conference: Restore Identity, Reclaim Strength, and Support Neurodivergent Minds, Online, 2025
- Florida Counseling Association (FCA) Convention, Fort Lauderdale, 2025 (Presenter)
- Association for Counselor Education and Supervision (ACES) Conference, Philadelphia, 2025
- Association of Assessment and Research in Counseling (AARC) Conference, Florida, 2025 (Round table)
- Association of Assessment and Research in Counseling (AARC) Conference, Pittsburgh, 2024 (Poster)
- Southern Association for Counselor Education and Supervision (SACES) Conference 2024 (Presenter)
- Washington Week AACTE, Washington DC, 2024
- AACTE 76th Annual Meeting Holmes Program, Aurora, 2024
- The Evolution of Psychotherapy Conference, Anaheim, 2023
- Institute on Teaching and Mentoring Conference, Tampa, 2023
- Association for Counselor Education and Supervision (ACES) Conference, Denver, 2023 (Presenter)
- Florida Counseling Association (FCA) Convention, Tampa, 2023 (Graduate volunteer)
- Association of Assessment and Research in Counseling (AARC) Conference, Nashville, 2023 (Graduate volunteer and Presenter)
- Bridging the Gap Symposium: Eliminating Mental Health Disparities (NBCC), Atlanta, 2023 (Presenter)
- International Association of Marriage and Family Counselors (IAMFC) Conference, St. Petersburg, 2023
- Southern Association for Counselor Education and Supervision (SACES) Conference, Baltimore, 2022
- Florida Counseling Association (FCA) Convention, Online, 2022 (Presenter)
- American Counseling Association (ACA) National Conference, New Orleans, 2019 (Graduate volunteer)
- American Counseling Association (ACA) National Conference, Atlanta, 2018 (Graduate volunteer)
- Florida Counseling Association (FCA) Convention, Orlando, 2018 (Graduate volunteer)

MEDIA APPEARANCES

- Telemundo (TV) interview on the importance of mental health and self-care
- Univision (TV) interview on raising awareness of challenges and resources related to mental
- Univision (TV) interview on stigma about mental health care in the Hispanic culture
- Univision (TV) interview on adolescent mental health
- WQBA 1140 AM (radio) interview on social media and its mental and emotional impact
- WQBA 1140 AM (radio) interview on ways to cope with anxiety
- 670 AM La Nueva Poderosa (radio) interview on challenges and resources related to mental

- La agenda Hispana (radio) interview on the basics of mental health
- Watch all interviews [here](#)

TRAINING COURSES & WORKSHOPS

- Essentials of Reproductive Therapy: Infertility, Pregnancy Loss, Trauma, Donor Conception, and More, Psychotherapy Networker, PESI, online Training, 2023
- Acceptance and Commitment Therapy for Depression and Anxiety Disorders, Psychwire online Training, 2022
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT), March 2021
- Adoption Competency Training for Mental Health Professionals, June 2021
- “Children’s Functional Assessment Rating Scale” - Florida Department of Children and Families, 2021
- “Service Delivery for the Deaf or Hard-of-Hearing” - Florida Department of Children and Families, 2021
- “Functional Assessment Rating Scale” - Florida Department of Children and Families, 2021
- “Civil Rights for Community Partners” - Florida Department of Children and Families, 2021
- “Health Insurance Portability and Accountability Act” - Florida Department of Children and Families, 2021
- “Security Awareness” - Florida Department of Children and Families, 2021
- Telehealth for Mental Health Professionals: 2-Day Distance Therapy Training, 2020
- Trauma Incident Reduction Therapy, Training at The Trauma Resolution Center, 2020
- Mindfulness-Based Stress Reduction Training, Mindful Kids Miami, 2019
- DCF Online Training, Identifying and Reporting Child Abuse and Neglect February 2019
- Crisis Counselor Certificate, 30 hours of training, Crisis Text Line, 2018

AFFILIATIONS

- American Counseling Association (ACA)
- Florida Counseling Association (FCA)
- Association for Counselor Education and Supervision (ACES)
- Southern Association for Counselor Education and Supervision (SACES)
- Association of Assessment and Research in Counseling (AARC)
- Psi Chi International Honor Society in Psychology
- Alpha Kappa Delta, International Sociology Honor Society
- Chi Sigma Iota, International Honor Society for Counseling (CSI)