

CATHERINE SOMODY
ASSOCIATE PROFESSOR OF PRACTICE
THE UNIVERSITY OF TEXAS AT SAN ANTONIO
College of Education and Human Development
501 West Cesar E. Chavez Blvd., Office 4.314
San Antonio, Texas 78207

EDUCATIONAL BACKGROUND

Doctor of Philosophy in Counseling
Counselor Education and Supervision
The University of Texas at San Antonio
San Antonio, Texas (2010)

Master of Arts
Counseling and Guidance
Trinity University
San Antonio, Texas (1983)

Bachelor of Science
Special Education and Elementary Education
Texas State University
San Marcos, Texas (1975)

PROFESSIONAL CERTIFICATIONS AND LICENSURE

Licensed Professional Counselor—Texas State Board of Examiners of Professional Counselors
LPC Supervisor—Texas State Board of Examiners of Professional Counselors
Texas Certified School Counselor
Texas Certified Special Education Counselor
Texas Teacher of Emotionally Disturbed
Texas Elementary Education-General
Texas Teacher of Language and/or Learning Disabilities

PROFESSIONAL EMPLOYMENT HISTORY

Professor of Practice (2023-present)

Associate Professor of Practice (2021-2022)

College of Education & Human Development, Department of Counseling, The University of Texas at San Antonio, San Antonio, Texas

- Graduate Advisor of Record: Clinical Mental Health Counseling Program
- Clinical Mental Health Counseling Program Coordinator
- Teach masters and doctoral courses.
- Provide advising to counseling graduate students and prospective incoming students.
- Recruit and advise prospective incoming students.

- Provide orientation for incoming students.
- Support recruitment efforts by working with scheduling committee to maximize available class seats and align with accreditation standards.
- Serve as liaison between CMHC program and CACREP committee.
- Coordinate scholarships for counseling students.
- Coordinate Fitness to Practice committees.
- Compile data on Fitness to Practice committees for accreditation process.
- Serve on Fitness to Practice committees.
- Coordinate and participate in evaluation of narrative statements for admissions.
- Oversee and coordinate with Clinic Director for practicum instruction and delivery of services to clients.
- Prepare and provide orientation for practicum students.
- Revise and update Clinical Training Manual and CMHC Handbook to align with new accreditation standards.
- Developed and recorded online training for site supervisors.
- Developed and recorded orientation for practicum and internship students.
- Coordinate student needs with internship site supervisors and work with community agencies engaged in clinical experiences.
- Serve on Clinical Experience Committee selecting and approving community internship sites and partnerships.
- Provide clinical and administrative supervision for internship students.
- Attend to clinical student concerns and grievances.
- Contribute to CACREP accreditation efforts.
- Serve on dissertation committees.
- Mentor Clinic Director and graduate students.

Clinical Assistant Professor (2010-2020)

Director, Sarabia Family Counseling Center (2010-2017)

- Provided clinical and administrative supervision for practicum and internship students at UTSA counselor-training clinic, Sarabia Family Counseling Center.
- Provided administrative supervision to clinic staff.
- Coordinated and oversaw all aspects of clinic operations including practicum class instruction; staff and client schedules; clinic procedures; student and staff training; handbooks and manuals for students, staff and professors; clinic forms; client records; risk assessments; referral procedures; and telephone pre-screening process.
- Managed grant-related activity for clinic.
- Managed budget for clinic.
- Taught graduate counseling classes.
- Approved applications for affiliated sites in the community, assisted with coordination and resolution of clinical issues and community-site-related concerns.

Elementary School Counselor, August 1984 – May 2006

Northside Independent School District, San Antonio, Texas

- Served as Elementary Cluster Leader providing supervision to 12 counselors on nearby campuses for 16 years.
- Provided individual and group counseling for elementary-aged student populations at Leon Springs Elementary School (1993-2006), Evers Elementary School (1992-1993), Timberwilde Elementary School (1984-1992), and Northwest Crossing Elementary School (1983-1984).
- Planned and managed a well-balanced, comprehensive, developmental guidance program.
- Taught developmental guidance lessons to students, grades Kinder-fifth.
- Consulted with parents, teachers, administrators, and community personnel regarding the educational/emotional needs of students.
- Coordinated school services and referrals to school and community programs for children with special needs.
- Served as Building Test Coordinator for 23 years.
- Implemented and coordinated a large mentor program partnering with local businesses and military bases.
- Served as Safe and Drug Free Schools and Communities Campus Coordinator.
- Served as At-Risk Youth Campus Coordinator.
- Implemented and coordinated a Peer Mediation Program.
- Co-coordinated the Goal Setting and Student Advisory Program on our campus.
- Co-coordinated the Priceless People Peer Mentor Program for 3 years.
- Organized and facilitated crisis response teams at elementary campuses experiencing trauma.
- Conducted parent education classes yearly for 23 years, including Love and Logic, How to Talk So Kids Will Listen, STEP Parenting Program, and others.
- Mentored new counselors and assisted with new counselor training.
- Co-Piloted Parent Consultation Center collaboration between UTSA and NISD.

Special Education Teacher, Grades 6-12, August 1983-May 1984

Boerne Independent School District, Boerne, Texas

- Provided therapeutic self-contained classroom for students with multiple handicapping conditions including mental retardation, cerebral palsy, and emotional disturbance.

Counseling Practicum Experience, January 1983-May 1983

West Avenue Elementary School, San Antonio, Texas

- Provided individual and group counseling to students, grades Kinder-fifth.
- Taught developmental guidance lessons to students, grades Kinder- fifth.
- Consulted with parents, teachers, and administrators regarding the educational/emotional needs of students.

Founder, Director and Teacher, August 1982-January 1983

The Guadalupe School, Boerne, Texas

- Founded private elementary school, grades pre-kinder – fourth.
- Students prospered in an individualized educational setting designed for experiential

learning.

Counseling Practicum Experience, August 1981-May 1982.

San Antonio Children's Center, San Antonio, Texas

- Provided individual, family, and group counseling services for adolescent residents of San Antonio Children's Center Psychiatric Hospital.

Special Education Teacher, Grades 3-8, August 1980 - June 1982

San Antonio Children's Center, San Antonio, Texas

- Teacher in a therapeutic self-contained classroom in an inpatient psychiatric hospital.

AWARDS AND HONORS

- Association for Assessment and Research in Counseling (AARC) CORE Outstanding Outcomes and Research Publication Award, 2019
- Association for Creativity in Counseling Professional Service Award, 2009
- South Texas Counseling Association Scholarship, 2007
- Chi Sigma Iota Counseling Academic and Professional Honor Society, International, 2006
- Sigma Alpha Chi Counseling Academic and Professional Honor Society, UTSA, 2006
- South Texas Counseling Association Emerging Leader, 2001
- South Texas Counseling Association Professional Writing Award, 1996

Students Mentored

- Doctoral and master's students mentored and working under my direct supervision in the Sarabia Family Counseling Center. I provided training, ongoing support and supervision of all administrative and clinical duties in the Sarabia Family Counseling Center to all graduate and research assistants under my supervision. I provided more extensive mentorship such as extended consultations, assistance with writing and APA style, assistance with job searches and recommendations, and consultation before and after graduation to the following students:
Alita Andrews, Noreal Armstrong, Carla Saldana, Shawna Corley, Ashley Prado, Cristina Martinez-Smith, Courtney Borsek, Masha Maghousdi, Cristine Wong, Maria Haiyasoso, Samantha Airhart-Larraga, Laurel Jackson-Cook, Dhruvi Patel, Diandra Palacios, Jarryn Robinson, Mary Whiting, and Madelyn Duffey.
- **Doctoral and master's students** mentored under my direct supervision as editorial assistants for the Journal of Creativity in Mental Health. I provided APA and editorial training, ongoing support, and supervision of students serving as editorial assistants. Stefanie Malone, Cristina Martinez-Smith, Norma Balli-Barrero, Katherine McVey, Diandra Palacio and Victoria Nunez. I also accepted volunteers to assist with editing and proof reading. I provided the same level of training and mentorship as to those who held the official position.

RESEARCH/SCHOLARLY/CREATIVE ACTIVITIES

PUBLICATIONS: National and International Refereed Journal Articles

Schuermann, H., Bursek, C., Wong, C., & Somody, C. (2018). *Client outcomes in a University clinic: Norming the ORS and SRS for a largely Hispanic population*. *Counseling Outcome Research and Evaluation*, 9(2), 67-79. (Recipient of Association for Assessment and Research in Counseling (AARC) CORE Outstanding Outcomes and Research Award, 2019) (4 citations) Impact Factor (2019): 1.05

Cook, K., Trepal, H., & Somody, C. (2012). *Supervision of school counselors: The SAAFT model*. *Journal of School Counseling*, 10(21). Retrieved from <http://jsc.montana.edu/articles/v10n21.pdf> (24 citations)

Duffey, T., & Somody, C. (2011). The role of relational-cultural theory in mental health counseling. *Journal of Mental Health Counseling* 33, 223-242. (199 citations)

Duffey, T., Somody, C., & Eckstein, D. (2009). Musical relationship metaphors: The Musical Chronology and the Emerging Life Song for couples. *The Family Journal*. 17, 146-150. (5 citations)

Henderson, P., Cook, K., Zambrano, E., Somody, C., & Jones, B. (2009). Being a good counselor boss: A sampling of effective administrative supervision practices. *Association for Counseling and Supervision Spectrum*, 69(3), 14-20.

Somody, C., Henderson, P., Cook, K., & Zambrano, E. (2008). A working system of school counselor supervision. *Professional School Counseling*, 12, 22-33. (66 citations)

Duffey, T., Somody, C., & Clifford, S. (2006/2007). Conversations with my father: Adapting a musical chronology and the emerging life song with older adults. *Journal of Creativity in Mental Health*, 2(4), 45-64. (27 citations)

Somody, C., & Hobbs, M. (2006/2007). Paper bag books: A creative intervention with elementary school children experiencing high-conflict parental divorce. *Journal of Creativity in Mental Health*, 2(3), 73-87. (13 citations)

PUBLICATIONS: Book Reviews in National and International Refereed Journals

Somody, C. (2009). Review of Adam Blatner's Website. *Journal of Creativity in Mental Health*, 4, 283-288.

Somody, C. (2009). Review of the book *Child Art Therapy* by Judith Aron Rubin. *Journal of Creativity in Mental Health*, 4, 85-86.

Somody, C. (2008). Review of the book *Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair* by Miriam Greenspan. *Journal of Creativity in Mental Health*, 3, 194- 198.

Somody, C. (2008). Review of the book *Artful Therapy* by Journal of Creativity in Mental

Health, 3, 338-341.

Somody, C. (2006/07). Review of the book *Counseling as an art: Creative arts in counseling* by Samuel Gladding. *Journal of Creativity in Mental Health*, 2(2), 75-76.

PUBLICATIONS: Book Chapters

Duffey, T., & Somody, C. (2011). A musical chronology and the emerging life song for couples. In D.Eckstein (Ed.), *Relationship repair: Couples activities for counselors*. El Cajon, CA: National Social Science Press.

Somody, C., Henderson, P., Cook, K., & Zambrano, E. (2010) A working system of school counselor supervision. In M. A. Hermann, , T. P. Remley, Jr., & W. C. Huey, *Ethical and legal issues in school counseling* (3rd ed., pp. 469-489). Alexandria, VA: American School Counselor Association.

Somody, C. (2006). The boy who wanted to call me “mom.” In L. Golden & P. Henderson (Eds.) *Case studies in school counseling*. Upper Saddle River, NJ: Merrill/Prentice-Hall.

Somody, C. with Barrows, K., Diou, S., Myers, T., Riojas, V., & Woodlee, C. (2001) *Violence Prevention Book Bag: Bibliotherapy Curriculum for Elementary School Counselors*. Northside ISD. San Antonio, Texas.

Somody, C. with Barrows, K., Diou, S., Myers, T., Riojas, V., & Woodlee, C. (2000) *Drug Prevention Book Bag: Bibliotherapy Curriculum for Elementary School Counselors*. Northside ISD. San Antonio, Texas.

Somody, C. with Barrows, K., Douglas, K. Eubank, J., Ibanez, E., & Mahaffey, M. (1997) *Multicultural Awareness Book Bag: Bibliotherapy Curriculum for Elementary School Counselors*. Northside ISD. San Antonio, Texas.

Somody, C. with Barrows, K., Douglas, K. Eubank, J., Ibanez, E., & Mahaffey, M. (1996) *Friendship Book Bag: Bibliotherapy Curriculum for Elementary School Counselors*. Northside ISD. San Antonio, Texas.

Somody, C. with Barrows, K., Douglas, K. Eubank, J., Ibanez, E., & Mahaffey, M. (1995) *Grief Book Bag: Bibliotherapy Curriculum for Elementary School Counselors*. Northside ISD. San Antonio, Texas.

SCHOLARLY PRESENTATIONS

Scholarly Refereed Presentations: National

Duffey, T., Haberstroh, S., Somody, C., & Buzzetta, M. (2010, March). Creativity in counseling: Using the Enneagram and experiential approaches to build authentic and meaningful relationships. American Counseling Association (ACA) Annual Conference. Pittsburgh, Pennsylvania.

- Duffey, T., & Somody, C. (2008, March). Publishing Tips for the Journal of Creativity in Mental Health. American Counseling Association (ACA) Annual Conference. Honolulu, Hawaii.
- Duffey, T., Louden-Gerber, G., Choucroun, P., Alamia, J. J., Somody, C. (2007). Understanding diverse worldviews through the enneagram personality typology. American Counseling Association (ACA). Detroit, Michigan. Scholarly Refereed Presentations: State
- Henderson, P., Cook, K., Jones, B., Somody, C., & Zambrano, E. (2009, January). Teaching counseling professionals to be good bosses: Providing meaningful administrative supervision. Texas Association of Counseling, Education and Supervision (TACES) Conference. Austin, Texas.
- Henderson, P., Cook, K., Somody, C., & Zambrano, E. (2008, November). Administrative Supervision of Counselors. Texas Counseling Association (TCA Annual Conference). Houston, Texas.
- Zambrano, E., Cook, K., & Somody, C. (2007, November). Supervision of School Counselors. Texas Counseling Association (TCA) Annual Conference. Corpus Christi, Texas.
- Somody, C., with Diou, S., Woodlee, C. Violence Prevention – It's in the Bag. (2000, November) Texas Counseling Association (TCA) Annual Conference. Houston, Texas.
- Somody, C., with Barrows, K., Douglas, K. Eubank, J., Ibanez, E., Mahaffey, M., (1996). Counseling: It's in the Bag. South Texas Counseling Association Annual Winter Workshop, San Antonio, Texas.

PRESENTATIONS: Invited

- Somody, C. (2014, September). Building Successful Teams. University of Texas at San Antonio: Presentation to Mechanical Engineering Classes. San Antonio, Texas.
- Somody, C., with Duffey, T. (2011, January). Creative Interventions in Grief and Loss Therapy: When the Music Stops, a Dream Dies. Texas Community College Teachers Association (TCCTA) Annual Convention. San Antonio, Texas.
- Somody, C. (2010, October). Integrating Six Years of Courage To Teach: An Experiential Book-Making Workshop. Courage Continues. Greentrees Retreat Center, Ingram, Texas.
- Somody, C. (2010, October). Touchstones of Courage: An Experiential Workshop. Courage Continues. Greentrees Retreat Center, Ingram, Texas.
- Somody, C. (2010, March). Creative and experiential techniques for counseling children and adolescents. Northside ISD, School Counselor Workshop. San Antonio, Texas.
- Somody, C. (2009, April). Incorporating art techniques into marriage and family counseling. University of Texas at San Antonio, Marriage and Family Therapy Practice Class. San Antonio, Texas.

- Somody, C. (2009, February). Incorporating psychodrama techniques into marriage and family counseling. University of Texas at San Antonio, Marriage and Family Therapy Practice Class. San Antonio, Texas.
- Somody, C. (2008, November). Aggression and Bullying Prevention: What Works? University of Texas at San Antonio, Child and Adolescent Counseling Class. San Antonio, Texas.
- Somody, C. (2008, October). Separation Anxiety, Test Anxiety, and Social Anxiety: Strategies for Helping Students. University of Texas at San Antonio, Child and Adolescent Counseling Class. San Antonio, Texas.
- Somody, C. (2006, October). Cognitive Theory. University of Texas at San Antonio, Counseling Theories class. San Antonio, Texas.
- Somody, C. (2006, October). Cognitive Theory. University of Texas at San Antonio, Advanced Counseling Theories class. San Antonio, Texas.
- Somody, C., Garrett, S., and Jones, B. (2006, November). The Role of a Professional School and the ASCA Comprehensive Guidance Program Model. University of Texas at San Antonio, Professional Development Seminar, San Antonio, Texas.
- Somody, C. (2006, January). The Role of the School Counselor and the Comprehensive Guidance Program. University of Texas at San Antonio, Reading Approaches for Comprehension Class. San Antonio, Texas.
- Somody, C., & Hobbs, M. (2005, August) Bully Prevention: Tips for Parents. Leon Springs Elementary Parent-Teacher Association. San Antonio, Texas.
- Somody, C., & Hobbs, M. (2005, November) Creating a Bully-Free School. Leon Springs Elementary. San Antonio, Texas.
- Somody, C. (Annually, 2001-2006). Developmental assets: A web of support. Leon Springs Elementary. San Antonio, Texas.
- Somody, C. (Annually, 1993-2006). Signs and Symptoms of Substance Abuse. Leon Springs Elementary. San Antonio, Texas.
- Somody, C. (Annually, 1995-2006). Identification and Services for At-Risk Students. Northside ISD. San Antonio, Texas.
- Somody, C. (Annually, 1986-2006). Test Administrator Training. Northside ISD. San Antonio, Texas.
- Somody, C. (Annually, 2001-2006). Love and Logic Parenting Classes. Leon Springs Elementary. San Antonio, Texas.
- Somody, C., & Hobbs, M. (August 2004) Creating a Positive Class Climate Through Class Meetings. Leon Springs Elementary. San Antonio, Texas.

Somody, C. (October 2004) Goal Setting and Advisory Program Activities. Leon Springs Elementary. San Antonio, Texas.

Somody, C. (Annually 1998-2006) Effective Mentoring: Training for Campus Mentors. Leon Springs Elementary. San Antonio, Texas.

Somody, C. (Annually 1998-2006) Working Together to Build Resilient Students: Training for Mentors and Parents. Leon Springs Elementary. San Antonio, Texas.

Somody, C., with Henderson, P. & Zambrano, E., (1998) Discovering Diversity Through Unity: Becoming Culturally Competent Educators. Northside ISD. San Antonio, Texas.

GRANT ACTIVITIES

- Electronic Client Data Intake Project, Sarabia Family Counseling Center, (\$15945, PI), The Trull Foundation, Not Funded, 2016.
- Promoting Outcome-Based Wellness, Empowerment, and Recovery (POWER), (\$22,000, Co PI), The Hogg Foundation, Not Funded, 2016.
- Sarabia Family Counseling Center Support Specialist Funding, (\$9999, PI), Jack H and William M Light Charitable Trust, Not Funded, 2016.
- Sarabia Family Counseling Center Clinical Supervisor Funding, (\$47412, PI), Baptist Foundation, Not Funded, 2016.
- Sarabia Family Counseling Center Operations, (\$60800, PI), San Antonio Area Foundation, Not Funded, 2016.

PROFESSIONAL SERVICE

National

- **Co-Editor:** Journal of Creativity in Mental Health, The Taylor & Francis Group, Publishers. International refereed journal published quarterly. 2009-present,
- **American Counseling Association, Publishing Committee Member.** 2015,
- **ACA Graduate Student Committee** (2006-2009).
- **Senior Editorial Assistant,** Journal of Creativity in Mental Health, (2006-2009)
- **ACC Conference Booth Coordinator,** ACA conference (2008).

DEPARTMENTAL, COLLEGE, & UNIVERSITY SERVICE

- **Graduate Advisor of Record:** 2022-present
- **Clinical Mental Health Program Coordinator:** 2022-present
- **Assist Sarabia Family Counseling Center Clinic Directory**

- **Clinical Experience Committee:** Review and approve applications for affiliated sites in the community, assist with coordination and resolution of clinical issues and community-site-related concerns, edit clinical training manual yearly. June 2011- present
- **Department Fitness to Practice Coordinator and committees:** Coordinate and document FTP assignments. Review fitness to practice evaluations and develop and monitor remediation plans for students. As assigned, 2012 – present
- **Director, Sarabia Family Counseling Center.** 2010-2017
- **Library Representative,** Department of Counseling, 2018-2019

TEACHING ACTIVITIES

The University of Texas at San Antonio
Fall 2004 – Present

Graduate

COU 5203 Introduction to Clinical Mental Health Counseling
 COU 5233 Group Theory and Process
 COU 5683 Counseling Practicum
 COU 5713 Clinical Mental Health Counseling Field Based Internship
 COU 5793 School Counseling Field Based Internships Level I, II, and III
 COU 7123 College and University Teaching
 COU 6003 Consultation and Program Evaluation
 COU 5693 Field Based Internship
 COU 5713 Master’s Level Internship
 COU 5393 Development of Counseling Skills

RECENT PROFESSIONAL DEVELOPMENT

TCA Professional Growth Conference, November 2021, Galveston Texas

CEU’s 2022-2023

- Climate Change and Mental Health: The Role of the Counselor
- Counseling Compact Updates
- Healthy While Sexual: Preventing and Living with Sexually Transmitted Infections
- Defining Wellness in Older Adulthood: Toward a Comprehensive Framework
- Risk Management of Medical Error in Behavioral Health Programs and Clinical Supervision
- Developmental Model of Clinical Supervision in Behavioral Health
- Human Trafficking of Adolescents in America
- Texas Ethics for LPCs
- Texas State Board of Counselors Jurisprudence Exam
- Culturally Adapted CBT with African Americans
- Defining Wellness in Older Adulthood: Toward a Comprehensive Framework