
James “Ross” Spears

Department of Counseling
The University of Texas at San Antonio
501 W. César E. Chavez Boulevard
San Antonio, TX 78207
(325) 232-3203
james.spears@utsa.edu

Educational Background

August 2023 **Doctor of Philosophy, Counselor Education and Supervision, GPA 4.0**
The University of Texas at San Antonio, San Antonio, TX
(CACREP Accredited)

Dissertation: *Development of Student Neurofeedback Learning Competencies: A Delphi Method Study*

August 2020 **Master of Science, Clinical Mental Health Counseling, GPA 4.0**
The University of Texas at San Antonio, San Antonio, TX,
CACREP Accredited

May 2018 **Bachelor of Science, Psychology, GPA 3.53**
Abilene Christian University, Abilene, TX, 2018

Licensure

Licensed Professional Counselor (LPC) (TX) License #86786, 2023- present

Professional Employment History

August 2023-
Present Visiting Assistant Professor of Practice, *Department of Counseling,*
University of Texas at San Antonio, San Antonio, TX

January 2022-
Present Counselor and Neurofeedback Practitioner, *The Well Mind Center*
San Antonio, TX

June 2021-
March 2022 Neurofeedback Practitioner, *Waves of Change Performance Institute,*
Neurology Institute of San Antonio, San Antonio, TX

August 2020 -
August 2023 Graduate Research Assistant, *The Department of Counseling,*
University of Texas at San Antonio, College of Education and Human
Development, San Antonio, TX

November 2018 -
August 2020 Graduate Assistant, *Center for Civic Engagement,*
The University of Texas at San Antonio, San Antonio, TX

August 2019 - August 2020 Neurofeedback Student Counselor, *Sarabia Family Counseling Center, The University of Texas at San Antonio, San Antonio, TX*

August 2019 - December 2019 Practicum Student Counselor, *Sarabia Family Counseling Center, The University of Texas at San Antonio, San Antonio, TX*

August 2016 - May 2018 Assistant Director for Edwards Residence Hall, *Student Life, Abilene Christian University, Abilene, TX*

Awards and Honors

International Awards

- 2022 Genie B. Davis Award, Biofeedback Certification International Alliance (BCIA)
- 2022 International Society of Neuroregulation and Research (ISNR), In Memoriam Award
- 2022 International Society of Neuroregulation and Research (ISNR) Conference, Student Content Presentation Award
- 2021 International Society of Neuroregulation and Research (ISNR) Conference, Student Poster Award

University and National Awards

- 2023 Sigma Alpha Chi Chapter of Chi Sigma Iota, Outstanding Doctoral Student
- 2022 Sigma Alpha Chi Chapter of Chi Sigma Iota, Outstanding Practitioner
- 2021 Association for Counselor Education and Supervision (ACES) Conference, Conference Travel Diversity Award
- 2020 President's Council on Service and Civic Participation (AmeriCorps and Points of Light), Presidential Volunteer Service Award
- 2019 The Neurofeedback Society of UTSA, Certificate of Appreciation for planning and implementation of the annual, university neurofeedback conference
- 2019 Sigma Alpha Chi Chapter of Chi Sigma Iota, Certificate of Participation in recognition of an outstanding presentation at Counselors at the Capitol: Professional Advocacy Mini-Conference
- 2017 Abilene Christian University Student Productions, Host for Sing Song Acapella Competition
- 2016- Abilene Christian University, Academic Dean's Honor Roll

2016 Abilene Christian University, Department of Language and Literature, Certificate of Recognition for outstanding translation work for the exhibition Spanish Texas: Legend and Legacy

2011 Boy Scouts of America (BSA), Rank of Eagle Scout

Research/Scholarly Activities Summary

Refereed Publications

Prasath, P. R., Kumaran, A. C. P., **Spears, J. R.**, & Jackson, K. (2021). Creativity in the classroom: A content analysis of the journal of creativity in mental health from 2005 to 2020. *Journal of Creativity in Mental Health*, 1-22.
<https://doi.org/10.1080/15401383.2021.1983493>

Romero, D. E., Anderson, A., Gregory, J. C., Potts, C. A., Jackson, A., **Spears, J. R.**, Jones, M. S., & Speedlin, S. (2020). Using neurofeedback to lower PTSD symptoms. *NeuroRegulation*, 7(3), 99-106. <https://doi.org/10.15540/nr.7.3.99>

Manuscripts in Progress

Spears, J. R., Duffey, M. E., & Prasath, P. R. (*Submitted*). Examining counselor-in-training self-efficacy through a “choose-your-own-adventure” classroom activity. Submitted to the *Journal of Creativity in Mental Health* (JCMH).

Spears, J. R., Romero, D. E., McVay, K. E., Surratt, E., & Berry, R. (*revise and submit*). Neurofeedback for law enforcement occupational and organizational stress. To be submitted to *NeuroRegulation*.

Interiano-Shiverdecker, I., Rich, W., **Spears, J. R.**, & Robertson, D. (*writing stage*). Cultural humility and racial identity development of counselors-in-training participating in a study abroad experience to Oaxaca, Mexico. To be submitted the *Journal of Counseling and Development* (JCD).

Spears, J. R., Rich, W., Villalobos, N., & Prasath, P. R. (*writing stage*). Mitigating neuromyths through neuro-informed cognitive behavioral therapy course lecture. To be submitted to the *Journal of Mental Health Counseling* (JMHC).

Spears, J. R., Robertson, D., & Leal, J. (*data analysis phase*). Implicit bias among counselors in training: Using journal reflections as a creative teaching strategy to identify LGBT-specific bias. To be submitted to the *Journal of Counseling & Development* (JCD).

Harrichand, J., Lockhart, J., Whiting, M. & **Spears, J. R.** (*data analysis phase*). Blessed or stressed? A quantitative examination of the relationships between mental health, well-being, and spirituality in members of the LGBTQ+ community.

Spears, J. R., Rich, W., Cummins, G., Romero, D. E., & Jones, M. S. (*data collection phase*). Quantitative electroencephalogram analysis of special weapons and tactics team members. To be submitted to *NeuroRegulation*.

Scholarly Presentations

International – Refereed Contributions

Spears, J.R., Rich, W., & Cummins, G. (2023, August). Special weapons and tactics: Examining collected qEEGs for the assessment and mental health implications of SWAT personnel [Content Presentation]. International Society for Neuroregulation and Research, Dallas, Texas

Spears, J.R., & Rich, W. (2022, July 28). *Freeze! You're Under Too Much Stress: Utilizing Neurofeedback for the Mitigation of Law Enforcement Stressors* [Content Presentation]. International Society for Neuroregulation and Research, Orlando, Florida.

Spears, J.R., & Edmonds, C. (2021, June 26). *Navigating virtual neurofeedback treatment during COVID-19: A retrospective analysis* [Poster presentation]. International Society for Neuroregulation and Research, Virtual.

National – Refereed Contributions

Spears, J. R. (2022). *“Hi gay!”: Strategies for moving beyond LGBT implicit bias.* [Content session]. Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) conference, Chicago/Northbrook, Illinois.

Prasath, P. R., Ajitha, C. P., **Spears, J. R.,** & Jackson, A. (2022). *Creativity + research = systematic content analysis to explore creative teaching.* [Content session]. American Counseling Association Virtual Conference Experience. Virtual.

Duffey, T., Hudspeth, E. F., Cruz, T., Duffey, M., Lillis, M., & **Spears, J. R.** (2022). *Getting creative: Bringing creativity into any practice.* [Content session]. American Counseling Association Conference, Atlanta, Georgia.

Spears, J. R., Cruz, T., & Lillis, M. (2022). *Considerations for doctoral students engaging in supervision of graduate-level counseling students.* [Round-table]. Law and Ethics in Counseling Conference 2022, New Orleans, Louisiana.

Duffey, M., **Spears, J.R.,** Cruz, T., McVay, K.E., & Lillis, M. (2021). *Zoom university: First year doctoral student development during covid-19 in counseling programs.* [Poster presentation]. Association for Counselor Education and Supervision 2021 Conference, Atlanta Georgia.

Prasath, P., Ajitha, C. P., **Spears, J. R.,** & Jackson, K. (2021). *Creativity in the classroom: A systematic content analysis of the journal of creativity in mental health.* [Content

session]. Association for Counselor Education and Supervision 2021 Conference, Atlanta, Georgia.

Lillis, M., Cruz, T., McVay, K., Duffey, M., & **Spears, R.** (2021, March-April). *Virtually connected: The five good things and relational growth during virtual learning*. [Content session]. American Counseling Association Conference, Virtual.

Regional – Refereed Contributions

Flangan, C.Y., Lorey, D., Newton, S., **Spears, J.**, & Spooner, V. (2018). *Confidence is key: The relationship between self-esteem and the big five*. Poster presented for the Southwest Psychological Association, Houston, TX.

Gallup, S., Banks, E., Lowe, M., Redmayne, K., Ruiz, E., **Spears, R.** (April 2017). *The Role of Parental Involvement in Achievement Motivation Among College Students*. [Content Session]. Southwestern Psychological Association, San Antonio Texas.

State – Refereed Contributions

Spears, J. R., Robertson, D., & Leal, A. J. (2023). *'It's just a phase': Understanding and attending to LGBT implicit bias in counselor education*. [Content Session]. Texas Association for Counselor Education and Supervision, Georgetown, Texas.

Spears, J. R., Duffey, M., Prasath, P. R., & Daou, C. (2023). *'It depends': Examining student self-efficacy through a 'choose-your-own-adventure' classroom activity*. [Poster Presentation]. Texas Association for Counselor Education and Supervision, Georgetown, Texas.

Rich, W., **Spears, J. R.**, & Robertson, D. (2023). *Study abroad andragogy for facilitating cultural humility and racial identity development in counselors-in-training*. [Content Session]. Texas Association for Counselor Education and Supervision, Georgetown, Texas.

Spears, J. R., Duffey, M., & Prasath, P. R. (2022). *Two paths diverged: Using a 'choose-your-own-adventure' activity to increase student self-efficacy*. [Poster presentation]. Texas Counseling Association Professional Development Conference, Dallas, Texas.

Spears, J. R. & Robertson, D. (2022). *Helping counselors in training recognize and navigate LGBT implicit bias*. [Content session]. Texas Association for Counselor Education and Supervision Conference, Arlington, Texas.

Spears, J.R., McVay, K. E., Duffey, M., & Cruz, T. (2021). *Unintentional virtual learning: First-year doctoral student's experiences through a strength-based lens*. [Poster session]. Texas Counseling Association 2021 Conference, Galveston, Texas.

Ajitha, C.P., Prasath, P., Jackson, K., & **Spears, J.R.** (2021). *Wondering how to be creative in the classroom? Tips for early career faculty from our practice-based creativity research* [Content session]. Texas Counseling Association 2021 Conference, Galveston, Texas.

Leeth, C., McVay, K., **Spears, J.R.**, Lillis, M., Cruz, T., & Duffey, M. (2021). *Bystander intervention for bullying*. [Virtual content session]. Chicago School of Psychology Annual Conference.

Spears, R., Villalobos, N., & Gutierrez, J. (2020). *Latinx and healthy boundaries: how westernized counseling approaches influence client growth*. [Content session] Texas LPC-Intern Association's first annual conference, Austin, TX.

Local – Refereed Contributions

Spears, J. R. (2023). *Responding to law enforcement stressors through neurofeedback*. [Content session]. UTSA Graduate School 3-Minute Research Competition, San Antonio, TX.

Spears, J. R., & McVay, K. E. (2021). When the honeymoon ends: Counseling considerations when navigating partner infidelity. Sigma Alpha Chi Chapter of Chi Sigma Iota Newsletter.

Spears, J.R., & Villalobos, N. (2019). The simplicity of advocacy. Sigma Alpha Chi Chapter of Chi Sigma Iota Newsletter.

Spears, R. (2019). *Counselor Advocacy Experience*. [Poster session]. The University of Texas at San Antonio's Counselors at the Capitol: Professional Advocacy Mini-Conference, San Antonio, TX.

Spears, R. (2019). *Van de Kolk's PTSD Protocol* [Poster session] The University of Texas at San Antonio's Neurofeedback Society Mini-Conference: Unlocking the Power of Your Mind's Healing Potential, San Antonio, TX, October 26.

Gallup, S., Banks, E., Lowe, M., Redmayne, K., Ruiz, E., **Spears, R.** (2017). *The Role of Parental Involvement in Achievement Motivation Among College Students*. [Poster presentation]. Abilene Christian University Undergraduate Research Festival, Abilene, Texas.

Local - Non-refereed Presentations

McVay, K., **Spears, J. R.**, Duffey, M. (2020). *Chi sigma iota (CSI): Masters portfolio workshop*. Virtual workshop presented to clinical mental health and school counseling graduate students at The University of Texas at San Antonio. The University of Texas at San Antonio, San Antonio, TX.

Invited Presentations

Spears, J. R., Rich, W, & Pasmán, T. (Host). (2022). NuroFlex Podcast [Audio Podcast].

Spears, J. R. (2019). *Introduction to The Center for Civic Engagement* [Content session]. Presented each semester to service-learning courses at The University of Texas at San Antonio. The University of Texas at San Antonio, San Antonio, TX.

Granting Activities

Foundation for Neurofeedback and Neuromodulation Research Mini Grant (\$2,000; accepted), Foundation for Neurofeedback & Neuromodulation Research (FNNR). 2023.

UTSA Graduate School Travel Grant (\$700; accepted), UTSA Graduate School. 2022.

Educational Endowment Fund Grant (\$500; accepted), Texas Counseling Association (TCA). 2022.

University of Texas at San Antonio Travel Grant (\$500; accepted), UTSA Department of Education and Human Development. 2022.

University of Texas at San Antonio Travel Grant (\$500; accepted), UTSA Graduate School. 2021.

Conference Travel Diversity Scholarship (\$500; accepted), Association for Counselor Education and Supervision (ACES). 2021.

UTSA Center for Student Success Summit (\$150), stipend, UTSA Center for Student Success. 2020.

Teaching Activities

Courses Co-Taught as Teaching Assistant:

The University of Texas at San Antonio

COU 5233	Group Theory and Process (Spring 2022, Summer 2022)
COU 5243	Diagnosis in Counseling (Fall 2020, Fall 2021)
COU 5283	Counseling in a Multicultural Setting (Fall 2020, Spring 2021, Fall 2021, Spring 2022)
COU 5393	Development: Counseling Skills (Spring 2021, Summer 2021)
COU 5713	Internship I&II in Clinical Mental Health Counseling (Spring 2021)
COU 6153	Career Development and Choice (Fall 2020, Summer 2021)
COU 6523	Couples and Family Counseling (Summer 2021)

Service and Activities

Departmental Service

CACREP Renewal Committee Member, Fall 2022 - present
Sigma Alpha Chi chapter of Chi Sigma Iota (CSI), Member 2019 - present
 Awards Committee Chair, (2021-2022)
 Awards Committee Co-Chair, (2020-2021)
 Counselor Engagement Summit and Chapter Networking Taskforce, (2019-2020)
The Neurofeedback Society of UTSA, Member 2018 - present
 Past President (2021-2022)
 President, (2020-2021)
 Vice President, (2020)
 Secretary, (2019-2020)

University Service

Center for Civic Engagement (CCE)
 Annual Summit Planning Committee, (2019)
 Speak Up! Speak Out! University Volunteer, (2019)

Professional Service & Memberships

Association for Counselor Education and Supervision (ACES), Member 2021- present
American Counseling Association (ACA), Member 2019-present
Chi Sigma Iota (CSI), Member 2019 – present
International Society for Neuroregulation and Research (ISNR), Member 2020 - present
Texas Counseling Association (TCA), Member 2019- present
 Texas Counseling Association Advocacy Day, (Spring 2019)
Texas Association for Counselor Education and Supervision (TACES), Member 2021-present

Professional Trainings

CITI Human Research Program Course. *University of Texas at San Antonio*, San Antonio, TX

CITI Social and Behavioral Sciences Responsible Conduct of Research (RCR) Course.
University of Texas at San Antonio, San Antonio, TX

Online Trauma Informed Care (Fall 2019). *Texas Department of Family and Protective Services*,
San Antonio, TX

Reporting Suspected Abuse or Neglect of a Child: A Guide for Education Professionals Web-
based Training (Fall 2019). *Texas Department of Family and Protective Services*, San
Antonio, TX