

# Erin N. Kaszynski, PhD., LPC (Texas #74929)

## Education

---

**Doctor of Philosophy in Counselor Education & Supervision** 2021

*Texas A&M University-Commerce, Commerce, Texas (CACREP Accredited Program)*

Specialization: Multicultural Counseling

**Master of Education in Counseling** 2014

*University of North Texas, Dallas, Texas (CACREP Aligned Program)*

**Bachelor of Arts, Art** 2002

*Austin College, Sherman, Texas*

## Academic and Community Education and Research Experience

---

**Associate Director of Clinical Education and Research** 06/2023 - Current

*Altshuler Center for Education & Research, Metrocare Services*

**Clinical Education:** Develops, coordinates, facilitates, administers, monitors, and evaluates clinical education activities on behalf of the ACER program and in coordination with the Executive Director and clinical managers. Collaborates with ACER Executive Director of curriculum development, infrastructure, and design of community mental health continuing education and workforce development to support internal and external training and development needs. Leads project management efforts for the development and implementation of Metro University "MetroU".

**Clinical Research** - Leads the development and structure of all research-related policies and practices and the conduct and oversight of clinical research. Serves as the liaison for all research project coordination on internal and external projects. Facilitates clinical research feasibility to ensure cost-effectiveness and operational ability. Conducts research related to the population served at Metrocare.

**Assistant Professor of Counselor Education (Tenure Track) & Program Coordinator** 08/2021- 08/2023

*Northern State University, Aberdeen, South Dakota (CACREP Accredited Program)*

- Coursework Taught:
  - CGPS 750: Trauma Informed Care (Spring 2023)
  - CGPS 775: Advanced Theories in Counseling (Fall 2022)
  - CGPS 739: Psychopharmacology (Summer 2022)
  - CGPS 795: Practicum in Counseling (Summer 2022)
  - CGPS 737: Assessment of Psychopathology/Diagnosis (Spring 2022)
  - CGPS 745: Chemical and Behavioral Addictions (Spring 2022)
  - CGPS 758: Pre-Practicum in Counseling (Spring 2022, 2023)
  - CGPS 770: Clinical Supervision Training and Ethics (Spring 2022, Summer 2023)
  - CGPS 736: Assessment in Counseling (Fall 2021)
  - CGPS 762: Multicultural Counseling (Fall 2021, 2022)
  - CGPS 794: Internship in Counseling (Fall 2021)
- Administrative duties:
  - Managed ongoing admissions process for the program and served as a point of contact for prospective students
  - Collaborated on CACREP substantive change to hyflex/digital delivery (approved 3/23 without revisions).
  - Prepared program reports for submission to CACREP and the university.
  - Served as Graduate Advisor for 7 counseling students (2022-23)
- Scholarly achievements:
  - 10 juried presentations, 3 invitations to speak, 1 publication; pedagogy grant from the Northern State University
  - Awarded NSU Hyflex Training Certification in the pilot learning cohort for Hyflex certification 2021-22
- University Service: 2-year term on the NSU Mental Health Week Committee, faculty advisor -Active Minds, NSU faculty development committee, and department recruitment/retention committee; 1 year term on SOE foundation committee

**Educational Resource Clinician, (NPMHP), Region 10** 07/2020 - 07/2021

*North Texas Behavioral Health Authority*

- Developed & provided mental health, substance use, trauma & grief training for K-12 educators and staff across Region 10 on a weekly basis while increasing awareness of best evidence-based mental health & substance use programs/practices
- Assisted employees in the implementation of mental health initiatives, coached & supported for Trauma Sensitive Schools
- Served as a liaison between Local Behavioral Health Agencies (LBHAs), ESCs, LEAs, community & state agencies.

**Doctoral Student Counselor Educator and Supervisor** 09/2018-05/2021

*Texas A&M University – Commerce, Commerce, Texas (Doctoral Resident)*

- **Professor of Record:**
  - COUN 412: Career Development; COUN 414: Home and Family Living (Spring 2021)
  - COUN 301: Orientation to the Counseling Profession; COUN 409 Group Leadership (Fall 2020)
- **Co-Professor of Record:** COUN 552: Internship (Spring, 2019), COUN 522: Counseling Diverse Pops (Summer, 2019)
- **Teaching Assistant:** COUN 548: Advanced counseling (Spring, 2018), COUN 551: Practicum (Spring, 2018)
- Provided clinical supervision to school counseling students and site supervision to clinical mental health track students

## **Clinical and Research Areas of Expertise**

Ethics & Supervision: Gatekeeping; Trauma Informed Care; Community Mental Health; Pedagogy; Creativity in Counseling

## **Clinical Experience**

### **Licensed Professional Counselor**

*Private Practice, Plano, Texas*

02/2020 – 08/2021

- Provided mental health counseling and consultation services to clients via telehealth
- Facilitated Home-Study assessments for parents hoping to foster or adopt on behalf of Upbring - Foster in Texas
- Provided counseling students within the school environment aged 11-18 enrolled in SPED (Progressus Therapy, Spring 2020)

### **Behavioral Health Program Administrator Intake, Eligibility & Counseling Services**

03/2019 – 01/2020

*Lifepath Systems Inc., Plano, TX*

- Provided direct supervision to a team of 20, including licensed, clinical, non-clinical, support staff and interns
- Managed and implemented programs within Open Access, including intake, eligibility, and counseling
- Facilitated Crisis Intervention training, ASIST training, and ongoing clinical training for licensed staff related to trauma
- Aligned agency policies and procedures related to open access and counseling for trauma-informed care and for congruency to CCBHC and TAC criteria and led task force teams associated with relevant policy changes
- SuperUser for ANSA/CANS uniform assessments and SmartCare electronic mental health record

### **Behavioral Health Special Projects Clinical Supervisor**

06/2017-03/2019

*Lifepath Systems Inc., Plano, TX*

- Provided specialized cognitive behavioral therapy, cognitive processing therapy, crisis intervention, and clinical assessment to clients with severe and persistent mental illness
- Provided clinical supervision to 8 clinical and peer staff over 4 programs and 6 counseling student interns
- Developed, evaluated, and supervised supported housing, employment, peer support and community outreach programs
- Presented on Mental Health topics to organizations and engaged in outreach within the Collin County community
- Led trauma-informed care initiative for the agency and managed, surveyed, evaluated, created training curriculum, and implemented the trauma-inclusive care initiative for behavioral health services at Lifepath Systems

### **Clinical Therapist**

*Grayson County Children's Advocacy Center, Sherman, TX*

10/2016-05/2017

- Provided Trauma-Focused CBT, play therapy, and mental health interventions to children ages 4-17 who experienced abuse and neglect and their non-offending caregivers and administered and scored psychosocial and trauma-specific assessments
- Participated in weekly training, case review, and multidisciplinary team meetings with law enforcement, CPS and DA

*University of North Texas at Dallas, Dallas, Texas*

01/2016-05/2017

- Provided clinical intake interviews and mental health counseling to a diverse student population

*Harold Murphy Counseling Clinic, McKinney ISD, McKinney, Texas*

06/2016-05/2017

- Provided mental health counseling services to McKinney ISD students, their families, and Masters level counseling students

### **Counselor III**

*Center for Discovery, Plano, Texas*

03/2016-11/2016

- Provided supervision, leadership, and therapeutic assistance in the treatment of youth residents ages 9-18 years old
- Facilitated didactic, psycho-educational inpatient groups and in-vivo desensitization group field-based activities

### **Counseling & Wellness Services and Career Counseling Graduate Intern**

03/2013-12/2014

*University of North Texas at Dallas, Dallas, Texas*

- Provided mental health and career counseling services to a diverse student population
- Planned, implemented, and presented wellness and student advocacy topics and initiatives to faculty and students
- Utilized MyPlan, O\*Net, and Strengths Quest assessments to help students determine career interests and aptitudes

### **Practicum Student Counselor**

*University of North Texas at Dallas Community Counseling Center, Dallas, Texas*

01/2013-05/2013

### **Group Facilitator (Intern), Outpatient Services**

*Nexus Recovery Center, Dallas, Texas*

09/2012-12/2012

## **Publications**

Mathew, S., Harrichand, J., Qiao, B., & **Kaszynski, E.** (2022). Good practices in preventing early leaving. In M. Aydoğmuş, M. Çalişkan, & H. SERÇE (2022). *New Trends and Promising Directions in Modern Education: School Dropout* (pp. 65-78). Palet Yayınları.

Mathew, S., Qiao, B., & **Kaszynski, E.** (2023). Training Counselors to provide Trauma Informed Care: CACREP-Accredited Program Survey. *International Journal for Multidisciplinary Research*. DOI:10.36948/ijfmr.2023.v05i04.4510

## Presentations

---

- Kaszynski, E. N.** & Chapple, J. (November 8-9, 2024), *Integrating Trauma and Multiculturally Responsive Practices in College Counseling Centers*, Southern Association for Counselor Education and Supervision 2024 Conference, Addison, Texas (Expected).
- Kaszynski, E. N.** & Pearson, K. (October 31- November 1, 2024), *The Marginalization of Adult Special Needs Offenders: Considerations for Counselors & the Field*, Texas Counseling Association 67th Annual Professional Growth Conference, Dallas, Texas (Expected).
- Kaszynski, E. N.**, Doran, C. & Holter, T., (April 20-22, 2023), *Using mindfulness-based photo journaling to support resiliency in Native American college students*, 2023 South Dakota Counseling Association Conference, Sioux Falls, South Dakota.
- Wills, E., Mathew, S. & **Kaszynski, E. N.** (April 20-22, 2023), *Traumatic grief & its relationship with perceived social support among high school students – Strategies for counselors*, 2023 South Dakota Counseling Association Conference, Sioux Falls.
- Kaszynski, E. N.** & Khosravi, S., (November 9-11, 2022), *Activities that support youth resiliency from death, dying, and losses*, Texas Counseling Association 66th Annual Professional Growth Conference, Dallas, Texas.
- Kaszynski, E. N.**, (October 18, 2022), *Trauma-informed pedagogy*, Center for Excellence in Teaching and Learning at Northern State University, Aberdeen, South Dakota, Invitation.
- Kaszynski, E. N.**, (September 28-30, 2022), *Using active learning technology to enhance skills development of counselors in training*, North Central Association for Counselor Education and Supervision 2022 Conference, Omaha, Nebraska.
- Kaszynski, E. N.**, (September 9, 2022), *Trauma-Informed supervision*, South Dakota Counseling Association, Invitation, online.
- Kaszynski, E. N.** & Mathew S., (June 18, 2022), *Counselor supervision training summer 2022 workshop*, South Dakota Counseling Association, Aberdeen, South Dakota, Invitation.
- Kaszynski, E. N.**, (April 28-30, 2022), *The trauma of racism among children of color and strategies for post-traumatic growth*, 2022 South Dakota Counseling Association Conference, Aberdeen, South Dakota.
- Campbell, K. M., Walker, E. R., Rozell, S., & **Kaszynski, E. N.**, (April 28-30, 2022), *School counseling classroom guidance lesson addressing xenophobia in elementary school students*, 2022 S. Dakota Counseling Association Conference, Aberdeen, SD.
- Kaszynski, E. N.**, (February 13-15, 2022), *The Truth about vaping: Facts, dangers, and intervention & prevention*, presented at the 2022 North Dakota Counseling Association Annual Conference, Bismark, North Dakota.
- Mathews, S. & **Kaszynski, E. N.**, (February 13-15, 2022), *Active learnings strategies using technology in hyflex counseling and counselor education*, presented at the 2022 North Dakota Counseling Association Conference, Bismark, North Dakota.
- Kaszynski, E. N.**, (February 11, 2022), *Navigating supervisees' reactions to clients experiencing trauma*, presented at the 7th Annual Law and Ethics in Counseling Virtual Conference, Online.
- Kaszynski, E. N.**, (April 29, 2021), *Pandemic impacts on substance use among adolescents*, presented at The School Safety Summit, Region 10 Educational Service Center, Invitation, Online.
- Kaszynski, E. N.**, (March 28, 2021), *Exploring multi-cultural identity*, presented at Austin College, Online, Invitation.
- Khosravi, S., **Kaszynski, E. N.** & Stephens, D., (March 6-8, 2021), *Supervising counselors in training to ethically terminate with clients*, presented at the 6th Annual Law and Ethics in Counseling Virtual Conference, Online.
- Kaszynski, E. N.**, (March 6-8, 2021), *Exploring predictors of preparedness in gatekeeping among doctoral counselor education and supervision students*, presented at the 6th Annual Law and Ethics in Counseling Virtual Conference, Online.
- Kaszynski, E. N.** & Hickman, D., (February 23, 2021), *Self-care savvy: Making SEL strategies opportunities for teacher self-care*, presented at the College, Career and Military Readiness Conference, Invitation, Online.
- Hickman, D. & **Kaszynski, E. N.**, (February 7-9, 2021), *Zoom Zest! Online engagement strategies for K-5 students*, presented at The Virtual 16<sup>th</sup> Annual Professional School Counselor Conference, Online.
- Kaszynski, E. N.** & Pearson, K., (January 6, 2021), *How racism shapes our children*, presented at the School Safety & Mental Health Summit, Region 10 Educational Service Center, Invitation, Online.
- Kaszynski, E. N.**, (December 9, 2020), *Supporting students with suicidal ideation: Tips for prevention programming, intervention & creating a community of support*, presented at Region 10 Counselor Conversations, Online, Invitation.
- Pearson, K. & **Kaszynski, E. N.**, (November 12, 2020), *Impact of untreated post-traumatic stress disorder on community trauma*, Presented at the Virtual 64<sup>th</sup> Annual Texas Counseling Association Professional Growth Conference, Online.
- Kaszynski, E. N.**, (July 2020), *Creative activities for traumatized youth*, presented at the RISE Disciplinary Alternative Education Program Conference, Pre-recorded, Online, Invitation.
- Kaszynski, E. N.** & Schmit, M., (February 2020), *Supervision through a new lens: Integrating trauma-informed approach Your Supervisory Practice*, Presented at the TACES Mid-Winter Conference, San Antonio, Texas.
- Kaszynski, E. N.**, (November 2019), *Gatekeeping is not a dirty word*, Presented at the 63<sup>rd</sup> Texas Counseling Association Conference, Fort Worth, Texas.
- Kaszynski, E. N.**, (September 2019), *Evaluating agencies and staff for trauma-informed care*, Presented at the Association for Assessment and Research in Counseling, San Antonio, Texas.
- Kaszynski, E. N.**, (February 14, 2019). *Demystifying first episode psychosis*. Adolescent Symposium 2019, Plano, Texas.
- Khosravi, S., Stephens, D., Pounce, E., **Kaszynski, E.** (November 2018), *Ways to talk and treat trauma in children*. 62<sup>nd</sup> Texas Counseling Association Professional Growth Conference, Dallas, Texas.
- Kaszynski, E. N.** & Snow, K., (January 31, 2018), *Ethical gatekeeping*. 3<sup>rd</sup> Annual Law and Ethics in Counseling Conference

2018, New Orleans, Louisiana.

### **Grant Funding**

---

**Kaszynski, E. N.**, (December 2021), Northern State University Center for Excellence in Teaching and Learning Grant, *Using Active Learning Technology to Enhance Skills Development of Counselors in Training*.

Schmit, E. L., Thomas, N., & **Kaszynski, E. N.**, (February 2019), TACES Research Grant, *The Effect of Suicide Prevention Training on Counseling Students' Perceived Competence*

Schmit, E. L., Thomas, N., & **Kaszynski, E. N.**, (September 2019), SACES Research Grant, *The Effect of Suicide Prevention Training on Counseling Students' Perceived Competence*

### **Professional Community Service Experience**

---

**Faculty Development Board** (2021-Current), **School of Education Recruitment & Retention Committee** (2021- Current), **Faculty Advisor, Student Organization (Active Minds at NSU)** 2021- Current, **Committee, TAMUC** (2020), **Doctoral Residency, TAMUC** including student interviews and marketing at conferences (2016-2019), **Plano ISD Head Start Community Advisory Committee** (2018-2019), **City House Community Shelter** (2018), Committee Member of **Collin County Homeless Coalition** (2017-2019), **Dallas Life Organization** (2014), **Kathlyn Joy Gilliam Collegiate Academy** (2014), **New Beginnings** (2014), **President, Graduate School Counseling Organization**, University of North Texas, (2013-2014)

### **Scholarships Awarded**

---

Graduate Teaching Assistant, 2020-21; Texas Counseling Association Educational Endowment 2020; Multi-Cultural Alumni Endowment Scholarship 2018-2019; McQuary Doctoral Endowment, Ruth Ann White Scholarship, William E. Truax Jr. Scholarship (Merit-based) 2017-2018

### **Certificates**

---

Hyflex Training Program, Northern State University	2021-2022
Trainer, Trauma Sensitive Schools, Region 10, Texas	2020
ANSA SuperUser	2019
ASIST Certified Trainer	2018 (Lapsed)
Cognitive Process Therapy (CPT)	2018
Cognitive Behavioral Therapy, <i>The Beck Community Initiative</i>	2017
Trauma Focused CBT (TF-CBT)	2016-2017
Campus Title IX Coordinator and Administrator, AtIXa, UT Arlington	2014
Human Resource Management, Collin County Community College	2004

### **Professional Training**

---

Hyflex Pedagogy Training Cohort and Certification, Northern State University	2022
Calm (Counseling on Access to Lethal Means) Train the Trainer, Zero Suicide, NTBHA	2020
Trauma Sensitive Schools, Train the Trainers/Coaches, HHSC, NTBHA	2020
Youth and Adult Mental Health First Aid, LifePath Systems	2019, 2020
Sandtray Therapy Institute, Level I and II with Dr. Steve Armstrong, RPT-S	2017
TF-CBT Learning Collaborative, Texas Children's Advocacy Center	2017
Safe Spaces, Diversity and Inclusion, Tarrant County College NE	2015
Franklin Covey Leadership Training	2015
Succession Planning and Career Development Program (Series)	2015
Rights of Survivors on Campus: Overview of Title IX & The Campus Save Act	2014
Analytical Play Therapy: Sand & Symbol & Trauma Informed Group Play with Dr. Eric Green, RPT-S	2014
Integrating Expressive Arts in Play with Adolescents with Dr. Jennifer Baggerly, RPT-S	2014
Filial Therapy: Increasing Attachment with Dr. Jennifer Baggerly, RPT-S	2014

### **Professional Affiliations**

---

American Counseling Organization, Southern Association for Counselor Educators and Supervisors, Texas Association for Counselor Educators & Supervisors (2019-Current), Texas Counseling Association (2018-Current)