**EDUCATION**

Ph.D. The University of North Carolina at Greensboro, Greensboro, NC

Counseling and Counselor Education, May 2018

Minor: Educational Research Methods

M.S. The University of North Carolina at Greensboro, Greensboro, NC

Clinical Mental Health Counseling, May 2014

B.A. The University of North Carolina at Chapel Hill, Chapel Hill, NC

Psychology with distinction, May 2011

**CREDENTIALS**

Licensed Professional Counselor Associate (LPCA), North Carolina, #A10996 (July 2014)

National Certified Counselor (NCC), North Carolina, #341554 (June 2014)

**PROFESSIONAL EMPLOYMENT**

August 2018-Present **Assistant Professor**

Special Education, Rehabilitation, and Counseling Department

Auburn University, Auburn, AL

**RESEARCH PROJECTS**

January 2020- Counseling Students’ Experiences with Grief Theories and

Present Non-Bereavement Losses

**Co-Principal Investigator**

Conducting a qualitative research study to understand the experiences of counseling students when applying grief theories to non-death losses in a clinical internship experience.

August 2019- Losing a Family Member to Incarceration: Factors that Impact how Grief

December 2019 Relates to Resilience

**Co-Principal Investigator**

Conducted a quantitative research study to understand the factors that may impact an individual’s resiliency, who has lost a family member to incarceration. This experience is being conceptualized from a grief/loss perspective.

January 2019- Supporting Children of Incarcerated Parents through the Grief and Loss

Present Experience.

**Member of Research Team**

Conducting a quantitative research study to understand the effectiveness of a grief and loss training on school counselors’ perspectives of children of incarcerated parents.

May 2019- Enhancing Learning in the Counseling Classroom: The Incorporation of

August 2019 Simulated Mental Health Assessments

**Principal Investigator**

Conducted a quantitative research study to understand the effectiveness of the use of mental health assessments in the classroom.

August 2018- The Relationship Between Meaning-Making and Post-Traumatic Growth

December 2018 in College Students who have Experienced a Loss by Suicide

**Principal Investigator**

Conducted a quantitative research study to understand the relationship between the way college students make meaning and grow from a loss by suicide.

November 2017- Imposter Syndrome of Faculty Members

Present **Member of Research Team**

Assisting in various research projects to address the impact of the imposter syndrome in female faculty members.

May 2017-May 2018 Being Your Authentic Self: An Exploration of the Relationship between Authenticity and Self-Efficacy in a Sample of Advanced Counselor Trainees

**Principal Investigator (Doctoral Dissertation Research Project)**

Planned and conducted a quantitative research study exploring the relationship between authenticity and self-efficacy in a sample of advanced counselor trainees. This included reviewing relevant literature, gaining IRB approval, designing research methods, conducting a pilot study, conducting data analyses, testing instruments, collecting data, and data entry.

May 2017-May 2018 Doctoral Dissertation Research Project

**Member of Research Team**

Assisting in data analysis of a CQR methodology exploring cancer survivor psychosocial needs.

January 2017- Authenticity in Counselor Trainees

Present **Principal Investigator**

Planning and conducting a longitudinal quantitative research study to explore authenticity and self-efficacy in counselor trainees that includes gaining IRB approval, designing research methods, conducting data analyses, testing instruments, collecting data, and data entry.

June 2016 Understanding the Experiences of Survivors of Suicide: A Photovoice Study

**Principal Investigator**

Planned and conducted a qualitative research study to understand the experiences of survivors of suicide. This included gaining IRB approval, designing research methods, conducting data analyses, collecting data, and data entry.

August 2015- Department of Counseling and Educational Development, UNCG,

May 2016 Greensboro, NC

**Research Apprentice**

Worked individually with Dr. Laura Gonzalez on research involving college going self-efficacy in Latino adolescents. Read articles, created posters of research studies, and wrote sections of manuscripts for publication.

**TEACHING EXPERIENCES**

*Auburn University, August 2018-Present*

COUN 7360: Advanced Counseling Practicum

* Taught a masters-level course on advanced counseling topics including trauma and counseling multiple clients.

COUN 8920: Doctoral Internship

* Taught and supervised doctoral students concerning internship experiences in research, teaching, advocacy, and counseling.

COUN 7920: Clinical Mental Health Internship

* Taught and supervised masters students concerning internship experiences in a clinical mental health setting.

COUN 7350: Introduction to Counseling Practice

* Taught a masters-level course on basic helping skills and interventions necessary for counseling in a community or post-secondary setting.

COUN 7410: Orientation to Clinical Mental Health Counseling

* Taught a masters-level course on the roles, responsibilities, systems, theories, professional issues, and history of clinical mental health counseling.

COUN 7320: Counseling Theories

* Taught a graduate-level counseling course on traditional and contemporary theories of counseling.

COUN 7400: Orientation to the Profession of Counseling

* Taught a graduate-level counseling course that orients students to the field of professional counseling.

*The University of North Carolina at Greensboro, August 2016- May 2018*

CED 610: Helping Relationships

* Taught a graduate level helping skills course for non-majors. Responsible for creating course material, designing course syllabus, facilitating class lectures, discussions, and activities, grading, and managing disciplinary problems.

CED 688: Counseling Children and Adolescents

* Co-taught a graduate level course alongside a core faculty member. Collaborated with instructor to create lesson plans, designed course syllabus, designed practicum experience, and facilitated classroom discussion and activities.

CED 682: Application of Measurement and Clinical Appraisal Techniques

* Co-taught a graduate level course alongside a core faculty member. Collaborated with instructor to create all course material, designed course syllabus, designed practicum experience, and facilitated classroom discussion and activities.

CED 620: Counseling Theories and Practice

* Co-taught a graduate level course alongside a core faculty member. Collaborated with instructor to create lesson plans, design course syllabus, and facilitate classroom discussion and activities.

CED 310: Helping Skills (*undergraduate*)

* Taught three sections of an undergraduate helping skills course. Responsible for creating lesson plans, designing course syllabus, facilitating class lectures, discussions, and activities, grading, and managing disciplinary problems.

**SUPERVISION EXPERIENCES**

*Auburn University, Auburn, AL*

August 2020- COUN 8920: Doctoral Internship Supervision

December 2020 **Individual Supervisor**

Provided individual and triadic supervision to four doctoral students completing their internship experience in supervision. These students supervised masters students in the clinical practicum experience at mental health, school, and clinical rehabilitation sites. Supervision included watching tapes of supervision sessions, reviewing documentation, providing consultation and feedback.

August 2020- COUN 7910: Counseling Practicum

December 2020 **Individual Supervisor**

Provided individual and triadic supervision to two masters students completing their internship experience in a clinical mental health and school setting. Supervision included watching tapes of counseling sessions, reviewing documentation, providing consultation and feedback.

May 2020- COUN 8920: Doctoral Internship Supervision

August 2020 **Group and Individual Supervisor**

Provided group, individual, and triadic supervision to four doctoral students that were completing their internship experience in the areas of counseling, leadership and advocacy, supervision, research, and teaching. Supervision included watching tapes of supervision and counseling sessions, reviewing documentation, and providing feedback.

*The University of North Carolina at Greensboro, Greensboro, NC*

August 2017- CED 781C: Supervision Internship

December 2017 **Internship Supervisor**

Provided individual and group supervision to five master’s students that were completing a school counseling internship. Supervision duties included providing feedback on counseling skills, theoretical orientation, counselor identity development, and building relationships with site supervisors.

January 2017-May CED 781B: Supervision Internship

2017 **Advanced Practicum Supervisor**

Provided individual and group supervision to three master’s students around their counseling skills, theoretical orientation, and counselor identity development.

August 2016- CED 653P: Supervision Practicum

December 2016 **Practicum Supervisor**

Provided individual supervision to two master’s students on counseling skills, counselor identity development, and professional behaviors.

January 2016- CED 688: Counseling Children and Adolescents

May 2016 **Practicum Supervisor**

Observed and provided supervision to master’s students about their counseling skills when working with children. Assisted with the set-up and take-down of play therapy rooms.

January 2016- CED 650: Group Counseling

May 2016 **Practicum Supervisor**

Co-led a group of master’s students. Modeled group counseling techniques and provided master’s students with the experience of group counseling.

August 2015- CED 610/620: Helping Skills and Theories

December 2015 **Practicum Supervisor**

Provided supervision to master’s students about their basic helping skills and theoretical orientation. Provided feedback based on observations of skills, reactions, and self-awareness during mock role-plays.

August 2015- CED 677: Practicum in Counseling: School Certification

December 2015 **Practicum Supervisor**

Provided supervision to master’s students in the school counseling track. Provided feedback on students’ experiences, reactions, and self-awareness in relation to school counseling topics.

August 2015- CED 605: Counseling Diverse Populations

December 2015 **Practicum Supervisor**

Provided supervision to master’s students about their practicum experiences. Provided feedback on students’ experiences, reactions, and self-awareness. Facilitated difficult conversations around sensitive topics.

**CLINICAL EXPERIENCES**

January 2016-August Hospice and Palliative Care Counseling Center, Greensboro, NC

2016 **Doctoral Internship**

Provided 200 hours of individual and group counseling to community clients that had experienced the loss of a loved one. Co-lead a support group for loss by suicide, loss of sibling, and what to expect from grief.

August 2015- Vacc Counseling and Consulting Clinic, UNCG, Greensboro, NC

December 2015 **Doctoral Advanced Practicum**

Provided 40 hours of individual and group counseling to college students who were struggling with emotional, cognitive, or behavioral difficulties as well as students on academic probation. Co-lead two groups for students on academic probation.

October 2014- Fisher Park Counseling, Greensboro, NC

December 2015 **Outpatient Therapist**

Provided individual, couple, and family counseling to a variety of clients, including adults, adolescents, couples, family, and children. Worked with individuals who are dealing with various cognitive, behavioral, and emotional difficulties, including depression, anxiety, bipolar disorder, and relationship issues.

September 2014-Creative Counseling and Learning Solutions, Salisbury, NC

June 2015 **School-Based Counselor**

Provided individual and family counseling services to clients in the school and home setting. Worked primarily with children aged 6-17 who were having difficulties in both the home and school settings. Worked with clinical issues including self-harm, low self-esteem, behavioral difficulties, ADHD, adjustment disorders, and family conflicts.

August 2013- Fisher Park Counseling, Greensboro, NC

May 2014 **Master’s Internship**

Provided individual and group counseling services for adults, families, and adolescents suffering from various cognitive, emotional, and behavioral difficulties. Developed two therapy groups to teach and practice stress management techniques. Participated in all office administrative duties, including intake procedures for new clients; assisted with assigning counselors and clients; provided customer service to clients in the office; verified insurance; and acquired a brief understanding of insurance billing procedures.

January 2013- Vacc Counseling and Consulting Clinic, UNCG, Greensboro, NC

May 2013 **Master’s Advanced Practicum**

Provided 40 hours of individual counseling to college students who were struggling with emotional, cognitive, or behavioral difficulties as well as students on academic probation.

August 2012- Kids Path, Greensboro, NC

December 2012 **Community Counseling Practicum**

Observed individual counseling sessions and daily activities of counselors. Assisted with grief support groups of two different age groups.

**CONSULTATION EXPERIENCES**

January 2016- Vacc Counseling and Consulting Clinic at UNCG, Greensboro, NC

May 2017 **Doctoral Student Consultant**

Provided consultation for clients with suicidal concerns, assisted with emergencies situations, and provided debriefing for counselor trainees.

September 10, 2015 Student Health Services at UNCG, Greensboro, NC

**Mental Health Consultant**

Provided interpretation of mental health screenings to undergraduates concerning anxiety, depression, bipolar disorder, eating disorders, and suicidal ideation.

December 2014- HeadStart Program, Salisbury, NC

June 2015 **Mental Health Consultant**

Observed classrooms for two different HeadStart sites. Provided recommendations and strategies to help improve classroom management. Provided referrals for students in need of mental health services.

**PUBLICATIONS**

**\*** *indicates student collaboration*

Wester, K. L., Vaishav, S., Wachter Morris, C., Austin, J., Haugen J. S., **Delgado, H.**, & Umstead, L. (in press). Interaction of imposter phenomenon and research self-efficacy on scholarly productivity. *Counselor Education and Supervision.*

Haugen, J. S., Wachter Morris, C. A., Wester, K. L., Austin, J. L.\*, Vaishnav, S.\*, Umstead, L.\* K., & **Delgado, H.** (under review). Imposter phenomenon and research experiences among counselor educators. *Counselor Education and Supervision.*

**Delgado, H**., & Wester, K. (2020). Using photovoice to promote meaning-making in a suicide loss support group. *Journal of Mental Health Counseling.*

King, K., & **Delgado, H**. (2020). Losing a family member to incarceration: Grief and resilience. *Journal of Loss and Trauma.*

Smith, P., & **Delgado, H**. (2020). Working with Non-Death Losses in Counseling: An Overview of Grief Models and Approaches. *Adultspan.*

**Mayton, H.**, & Wester, K. L. (2018) Understanding the Experiences of Survivors of a Loss by Suicide: A Photovoice Study. *Journal of Creativity in Mental Health.*

Umstead, L. K, & **Mayton, H**. (2018) Using correlational and causal-comparative research

designs in practice: Exploring relations among client variables. In K. L. Wester (Ed.) & C. A. Wachter Morris (Ed.), *Making Research Relevant: Applied Research Design for the Mental Health Practitioner.*

Gonzalez, L. M, Cavanaugh, A. M, Taylor, L. K, Stein, G. L., & **Mayton, H**. **N.** (2017). Latino Adolescent Educational Affiliation: A Latent Profile Analysis. *Hispanic Journal of Behavioral Sciences, 39,* 486-503.

**SERVICE**

**Professional Service:**

February 2020 SACES 2020 Conference Proposal reviewer

January 2020- Editorial Board Member for Counseling Outcome and Research

January 2023 Evaluation

December 2018 Book Reviewer for Orientation to the Counseling Profession: Advocacy, Ethics, and Essential Professional Foundations, 3rd Ed by Erford. Pearson Publisher.

July 2018-Present Editorial Board Member for Counseling and Values

November 2017- Ad-Hoc Journal Reviewer for Counseling and Values

July 2018

August 2015-May Member of Fundraising Committee for Chi-Sigma Iota

2016

August 2014-May Fundraising Co-Chair for Chi-Sigma Iota

2014

**Departmental Service:**

August 2019- Chair of CACREP Assessment Committee

Present

August 2019- CACREP Liaison

Present

September 2018- Curriculum Committee Member

Present

August 2018- Chapter Faculty Advisor for Chi-Sigma Iota (Iota Delta Sigma)

Present

August 2018- Masters and doctoral student advisement

Present

**College Service:**

September 2019- College of Education Awards Committee Member

Present

**PROFFESSIONAL PRESENTATIONS; PEER-REVIEWED**

*\* indicates student collaboration*

**International/National Presentations**

Tyler, J., **Delgado, H**., Jantzen, B\*. (2020) *Trauma-informed care: Working with trauma-related and survivor guilt.* Roundtable will be presented at ACA in San Diego, CA.

Tyler, J., Appling, B., Tuttle, M., **Delgado, H**., & Palacios, A. (2019) *Rethinking suicide prevention: A social justice approach for counselors.* Educational presentation at Let the Voices be Heard! An International Conversation on Counselling, Psychotherapy and Social Justice in Belfast, Ireland.

Haugen, J. S., Wachter Morris, C., Wester, K. L., & **Delgado, H.** (2019) *Imposter syndrome among counselor educators: A content analysis*. Poster presented at AARC in San Antonio, TX.

**Delgado, H**., Green, M.\*, & LaPolla, M. \*(2019) *Meaning-making and post-traumatic growth: Understanding the relationship for a loss by suicide*. Roundtable presented at the ACES conference in Seattle, WA.

Wester, K., Wachter-Morris, C., Stickl, J., Vaishnav, S.\*, Austin, J.\*, Umstead, L.\*, & **Delgado, H**. **(**2018). *The Imposter: Effects of Imposter Syndrome and Mentorship on Research Self-Efficacy and Productivity Among Counselor Educators*. Educational Presentation at AARC conference in Richmond, VA.

**Mayton, H.** (2017). *Authenticity in Counselor Trainees.* Educational presentation at the ACES conference in Chicago, IL.

**Mayton, H.** (2017). *Loss by Suicide: A Photovoice Research Study.* Poster presented at the Graduate School Research and Creativity Expo at UNCG Greensboro and at the ACES conference in Chicago, IL.

**Regional/State Presentations**

**Delgado, H**., LaPolla, M.\*, & Pinones, K.\* (2019). Cultural lens of a loss by suicide. Educational presentation at ALCA conference in Montgomery, AL.

**Mayton, H. (2016)**. *Nurturing Resiliency: Culturally Competent Strategies for Counselor Educators.* Poster presented at the SACES conference in New Orleans, LA.

**Mayton, H. (2016)**. *Suicide Grief: Teaching Meaning-Making to Foster Resiliency*. Poster presented at the SACES conference in New Orleans, LA.

Berglund, C., Kirby, H., & **Mayton, H. (2013)**. *Family Support of LGBTQ Persons: Reactions to “Coming Out.*” Poster presented at the LPCANC conference in Greensboro, NC.

**PROFFESSIONAL PRESENTATIONS; INVITED PRESENTATIONS**

ALCA workshop (July 2020)

Auburn, AL

**Guest Speaker**

* Provided an educational presentation titled, “Understanding the Complexity of Grief; Strategies for Grief Counseling” to students and practitioners in the community.

ALCA ethics workshop (September 2019)

Auburn, AL

**Guest Speaker**

* Provided an educational presentation titled, “Ethical Considerations in Counseling Suicidal Clients and their Families” to students and practitioners in the community.

The Imposter in Academia (April 2019)

Women in Graduate Studies, Auburn University, AL

**Guest Speaker**

* Presented relevant literature and research on the imposter syndrome of graduate students.

Getting to Know Your Imposter**:** Blue Table Talk Series (March 2019)

Office of Inclusion and Diversity, Auburn University, AL

**Panelist**

* Provided a faculty perspective on the experience and impact of the

imposter syndrome.

The Imposter Within Us All (November 2018)

Department of Biological Sciences, Auburn University, AL

**Guest Speaker**

* Presented relevant literature and research on the imposter syndrome for graduate students in the department of biological sciences.

Grief Counseling (October 2017)

Chi Sigma Iota, UNCG Greensboro, NC

**Guest Speaker**

* Presented general education of grief counseling as a brown bag lunch for chapter of Chi Sigma Iota.

**APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) WORKSHOPS**

March 2020 Clinical Mental Health Counseling Program

LaGrange College, GA

Provided a two-day intensive workshop on suicide intervention skills to 30 individuals including masters students and faculty.

February 2020 Department of Special Education, Rehabilitation, and Counseling

Auburn University, AL

Provided a two-day intensive workshop on suicide intervention skills to 30 masters and doctoral students.

October 2019 Department of Special Education, Rehabilitation, and Counseling

Auburn University, AL

Provided a two-day intensive workshop on suicide intervention skills to 30 masters and doctoral students.

**PROFESSIONAL TRAININGS**

July 29- Certified ASIST Trainer

August 2, 2019 Applied Suicide Intervention Skills Training

Charleston, SC

May 2019-August Faculty Success Program

2019

May 28, 2019 Administration and Interpretation of the SASSI

July 22, 2019 The Beck Scales: Administration and Interpretation

November 29, 2018 Beyond a Basic Assessment and Referral: Thoughts on Suicide Intervention (CSI Webinar)

October 17, 2018 Grieving in the Age of Social Media (CSI Webinar)

September 24, 2018 QPR (Question, Persuade, Refer) Training

Auburn University, Auburn, AL

March 20 - Acceptance and Commitment Therapy Training

March 21, 2014 Dr. Steve Hayes, UNCG Workshop in Greensboro, NC

May 30, 2014 Domestic Violence in Refugee and Immigrant Communities Training

Guilford Child Development in Greensboro, NC

September 6, 2011 Hotline Advocate Training (45 hours)

October 11, 2011Family Violence Prevention Center in Chapel Hill, NC

**HONORS/SCHOLARSHIPS**

August 2018-Present New Faculty Scholars Participant

Aug. 2014-Present Chi Sigma Iota Member

May 2016 Mann-Callahan Internship Scholarship

**GRANTS**

2019 Auburn University College of Education Seed Grant ($3,000, funded)

* Tyler, J., & Delgado, H. (2019). Effects of ASIST training on self-efficacy of community members.

2019 Behavioral Health Workforce Education and Training for Professionals (CFDA 93.243). Training (1,820,608 funded)

* Tuttle, M. (Program Director), Tyler, J. (Co-Program Director), & Delgado, H., (Co-Program Director). Building rural alliances through collaboration and education (BRACE): Improving the provision of counseling services in Eastern Alabama.

2019 AARC Scholarship Program

* King, K., & Delgado, H. (2019) Ambiguous loss and incarceration: Defining this construct for families and assessing the efficacy of a group counseling intervention. (not funded)

2019 Course Redesign Professional Development Fund ($1000 funded)

2019 Breeden Endowed Grant ($939.35 funded)

* Enhancing Learning in the counseling classroom: The incorporation of simulated mental health assessments.

2017 Graduate School Summer Research Assistantship (awarded $2,000)

**PROFESSIONAL AFFILIATIONS**

**National**

American Counseling Association (ACA)

Association for Counselor Educators and Supervisors (ACES)

Association for Assessment and Research in Counseling (AARC)

Chi Sigma Iota

**Regional**

Southern Association for Counselor Educators and Supervisors (SACES)

**State**

Alabama Counselors Association (ALCA)