



Donna L. Hickman

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Department of Counseling
Texas A&M University-Commerce
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Curriculum Vita last updated: April 8, 2021

EDUCATION

PhD Counselor Education & Supervision, Texas A&M University-Commerce
CACREP accredited
2017-2020

Dissertation Title: The Impact of Role Ambiguity, Stress, and Burnout on Professional
Elementary School Counselors

MS Counseling, Texas A&M University-Commerce
CACREP accredited
2004-2007

BS Elementary Education, Langston University-Tulsa
1995-1997

LICENSURE

Licensed Professional Counselor (LPC) Texas, #81395
National Certified Counselor (NCC), #1000364

CERTIFICATIONS

State Board for Educator Certification
School Counselor (EC-12)
Classroom Teacher (1-8)

TEACHING EXPERIENCE

Texas A&M University-Commerce (August 2019-present)

Courses Taught:

Undergraduate Level

Introduction to the Counseling Profession (COUN 301)

Philosophy of the Helping Relationship (COUN 315)

Introduction to Counseling Theories/Methods (COUN 410)

Career Development (COUN 412)

Introduction to Family Counseling (COUN 414)

Master's Level:

Introduction to the Counseling Profession (COUN 501)

Counseling Theories & Techniques (COUN 510)

School Counseling & Development (COUN 514)

Counseling Children & Adolescents (COUN 534)

Courses Co-Taught:

Master's Level

School Counseling & Development (COUN 514)

Advanced Counseling Skills (COUN 548)

Practicum (COUN 551)

Internship (COUN 552)

Invited Guest Lecturer:

Master's Level

Research Literature and Techniques (COUN 595)

Orientation to the Counseling Profession (COUN 301)

Criswell College (May 2019)

Invited Guest Lecturer:

Master's Level

Psychopathology

SUPERVISION EXPERIENCE

Texas A&M University-Commerce (January 2019-May 2019)

- Provided individual supervision to master's level counselors

Frisco Independent School District (2015-2019)

- Provided individual supervision and mentoring to beginning school counselors

COUNSELING EXPERIENCE

School Counselor, Frisco Independent School District (2006-2019)

Frisco, TX

- Individual and small group counseling
- K-5 classroom guidance
- Consultation with parents, teachers, administrators, and staff
- District crisis response team member
- Olweus bullying prevention committee member
- Campus testing coordinator (STAAR, Cogat, ITBS)
- Campus 504 coordinator
- At-risk and Title 1 identification
- Kindergarten acceleration and Credit by Exam testing
- Parent education facilitator
- Refer families to community resources
- District Improvement Team member
- New counselor mentor
- Red Ribbon Week (drug prevention) coordinator
- College Week coordinator

Harold Murphy Counseling Center (2017-2018)

McKinney, TX

- Individual counseling with children, adolescents, and adults
- Utilized person-centered therapy with clients
- Incorporated activity therapy and expressive arts techniques

New Perspectives Counseling Services (2014-2016)

Frisco, TX

- Individual counseling with children, adolescents, and adults
- Utilized person-centered therapy with clients
- Incorporated activity therapy and expressive arts techniques
- Provided crisis intervention

Crossroads Child and Adolescent Counseling (2012-2014)

Frisco, TX

- Individual counseling with children, adolescents, and adults
- Utilized person-centered therapy with clients
- Incorporated activity therapy and expressive arts techniques
- Provided crisis intervention

PRESENTATIONS

Refereed International

Mathews, R. L., **Hickman, D.**, & Brashear, C. (September 2020). *Superheroes wear masks: Building resiliency & self-compassion in clients and ourselves during COVID-19*. Presented at the annual European Branch of the American Counseling Association Conference (virtual).

Mathews, R. L., **Hickman, D.**, & Brashear, C. (September 2020). *When we are all in the storm: Counselor experiences with self-compassion & resiliency during COVID-19*. Presented at the Irish-American Conference on Counseling, Supervision, & Training During COVID-19 (virtual).

Refereed National

Brashear, C., **Hickman, D.**, & Mathews, R. L. (December 2019). *Nature walk sandtray: Utilizing natural elements as sandtray miniatures*. Presented at the annual conference for the Association of Creativity in Counseling, Clearwater, FL.

Hickman, D., & Bell, A. (April 2021). *Self-care for counselors: Luxury or ethical mandate?*. Presented at the New Jersey Counseling Association Annual Conference (virtual).

Hickman, D., Mathews, R. L., & Jambon, M. (April 2021). *Crucial conversations: Confronting the issue of mental health in graduate school*. Presented at the Chicago School of Professional Psychology Clinical Mental Health Counseling and Beyond 4th Annual Conference (virtual).

Hickman, D., & Mathews, R. (February 2020). *Counselor self-care: Luxury or ethical mandate?* Presented at the annual Law and Ethics in Counseling Conference, New Orleans, LA.

Hickman, D., Mathews, R., & Brashear, C. (December 2019). *Creative self-care for counselors: Luxury or ethical mandate?* Presented at the annual conference for the Association of Creativity in Counseling, Clearwater, FL.

Hickman, D., Mathews, R. L., Thomas, N., & Brashear, C. (September 2020). *Zoom zest: Online engagement strategies for K-5 students*. Presented at the annual conference for the Association of Creativity in Counseling (virtual).

Mathews, R. L., **Hickman, D.**, & Jambon, M. (April 2021). *Finding peace in the storm: A crash course in self-compassion*. Presented at the Chicago School of Professional Psychology Clinical Mental Health Counseling and Beyond 4th Annual Conference (virtual).

Mathews, R. L., & **Hickman, D.** (September 2020). *Ethics in research for extraordinary times: Lessons learned and future implications*. Presented at the annual conference for the Association for Assessment and Research in Counseling (virtual).

Mathews, R., & **Hickman, D.** (February 2020). *Resolving values-based conflict: Ethical considerations and application*. Presented at the annual Law and Ethics in Counseling Conference, New Orleans, LA.

Mathews, R., Brashear, C., Schmit, E., & **Hickman, D.** (October 2019). *How do I do this?!: A guide to survive and thrive as a part-time doctoral student in a counselor education program*. Presented at the bi-annual meeting of the Association for Counselor Education and Supervision in Seattle, WA.

Mathews, R. L., Brashear, C., Thomas, N., & **Hickman, D.** (September 2020). *Superheroes wear masks: Using creativity to build resiliency & self-compassion during COVID-19*. Presented at the annual conference for the Association of Creativity in Counseling (virtual).

Schmit, M., Schmit, E., **Hickman, D.**, & Silveus, S. (April 2021). *Communication and collaboration: The inner workings of integrated care treatment*. Presented at the annual conference of the American Counseling Association (virtual).

Schmit, M., **Hickman, D.**, Watson, J., Schmit, E., & Silveus, S. (October 2019). *Using profile analysis in counseling outcome research*. Presented at the bi-annual meeting of the Association for Counselor Education and Supervision in Seattle, WA.

Thomas, N., **Hickman, D.**, Mathews, R. L., & Brashear, C. (September 2020). *Multicultural competence in telehealth: Creatively ensuring privacy, security, and sensitivity*. Presented at the annual conference for the Association of Creativity in Counseling (virtual).

Refereed State

Armstrong, S., Brashear, C., Hawkins, J., & **Hickman, D.** (November 2018). *Sandtray in the schools: Effective interventions with children and adolescents*. Presented at the Texas Counseling Association Professional Growth Conference, Dallas, TX.

Brashear, C., **Hickman, D.**, Mathews, R., & Thomas, N. (2021). *Simple, creative, strategies for connecting with life*. Presented at the Texas Association for Counselor Education and Supervision Conference (virtual).

Ehteshami, F. & **Hickman, D.** (November 2018). *The use of five love languages to resolve dysfunctional relationships in couples therapy*. Presented at the Texas Counseling Association Professional Growth Conference, Dallas, TX.

Hickman, D., Mathews, R., Thomas, N., & Brashear, C. (February 2021). Beyond breakout rooms: A humanistic approach to online counselor education. Presented at the Texas Association for Counselor Education and Supervision Conference (virtual).

Hickman, D., & Kaszynski, E. (February 2021). *Zoom Zest! Online Engagement Strategies for K-5 Students*. Presented at the Texas School Counselor Association Professional School Counselor Conference (virtual).

Hickman, D., & Mathews, R. (February 2020). *It's a Marathon, Not a Sprint: Factors that Influence Doctoral Students to Complete their PhD Programs*. Presented at the Texas Association for Counselor Education and Supervision Mid-Winter Conference, San Antonio, TX.

Hickman, D., Mathews, R., & Pearson, K. (March 2019). *Bridging the gap: Preparing LPC-Supervisors to effectively supervise school counselor interns*. Presented at the Texas Association for Counselor Education and Supervision Mid-Winter Conference, Dallas, TX.

Mathews, R., & **Hickman, D.** (February 2020). *Suicide Prevention: How school and community counselors can help save lives*. Presented at the Texas Association for Counselor Education and Supervision Mid-Winter Conference, San Antonio, TX.

Schmit, M., Schmit, E., & **Hickman, D.** (February 2019). *Mastering the Statistical Package for the Social Sciences: Basic and advanced strategies*. Presented at the Texas Association for Counselor Education and Supervision Mid-Winter Conference, Dallas, TX.

Schmit, M., Silveus, S., & **Hickman, D.** (November 2019). *Remembering the basic principles of counseling when treating persons with addictions*. Presented at the Texas Counseling Association Conference in Fort Worth, TX.

Schmit, M., Silveus, S. & **Hickman, D.** (May 2019). *Ethical considerations in counseling practice*. Presented at the Dallas Metro Counseling Association Spring Conference, Dallas, TX.

Thomas, N., Brashear, C., **Hickman, D.**, & Mathews, R. (February 2021). *Relationship is key: The role of mentorship in bridging divisions and gatekeeping*. Presented at the Texas Association for Counselor Education and Supervision Conference (virtual).

Local & Community

Mathews, R., & **Hickman, D.** (February 2019). *How do I do this?!: How to survive as a part-time graduate student*. Presented at the Texas A&M University-Commerce Doctoral Student Midwinter Workshop, Mesquite, TX.

Workshops & Trainings

Hickman, D. (August 2019). *Social and emotional learning*. Presented at Furr Elementary, Prosper Independent School District, Prosper, TX.

Kaszynski, E., & **Hickman, D.** (February 2021). *Self-care savvy: Tips for integrating self-care into your classroom*. Presented at the 2021 Region 10 Education Service Center College, Career, and Military Readiness Conference (virtual).

PUBLICATIONS

In Preparation

Thomas, N., Mathews, R., Brashear, C., & **Hickman, D.** *Amplifying BIPOC Voices: A mixed methods study of telebehavioral health perceptions*. (Stage: Data collection).

GRANT FUNDING

Hickman, D., & Mathews, R. L. (2021). *Strengthening counselor competency & self-efficacy in telehealth suicide assessment for children and adolescents*. Grant proposal submitted to the Association of Child and Adolescent Counseling (ACAC). (pending)

Hickman, D., Mathews, R. L., Thomas, N., & Brashear, C. (2021). *ACTION! Empowering BIPOC communities with telehealth advocacy*. Grant proposal submitted to Counselors for Social Justice (CSJ). (pending)

Mathews, R. L., Thomas, N. L., Brashear, C., & Hickman, D. (2021). *Amplifying BIPOC voices: From advocacy to action*. Grant provided by American Counseling Association Foundation (ACAF). (Fully funded at \$500).

Thomas, N., Mathews, R. L., Brashear, C., & Hickman, D. (2020). *Amplifying BIPOC voices: A mixed methods study of telebehavioral health perceptions*. Grant provided by Association for Assessment and Research in Counseling (AARC). (Partially funded at \$2,000).

HONORS AND AWARDS

Third Place, 2020 ACA Graduate Student Ethics Competition (Doctoral Level)

Honorable Mention, 2019 ACA Graduate Student Ethics Competition (Doctoral Level)

PROFESSIONAL SERVICE

Program Reviewer, Association for Counselor Education and Supervision
April 2021

Secretary, Northern Metro Counseling Association (local chapter of TCA)
July 2020-June 2021

Member, Texas Counseling Association Wellness Committee
July 2020-June 2021

Program Reviewer, Texas Counseling Association Conference
June 2020

Program Reviewer, Texas Association for Counselor Education & Supervision Conference
December 2019

Volunteer, Texas Association for Counselor Education & Supervision Booth
November 2019

Committee Member, Doctoral Program Interviews
Texas A&M University-Commerce, October 2019

Program Reviewer, Association for Specialists in Group Work Conference
August 2019

Co-Coordinator, Doctoral Student Winter Workshop
Texas A&M University-Commerce, February 2019

Co-Coordinator, Texas Counseling Association Booth
Texas A&M University-Commerce, November 2018

Committee Member, Master's Program Interviews
Texas A&M University-Commerce, June 2018

PROFESSIONAL AFFILIATIONS

American Counseling Association
American School Counselor Association
Association for Child and Adolescent Counseling
Association for Counselor Education and Supervision
Northern Metro Counseling Association
Texas Association for Counselor Education and Supervision
Texas Counseling Association
Texas School Counselor Association