

Mee-Gaik Lim, Ph.D, LPC, LMFT  
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### EDUCATIONAL BACKGROUND

- Aug, 86 - May, 91      Ph.D. in Marriage and Family Therapy,  
 Texas Woman's University, Denton, Texas.
- Aug, 84 - Jul, 86      Master of Arts in Marriage and Family Counseling,  
 Southwestern Baptist Seminary, Fort Worth, Texas.
- Jan, 80 - Dec, 83      Bachelor of Science in Counseling and Guidance,  
 University of Montevallo, Montevallo, Alabama.

### EMPLOYMENT BACKGROUND

**Date:** Aug, 23 - Present

**Title:** Ad Interim Faculty at Texas A & M University at Commerce, Commerce, Texas.  
 (CACREP)

**Responsibilities:**

- Teach graduate classes in the Counseling Department
- Serve on Scholarship Committee

**Date:** June, 04 – Current

**Title:** Faculty at Capella University, Minneapolis, Minnesota

**Responsibilities:**

- Coordinate doctoral comprehensive exam
- Teach graduate online classes in counselor education program
- Serve on dissertation committees
- Teach at clinical residencies/colloquiums
- Advisement and mentoring of graduate students
- Coordinate research and publication activities
- Serve on assessment and scholarship committee

**Date:** October, 98 – May, 04

**Title:** Director of Sponsored Programs at Texas A & M University, Corpus Christi, Texas

**Responsibilities:**

- Directed, administered, and marketed grant programs
- Program evaluation and assessment
- Developed guidance programs for public schools
- Supervision of practicum and intern students
- Advisement of graduate students
- Coordinated professional conference

Supervision of professional and support staff

**Date:** August, 93 - December, 97

**Title:** Assistant Professor in the Dept of Counseling at Texas A & M University at Commerce, Commerce, Texas. (CACREP)

**Responsibilities include:**

Taught graduate classes in the Counseling Department  
 Coordinated field placement for practicum/internship (school and community counseling)  
 Advisement of graduate and undergraduate students  
 Chaired doctoral comprehensive committee  
 Chaired doctoral dissertation committees  
 Coordinated annual professional conference  
 Editor of departmental newsletter—Personews

**Date:** January, 89 - August, 93

**Title:** Marriage and Family Therapist at Alcohol Treatment and Psychiatric Unit, Methodist Medical Center, Dallas, Texas.

**Responsibilities include:**

Conducted educational lectures for patients and families  
 Conducted individual, marital, family therapy and multifamily groups  
 Marketed services to agencies and organizations  
 Facilitated experiential activities for didactic groups  
 Designed biopsychosocial assessments

**Date:** January, 77 - April, 79

**Title:** Assistant Teacher at Canning Baptist Kindergarten, Ipoh, Malaysia.

**Responsibilities include:**

Wrote lesson plans  
 Designed and planned curriculum  
 Taught classes daily  
 Selected teaching materials  
 Designed bulletin boards

### **PRACTICUM/INTERNSHIP**

**Date:** August, 88 - May, 89

**Practicum:** Twin Lakes Psychiatric Hospital, Denton, Texas

**Responsibilities include:**

Facilitated multifamily groups, spirituality groups, family aftercare, patient aftercare, psychodrama, and codependency/process groups  
 Conducted educational seminars and ropes activities

**Date:** January, 88 - August, 88

**Practicum:** Marriage and Family Therapy Clinic, Denton, Texas

**Responsibilities include:**

Conducted individual, marital, and family therapy  
 Co-therapist in family therapy  
 Participated in individual and group supervision

**Date:** January, 85 - May, 86

**Practicum:** Southwestern Counseling Center, Fort Worth, Texas

**Responsibilities include:**

Conducted intake assessments  
 Conducted weekly groups

### YOUTUBE CHANNEL

**Date:** March, 2021-Present

**YouTube Channel:** Authentic Expressions

<https://www.youtube.com/channel/UC90taQ7PB05-9kAgEMpC2NQ>

### PUBLICATIONS

Book:

Finding Connection Within (2022). Balboa Press.

Refereed:

Canada, R. M., Lim, M. G., Cook, A., & Douglas, E. (submitted). Use of developmental stage models in counseling. Alabama Counseling Association Journal.

Lim, M.G., Harris, A., Canada, R.M., Caron, J., & Spokony, M. (2006). Promoting Parent-Child Attachment through Filial Therapy. EMonograph, 3(1), 1-19.

Billingsley, S., Lim, M.G., Caron, J., Harris, A., & Canada, R. M. (2005). Historical overview of marital and family success. Family Therapy, 32(1), 1-14.

Li, D., Canada, R. M., & Lim, M. G. (2000). The review of admission procedures of counselor education programs. Alabama Counseling Association Journal, 26, 33-40.

Littlefield, D., Lim, M. G., Canada, R. M., & Jennings, G. (2000). Common themes in long-term lesbian relationships. Family Therapy, 27, 71-79.

Guthrie, J. T., Canada, R. M., Lim, M. G., & Jennings, G. H. (1999). The development of a denial scale for male sexual offenders. Journal of Offender Rehabilitation, 29,

Tarver, D., Canada, R. M., & Lim, M. G. (1999). The relationship between job satisfaction and locus of control among college student personnel administrators and academic administrators. National Association of Student Personnel Administrators Journal, 36, 96-105.

Billingsley, S., Lim, M.G., Jennings, G.H., & Canada, R.M. (1998). Themes of long term marriages. Asian Journal of Psychology and Education, 31 (3/4), 19-24.

Goodrow, K. K., Lim, M. G., Murphy, S., & Eddy, J. (1998). A new metaphor: Individuals as the sculptors. In S. Murphy & J. Eddy (Eds.), Current Issues in Higher Education. University Press of America.

Goodrow, K. K., & Lim, M. G. (1998). Attachment theory applied to juvenile sex offenders. Journal of Offender Rehabilitation, 27, 149-165.

Hare, E., Canada, R.M., & Lim, M. G. (1998). Application of Bowen's theory with a conflictual couple. Family Therapy, 25, 221-226.

Hudspeth, D., Canada, R. M., Lim, M. G., & Jennings, G. (1998). The purpose in life and teenage pregnancy. Family Therapy, 25, 51-59.

Guthrie, J. T., Lim, M. G., Canada, R. M., & Jennings, G. H. (1997). Understanding denial in adult male incest offenders. Kentucky Counseling Association Journal, 16, 15-18.

Goodrow, K., Lim, M. G., Murphy, S., & Eddy, J. (1997). A new metaphor: Individuals as the sculptors. Journal of Instructional Psychology, 24, 191-195.

Goodrow, K., & Lim, M. G. (1997). Bowen theory in application: A case study of a couple intending to marry. Journal of Family Psychotherapy, 8, 33-42.

Lim, M. G., & Canada, R. M. (1997). A systems perspective of counseling supervision. Asian Journal of Psychology and Education, 48, 95-100.

Lim, M. G., & Jennings, G. (1996). Marital satisfaction of healthy differentiated and undifferentiated couples. The Family Journal, 4, 308-315.

Watts, R., Trusty, J., & Lim, M. G. (1996). The characteristics of healthy families: A brief model of systemic social interest. Canadian Journal of Adlerian Psychology, 261, 1-12.

Trusty, J., Watts, R., & Lim, M.G. (1995). Multidimensional self-concepts & achievement in African-American middle school students. Education, 115, 522-529.

Billingsley, S., Lim, M. G., & Jennings, G. (1995). Long-term marriages: Themes of satisfied marriages. Family Perspective, 29, 283-295.

Lim, M. G. (January, 1989 - January, 1990). "Family Forum" column for Dallas Chinese News, Dallas, Texas. Bi-monthly column include articles on family living, marital issues, parenting skills, single parenting, crisis management, and stress management.

## PRESENTATIONS

Apr, 2024

Presentation: Creative Group Activities To Help Teens Create Success Storylines. TX Asso of Marriage and Family Therapy, San Antonio, TX

Jul, 2021

Presentation: Creative group activities to help teens create successful storylines. Positive Youth Development Summer Session, Virtual Conference.

Mar, 2019

Presentation: The ethics of self-care for mental health professionals. San Antonio Behavioral Healthcare Hospital, San Antonio, TX

Nov, 2018

Presentation: "The impact of common traps, impasses, and emotional agendas on boundary setting with clients." San Antonio Council on Alcohol and Drug Awareness, San Antonio, TX

Oct, 2018

Presentation: "Teen Suicide Prevention." Northeast Independent School District, San Antonio, TX

Jun, 2018

Presentation: "Re-writing Scripts to Restore and Renew Couple and Family Relationships." Laurel Ridge, San Antonio, TX

Oct, 2017

Presentation: "Experiential Group Therapy Activities to Promote Mental Wellness in Families." Laurel Ridge, San Antonio, TX

Jun, 2017

Presentation: "Creative Intervention Techniques to Prescribe Change in Therapy." Laurel Ridge, San Antonio, TX

March, 2016

Presentation: "Traits of Healthy Families." Kin and Kids, Kuala Lumpur, Malaysia

Jan, 2016

Presentation: "Effective and Constructive Strategies to Work with LBGTQ Youths." Connections, New Braunfels, TX

Dec, 2015

Presentation: "Maintaining Life Balance in a Challenging Career." New Braunfels Bar Association, New Braunfels, TX

March, 2015

Presentation: “Reflecting Team Approach to Restore Hope and Construct Optimistic Outcomes in Couple and Family Therapy.” International Family Therapy Association, Kuala Lumpur, Malaysia

March, 2015

Presentation: “State of Systemic Training in Asia: The Perspective of Trainers Who Live Outside of Asia.” International Family Therapy Association, Kuala Lumpur, Malaysia

March, 2014

Presentation: “Utilization of Multigenerational Genogram, Movie Therapy, and Sculpting to Foster Closeness and Strengthen Communication Among Family Relationships.” Focus on the Family, Kuala Lumpur, Malaysia

March 2014

Presentation: “Creating Success Stories in Counseling.” Focus on the Family, Alor Setar, Malaysia

Sept 2013

Presentation: “Creative Guidance Activities to Strengthen Student Cohesion and Connection.” Director of Guidance Conference, Corpus Christi, TX

March 2013

Presentation: “Creating Success Stories in Counseling.” Focus on the Family, Kuala Lumpur, Malaysia

Jun 2012

Presentation: “Reflecting Team Approach to Restore Hope and Construct Optimistic Outcomes in Couple and Family Therapy.” Kin and Kids, Kuala Lumpur, Malaysia

Jun 2012

Presentation: “Creating Success Stories in Counseling.” Focus on the Family, Kuala Lumpur, Malaysia

March 2012

Presentation: “Re-writing Scripts to Restore and Renew Couple and Family Relationships.” Texas Association of Marriage and Family Therapy, Plano, TX

Feb 2012

Presentation: “Effective use of mind mapping techniques to construct change in supervision.” Texas Association of Counselor Education and Supervision, Austin, TX

Nov 2011

Presentation: “Creative Group Approaches to Strengthen Family Cohesion and Connection of At-Risk Families.” Texas Counseling Association, Ft Worth, TX

Oct 2011

Presentation: “Reviving Play and Humor in Therapy.” Austin Association of Marriage and Family Therapy, Austin, TX

Sept 2011

Presentation: “Re-writing Scripts to Restore and Renew Couple and Family Relationships.” Taylor’s University, Kuala Lumpur, Malaysia.

Jun 2011

Presentation: “Creative Intervention Techniques to Prescribe Change in Couple and Family Therapy.” Kinterlink, Kuala Lumpur, Malaysia.

Jun 2011

Presentation: “Use of Circular Questioning to Prescribe Change in Couple And Family Counseling.” Focus on the Family, Kuala Lumpur, Malaysia.

Jun 2011

Presentation: “Roadmaps to Building Healthy Parent-Teen Communication.” Focus on the Family, Kuala Lumpur, Malaysia.

Jun 2011

Presentation: “Building Strong Leadership Skills in Teens.” Full Gospel Assembly, Kuala Lumpur, Malaysia.

Aug 2010

Presentation: “Supervision of couples and family cases.” Help University, Kuala Lumpur, Malaysia.

Aug 2010

Presentation: “Success Focused Counseling.” Focus on the Family, Kuala Lumpur, Malaysia

Sept 2009

Presentation: “Effective Structural techniques to work with couples and family.” Help University, Kuala Lumpur, Malaysia.

Sept 2009

Presentation: “Building Blocks to Strengthen Couple, Family, and Group Counseling Skills.” Focus on the Family, Kuala Lumpur, Malaysia

Nov 2008

Presentation: “Effective Play Approaches to Strengthen Family Cohesion of At-Risk Families” at 52<sup>nd</sup> Annual Professional Growth Conference in Houston, TX.

Nov, 2007

Presentation: “Creative Play Approaches to Strengthen Family Cohesion and Connection.” Texas Counseling Association, Corpus Christi, TX.

Mar, 2007

Presentation: "Play-centered Approaches to Strengthen Attachment Bonds Between Foster Parents and Children." American Counseling Association, Detroit, MI.

November, 2006

Presentation: "Interactive Groups to Strengthen and Nurture Healthy Family Bonding." Texas Counseling Association, San Antonio, Texas.

July, 2006

Presentation: "Strengthening Family Communication in Families Confronted with Mental Illness." Malaysian Mental Health Association, Kuala Lumpur, Malaysia.

January, 2006

Presentation: "Proactive and Preventive Education to Strengthen the Mind, Body and Spirit of At-Risk Families." Texas Association for Marriage and Family Therapy, Houston, Texas.

June, 2005

Presentation: "Interactive Activities to Strengthen Healthy Family Bonding and Functioning." Family Resource and Training Center, Singapore.

December, 2003

Presentation: "Structure Activities for Groups." Coastal Bend Marriage and Family Therapy Association, Corpus Christi, Texas.

December, 2002

Presentation: "Coping with Depression During the Holidays." U.S. Coast Guards, Naval Air Station, Corpus Christi, Texas.

June, 2002

Presentation: "Filial Therapy." Coastal Bend Play Therapy Association, Corpus Christi, Texas.

April, 2000

Presentation: "Stress Management and Relaxation Techniques." Texas A&M University--Corpus Christi, Texas.

August, 1998

Presentation: "Creative Experiential Activities for Conducting Groups." Corpus Christi Independent School District, Corpus Christi, Texas.

April, 1998

Presentation: "Media in Family Therapy." Coastal Bend Marriage and Family Therapy Association, Corpus Christi, Texas.

November, 1997

Presentation: "Solution-focused Brief Therapy with Asians." Texas Counseling Association, San Antonio, Texas.



November, 1997

Presentation: "Working With Multiple Ethical Codes." Texas Counseling Association, San Antonio, Texas.

March, 1997

Presentation: "Multicultural Tapestry." Texas Association of Multicultural Counseling and Development, Dallas, Texas.

April, 1996

Presentation: "Family-of-Origin Supervision: Supervisor/Supervisee Relationship." Murphy Day Conference, Commerce, Texas.

February, 1996

Panel Chair: "Evolving Roles of Women." Women's Symposium, East Texas State University, Commerce, Texas.

November, 1995

Presentation: "Themes of Long-term Satisfied Marriages." Rotary Meeting, Commerce, Texas.

March, 1995

Workshop: "Family Transitions." Southeastern Oklahoma State University, Durant, Oklahoma.

October, 1994

Presentation: "Family Transitions: Turning Problems into Family Strengths." Dallas Group Psychotherapy Society, Dallas, Texas.

March, 1994

Seminar: "Validating Ethnic Differences." Dallas Association for Marriage and Family Therapy, Dallas, Texas.

January, 1994

Institute: "Transgenerational Family Therapies." Texas Association for Marriage and Family Therapy Annual Conference, San Antonio, Texas.

January, 1994

Networking Luncheon Chair: "Family of Origin Therapy." Texas Association for Marriage and Family Therapy Annual Conference, San Antonio, Texas.

January, 1993

Institute: "Turning Family Transitions into Strengths." Texas Association for Marriage and Family Therapy Annual Conference, Houston, Texas.

January, 1992

Presentation: "Creative, Healthy Family Education for Families in Treatment." Texas Association for Marriage and Family Therapy Annual Conference, San Antonio, Texas.

May, 1991

Workshop: "Treatment of Asian Family System with Chemical Dependency." Texas Commission on Alcohol and Drug Abuse, Austin, Texas.

January, 1990

Presentation: "Freeing Clients from Transgenerational Myths." Texas Association for Marriage and Family Therapy Annual Conference, San Antonio, Texas.

March, 1990

Presentation: "Cultural Aspects in Student Assistant Programs." Southwest Student Assistant Conference, Dallas, Texas.

April, 1990

Presentation: "Intervention in Transgenerational Family Myths." Texas Council on Family Relations, Denton, Texas.

#### **NON-REFERRED ARTICLE**

Mee-Gaik Lim (Spring/Summer, 2015). The direction of your life: Confidently pursue your passion. Moxie, 38-40.

#### **PROGRAM REVIEW**

February, 2011

Program Review for American Council of Education: Straighter Line Program

#### **GRANTS**

January, 2014

Grant award of \$3,000 to "MAC Program." Grant awarded by Mitchell Foundation

March, 2014

Grant award of \$5,000 to "MAC Program." Grant awarded by New Braunfels MHMR.

Nov, 2013

Grant award of \$1,000 to "MAC Program." Grant awarded by New Braunfels MHMR.

March, 2004

Grant award of \$45,000 for CIS Star." Grant awarded by Texas Dept of Protective and Regulatory Services.

October, 2003

Grant award of \$9,000 for "Texas 21<sup>st</sup> Century Community Learning Center." Grant awarded by Texas Education Agency.

October, 2003

Grant award of \$16,000 for "Rural Adoption Partnerships" (five-year award). Grant awarded by Dept of Health and Human Services.

June, 2003

Grant awarded of \$15,000 for "Parent Enrichment Seminars." Grant awarded by Ed Rachal Foundation.

October, 2001

Grant award of \$550,000 for "Proactive and Preventive Programs to Promote Family Connections and Healthy Interactions Through Knowledge for At-Risk and Low Income Bilingual Families." Grant awarded by the US Dept of Health and Human Services.

October, 1996

Grant award of \$400 for research on "Development of Racial Identity Scale."

March, 1996

Grant award of \$400 for research on "Measurement of Family of Origin Differentiation."

February, 1995

Grant award of \$350 for research on "Common Themes in Long-Term Non-Racial Minority Relationships."

October, 1994

Grant award of \$400 for research on "Long Term Marriages: Themes of Satisfied Marriages."

February, 1994

Grant award of \$500 for research on "Family of Origin Differentiation and Marital Satisfaction of Couples in Four Age groups."

#### UNIVERSITY COMMITTEES

2002	Committee Member	Education Summit (CCISD)
2000	Co-Chair	Fall Welcome Week Committee
2000	Committee Member	Cultural Issues and Diversity Committee
2000	Committee Member	Student Leadership Committee
1999 - Present	Committee Member	Freshmen Orientation Committee
1999	Committee Member	Health Advisory Committee
1997 - 1997	Committee Member	Research and Grant Committee
1996 - 1997	Chair	International Student Advisory Committee
1994 - 1997	Committee Member	Human Subjects Review Committee
1994 - 1997	Committee Member	Multicultural Festival Committee
1993 - 1997	Faculty Advisor	Chinese Student Organization

1996 - 1997	Committee Member	Awards Committee
1996	Committee Member	Honors Committee
1995	Committee Member	Women's Symposium Committee
1994	Committee Member	Academic Practice Committee

### **LICENSE AND CERTIFICATION**

Licensed Professional Counselor (Approved Supervisor)  
 Licensed Marriage and Family Therapist (Approved Supervisor)  
 Approved Supervisor, American Association for Marriage and Family Therapy  
 Clinical Member of American Association for Marriage and Family Therapy  
 Member, Texas Association of Marriage and Family Therapy

### **AWARDS AND HONORS**

1992	AAMFT Minority Supervision Stipend
1987-1989	Competitive Academic Scholarship
1985	International Peace Scholarship Award
1985	Grace Foundation Award
1983	Phi Beta Kappa Award
1983	Golson Scholars Award
1982-1983	National Dean's List

### **EDITORIAL BOARD**

2006-2010	Editorial member of Journal of Humanistic Counseling, Education, and Development
2006-2010	Editorial member of American Counseling Association Publication Committee
2005-2008	Editorial board of EMonograph
2005	Manuscript review: Internet Safety for Kids in Asia (McGraw-Hill)
1996-1997	Ad Hoc Editor of Journal of Family Psychotherapy
1994-1995	Associate Editor of Family Perspective

### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

American Counseling Association  
 American Association of Marriage & Family Therapy  
 Texas Association of Marriage & Family Therapy  
 Texas Counseling Association  
 Dallas Association of Marriage & Family Therapy  
 Northeast Texas Counseling Association

### **PROFESSIONAL ACTIVITIES**

2002- 2003	Ad Hoc Member, Dept of Protective and Regulatory Services, Corpus
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Christi, TX

2001-2003 Board Member, Turning Point Counseling Center, Corpus Christi, TX

1996-1997 Chair of Political Action Committee, Texas Association for Marriage and Family Therapy, TX

1996-1997 Secretary, Dallas Asso for Marriage and Family Therapy, Dallas, TX

### REFERENCES

Joan Strutton, Ph.D., LPC-S  
Associate Professor  
East Texas Baptist University  
849 FM 1841  
Linden, TX

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[jstrutton@etbu.ecu](mailto:jstrutton@etbu.ecu)

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(936) 439-9414 (H)  
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### CLASSES TAUGHT AT UNDERGRADUATE AND GRADUATE LEVEL

Family Therapy Theory and Methods

Marriage and Family Theory and Practice

Introduction to Marriage and Family Therapy

Group Counseling and Clinical Applications in Marriage and Family Therapy

Family Lifespan

Child Guidance and Therapy

Communication in Marriage and the Family

Adolescent Psychology

Communication in Marriage and the Family

Group Procedures in Counseling and Guidance

Introduction to Counseling

Introduction to Marriage and Family Therapy

Introduction to Psychology

Practicum/Internship