
Heather C. Trepal

Associate Dean for Academic Programs and Student Success
College of Education and Human Development

Professor

Department of Counseling
The University of Texas at San Antonio
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San Antonio, Texas 78249
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Educational Background

- 2003* Doctor of Philosophy, Counseling and Human Development Services, Kent State University (CACREP-accredited)
- Dissertation: Adolescents' perceptions of their pregnancy: A Q-methodological study
- 1998* Master of Education, Community Counseling, Cleveland State University (CACREP-accredited)
- 1994* Bachelor of Arts, English, The Ohio State University

Academic Leadership Positions

- August 2022-Present Associate Dean for Academic Programs and Student Success
College of Education and Human Development
University of Texas at San Antonio
- January 2023-
May 2023 Interim Department Chair
Department of Counseling
University of Texas at San Antonio
- September 2021-
May 2022 Faculty Fellow, The Graduate School
University of Texas at San Antonio
- August 2009-
June 2022 Graduate Advisor of Record, Department of Counseling
University of Texas at San Antonio
- August 2009-
June 2022 Program Coordinator, Clinical Mental Health Counseling
Department of Counseling,
University of Texas at San Antonio

Academic Positions

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|----------------------------|---|
| August 2017-present | Professor, Department of Counseling, University of Texas at San Antonio, San Antonio, Texas |
| August 2010-2017 | Associate Professor, Department of Counseling, University of Texas at San Antonio, San Antonio, Texas |
| August 2004-2010 | Assistant Professor, Department of Counseling, University of Texas at San Antonio, San Antonio, Texas |
| January 2003-December 2003 | Adjunct Instructor, Department of Counseling, Youngstown State University, Youngstown, Ohio |
| August 2000-July 2004 | Adjunct Instructor, Department of Adult, Counseling, Health and Vocational Education, Kent State University, Kent, Ohio |
| January 2001-May 2003 | Adjunct Instructor, Northeastern Ohio Universities College of Northeastern Ohio Universities College of Medicine. Rootstown, Ohio |

Related Professional Employment

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| Aug 2003-March 2004 | Counselor, Private Practice, Dr. Diane E. Smith & Associates, Stow, Ohio |
| Aug 2001-May 2003 | Counselor, Baldwin-Wallace College, Health and Counseling Services, Berea, Ohio |
| Oct 2002-June 2004 | Research Assistant, Stress, Coping, and Well-Being of Custodial Grandparents Project, School of Family and Consumer Studies, Kent State University, Kent, Ohio |
| Jul 2001-Nov 2002 | Counselor, Rape Crisis Program, YWCA of Summit County, Akron, Ohio |
| Mar 2000-Jun 2001 | Researcher, COPS Grant, City of South Euclid, Lyndhurst, Ohio |
| Aug 2000-May 2001 | Teaching Fellow, Adult, Counseling, Health and Vocational Education Department, Kent State University, Kent, Ohio |
| Aug 1998-Aug 2000 | Teaching Fellow/Student Coordinator, Counseling and Human Development Center, Kent State University, Kent, Ohio |

Aug 2000-
May 2001 Doctoral Counseling Intern, Baldwin-Wallace College, Health
and Counseling Services, Berea, Ohio

Aug 2000-
Jan 2001 School-Based Consultant, Portage Children's Center,
Ravenna, Ohio

Jul 1997-
Aug 1998 Family Therapist, Marycrest Intensive In-Home Family
Services, E. Cleveland, Ohio

Aug 1997-
Aug 1998 Counseling Intern, Beech Brook Youth and Family Clinic,
Shaker Heights, Ohio

Nov 1996-
July 1997 Program Manager, The Women's Center of Cleveland
Healthcare for the Homeless, Cleveland, Ohio

Oct 1995-
Jul 1996 House Manager, Huckleberry House,
Columbus, Ohio

Sept 1995-
Jan 1996 Intern, Rosemont Residential Treatment Center,
Columbus, Ohio

Licensure

Licensed Professional Counselor (LPC) and board approved supervisor (Texas # 19196)

Awards and Honors

2022 Outstanding Graduate Advisor of Record, College of Education and Human
Development, UTSA Graduate School Excellence Awards

2021 American Counseling Association (ACA) Fellow

2021 University of Texas Kenneth I. Shine Academy of Health Science
Education Judith Drews Innovation Award - Program for the Integrated Training
of Counselors in Behavioral Healthcare (PITCH) – 2nd place

2019 University of Texas at San Antonio President's Outstanding Achievement Award
for Innovation and Impact – Program for the Integrated Training of Counselors in
Behavioral Healthcare (PITCH)

2016 Association for Assessment and Research in Counseling/CORE Outstanding
Outcome Research Award

- 2016 American Counseling Association (ACA) Presidential Award
- 2015 Association for Creativity in Counseling (ACC) Thelma Duffey Vision and Innovation Award
- 2015 Texas Association for Counselor Education and Supervision (TACES) Advocacy Award
- 2015 Association for Adult Development and Aging (AADA) - *Adultspan* Journal Award
- 2014 Dr. Dwight D. Arnold Outstanding Alumnus Award– Kent State University, Department of Counseling and Human Development Service Program
- 2012 Association for Counselor Education and Supervision (ACES) – Outstanding Article in *Counselor Education and Supervision*
- 2011 Texas Counseling Association (TCA) Distinguished Service Award
- 2010 Texas Counseling Association (TCA) Research Award
- 2009 Association for Counselor Education and Supervision (ACES) Professional Leadership Award
- 2008 Southern Association for Counselor Education and Supervision (SACES) Emerging Leader Fellow
- 2006 Association for Creativity in Counseling (ACC) Professional Leadership Award
- 2005 Chi Sigma Iota (CSI) International Outstanding Research Award
- 2004-2005 Chi Sigma Iota Upsilon Nu Chi Chapter Outstanding Research Award
- 2000 Outstanding Faculty Instructor, College of Education, Kent State University, University Orientation

Research/Scholarly/Creative Activities Summary

Books

- Wester, K., & Trepal, H. (2017). *Non-suicidal self-injury: Wellness perspectives on behaviors, symptoms, and diagnosis*. Taylor & Francis Press.
- Wester, K., & Trepal, H. (2020). *Non-suicidal self-injury: Wellness perspectives on behaviors, symptoms, and diagnosis*. Taylor & Francis Press. (Korean translation)

Refereed Publications

- Ogbeide, S., Trepal, H., Lloyd-Hazlett, J., & Ingram, M. (2022). Assessing counseling student self-reported competencies in primary care behavioral health. *Families, Systems, & Health, 40*(4), 508-512. <https://psycnet.apa.org/doiLanding?doi=10.1037%2Ffsh0000744>
- Trepal, H., Castellon, N., Kurz, I., Morgan, A., & Contreras, J. (2022). Mi identidad and my privilege: The experiences of females of Mexican descent studying abroad in Mexico. *Journal of Multicultural Counseling and Development, 50*, 172-182.* <https://onlinelibrary.wiley.com/doi/10.1002/jmcd.12265>
- Preston, J., Trepal, H., Morgan, A., Jaques, J., Smith, J., & Field, T. (2020). Elements of a high quality doctoral program in counselor education and supervision. *The Professional Counselor, 10* (4), 453-471. doi:10.15241/jp.10.4.453*
- Lloyd-Hazlett, J., Knight, C., Ogbeide, S., Trepal, H., & Blessing, N. (2020). Strengthening the behavioral health workforce: Spotlight on PITCH. *The Professional Counselor, 10* (3), 306-317. doi:10.15241/jlh.10.3.306*
- Peters, H., Luke, M., Bernard, J., & Trepal, H. (2020). Socially just and culturally responsive leadership within counseling and counseling psychology: A grounded theory investigation. *The Counseling Psychologist, 48* (7), 953-985.*
- Singh., A., Appling, B., & Trepal, H. (2020). Using the ACA multicultural and social justice counseling competencies to decolonize counseling practice: The important roles of theory, power, and action. *Journal of Counseling & Development, 98* (3), 261-271.
- Trepal, H., Cannon, Y., & Garcia, J. (2020). Using photovoice to promote body image resilience in college women. *Journal of College Counseling, 23* (1), 44-56.*
- Roberts, E. A., Comeau, J. K., Van Asselt, K. W., & Trepal, H. C. (2019). School counselors' experiences and practices of working with adolescents who self-harm. *Journal of School Counseling, 17*(17). Retrieved from <http://www.jsc.montana.edu/articles/v17n17.pdf>*
- Haiyasoso, M., & Trepal, H. (2019). Survivors' stories: Navigating parenthood after surviving child sexual abuse. *Journal of Counseling & Development, 97* (3), 281-292. doi: 10.1002/jcad.12268 *
- Avent Harris, J., Trepal, H., Prado, A., & Robinson, J. (2019). Women counselor educators' experiences with microaggressions. *Journal of Counselor Preparation*

and Supervision, 12(2). Retrieved from
<https://repository.wcsu.edu/jcps/vol12/iss2/2> *

- Trepal, H., Tello, A., Haiyasoso, M., Castellon, N., Garcia, J., & Martinez-Smith, C. (2019). Supervision strategies used to support Spanish-speaking bilingual counselors. *Teaching and Supervision in Counseling*, 1(1), Article 3. Available at: <https://trace.tennessee.edu/tsc/vol1/iss1/3> *
- Wester, K., Trepal, H., & King, K. (2018). Nonsuicidal self-injury: Increased prevalence in engagement. *Suicide and Life-Threatening Behavior*, 48 (6), 690-698. doi:10.1111/sltb.12389*
- Kress, V., Haiyasoso, M., Zoldan, C., Headley, J., & Trepal, H. (2018). The use of relational-cultural theory in counseling clients who have traumatic stress disorders. *Journal of Counseling & Development*, 96, 106-114. *
- Wilson, A., Robertson, D., Stark, M., & Trepal, H. (2017). Perspectives from Texas faculty in non-CACREP programs. *Journal of Professional Counseling: Practice, Theory, and Research*, 44 (1), 1-13.
- Lawson, G., Trepal, H., Lee, R., & Kress, V. (2017). The evolution of a profession: Advocating for the infusion of increased educational standards into counselor licensure laws. *Counselor Education and Supervision*, 56, 162-176.
- Duffey, T., & Trepal, H. (2016). Introduction to the special section on relational-cultural theory. *Journal of Counseling & Development*, 94 (4), 379-382.
- Trepal, H., & Duffey, T. (2016). Everything has changed: An interview with Judy Jordan. *Journal of Counseling & Development*, 94 (4), 437-441.
- Wester, K., Downs, H., & Trepal, H. (2016). Factors linked with increases in non-suicidal self-injury: A case study. *Counseling Outcome Research and Evaluation*, 1-18. doi: 10.1177/2150137816632849
- Article was recognized with the Association for Assessment and Research in Counseling (AARC)/CORE Outstanding Outcome Research Award
- Myers, J., Trepal, H., Ivers, N., & Wester, K. (2016). Wellness of counselor educators: Do we practice what we preach? *Journal of Counselor Leadership and Advocacy*.
- Haskins, N.H., Daigle, J., Sewell, C., Crumb, L., Appling, B., & Trepal, H. (2016). The intersectionality of African American mothers in counselor education: A phenomenological examination. *Counselor Education and Supervision*, 55, 60-75. doi: 10.1002/ceas.12033
- Wester, K., Ivers, N., Villalba, J., Trepal, H., & Henson, B. (2016). The

- relationship between non-suicidal self-injury and suicidal ideation. *Journal of Counseling & Development*, 94, 3-12. doi: 10.1002/jcad.12057
- Trepal, H., Wester, K., & Merchant, E. (2015). A cross-sectional matched sample study of non-suicidal self-injury among young adults: Support for interpersonal and intrapersonal factors, with implications for coping strategies. *Child and Adolescent Psychiatry and Mental Health*, 9:36. doi: 10.1186/s13034-015-0070-7*
- Reybold, L.E., Konopasky, A.W., Trepal, H., & Haberstroh, S. (2015). Negotiating the practitioner-faculty dialectic: How counselor educators responded to hurricane Katrina. *Journal of Innovative Higher Education*, 40 (3), 229-245.
- Wester, K., & Trepal, H. (2015). Non-suicidal self-injury: Exploring the connection among race, ethnic identity, and ethnic belonging. *Journal of College Student Development*, 56 (2), 127-139.
- Trepal, H., & Hammer, T. (2014). Critical incidents in supervision training: Doctoral students' perspectives. *Journal of Professional Counseling: Practice, Theory, and Research*, 41 (2), 2-14.
- Trepal, H., Ivers, N., & Lopez, A. (2014). Students' experiences with bilingual counseling. *The Journal for Counselor Preparation and Supervision*, 6(2). <http://dx.doi.org/10.7729/52.1096> *
- Stark, M., La Guardia, A., & Trepal, H. (2014). Continuing education in supervision: Recommendations from Texas supervisors. *Journal of Professional Counseling: Practice, Theory, and Research*, 41 (1), 17-28.
- Hammer, T., Trepal, H., & Speedlin, S. (2014). Five relational mentoring strategies for female faculty. *Adultspan*, 13 (1), 4-14. *
- Article was recognized with the 2015 *Adultspan* Journal Award
- Trepal, H., Stinchfield, T., & Haiyasoso, M. (2014). Great expectations: Doctoral student mothers in counselor education. *Adultspan*, 13 (1), 30-45.*
- Cook, K., Trepal, H., & Somody, C. (2012). Supervision of school counselors: The SAAFT model. *Journal of School Counseling*, 10 (21). Retrieved from <http://www.jsc.montana.edu/articles/v10n21.pdf>*
- Trepal, H., & Stinchfield, T. (2012). Experiences of motherhood in counselor education. *Counselor Education and Supervision*, 51, 112-126.
- Article was recognized as the 2012 Outstanding Article in *Counselor Education and Supervision*
- Trepal, H., Boie, I., & Kress, V. (2012). A relational cultural approach to working with

- clients with eating disorders. *Journal of Counseling & Development*, 90 (3), 346-356. *
- Tucker, C., Smith-Adcock, S., & Trepal, H. (2011). Relational-cultural theory for middle school counselors. *Professional School Counseling*, 14 (5), 310-316.
- Wester, K. L., & Trepal, H. C. (2010). Coping behaviors, abuse history, and counseling: Differentiating college students who self-injure. *Journal of College Counseling*, 13, 141-154.
- Healey, A., Trepal, H., & Emelianchik-Key, K. (2010). Non-suicidal self- injury: Examining the relationship between diagnosis and gender. *Journal of Mental Health Counseling*, 32 (4), 324-341.*/**
- Trepal, H. (2010). Introduction to the special section on non-suicidal self-injury. *Journal of Mental Health Counseling*, 32 (4), 288-289.**
- Trepal, H. (2010). Exploring self-injury through a relational-cultural lens. *Journal of Counseling & Development*, 88 (4), 494-499.
- Trepal, H., Bailie, J., & Leeth, C. (2010). Critical incidents in practicum supervision: Supervisees' perspectives. *Journal of Professional Counseling: Practice, Theory, and Research*, 38, 28-38.*
- Stinchfield, T., & Trepal, H. (2010). Academic motherhood for counselor educators: Navigating through the pipeline. *International Journal for the Advancement of Counseling*, 32, 91-100.
- Peters, S.W., Trepal, H.C., de Vries-Kell, S. M., Day, S.W., & Leeth, C. (2010). Victims of domestic violence and front-line workers: A consultation model. *Michigan Journal of Counseling: Research, Teaching and Practice*, 36, 8-14.*
- Duffey, T., Haberstroh, S., & Trepal, H. (2009). A grounded theory of relational competencies and creativity in counseling: Beginning the dialogue. *Journal of Creativity in Mental Health*, 4, 89-112.**
- Study received the Texas Counseling Association's 2010 Research Award
- Wester, K., Trepal, H., & Myers, J. (2009). Wellness of counselor educators: An initial look. *Journal of Humanistic Counseling, Education & Development*, 48, 91-110.
- Trepal, H., Wester, K., & Shuler, M. (2008). Counselors'-in-training perceptions of gender characteristics. *The Family Journal*, 16, 147-154.*
- Trepal, H., & Wester, K. (2007). Self-injurious behaviors, diagnoses, and treatment methods: What mental health professionals are reporting. *Journal of Mental Health Counseling*, 29, 363- 375.

- Trepal, H., Haberstroh, S., Evans, M., & Duffey, T. (2007). Considerations for online counseling: Establishing a relationship in cyberspace. *Counselor Education and Supervision, 46*, 266-279.
- Haberstroh, S., Duffey, T., Evans, M., Gee, R., & Trepal, H. (2007). The experience of online counseling. *Journal of Mental Health Counseling, 29*, 269-282.
- Trepal, H., Semivan, S., & Caley Bruce, M. (2007). Miscarriage: A dream interrupted. *Journal of Creativity in Mental Health, 1*, 155-171.*
- Trepal, H. C., & Wester, K. L. (2006). School counselors and self-injurious behaviors: Assessing perceptions, prevalence, and training issues. *Journal of School Counseling, 4* (18). Retrieved , insert date, from <http://www.jsc.montana.edu/articles/v4n18.pdf>.
- Trepal, H., Wester, K., & MacDonald, C. (2006). Self-injury and postvention: Responding to the family in crisis. *The Family Journal, 14*, 342-348.*
- Haberstroh, S., Parr, G., Gee, R., & Trepal, H. (2006). Interactive e-mailing in group work: Perspectives from counselor trainees. *The Journal for Specialists in Group Work, 31*, 327-337.
- Haberstroh, S., Trepal, H., & Parr, G. (2006). The confluence of technology and narrative approaches in group work: Techniques and suggestions for using interactive e-journals. *Journal of Creativity in Mental Health, 1*, 29-44.
- Wester, K., & Trepal, H. (2005). Working with clients who self-injure: Providing alternatives. *Journal of College Counseling, 8*, 180-189.
- Wester, K. L., & Trepal, H. C. (2005). Self-injurious behavior: Understanding and working with clients who self-injure. *Compelling perspectives in 2005*. American Counseling Association Vistas, 309-311.
- Golden, L., Duffey, T., Haberstroh, S., Juhnke, J., & Trepal, H. (2005). Major moves. *The Family Journal, 13*, 204-210.
- Wester, K.L., & Trepal, H.C. (2004). Youths' perceptions of bullying: Thinking outside the box. *Journal of Operant Subjectivity, 2*, 68-83.
- Trepal-Wollenzier, H., & Wester, K. (2002). The use of masks in counseling: Creating reflective space. *Journal of Clinical Activities, Assignments & Handouts in Psychotherapy Practice: Innovations in Resources for Treatment & Intervention, 2*, 123-130.
- White, V. E., Trepal-Wollenzier, H., & Nolan, J. (2002). College students and self-

injury: Intervention strategies for counselors. *Journal of College Counseling*, 5, 105-113.

Trepal-Wollenzier, H., & White, V. (2002). Students' perceptions of the peer facilitation of sexual assault prevention programs on college campuses. *Peer Facilitator Quarterly*, 18, 27-29.

West, J., Watts, R., Trepal, H., Lewis, T., & Wester, K. (2001). Opening space for client reflection: A postmodern consideration. *The Family Journal*, 9, 431- 437.

(* Manuscript co-authored with students)

(** Invited manuscript)

Book Chapters

Trepal, H., Whiting, M., & Duffey, M. (in progress). Clinical supervision. In C. Sheperis & D. Sheperis (Eds.), *Clinical mental health counseling*.

Trepal, H. (2019). Collegiality and wellness. In J. Okech & D. Rubel (Eds.). *Counselor education in the 21st century*. American Counseling Association: Alexandria: VA. 211-228.

Trepal, H., & Cannon, Y. (2018). Photovoice. In C. Wachter Morris & K. Wester (Eds.). *Making research relevant: Applied research designs for the mental health practitioner*. Taylor & Francis Press. 156-174. *

Trepal, H. (2018). "Men can't be raped;" The challenge of sexism in counseling. In S. Anderson & V. Middleton (Eds.), *Explorations in privilege, oppression and diversity*, 3rd edition, Thompson- Brooks/Cole: Belmont, CA. 223-228.

Duffey, T., Haberstroh, S., & Trepal, H. (2016). Creativity in counseling. In D. Capuzzi & M. Stauffer (Eds.), *Counseling and psychotherapy theories and interventions*. American Counseling Association: Alexandria, VA. 445-468.

Trepal, H., & Boie, I. (2015). Clinical supervision. In C. Sheperis & D. Sheperis (Eds.), *Clinical mental health counseling*. Pearson/Merrill/Prentice Hall: Upper Saddle River, NJ. 318-329. *

Trepal, H., Boie, I., Kress, V., & Hammer, T. (2013). A relational cultural approach to working with clients with eating disorders. In L.H. Choate (Ed.). *Eating disorders and obesity: A counselor's guide to treatment and prevention*. American Counseling Association: Alexandria, VA. 425-441. *

Trepal, H. C., Wester, K. L., Notestine, L., & Leeth, C. (2013). Counseling men and women: Considering gender and sex in therapy. In G. McAulliffe (Ed.), *Culturally alert counseling*. (pp. 383-414). Thousand Oaks, CA: Sage. *

- Trepal, H., & Duffey, T. (2011). Feminist theory. In S. Degges-White & N. Davis (Eds.), *Bringing the arts to the science of counseling*. Springer Publishing: New York, NY. 107-116.
- Trepal, H. (2010). Self-injurious behavior. In *Encyclopedia of child behavior and development*.
- Trepal, H. (2009). The second time around. In L. Golden (Ed.), *Case studies in counseling older adults*. Pearson/Merrill/Prentice Hall: Upper Saddle River, NJ.78-85.
- Duffey, T., & Trepal, H. (2008). The Sopranos and a client's hope for justice. In L. Rubin (Ed.), *Popular culture in counseling, psychotherapy, and play-based intervention*. Springer Publishing: New York, NY. 257-271.
- Trepal, H., Granello, D.H., & Smith, C. (2008). Duty to protect: Whose session is it anyway? In L. E. Tyson, J. R. Culbreth, & J. A. Harrington (Eds.), *Critical incidents in clinical supervision*, 1st edition, American Counseling Association: Alexandria, VA. 149-154.
- Trepal, H., Urofsky, R., & Dahir, C.A. (2008). What do I do?: I work where I'm completing my clinical training. In L. E. Tyson, J. R. Culbreth, & J. A. Harrington (Eds.), *Critical incidents in clinical supervision*, 1st edition, American Counseling Association: Alexandria, VA. 241-252.
- Wester, K., & Trepal, H. (2008). Gender. In G. J. McAuliffe (Ed.), *Culturally Alert Counseling: A Comprehensive Introduction*. Thousand Oaks, CA: Sage. 429-465.
- Kress, V., Trepal, H., Petuch, A., & Ilko-Hancock, S. (2007). Self-injurious behavior: Counseling students who self-injure. In J.A. Lippincott & R.B. Lippincott, (Eds.), *Special populations in college counseling: A handbook for mental health professionals*. American Counseling Association: Alexandria, VA. 297-308.
- Trepal, H., Shanahan, E., Phillips, E., & Vernon, A. (2007). Self-injury: "Cutting the crazy out of me" In S. M.(Hobson) Dugger & L. Carlson (Eds.), *Critical incidents in counseling children*, 1st edition, American Counseling Association: Alexandria, VA. 329-336.
- Triplett, V., Trepal, H., & Phillips, E. (2007). "Please don't make me go home": Sexual abuse and safety issues. In S. M. (Hobson) Dugger & L. Carlson (Eds.), *Critical incidents in counseling children*, 1st edition, American Counseling Association: Alexandria, VA. 103- 109.
- Trepal, H. (2005). "Men can't be raped": The challenge of sexism in counseling. In S. Anderson & V. Middleton (Eds.), *Explorations in privilege*,

- oppression and diversity*, 1st edition, Thompson- Brooks/Cole: Belmont, CA.
- Trepal, H., Burnell, B.A., & Goodnough, G.E. (2004). Co-leadership: Whose needs are getting met here? In L. Tyson, J. Whitley, & R. Perusse (Eds.), *Critical incidents in group counseling*, 1st edition, American Counseling Association: Alexandria, VA. 27-31.
- Trepal, H., Shakoor, M.A., & Guay, V. L. (2004). Member leaving a group: No good-byes. In L. Tyson, J. Whitley, & R. Perusse (Eds.), *Critical incidents in group counseling*, 1st edition, American Counseling Association: Alexandria, VA., 21-26.

Presentations

International

- Trepal, H., & Lloyd-Hazlett, J. (2023). *Training counselors in integrated care: A review of research*. American Counseling Association Conference, Toronto, Canada.
- Trepal, H. (2019). *Sexual trauma, mental health, and post-traumatic growth*. Sixth Asia Pacific Rim Confederation of Counsellors Conference, Brisbane, Australia.
- Trepal, H., & Linde, L. (2019). *Building safe and inclusive communities*. 68th United Nations Civil Society Conference, Salt Lake City, Utah.
- Trepal, H., Zholou, Y., Salinas, C., Krchak, H., Ensinger, C., Jackson-Cook, L., & Watson, M. (2016). *Look at her butt!: Examining body image through the use of popular media and Photovoice*. American Counseling Association Conference, Montreal, Canada.
- Barnes, R., Trepal H., & Avent, J. (2016). *Using relational-cultural theory to mend ruptures due to racial microaggressions*. American Counseling Association Conference, Montreal, Canada.
- Trepal, H., Elliott, G., & Whitman, J. (2016). *The ACES Supervision Initiative: Results from a national survey of supervisors*. American Counseling Association Conference, Montreal, Canada.
- Duffey, T., Trepal, H., & Curry, J. (2016). *The 2015-2016 ACA presidential initiatives' town hall meeting on professional advocacy and anti-bullying/interpersonal violence*. American Counseling Association Conference, Montreal, Canada.

National

- Lloyd-Hazlett, J., Trepal, H., & Spurgeon, S. (accepted). *Counselor training in*

- integrated primary care settings: Evidence-based practice for supervision and clinical site development.* Association for Counselor Education and Supervision Conference, Denver, Colorado.
- Kress, V., Dunson, L., & Trepal, H. (accepted). *Relational-Cultural Theory as a framework for counseling leadership.* Association for Counselor Education and Supervision Conference, Denver, Colorado.
- Doyle, K., Duncan, K., Miller, J., Dotson-Blake, K., Milson, A., & Trepal, H. (2021). *The future of the counseling profession.* American Association of State Counseling Boards (AASCB) Virtual Annual Conference.
- Singh, A., Lusk, A., West-Olatunji, C., Trepal, H., Patrick, S., & Butler, K. (2019). ACES INFORM General Session: *Supporting doctoral students from marginalized populations as researchers.* Association for Counselor Education and Supervision Conference, Seattle, Washington.
- Castellon, N., & Trepal, H. (2018). *Decolonizing language and culture with Latinx clients and counselors.* National Latina/o Psychological Association (NLPA) Biennial Conference, San Diego, California.
- McDonald, A., Miller, J., Trepal, H., & Bergman, J. (2018). *National Counselor Licensure Endorsement Process.* American Association of State Counseling Boards Conference, San Antonio, Texas.
- Avent Harris, J., Prado, A., Robinson, J., & Trepal, H. (2017). *Microaggressions in counselor education.* Association for Counselor Education and Supervision Conference, Chicago, Illinois.
- Bryan, J., Holcomb-McCoy, C., Griffin, D., Shillingford, A., Steen, S., & Trepal, H. (2017). *Division E: Early Career Mentor Workshop.* American Educational Research Association Conference, San Antonio, Texas.
- Desmond, K., Elliott, G., Neuer Colburn, A., Whitman, J., & Trepal, H. (2015). *ACES supervision task force initiative.* Association for Counselor Education and Supervision Conference, Philadelphia, Pennsylvania.
- Creevan, C., Tello, A., & Trepal, H. (2015). *Supervision of bilingual counselors: Understanding and incorporating cultural personalities.* Association for Counselor Education and Supervision Conference, Philadelphia, Pennsylvania.
- Lawson, G., & Trepal, H. (2015). *Professional identity, licensure, and advocacy.* Association for Counselor Education and Supervision Conference, Philadelphia, Pennsylvania.
- Trepal, H., & Wester, K. (2015). *An introduction to Photovoice.* ACES INFORM,

- Association for Counselor Education and Supervision Conference, Philadelphia, Pennsylvania.
- Trepal, H., Cook, L., Ensinger, C., Haiyasoso, M., Pitamber, H., Salinas, C., Valdez, A., Watson, M., Wong, C., & Zholu, Y. (2015). *“Look at her butt!”: Examining body image through the use of popular media, Relational-Cultural Theory, and Photovoice*. Association for Creativity in Counseling Conference, San Antonio, Texas.
- Trepal, H. (2014). *Using Photovoice to represent fat talk*. National Eating Disorders Association Conference, San Antonio, Texas.
- Trepal, H., Boie, I., & Moore, A. (2014). *An introduction to Relational Cultural Theory*. American Counseling Association Conference, Honolulu, Hawaii.
- Crethar, H., Trepal, H., & Hammer, T. (2014). *The intersectionality of gender and affectional orientation in counseling*. American Counseling Association Conference, Honolulu, Hawaii.
- Trepal, H., Stinchfield, T., & Haiyasoso, M. (2013). *Great expectations: Doctoral student mothers in counselor education*. Association for Counselor Education and Supervision Conference, Denver, Colorado.
- Cook, J., Wells, P., Hipolito-Delgado, C., Dempsey, K., Trepal, H., & Goodman-Scott, E. (2013). *Strengths-based leadership as a graduate student and as a counselor educator*. American Counseling Association Conference, Cincinnati, Ohio.
- Choate, L., Hermann, M., Hurst, K., Read, S., Tallyrand, R., & Trepal, H. (2013). *Eating disorders and obesity: Assessment, prevention, and treatment essentials*. American Counseling Association Conference, Cincinnati, Ohio.
- Wester, K., & Trepal, H. (2013). *Clinically working with clients who engage in non-suicidal self-injury: Diagnosis, diversity, creativity, and treatment*. American Counseling Association Conference, Cincinnati, Ohio.
- Kerl-McClain, S., Duffey, T., Haberstroh, S. & Trepal, H. (2013). *Ethics in creativity in counseling: Preliminary report from the ACC task force for ethical practice of creativity in counseling*. American Counseling Association Conference, Cincinnati, Ohio.
- Kerl-McClain, S., Duffey, T., Haberstroh, S., & Trepal, H. (2012). *Ethics of creative techniques*. Association for Creativity in Counseling Conference, Memphis, Tennessee.

- Wester, K., & Trepal, H. (2012). *Non-suicidal self-injury and the DSM-V: Factors to consider*. American Counseling Association Conference, San Francisco, California.
- Trepal, H., Boie, I., Kress, V., & Hammer, T. (2012). *A relational cultural approach to working with clients with eating disorders*. American Counseling Association Conference, San Francisco, California.
- Barrio-Minton, C., Trepal, H., & Wester, K. (2011). *How to develop and solidify a research agenda*. ACES INFORM, Association for Counselor Education and Supervision Conference, Nashville, Tennessee.
- Tucker, C., Smith, S., & Trepal, H. (2011). *Relational cultural theory and school counselor education: How and why*. Association for Counselor Education and Supervision Conference, Nashville, Tennessee.
- Ybañez, K., & Trepal, H. (2011). *The experiences of graduate students developing advocacy competencies*. Association for Counselor Education and Supervision Conference, Nashville, Tennessee.
- Beck, K., & Trepal, H. (2011). *Counselors reactions to working with clients who self-injure and creative techniques to use with this population*. American Counseling Association Conference, New Orleans, Louisiana.
- Tucker, C., Trepal, H., & Smith, S. (2011). *RCT with young adolescents: How and why*. American Counseling Association Conference, New Orleans, Louisiana.
- Tucker, C., Smith, S., & Trepal, H. (2010). *RCT with young adolescents: How and why*. Association for Creativity in Counseling National Conference, Portland, Oregon.
- Trepal, H., Healey, A., & Emelianchik, K. (2010). *Self-injury: Examining the relationship between diagnosis and gender*. American Counseling Association Conference, Pittsburgh, Pennsylvania.
- Kress, V., Trepal, H., & Hoffman, R. (2010). *Non-suicidal self-injurious behavior: Considerations for clinical supervisors*. American Counseling Association Conference, Pittsburgh, Pennsylvania.
- Schwitzer, A., Bauman, S., Black, L., Dollarhide, C., Duffey, T., Farly, N., Kress, V., Niles, S., Roland, C., Trepal, H., Trusty, J., & Watts, R. (2010). *Publishing in ACA refereed journals: Suggestions from the council of editors*. American Counseling Association Conference, Pittsburgh, Pennsylvania.
- Kress, V., & Trepal, H. (2009). *Non-suicidal self-injurious behavior: Considerations for clinical supervisors*. Association for Counselor Education and

Supervision Conference, San Diego, California.

Portrie-Bethke, T., Alexander-Albritton, C., Bastian Hanks, B., Stinchfield T., Trepal, H., Wester, K., Nikels, H., & Pace, L. (2009). *Unique challenges of parenting in academia*. Association for Counselor Education and Supervision Conference, San Diego, California.

Leeth, C., Boie, I., Carrola, P., Herndon, V., Lopez, A., Nale, L., Renkin, D., Tovar, M., & Trepal, H. (2009). *Multicultural supervision: Suggestions for supervising diverse counselors*. Virtual Conference on Counseling, Scholar in Residence Island, Second Life.

Trepal, H., Duffey, T., & Haberstroh, S. (2009). *Relational Cultural Theory and creativity in professional and personal groups*. American Counseling Association Conference, Charlotte, North Carolina.

Trepal, H., & Duffey, T. (2008). *Relational competencies: A foundation for creative practice*. The Jean Baker Miller Training Institute Research Forum, Wellesley College, Wellesley, Massachusetts.

Duffey, T., Haberstroh, S., Trepal, H., Somody, C., & Clifford, S. (2008). *Relational competencies: A foundation for creative practice*. American Counseling Association Conference, Honolulu, Hawaii.

Wester, K., Trepal, H., Briggs, C., Sebera, K., Spurgeon, S., & Ybañez, K. (2008). *Transitioning to being a new faculty member in counselor education: From interview to promotion and tenure*. American Counseling Association Conference, Honolulu, Hawaii.

Stinchfield, T., & Trepal, H. (2007). *Discussing the taboo: Motherhood in counselor education*. Association of Counselor Education and Supervision Conference, Columbus, Ohio.

Trepal, H., & Wester, K. (2007). *Self-injurious behaviors: Assessment and diagnosis*. American Counseling Association Annual Conference, Detroit, Michigan.

Stinchfield, T., & Trepal, H. (2007). *Motherhood and counselor education: Lessons learned*. American Counseling Association Annual Conference, Detroit, Michigan.

Evans, M., Duffey, T., Valadez, A., Trepal, H., Haberstroh, S., Lumadue, C., Kerl, S., & Moyer, M. (2007). *All mixed up: A multimedia mixer of movies, music and more*. American Counseling Association Annual Conference, Detroit, Michigan.

- Trepal, H., Wester, K., Baker, R., & Marbach, C. (2006). *Self-injurious behaviors: What school and mental health counselors are saying*. American Counseling Association Annual Conference, Montreal, Canada.
- Trepal, H., Haberstroh, S., Valadez, A., Alamia, J., Chocroun, P., & Zambrano, E. (2006). *Creatively empowering families in a diverse society*. American Counseling Association Annual Conference, Montreal, Canada.
- Trepal, H., Wester, K., & Myers, J. (2006). *Counselor educators and wellness*. American Counseling Association Annual Conference, Montreal, Canada.
- Golden, L., Evans, M., Trepal, H., Duffey, T., Juhnke, G., Baker, R., Marbach, C., Cook, K., & Chilson, S. (2005). *Lessons learned: Faculty and student perspectives on creating a new doctoral program*. Association for Counselor Education and Supervision Conference, Pittsburgh, Pennsylvania.
- Trepal, H., Wester, K., & Myers, J. (2005). *Wellness of counselor educators: Are we really role models for our students?* Association for Counselor Education and Supervision Conference, Pittsburgh, Pennsylvania.
- Wester, K., & Trepal, H. (2005, pre-conference learning institute). *Self-injurious behavior: Understanding and working with clients who self-injure*. American Counseling Association Annual Conference, Atlanta, Georgia.
- Evans, M., Valadez, A., Golden, L., Trepal, H., Haberstroh, S., Karcher, M., & Juhnke, G. (2005). *Creating a cohesive work environment: How to incorporate new members in a counselor education program*. American Counseling Association Annual Conference, Atlanta, Georgia.
- Trepal, H., & Wester, K. (2005). *Using masks in counseling: Working with diverse populations*. Dr. Lesley Jones Creativity in Psychotherapy Conference, San Marcos, Texas.
- Kohn, S., Smith, G., & Trepal, H. (2004). *A comparison of urban, suburban, and rural custodial grandparents*. The Gerontological Society of American Annual Conference, Washington, D.C.
- Smith, G., Kohn, S., & Trepal, H. (2004). *The effect of sampling strategies on family caregiving research: The case of custodial grandmothers*. The Gerontological Society of American Annual Conference, Washington, D.C.
- Trepal, H., & Rosa, L. (2004). *Using imagery rehearsal therapy with survivors of sexual trauma*. American Counseling Association Annual Conference, Kansas City, Missouri.
- Trepal, H., & Wester, K. (2004). *Behavioral interventions with clients who self-*

- injure*. American Counseling Association Annual Conference, Kansas City, Missouri.
- Smith, G.C., Downing, K., Kohn, S.J., & Trepal, H.C. (2003). *Innovative techniques for recruiting probability samples of caregiving grandparents*. Annual Meeting of the Gerontological Society of America, San Diego, CA.
- Trepal-Wollenzier, H., & Wester, K. (2003). *Rape and sexual assault 101: Developing a clinical knowledge base for counselors*. American Counseling Association Annual Conference, Anaheim, California.
- Wester, K., & Trepal-Wollenzier, H. (2003). *Is bullying: a) hitting, b) social isolation, c) a and b, or d) none of the above?* American Counseling Association Annual Conference, Anaheim, California.
- White, V., Trepal-Wollenzier, H., & Nolan, J. (2002). *Teaching and training counselors to integrate action research*. Association of Counselor Education and Supervision National Conference, Park City, Utah.
- White, V., & Trepal-Wollenzier, H. (2002). *Self-injurious behavior: What counselor educators and supervisors need to know*. Association of Counselor Education and Supervision National Conference, Park City, Utah.
- Wester, K.L., & Trepal-Wollenzier, H.C. (2002). *Gender and counseling: Are counselors-in-training still caught in a traditional view of gender?* Association of Counselor Education and Supervision National Conference, Park City, Utah.
- Nolan, J., Trepal-Wollenzier, H., Rosa, L., & Houghton, M. (2002). *Disordered eating and body image: A collaborative campus-wide intervention*. American Counseling Association International Conference, New Orleans, LA.
- Nolan, J., Trepal-Wollenzier, H., Gersch, J., Johll, M., Rosa, L., & Novak, T. (2002). *Relationship Rescue 101: A collaborative model for highlighting the importance of relationships on a college campus*. American College Counseling Association / Georgia Counseling Association National Conference, St. Simons, GA.
- West, J.D., Watts, R.E., Osborn, C.J., Meadows, F.B., Lewis, T., Redmond, D., Townsend, F., Trepal, H., & Wester, K. (2000). *Reflective thinking in family counseling*. American Counseling Association, Washington, D.C.

Regional

- Lloyd-Hazlett, J., & Trepal, H. (2022). *Preparing student counselors for work in integrated healthcare: A research review*. Southern Association for Counselor Education and Supervision, Baltimore, Maryland.

- Interiano-Shiverdecker, C., Robertson, D., Trepal, H., Santillan, S., & Macias. (2022). *Supervision y entrenamiento clínico: A presentation of a Spanish internship course*. Southern Association for Counselor Education and Supervision, Baltimore, Maryland.
- Garcia, J., Novoa, S., Maghsoudi, M., & Trepal, H. (2018). *The secret life of doctoral students: A photovoice study*. Southern Association for Counselor Education and Supervision, Myrtle Beach, South Carolina.
- Trepal, H., Reiner, S., & Su, Y. (2016). *Getting involved with the Association for Counselor Education and Supervision*. Western Association for Counselor Education and Supervision, Vancouver, Canada.
- Trepal, H., Reiner, S., & Su, Y. (2016). *Getting involved with the Association for Counselor Education and Supervision*. Southern Association for Counselor Education and Supervision, New Orleans, Louisiana.
- Lawson, G., Lee, R., & Trepal, H. (2014). *Toward a national standard for counselor licensure*. Southern Association for Counselor Education and Supervision, Birmingham, Alabama
- Hermann, M., Dockery, D., Collier, N., Gibbs, K., Daigle, J., Ebrahim, C., & Trepal, H. (2012). *Motherhood and academia: Experiences with work/life balance*. Southern Association for Counselor Education and Supervision, Savannah, Georgia.
- Ybañez, K., & Trepal, H. (2010). *Teaching counseling students about social justice and advocacy*. Southern Association for Counselor Education and Supervision, Williamsburg, Virginia.
- Trepal, H., Duffey, T., Somody, C., & Kent, R. (2008). *An introduction to Relational Cultural Theory*. Southern Association for Counselor Education and Supervision, Houston, Texas.
- Trepal, H., Cook, K., Zambrano, E., Alamia, J., Atkins, M., & Loudon-Gerber, G. (2006). *Ready...set...supervise!* Southern Association for Counselor Education and Supervision, Orlando, Florida.
- Myers, J., Trepal, H., & Wester, K. (2006) *Counselor educators and wellness: Do we practice what we preach?* Southern Association for Counselor Education and Supervision, Orlando, Florida.
- Wester, K., & Trepal, H. (2004). *Identifying and working through our gendered stereotypes*. Southern Association for Counselor Education and Supervision, Athens, Georgia.

Trepal, H., & Wester, K. (2003). *Counselors-in-trainings' perceptions of gender*. North Central Association for Counselor Education and Supervision, Cincinnati, Ohio.

Lamaroux, N., Trepal, H., Wester, K., Bubenzer, D., & West, J. (2000). *The use of Q-methodology in counseling related research*. North Central Association for Counselor Education and Supervision, Indianapolis, Indiana.

State

Trepal, H., Cruz, T., & Duffey, M. (2021). *How do counseling programs prepare students and new professionals for the school-to-work transition?* Texas Association for Counselor Education and Supervision Midwinter Conference, Virtual.

Trepal, H. (2020). *Preventing and managing vicarious trauma: What school and mental health counselors need to know*. South Carolina Counseling Association, Hilton Head, South Carolina.

Trepal, H., Castellon, N., Kurz, I., & Morgan, A. (2019). *Mi identidad and my privilege: The experiences of females of Mexican descent studying abroad in Mexico*. Texas Association for Counselor Education and Supervision Midwinter Conference, Dallas, Texas.

Trepal, H., Robertson, D., Zambrano, E., & Rangel, L. (2017). *Using Photovoice To explore counselor cultural immersion in Mexico*. Texas Counseling Association, Professional Growth Conference, Galveston, Texas.

Trepal, H. (2017). *Leadership in counselor education and supervision*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.

Trepal, H. (2017). *An introduction to Photovoice*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.

Rubio, J., Creeven, C., & Trepal, H. (2017). *Breaking the surface: Considering society and culture when counseling English language learners*. Culturally responsive counseling with Latinx: Our past, our present, our future conference, Houston, Texas.

Duffey, T., & Trepal, H. (2016). *Developmental relational counseling: Establishing growth, fostering connections, and relational resiliency*. Idaho Counseling Association, Boise, Idaho.

Trepal, H., & Duffey, T. (2015). *Advocacy toward a national standard for counselor licensure: Infusing the ACES Educational Standards*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas

Tello, A., Martinez, C., & Trepal, H. (2014). *Supervising bilingual*

- counselors: Insights, challenges, and best practices*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.
- Stark, M., & Trepal, H. (2013). *Evaluation in supervision*. Texas Counseling Association Professional Growth Conference, San Antonio, Texas.
- Trepal, H., & Wihelm, S. (2012). "Let's talk about sex, baby!" The status of sexuality education in counselor education programs. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.
- Haiyasoso, M., & Trepal H. (2012). *Great expectations: Doctoral student mothers in counselor education*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.
- Ybañez, K., Trepal, H., Rangel, M., & Fikac, N. (2010). *Graduate students: Are you plugged into TCA?* Texas Counseling Association Professional Growth Conference, Austin, Texas.
- Pavelka, L., Lopez, A., & Trepal, H. (2010). *Counseling transnational children: Strengthening resiliency through CBT*. Texas Counseling Association Professional Growth Conference, Austin, Texas.
- Ybañez, K., & Trepal, H. (2009). *Mentoring our future faculty members*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.
- Trepal, H. (2009). *Evaluation in supervision*. Texas Association for Counselor Education and Supervision Midwinter Conference, Austin, Texas.
- Trepal, H., Marbach, C., Villarreal, L., & Wester, K. (2005). *Students who self-injure: What school counselors need to know*. Texas Counseling Association Professional Growth Conference, El Paso, Texas.
- Haberstroh, S., & Trepal, H. (2005). *Enhancing career decision-making for early college high school students: A pilot program*. Texas Counseling Association Professional Growth Conference, El Paso, Texas.
- Smith, G.C., Kohn, S.J., & Trepal, H.C. (2004). *Techniques for recruiting probability samples of family caregivers*. Ohio Association of Gerontology Conference, Dayton, Ohio.
- White, V., & Trepal, H. (2002- preconference). *Creative interventions in counseling*. All Ohio Counselors Conference, Columbus, Ohio.
- Trepal-Wollenzier, H.C., & Wester, K.L. (2002). *Clinical aspects of working with survivors of rape and sexual assault*. All Ohio Counselors Conference,

Columbus, Ohio.

- Trepal-Wollenzier, H., White, V., Shara, J., Houghton, M., & O'Neill, A. (2001). *Disordered eating and body image*. All Ohio Counselors Conference, Columbus, Ohio.
- Trepal, H., & Wester, K. (2000). *Developing a gender knowledge base for counselors*. All Ohio Counselors Conference, Columbus, Ohio.
- Trepal, H. (1999). *Miscarriage: Women and clinical issues*. All Ohio Counselors Conference, Columbus, Ohio.
- West, J., Watts, R., Lewis, T., Trepal, H., & Wester, K. (1999). *Reflective thinking during counseling*. All Ohio Counselors Conference, Columbus, Ohio.
- Local – Invited Contributions*
- Trepal, H. (2019). *Assessment and intervention when a student or client affirms self-harm*. Claritycon Annual Conference, San Antonio, Texas.
- Trepal, H. (2018). *The connection between sexual trauma and mental health*. Pathways to Hope Conference, San Antonio, Texas.
- Trepal, H. (2018). *Managing law enforcement officer (LEO) and counselor vicarious trauma in response to sexual assault intervention*. University of West Georgia, Carrollton, Georgia.
- Trepal, H. (2015). *Women's struggle and strength: Navigating the academic arena and realizing the power of voice*. Chi Sigma Iota Workshop, San Antonio, Texas.
- Trepal, H. (2014). *Microaggressions: How power and privilege play out in therapy and everyday life*. Bexar County Psychological Association, San Antonio, Texas.
- Trepal, H. (2014). *Microaggressions: How power and privilege play out in therapy and everyday life*. Eating Disorder Center at San Antonio, San Antonio, Texas.
- Trepal, H., & Henderson, K. (2012). *Academic career paths for counselor education doctoral students*. Invited presentation sponsored by the Graduate School, University of Texas at San Antonio.
- Trepal, H., & Henderson, K. (2012). *Child abuse*. Invited speakers to provide in-service training to school district school counselors. Northeast Independent School District. San Antonio, Texas.
- Moyer, M., & Trepal, H. (2010). *Self-injury: An overview*. Northside Counseling Association, San Antonio, Texas.

- Trepal, H. (2006). *Self-injury: Issues for college counselors*. Texas Association of College Counseling Centers Conference, San Antonio, Texas.
- Wester, K., & Trepal, H. (2003). *Dealing with self-injurious behaviors*. Staff training, Multi-County Juvenile Attention Facility, North Canton, Ohio.
- Trepal, H., & Wester, K. (2003). *Self-injurious behaviors: Issues and strategies for intervention*. Ohio School Counseling Association, Western Region spring workshop, Warren, Ohio.
- Trepal-Wollenzier, H. (2002). *Clinical aspects of working with sexual abuse survivors*. Clinical staff training, Family Solutions, Akron, Ohio.
- Petruzzi, M., Trepal, H., & Chrobak, M. (2001). *Healthy relationships*. The Clothesline Project. Hiram College, Hiram, Ohio.
- Trepal, H. (1999). *Listening skills in counseling*. MedSave Training, Independence, Ohio.
- Trepal, H. (1999). *Attachment and bonding*. Staff Training, Marycrest, Independence, Ohio.
- Invited Keynote Presentations*
- Trepal, H. (2021). *When the red light turns green: Counselors in integrated care adapting for the future*. Indiana Counseling Association Virtual Conference.
- Trepal, H. (2020). *Advocacy for the counseling profession in 2020: Our mission, role, and opportunity*. New Jersey Counseling Association Virtual Conference.
- Trepal, H. (2020). *Professional advocacy: Finding our focus*. South Carolina Counseling Association, Hilton Head, South Carolina.
- Trepal, H. (2020). *Crossing the bridge: Teaching, supervising, and mentoring our next generation of advocates*. Texas Association for Counselor Education and Supervision Annual Conference, San Antonio, TX.
- Trepal, H. (2020). *Breaking barriers: When professional advocacy gets messy*. Texas LPC-Intern Association Inaugural Summit, Austin, TX.
- Trepal, H. (2019). *Counselor's role in advocacy for the profession*. Louisiana Counseling Association Annual Conference, New Orleans, LA.
- Trepal, H. (2019). *Counselors and integrated care*. Sixth Asia Pacific Rim Confederation of Counsellors Conference, Brisbane, Australia.

- Trepal, H. (2019). *Tomorrow's counselor: Your role in advocacy for our profession*. Colorado Counseling Association Biennial Conference, Lakewood, Colorado.
- Trepal, H. (2019). *Tomorrow's counselor: Your role in advocacy for our profession in today's climate*. Philippines Guidance and Counseling Association, Manila, Philippines.
- Trepal, H. (2019). *Sexual trauma, mental health, and post-traumatic growth*. Philippines Guidance and Counseling Association, Manila, Philippines.
- Trepal, H. (2019). *Tomorrow's counselor: Your role in advocacy for our profession*. North Carolina Counseling Association Conference – Chi Sigma Iota Advocacy Summit, Durham, North Carolina.

Non-Refereed Contributions

- Trepal, H., Lloyd-Hazlett, J., Knight, C., & Strano-Burton, L. (2019). Training counselors in integrated behavioral healthcare. *Chi Sigma Iota Exemplar*, 36 (1), 27-30.
- Trepal, H. (2012, May). This can't be happening. *The Chronicle of Higher Education*. Found at: http://chronicle.com/article/This-Cant-Be-Happening/131880/?sid=at&utm_source=at&utm_medium=en
- Trepal, H., Adamson, N., Ammons, R., Boie, I., Bradley, N., Brown, J., Fornell, P., Kress, V., Limberg, D., Markopoulos, P., Phelps, H., Pitaru, D., Spurgeon, S. L., Varnado-Johnson, C. D., Wolf, A., & Ybanez-Llorente, K. (2011, March). ACA graduate student committee: Mentorship initiatives as a result of a national survey (pp. 68-69). *Counseling Today*. American Counseling Association.
- Wester, K., & Trepal, H. (2005). How youth define bullying behaviors: A Q-methodology study of 5th through 8th graders. Found at: <http://www.csi-net.org/associations/2151/files/Youth%20Definitions%20of%20Bullying%20Q%20sort%20paper%20%2D%20Wester%20and%20Trepal%20CSI%20web%20site%2Epdf>.
- Trepal, H. (2005, Book Review). Feminist perspectives in medical family therapy. *The Family Journal*, 13, 368.
- Trepal, H. (2006, Book Review). Mommies, daddies, donors, surrogates: Answering tough questions and building strong families. *The Family Journal*, 14, 455.
- Wester, K., Trepal, H., & Hill, N. (2005, Summer). Creating connections. *Spectrum Newsletter*, 2-3.

Trepal, H., Wester, K., & Hill, N. (2005, Summer). Moving this summer? *SACES Newsletter*, 6.

Mentions in websites/blogs/media:

Chi Sigma Iota (CSI) Advocacy Heroine Interview: Heather Trepal
https://www.csi-net.org/page/Intv_Heather_Trepal

International Association of Marriage and Family Counselor's -The Reframe Podcast Interview: 18 Lessons learned with Heather Trepal
<https://podcasts.apple.com/us/podcast/episode-18-lessons-learned-with-heather-trepal/id1418640928?i=1000467328187>

The Program for the Integrated Training of Counselors in Behavioral Healthcare (PITCH): <https://www.utsa.edu/today/2017/11/story/PITCHgrant.html>

PITCH Expanded Providers (PEP) project:
<https://education.utsa.edu/departments/counseling/pitchexpandedproviders.html>

Granting Activities

Externally Funded

Developing a psychosocial profile of students adjudicated for alcohol offenses: A crucial step for effective programming and sanctioning (\$800, Co-PI). The Association of College and University Housing Officers – International (ACUHO-I). Funded, 2001.

Counselors' perceptions of gender (\$500, Co-PI). North Central Association for Counselor Education and Supervision (NCACES). Funded, 2001.

American College Counseling Association Conference Registration Grant for the ACA 2002 conference (\$250).

Wellness of counselor educators (\$750, Co-PI). Association of Counselor Education and Supervision Research Grant, Funded, 2005.

Academic motherhood: Perspectives of female counselor educators and doctoral students. (\$750, Co-PI). Association of Counselor Education and Supervision Research Grant, Funded, 2006.

Self-injurious behaviors: Issues for college counselors and administrators (\$500, Co-PI). American College Counseling Association, Funded, 2006.

Self-injurious behaviors & college students (\$5,000, Co-PI).
American College Counseling Association, Funded, 2008.

PITCH: Program for the Integrated Training of Counselors in Behavioral Healthcare.
(\$804,748, PI). U.S. Department of Health and Human Services –
HRSA/BHWET, Funded, 2017.

UTSA Survivors: Domestic Violence Support (\$75,000, PI). Baptist Health System
Foundation, Funded, 2019.

PEP: PITCH Expanded Providers Project (\$1,659,088, PI). U.S. Department of
Health and Human Services – HRSA/BHWET, Funded, 2021.

Not Funded

*Mexican-American grandparents raising grandchildren: A preliminary examination of
concerns, needs, and service use* (\$14, 990, Co-PI). San Antonio Area Foundation
(not funded).

Family perspectives on self-injury (\$15,000, Co-PI).
Hogg Foundation Junior Faculty Mental Health Grant. Not funded. 2010.

*Harlandale Independent School District integration of schools and mental health
systems project* (\$365,000, Co-PI). U.S. Department of Education. Not funded.
2011.

*Examining the role of ethnicity and community type on self-inflicted violence among
Latina/o and non-Latina/o White college students* (\$74,502, Co-PI). American
Foundation for Suicide Prevention. Not funded. 2012.

*Examining the role of ethnicity and community type on self-inflicted violence among
Latina/o and non-Latina/o White and African American college students*
(\$74,502, Co-PI). American Foundation for Suicide Prevention. Not funded.
2013.

*An innovative training program for parents using Photovoice to promote positive body
image* (\$100, 000, PI). National Eating Disorders Association. Not funded. 2015.

The Alliance for Bilingual Counseling in Schools (\$2,400,000, PI). U.S. Department of
Education, Office of English Language Acquisition, Not funded. 2016.

Addressing women's sexual health: A counselor training program. (\$100,000, Co-PI).
Patty Brisben Foundation, Not funded. 2017.

Building counseling competencies in multicultural Oaxaca. (\$65,000, Co-PI). Fulbright
Hays. Not funded. 2017.

The TOP Project: Training Opioid Professionals. (\$1,300,000, Co-PI). U.S. Department of Health and Human Services – HRSA/BHWET. Not funded. 2019.

Culturally Efficacious Signature Teaching Residency Program (\$1,429,149, Co-PI). U.S. Department of Education - Augustus F. Hawkins Centers of Excellence Program, Not funded. 2022.

Institutional - Funded

School counselors' perceptions of self-injurious behaviors: A pilot study (\$3,435, PI, UTSA Faculty Research Award). 2004.

Mental health counselors' perceptions of self-injurious behaviors: A pilot study (\$1,000, PI, UTSA College of Education and Human Development mini grant). 2005.

Enhancing career decision-making for early college high school students: A pilot program (\$2,662, Co-PI, UTSA Early College High School Initiative). 2005.

Academic motherhood: Perspectives of female counselor educators and doctoral students. (\$932, PI, UTSA College of Education and Human Development mini-grant). 2006.

Counseling experiences of mothers being treated for post-partum depression (\$950, PI, College of Education and Human Development mini grant). 2008.

Using photovoice to promote body image resilience (\$10,000, PI). UTSA Mid-Career Faculty Development Support Program. 2015.

Multidisciplinary Field Experience Project Simulation Initiative. (\$15,000, Co-PI). UTSA Academic Innovation Teaching and Learning Reimagined. 2021.

Teaching Activities

Courses Taught:

University of Texas at San Antonio

| | |
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| COU 5203 | Introduction to Clinical Mental Health Counseling |
| COU 5213 | Counseling Theories |
| COU 5263 | Child & Family Counseling |
| COU 5243 | Counseling Individuals with Behavioral and Emotional Disorders |
| COU 5393 | Development: Counseling Skills |

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| COU 5683 | Practicum in Counseling |
| COU 5713 | Internship in Counseling |
| COU 6003 | Consultation and Program Evaluation |
| COU 7133 | Seminar in Professional Development |
| COU 7283 | Advanced Multicultural Counseling (Study Abroad: Oaxaca, Mexico) |
| COU 7383 | Advanced Practicum in Multicultural Counseling |
| COU 7583 | Counseling Supervision |
| COU 7593 | Practicum in Counseling Supervision |

Youngstown State University

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|----------|----------------------|
| CD 6973L | Group Counseling Lab |
| CD 7001 | Practicum |
| CD 7040 | Supervision |

Kent State University

| | |
|--------------|---|
| US 10001 | University Orientation |
| CHDS 37700 | Human Relations and World Diversity, Co-Instructor |
| HDFS 44023 | Building Family Strengths |
| CHDS 50093 | Getting Creative in Counseling Workshop, Co-Instructor |
| CHDS 5/40093 | Gender and Counseling Workshop, Co-Instructor |
| CHDS 68533 | Introduction to Family Counseling, Co-Instructor |
| CHDS 6/78533 | Family Therapy: Theory & Techniques, Co-Instructor |
| CHDS 77692 | Internship, Co-Instructor |

Northeastern Ohio Universities College of Medicine (NEOUCOM)
Medical Interviewing

ACUE Teaching Fellow (2021)

Completed the American Council on Education (ACE)-certified Certificate in Effective Teaching Practices course

Dissertation Committees:

Chair

Madelyn Duffey (UTSA), Chair

Dhruvi Patel (UTSA), Chair, 08/2023

A road without a map: An interpretative phenomenological analysis of intentional childlessness in Indian American women

Barbara Campbell (UTSA), Chair, 05/2022

The experiences of people with intellectual disabilities in the emergency room

Jacqueline Contreras (UTSA), Chair, 05/2022

Chingonas y chingones: Testimonios of Latinx first generation college students

Sydney Novoa (UTSA), Chair, 5/2021

Clinical supervisors' lived experiences of supervising counselors who counsel clients that engage in non-suicidal self-injury

Omar Husain (UTSA), Chair, 5/2021

The elephant in the room: Pornography addiction and the American Muslim community

Jessenia Garcia (UTSA), Chair, 5/2020

Testimonios of first-generation Chicanas in counselor education: A narrative inquiry

Nancy Castellon (UTSA), Chair, 5/2020

The experiences of counselors working in detention centers for unaccompanied immigrant children

- 2020 UTSA College of Education and Human Development Outstanding Dissertation Award

Mahsa Maghsoudi (UTSA), Chair, 5/2020

Healing the scars: A phenomenological study of clinical supervisors' lived experience of supervising counselors who serve female intimate partner violence survivors in Texas

Jarryn Robinson (UTSA), Chair, 8/2018

Through their eyes: A grounded theory study of resilience for Black women in counselor education

Cristina Martinez-Smith (UTSA), Chair, 05/2018

Bilingual counselors-in-training's self-efficacy to counsel in Spanish: A narrative study

Danielle Knight (UTSA), Chair, 8/2017

A phenomenological study of supervisors of color and their experiences of racial and ethnic microaggressions in supervision

Yuliya Cannon (UTSA), Chair, 5/2017

The path to scholarship in counselor education: Examining the research mentoring experiences of female doctoral students

Sabine Volkmann (UTSA), Chair, 12/2016

Exploring bereaved older adult pet owner's relationship and grief experiences following the death of a companion animal

Maria Haiyasoso (UTSA), Chair, 05/2016

Adult female survivors of child sexual abuse navigating parenthood: A narrative study

Angelica Tello (UTSA), Chair, 05/2015

The psychological experiences of Latina first-generation college graduates who received financial and cultural capital support: A constructivist grounded theory

Martha Jo Atkins (UTSA), Chair, 05/2013

Exploring the meaning professional counselors ascribe to death related sensory experiences

Ioana Boie (UTSA), Chair, 05/2012

The intersection of cultural factors on second-generation Mexican American college women's body image: A constructivist grounded theory

Christopher Leeth (UTSA), Chair, 05/2012

The relationship between traditional masculinity and drive for muscularity in college-age men

Christina Marbach (UTSA), Chair, 05/2012

Children as caregivers: Counselor-in-trainings' awareness of children's caregiving activities

Member

Ashley Prado (UTSA), Member, Completed

Julietta Rubio Hobbs (UTSA), Member, Completed

Amanda Nevarez (UTSA), Member, Completed

Jamoki Dantzler (UTSA), Member, Completed

Levi McClendon (UTSA), Member, Completed

Emily Ciepielinski (UTSA), Member, Completed

Christine Wong (UTSA), Member, Completed

Sarah Donhauser (St. Mary's University, Texas), Member, Completed

Katrina Cook (UTSA), Member, Completed

Sabina DeVries Kell (UTSA), Member, Completed

Brenda Melton (UTSA), Member, Completed

Whitney Humphrey (UTSA), Member, Completed

Marina Vladimir (UTSA), Member, Completed

Samantha Airhart-Larraga (USTA), Member, Completed

David Hunt (UTSA), Member, Completed

Sue Clifford (UTSA), Member, Completed

Shawna Corley (UTSA), Member, Completed

Harvey Peters (Syracuse University, New York), Member, Completed
*Student was awarded the AERA Division E 2021 Outstanding Research
Award for their dissertation

Isanely Guerrero Kurz (UTSA), Member, Completed
Chelsea Davila Conaway (UTSA), Member, Completed
Noelle Blessing (UTSA), Member, Completed
Marilyn Caylor (UTSA), Member, Completed
Brittany Hudson (UTSA), Member, Completed

Michael Lillis (UTSA), Member, In progress

Thesis Committees:

Huynh Mai Nguyen (UTSA), Chair, Completed
Faculty Advisors' Experiences Working with International Graduate Students

Stephanie Garcia (UTSA), Member, Completed
Lesbians' Attitudes of Online Counseling as Mediated by Identity Development, Degree of Outness, Internet Use, and Demographic Factors

Maria Haiyasoso (UTSA), Member, Completed 05/2013
Counselors' Experiences Working with Child Survivors of Sexual Abuse and with Survivors' Non-offending Caregivers

Service Activities

Department Service

Graduate Advisor of Record (GAR), master's programs, Department of Counseling, UTSA (2009-2022)
Program Coordinator, Clinical Mental Health Counseling, Department of Counseling, UTSA (2014-2022)
Program Coordinator, Community Counseling, Department of Counseling, UTSA (2010-2014)
Chair, Counseling Search Committee, Department of Counseling, UTSA (2019-2020; 2020-2021)
Chair, Department Faculty Review Committee (DFRAC), Department of Counseling, UTSA (2017-2018; 2018-2019)
Member, Department Faculty Review Committee (DFRAC), Department of Counseling, UTSA (2018-2019)
Member, Department Continuing Performance Evaluation Committee (CPE), Department of Educational Psychology, UTSA (2018-2019)
Counseling Search Committee Member, Department of Counseling, UTSA (2017-2018)
Clinical Coordinator, Department of Counseling, UTSA (2010-2013)
Adjunct Committee, Department of Counseling, UTSA (2010-2012; 2014-2016)
Interim Clinical Coordinator, Department of Counseling, UTSA (June-August 2010)
Chair, Counseling Search Committee, Department of Counseling, UTSA (2009-2010)

Faculty Advisor, Chi Sigma Iota, Sigma Alpha Chi Chapter, UTSA (2004-2009)
Co-Faculty Advisor, Chi Sigma Iota, Sigma Alpha Chi Chapter, UTSA (2011-2012)
Co-Chair, Counseling Search Committee, Department of Counseling, UTSA (2008-2009)
Member, Counseling Search Committee, Department of Counseling, UTSA (2012-2013)
Clinical Committee, Department of Counseling, UTSA (2008-2014)
Doctoral Program Committee, Department of Counseling, UTSA (2004-2010) (2012-2013) (2018-2022)
Counseling Search Committee, CEPAHE Department, UTSA (2004-2005), (2005-2006), (2006-2007), (Fall 2005, clinical, non-tenure track)
CACREP Committee, CEPAHE Department, UTSA (2004-2005)
CACREP Committee, COU Department, UTSA (2014-2015)
Merit Committee, CEPAHE/COU Department, UTSA (2005-2006) (2011-2012)

College Service

COEHD Academic Innovation Point of Contact (2022-2023)
COEHD Awards Committee (2022)
COEHD Full CFRAC Committee (2017, 2018, 2019, 2021)
COEHD Leadership Academy (2021-2022)
COEHD CFRAC Committee (2014)
COEHD Dean's Advisory Council Member (2013)
COEHD Faculty Development Leave Committee (2010; 2020)
COEHD Academic Policy and Curricula Committee (CAPCC) (2008-2010, 2012-2015)
Chair, CAPCC (2012-2013)
COEHD IT Committee (2007-2008)
COEHD College Council, Department of Counseling Representative (2005-2006, 2006-2007)

University Service

UTSA Vice President for Research Search Advisory Committee (2022-2023)
Code of Conduct Workgroup (2022)
Graduate Council, Department of Counseling Representative (2009-2011; 2018-2019; 2019-2020; 2020-2021; 2021-2022)
Graduate Council, Graduate Programs Committee (2019-2020; 2020-2021)
Graduate Council, Special Membership Committee (2010-2011; 2011-2012; 2020-2021; 2021-2022)
COEHD Dean Search Advisory Committee (2020-2021)
Faculty Grievance Committee (2017-2021) (2021-2023)
UTSA Faculty-Staff Mental Health Advisory Committee (2016-2017)
COEHD Dean Search Committee (2015-2016)
UTSA Committee for Sexual Violence Response and Prevention (2015-2016)
Faculty Senate, Department of Counseling Representative (2012-2013, 2013-2014)
Faculty Senate Budget Committee (2012-2013, 2013-2014)
Faculty Senate HOP Committee (2013-2014)
UTSA Student Activities Alcohol and Other Drug Programming Group (2006-2007, 2007-2008)
UTSA Career Services Faculty Advisory Board (2005- 2007)

Professional Service & Memberships

American Counseling Association (ACA), Member 1999-present

Past-President (2020-2021)

President (2019-2020)

President-Elect (2018-2019)

Nominations and Elections Committee, Chair (2020-2021)

Publications Committee, Member (2020-2021)

Program Reviewer, ACA Convention, (2006-2012)

ACA/ACC Governing Council Representative (2006-2007)

Graduate Student and Mentoring Taskforce, Chair (2010-2011)

Graduate Student Committee, Chair (2011-2012)

Graduate Student Committee, Member (2012-2013)

Professional Advocacy Taskforce, Chair (2015-2016)

Division/Region Partnerships: Focus on Leader Development Targeted Task Group, Member (2016-2017)

Professional Standards Committee, Member (2017-2018)

Branch Development Committee, Member (2023-2024)

Association for Counselor Education and Supervision (ACES), Member 2001- present

Past-President (2017-2018)

President (2016-2017)

President-Elect (2015-2016)

Executive Board Member (SACES Representative; 2012-2014)

New Faculty Interest Network, Co-Chair (2005-2009)

Supervision Initiative, Member (2014-2016)

Emerging Leaders Taskforce, Member (2014-2015)

Budget and Finance Committee, Member (2022-2023)

Southern Association for Counselor Education and Supervision, Member 2005-present

Past-President (2014-2015)

President (2013-2014)

President-Elect (2012-2013)

President Elect-Elect (2011-2012)

Women's Interest Network, Co-Chair (2006-2009)

Program proposal committee (2008)

Association for Creativity in Counseling (ACC), Member 2004-present

Past-President (2012-2014)

President (2010-2012)

President-Elect (2009)

Trustee (2007-2009)

ACA Governing Council Representative (2006-2007)

Trustee/Membership Chair (2004-2006)

Graduate Student Committee Chair (2006-2008)

Conference Committee (2005)

- American College Counseling Association (ACCA), Member 2001-2003, 2005-2008
American Mental Health Counselors Association (AMHCA) (2009-2011)
Associate Editor, Theory & Practice, *Journal of Mental Health Counseling* (2009-2011)
- Texas Counseling Association (TCA), Member 2005- present
Human Rights Committee, Member (2005-2006, 2006-2007)
Conference Committee, Program Monitor Chair (2006)
Graduate Student Involvement Committee, Co-Chair (2009-2011)
New Professionals Taskforce, Member (2022-2023)
- Texas Association for Counselor Education and Supervision (TACES), (Member 2005-present)
Past-President (2011-2012)
President (2010-2011)
President-Elect (2009-2010)
Board Member-at-Large (2008-2009)
Midwinter Conference proposal reviewer (2017)
Accreditation Advocacy Committee, Co-Chair (2017)
- Ohio Counseling Association (OCA), Member 1999-2004
Chi Sigma Iota (CSI) International Counseling Honorary Society, (Member 1998-2011, 2018-present)
CSI International Awards Committee Member (2005, 2006, 2007, 2008, 2011)
CSI International Poster Session Chairperson (2011)
Kappa Sigma Upsilon Chapter
Social Chair (1999-2000)
Community Service Co-Chair (2000-2001)
- Council for Accreditation of Counseling and Related Educational Programs (CACREP)
Team site visitor (2008-present)
- Guest Co-Editor, Special Section on Relational-Cultural Theory (2016)
Journal of Counseling & Development
- Ad Hoc Reviewer, *Behavior Research and Therapy* (2005)
Ad Hoc Reviewer, *Journal of Orthopsychiatry* (2005-2006)
Ad Hoc Reviewer, *Psychology and Psychotherapy: Theory, Research and Practice* (2007-2008)
- Ad Hoc Reviewer, *Journal of the American Psychiatric Nurses Association* (2008)
Ad Hoc Reviewer, *Journal of Creativity in Mental Health* (2009, 2010)
Ad Hoc Reviewer, *Qualitative Health Research* (2009)
Ad Hoc Reviewer, *The Family Journal* (2010)
Ad Hoc Reviewer, *Journal of Aggression, Conflict and Peace Research* (2014)
Ad Hoc Reviewer, *South Asian Diaspora* (2015)
Ad Hoc Reviewer, *The Clinical Supervisor* (2014, 2015, 2016)
Ad Hoc Reviewer, *Teaching and Supervision in Counseling* (2018)
Editorial Board Member, *The Family Journal* (2005-2008)
Editorial Board Member, *Journal of College Counseling* (2005-2008)

External Examiner for Doctoral Thesis Examination, University of Malaya, Malaysia
(2020, 2021-2022)

Community Service

Our Lady of the Lake University – Parent Advisory Council (2021-present)