**Curriculum Vitae**

Alfredo F. Palacios, PhD LMHC NCC

Assistant Professor Auburn University

Department of Special Education, Rehabilitation, and Counseling

**Academic Background**

Doctor of Philosophy: The University of New Mexico 2018

Counselor Education (CACREP accredited)

Cognate: Philosophy

Master of Arts: The University of New Mexico 2014

Counseling (CACREP accredited)

Dual Emphasis: Clinical Mental Health & School Counseling

Bachelor of Arts: The University of New Mexico 2011

Sociology

Cognate: Literature

**Certification and Licensure**

Alabama, Licensed Professional Counselor (LPC) #4058 2018

New Mexico, Licensed Mental Health Counselor (LMHC) #0169881 2014

National Certified Counselors (NCC) #338220 2014

**Teaching Experience**

Auburn University – Auburn, AL Fall 2018

Assistant Professor

University of New Mexico – Albuquerque, NM

Adjunct Instructor, Intro to Human Services COUN 492Spring 2018

Adjunct Instructor, Intro to Human Services COUN 492 Fall 2017

Co- Instructor, Counseling Skills COUN 522 Spring 2016 - Fall 2017

**Dissertation**

A Phenomenological Study of a Combined Mindfulness and Social-and-Emotional Learning Intervention as Delivered by a Counselor-Consultant to Early-Childhood Educators

This study was focused on a mindfulness-based weekly group intervention with Head Start Teachers. The use of mindfulness and social emotional learning were introduced to teachers in weekly process groups. A phenomenological analysis focused on the group participant and facilitator experiences of this model of early childhood classroom intervention.

Committee: Dr. Matthew Lemberger-Truelove, Dr. Thomas A. Chávez, Dr. Kira Carbonneau, Dr. David Atencio

**Counselor Supervision Experience**

University of New Mexico – Albuquerque, NM

Manzanita Counseling Clinic Spring 2018

Manzanita Counseling Clinic Fall 2017

Manzanita Counseling Clinic Spring 2017

Manzanita Counseling Clinic Fall 2016

As a doctoral supervision intern, I delivered clinician supervision to graduate students in their program practicum. Comprised of weekly 1-hour formal supervision sessions, live supervision via a 2-way mirror and film review.

**Research Experience**

Social Emotional Learning and Mindfulness Intervention 1/2016 – 1/2018

University of New Mexico – Albuquerque, NM

This series of studies considers how a particular approach for early childhood mindfulness-based instruction might affect students aged three to four in expressing executive functions and feelings of connectedness to others.

**Grants**

Palacios, A. (PI). Theory of Change Podcast, A Bi-monthly Audio Podcast for Counselors. *Special Education Rehabilitation and Counseling Seed Grant.* $765.00

Lemberger, M. E. (PI), Atencio, D. J.(Co-PI), Carbonneau, K., (Co-PI), Palacios, A. (Co-I), Zieher, A. K. (Co-I). (2016-2017). Enhancing early childhood instruction to support children’s self-regulation, executive functioning, and readiness to learn. *Thornburg Foundation*: $100,000.

**Publications**

Palacios, A. F., Lemberger, M. E. (2019). A counselor-delivered mindfulness and social-emotional learning intervention for early childhood educators. *Journal of Humanistic Counseling.* 58 (3). 184-203.

Palacios, A. F. (2018). An idealist’s view of humanistic psychotherapy. *Journal of Humanistic Counseling*. 57 (3). 223-231.

Lemberger, M. E., Carbonneau, K. J., Atencio, D. J., Zieher, A. K., & Palacios, A. (2018). Self-regulatory growth effects for young children participating in a combined social-emotional learning and mindfulness-based intervention. *Journal of Counseling and Development.* 96. DOI:10.1002/j.1556-6676.2014.00000.x

Chávez, T. A., Givens, J., Lemberger, M. E., Lemberger-Truelove, T., & Palacios, A. F. (2018). Dialogical meaning and justice for constructivist and existential psychologies. *Journal of Constructivist Psychology.* doi [10.1080/10720537.2018.1461718](https://doi.org/10.1080/10720537.2018.1461718)

Palacios, A., Stoltz, K. (2017) An Existential Foundation to Career Counseling Across the Lifespan. *Journal of Career Planning and Adult Development*. 33. 2. ISSN 0736-192

**Professional Presentations**

Palacios, A. (November, 2019). The Ambiguous Self: An Existentialists View of Diversity in Psychotherapy. *Alabama Counseling Association Annual Conference*. Montgomery, AL.

Gunther, D., Palacios A. (October, 2019). The Use of Podcasts as an Educational Medium for Counselor Educators. *Association for Counselor Education and Supervision Semi Annual National Conference.* Seattle, WA.

Palacios, A. (March, 2019) Invited Speaker. Courageous Classrooms: Teaching Diversity in a Global Society. *Diversity Forum at Columbus State University*. Columbus, GA.

Palacios, A., Lemberger-Truelove, M., (March, 2019) A Mindfulness and Social-Emotional Counseling Intervention for Young Children. *American Counseling Association Annual Conference*. New Orleans, LA.

Palacios, A., Brown, A. (February, 2019). Courageous Classrooms: Teaching Diversity in a Global Society. *Diversity Promising Practices Conference*. Auburn, AL.

Palacios, A., Curry, D., (October, 2018). The Graduate School Search and Interview: Tools for Success. *University of New Mexico McNair Scholars Research Conference*. Albuquerque, NM.

Palacios, A., (June, 2018). Willing the Freedom of Others: An Existential Position on Diversity and Social Justice in Counseling. *Association of Humanistic Counseling Annual Conference*: St. Petersburg, FL.

Atencio, D.J., Lemberger Truelove, M. E., Palacios A. F., Zieher, A., Henry, M., McMillian M., & Carbonneau, K. J. (June, 2018). Fostering reflective practice in Situ: Mindfulness-bassed meditation practices and training in social emotional teaching. *Annual Meeting of the National Association of Early Childhood Teacher Educators.* Austin, TX.

Palacios, A., Brammer, M., (March, 2018). The Drama of the New Mexican Youth: Overcoming Adversity Through Play and Personal Empowerment. *New Mexico Counseling Association Annual Conference:* Albuquerque, NM.

Palacios, A. (October, 2017). Social Emotional Learning and Mindfulness-Based Intervention Training for Early Childhood Educators at YDI. *Youth Development Inc. Annual In-Service:* Albuquerque, NM.

Palacios, A., (June, 2017). The Existentialists’ Pursuit of Authenticity: The Philosophy of Walking the Walk. *Association for Humanistic Counseling Annual Conference:* Syracuse, NY.

**Podcast Educational Media**

Palacios, A. (Producer). (2019, September 4). Applications of Humanistic Counseling Part 1: Redefining Ex-Offenders with Dr. Mark Scholl. [Audio Podcast]. Theory of Change Podcast.

Gunther, J., Tyler, J., Palacios, A. (Producer). (2019, August 28). I Believe You: Survivor Advocacy on College Campuses with Melissa Sawyer. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10817690>

Palacios, A. (Producer). (2019, August 14). The Family Meal: An Introduction to Culinary Arts Therapy with Julie Ohana. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10811945>

Gunther, J., Palacios, A. (Producer). (2019, August 8). Bearing Witness: The Essentials of Disaster Mental Health with Dr. Lennis Echterling. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10817426>.

Palacios, A. (Producer). (2019, July 31). The Narratives of Immigrant Youth with Rafael Martinez. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10726658>

Palacios, A. (Producer), Tyler, J., Gunther, J. (2019, July 24). Talking Tough Topics with Children. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10647407>

Gunther, J., Tyler, J., Palacios, A. (Producer). (2019, July 5). The Hat Trick: Counseling the Human, the Student, the Athlete with Lindsay Portella. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10421213>

Palacios, A. (Producer). (2019, June 18). Meet Me Where I Am: Harm Reduction and Recovery with Dr. Cortny Stark. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10169462>

Gunther, J., Tyler, J., Palacios, A. (Producer). (2019, June 5). Return to the Breath: Being Present Through Mindfulness with Marina Green. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10026923>

Palacios, A. (Producer). (2019, June 2). Gilles Deleuze and the Self: Live from the Association of Humanistic Counseling National Conference with Dr. Joel Givens. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/10019606>

Gunther, J., Tyler, J., Palacios, A. (Producer). (2019, May 24). School-To-Prison Pipeline: Rethinking Zero-Tolerance Discipline with Shanel Robinson. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/9917540>

Palacios, A. (Producer). (2019, May 7). Speak Life Into Existence: The Law of Attraction and The Value of Self Investment with Dr. Jason Branch. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/9656693>

Palacios, A. (Producer). (2019, April 24). The Art of the Relationship: A Way of Being in Motivational Interviewing with Dr. William Miller. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/9509978>

Gunther, J., Palacios, A. (Producer). (2019, April 10). To Sleep Perchance to Dream: The Science of Sleep and Wellness with Dr. Joseph Buckhalt. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/9331352>

Palacios, A. (Producer). (2019, March 27). The Revolution Will Not Be Televised: Critical Race Theory on Education and Mental Health with Dr. David Stovall. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/9116960>

Palacios, A. (Producer). (2019, March 14). Phenomenology for Counselors: The Value of Subjectivity with Dr. Brett Wilkinson. [Audio Podcast]. Theory of Change Podcast. Retrived from <http://directory.libsyn.com/episode/index/id/9010838>

Palacios, A. (Producer). (2019, March 6). Reality is Relationships: An Intro to Radical Social Constructivism with DR. R.R. Cottone. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/8839262>

Gunther, J., Palacios, A. (Producer). (2019, February 20). A Breath of Fresh Air: The Ecological Self and Environmental Justice with Dr. Debbie Sturm. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/8724725>

Palacios, A. (Producer). (2019, February 13). EP115: The Thrill of Being Alive – From Anxiety to Liberation with Fred Hanna and Alfredo Palacios [Audio Podcast]. The Thoughtful Counselor. Retrieved from <https://wp.me/p7R6fn-DA>.

Palacios, A. (Producer). (2019, February 6). Standing on the Shoulders of Giants: Learning from the Greats with Dr. Victor Yalom. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/8553686>

Gunther, J., Palacios, A. (Producer). (2019, January 23). Clickbait: Managing our Digital Identity with Dr. Jessica Tyler. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/8383166>

Palacios, A., (Producer). (2019, January 11). The Message and the Music: Healing Through Hip Hop with Dr. Ian Levy. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/show/theoryofchange/id/8215214>

Palacios, A., (Producer). (2018, December 22). A Return to the Relationship: Counseling Beyond Symptoms with Dr. James Hansen. [Audio Podcast]. Theory of Change Podcast. Retrieved from <http://directory.libsyn.com/episode/index/id/7948361>

Palacios, A., (Producer). (2018, December 11). The Saga of Postmodernism for Counselors with Dr. Joel Givens [Audio Podcast]. Theory of Change Podcast. Retrieved from http://directory.libsyn.com/episode/index/show/theoryofchange/id/7931876

Shook, M. (Producer). (2018, September 19). Existentialism and Counseling: Valuing Over Doing with Alfredo Palacios [Audio Podcast]. The Thoughtful Counselor. Retrieved from <https://wp.me/p7R6fn-s5>.

**Service**

2018-2019 Association for Humanistic Counseling Emerging Leader: 6/1/2019-6/2/2019

Journal of Humanistic Counseling

* Associate Editor, June 2018 – Present
* Editorial Board, August 2016 – July 2018

**Assistantships & Internships**

University of New Mexico – Albuquerque, NM

Graduate Student Excellence Assistantship Fall 2016-Spring 2018

Manzanita Counseling Center Graduate Assistant Fall 2015-Fall 2018

Dragonfly Counseling Associates – Albuquerque, NM

Counseling Intern Summer 2014

The Boys and Girls Club of New Mexico – Albuquerque, NM

Group Counseling Intern Summer 2014

Media Arts Collaborative Charter School – Albuquerque, NM School Counseling Intern Spring 2014

**Professional Work Experience**

Arbor Counseling– Albuquerque, NM

Child and Adolescent Counselor4/2015-11/2017

Arrow Behavioral Health– Albuquerque, NM

Behavior Service Consultant 3/2015- 4/2016

Desert Hills Residential Treatment– Albuquerque, NM

Residential Therapist 9/2014-9/2015

University of New Mexico Children’s Psychiatric Hospital– Albuquerque, NM

Inpatient Mental Health Technician9/2013-11/2014

Youth Development Inc. – Albuquerque, NM

Head Start Family Service Specialist9/2011-9/2013

**MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS**

Alabama Counseling Association (ALCA) 2018

American Counseling Association (ACA) # 6377066 2012

Association for Humanistic Counseling (AHC) 2012

Southern Association for Counselor Education and Supervision (SACES) 2018

Chi Sigma Iota 2012

National Board for Certified Counselors (NBCC) #338220 2014

New Mexico Counseling Association (NMCA) 2012