

Lindsay Portela, Ph.D., LPC, NCC
591 Dalrymple Road | Atlanta, GA 30328
(954) 470-9563
Lindsayportela@gmail.com

EDUCATION

Doctor of Philosophy in Counselor Education and Supervision Auburn University, CACREP accredited	December 2019 Auburn, Alabama
Dissertation: <i>The Relationship Between Social Networking and Student-athlete Well-Being</i>	
Master of Education in Clinical Mental Health Counseling Auburn University, CACREP accredited	May 2016 Auburn, Alabama
Bachelor of Arts in Communication Auburn, University	May 2013 Auburn, Alabama

CREDENTIALS

Licensed Professional Counselor (LPC), Alabama, #4122 (July, 2019)
National Certified Counselor (NCC), # 984249 (February, 2019)

ADJUNCT TEACHING EXPERIENCE

August 2019 – Adjunct Professor
Present *Special Education, Rehabilitation and Counseling Department, Auburn University*
Professor of various master’s level courses to mental health counseling, school counseling, and rehabilitation counseling students via face to face, hybrid, and fully online formats. Additionally I serve as a doctoral supervisor for their internship and practicum placements

Currently Teaching:

Course Title	Format Taught	Semesters Taught
COUN 7340: Group Counseling	Hybrid (In-person & Online)	Spring 22’
COUN 7410: Clinical Mental Health Counseling Orientation	Distance Ed/Online	Spring 22’

To be taught Summer 2022:

Course Title	Format Taught	Semesters Taught
COUN 8300: Research Design In Counseling	Hybrid	Summer 22’

Courses Taught:

Course Title	Format Taught	Semesters Taught
COUN 7370 – Foundations of Substance Use Counseling	Hybrid	Summer 21', Fall 21'
COUN 7250 – Advanced Assessment & Diagnosis	Hybrid (In person & Online)	Fall 20'
COUN 7326 – Counseling Theories	Distance Ed/Online	Fall 20'
RSED 4133 – Ethical Practices in Rehabilitation and Disability Studies	Hybrid (In person & Online)	Fall 20'
RSED 7950 – Rehabilitation and Disability Studies Practicum	In Person	Spring 19'
COUN 2000 – Living and Communicating in a Diverse Society	In Person	Spring 19'; Fall 19'

GRADUATE TEACHING EXPERIENCE

December 2017 – Evaluated student learning by providing assessment and feedback in a timely manner.
January 2019 Implemented and utilized a variety of teaching methods during class lectures, discussions, and activities to support and enhance student learning. Assisted in syllabus development and revision.

Courses Taught:

- RSED 4973/5010 – Medical, Vocational, & Psychosocial Aspects of Disability (Hybrid)
- RSED 6220/6226 – Occupational, Career, & Placement Information (Hybrid)
- COUN 7500 – Crisis Interventions in Counseling (On-Campus) Practicum TA

SUPERVISION EXPERIENCE

January 2021 - Present **University Supervisor – Auburn University**
Supervise doctoral students as they complete their practicum and internship hours for graduation in the Counselor Education and Supervision Doctoral Program. Evaluated supervisee growth and effectiveness in working with master's level clinicians during their practicum and internship experiences. Successfully managed crisis situations and processed supervisee responses. Assess doctoral students counseling skills and process their theoretical orientation and professional identity.

August 2018 – December 2018 COUN 8920 – Counseling Supervision Internship **Internship Supervisor**
Provided weekly individual supervision and feedback to one School Counseling Master's student and one Clinical Mental Health Counseling Master's student on counseling skills, theoretical orientation, counselor identity development, and professional and ethical behavior.

- August 2017 – COUN 8910 – Counseling Supervision Practicum
December 2017 **Practicum Supervisor**
Provided weekly individual supervision and feedback to three Clinical Mental Health Counseling Master’s students on counseling skills, theoretical orientation, counselor identity development, and professional and ethical behavior.
- August 2017 – COUN 7910 – Practicum in Clinical Mental Health Counseling
December 2017 **Practicum Supervisor**
Co-led a group of Clinical Mental Health Counseling Master’s students bi-weekly. Provided feedback to students and facilitated group discussion

PROFESSIONAL PUBLICATIONS

Meyer, J. M., **Hinton, V.**, Park, J., Portela, L., Fleming, C., L., Derzis, N., & Weaver, S. (2019). An exploration of emerging adulthood, self-esteem, well-being, and vocational rehabilitation services. *Journal of Applied Rehabilitation Counseling*, 50(4).

Portela, L. (2018). Counselor Education and addressing the needs of the LGBT community: Are we doing enough? *The Alabama Counseling Association Journal*, 42(2), 73-89.

Meyer, J., Kashubeck-West, S., & **Portela, L.** (2017). Two revised measures of coping for individuals with late-deafness. *Rehabilitation Research, Policy and Education*, 32(1), 66-76.

PODCASTS

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

PROFESSIONAL PRESENTATIONS

Hinton, V., Meyer, J., Owens, D., & **Portela, L.** (2019, March) *Examining Transition and Vocational Counseling Practices through the Lens of Emerging Adulthood*. A poster presented at the National Youth-At-Risk (NYAR) Conference in Savannah, GA.

Appling, B., Carney, J., **Portela, L.**, Flint, S., & Brown, A. (2018, November). *How to be Successful in Graduate Education- Considering Doctoral and Master's Programs in Counselor Education*. Educational session presented at the Alabama Counseling Association (ALCA) state conference in Birmingham, AL.

Portela, L., & Flint, S. (2018, September). *Student-Athletes: What Makes Them a Unique Population within the Counseling Field*. Poster accepted at the Southern Association for Counselor Education and Supervision (SACES) Conference in Myrtle Beach, SC.

Portela, L. & Meyer, J. (2018, April) *Counselor Education and Addressing the Needs of the LGBT Community: Are We Doing Enough?* A poster presentation at the American Counseling Association Conference, Atlanta, GA.

Meyer, J., Hinton, V., Derzis, N., **Portela, L.**, Weaver, S. (2018, April). *Emerging Adulthood: Factors that Predict Resilience*. A poster presentation at the American Counseling Association Annual Conference, Atlanta, GA.

Portela, L., Bynum, B., Green, M. (2017, November). *Counseling Transgender Clients Through a CBT Lens*. A poster presentation at the Alabama Counseling Association Annual Conference, Mobile, AL.

Iarussi, M., Powers, D., **Portela, L.** (2017, November). *Integrating Motivational Interviewing and CBT in Counseling Practice*. A content presentation at the Alabama Counseling Association Annual Conference, Mobile, AL.

Iarussi, M., Powers, D., Hyatt, T., Brown, A., **Portela, L.** (2016, November) *An Introduction to Motivational Interviewing*. A content presentation at the Alabama Counseling Association Annual Conference, Birmingham, AL.

Portela, L., Macky, J. (2016, November). Mr. He's Too Big Now He's Too Thin: Double Standards Surrounding Body Image and Gay Men. A poster presentation at the Alabama Counseling Association Annual Conference, Birmingham, AL.

Meyer, J., Park, J., **Portela, L.**, Hinton, V. (2019, March). Connections between the IPS model and WIOA for Emerging Adults. A poster to be presented at the American Rehabilitation Counseling Association (ARCA) Annual Conference, New Orleans, LA.

CLINICAL EXPERIENCE

March 2017 –
December 2020

Lindsay K. Portela, ALC, Private Practice – Auburn, AL
Associate Professional Counselor

Provided individual, couple, and family counseling services to a variety of clientele, ranging in age from children to adults with a range of presenting problems such as depression, anxiety, grief, trauma, forced retirement, sexual issues, stage of life difficulties, etc. Developed and implemented treatment plans based on client multicultural considerations and needs. Established therapeutic goals and effectively monitored, evaluated and recorded client progress, while making adjustments as necessary.

April 2018 –
November 2018

Tri-County Children's Advocacy Center - Dadeville, AL
Contract Child Abuse Therapist

Effectively provided trauma sensitive counseling services (Trauma-Focused Cognitive Behavioral Therapy) to children and adolescents of abuse and/or crime in Tallapoosa, Chambers, and Randolph counties. Regularly offered parental support and parenting skills to parents whose children are victims of abuse and/or crime.

August 2016 –
May 2017

Auburn University Montgomery College Counseling Center - Montgomery, AL
Intern Counselor

Developed and facilitated group counseling sessions, conducted individual counseling sessions, accurately documented session notes, collaborated with academic advisors, implemented campus outreach initiatives.

August 2015 –
May 2016

Opelika Addictions Center - Opelika, AL

Intern Counselor

Developed and facilitation of group counseling sessions, conducted individual counseling sessions, accurately documented session notes, collaborated with local agencies. Developed and implemented educational programs for physical and mental health initiatives.

PROFESSIONAL CERTIFICATES

October 2018 **Program Evaluation Graduate Certificate**

Auburn University, Auburn, AL

Completed 18 credit hours of applied courses in methods related to research and evaluating programs in services. Certified to develop and implement program evaluations.

PROFESSIONAL TRAININGS

June 2018 - **Grantsmanship Training Program**

The Grantsmanship Center, Fort Worth, TX

Scholarship recipient to attend a weeklong, 40-hour training on the grant writing process and grant proposal development.

April 2017 - **Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Certification**

Completed a 13-hour TF-CBT training learning how to implement short-term, evidenced based treatments for children and adolescents impacted by trauma.

April 2017 - **State-wide Advocacy Meeting**

University of Alabama, Tuscaloosa, AL

Participated in a day long training related to developing a better understanding of advocacy efforts in the counseling profession at the state level. Worked with counselors and counselor educators to determine the needs of the state and how to advocate for our profession and clients at the state and local level.

Sept 2016 - **SAFE Zone Training**

Auburn University, Auburn, AL

Attended a 4-hour training on the facilitation of making Auburn University a safer, more welcoming, and inclusive environment for members of (LGBTQ) community.

GRANTS & OUTREACH

Flint, S., & **Portela, L.** (2018). *You've Been Served: Tips for Testifying in Court as a Counselor*. \$900 (funded) July 2018 **Association for Counselor Educators and Supervisors (ACES) Research Grant Award**

Flint, S., & **Portela, L.** (2018). *You've Been Served: Tips for Testifying in Court as a Counselor*. \$700

(not funded)

NCAA graduate Student Research Grant; October 2018, *Exploring the relationships among student athletes, social networking, and psychological well-being*; \$7,000.00 (not funded)

Aug 2016 - **Graduate Assistant for the Rehabilitation Services Administration (RSA) grant.**

Dec 2019 Worked with the Principle Investigator (PI) to host incoming grantees and orient them to the the master's program and acquaint them with the policies and procedures related to the acceptance of the grant funds and the payback requirements upon graduation.
Assisted in the development of a university grant payback system tracking database to house grantee payback administration.
Successfully tracked and reported on grantee matriculation in the program and progress towards payback upon graduation.
Compiled data to be use in the quarterly and annual reports to RSA and worked closely with the PI to complete necessary reports.

PROFESSIONAL MEMBERSHIP

American Counseling Association (ACA) (Since 2015)

NBCC National Certified Counselor (NCC) (Since 2018)

Chi Sigma Iota Honor Society - Chapter: Iota Delta Sigma (Since 2015)

Association for Counselor Education & Supervision (ACES) (Since 2017)

Southern Association for Counselor Education & Supervision (SACES) (Since 2017)

ACADEMIC SERVICE & ACTIVITIES

Professional Development Committee Chair – Iota Delta Sigma (IDS) 2018- 2019

Co-President – Iota Delta Sigma (IDS) 2017-2018

SERC Student Diversity Committee – 2016 – 2019

Awards Committee Co-Chair - Alabama Association for Multicultural Counseling and Development 2017-2018

Graduate Student Representative – ALMCHA 2016-2017

Doctoral Student Representative – Iota Delta Sigma (IDS) 2016-2017

PROFESSIONAL AWARDS/HONORS

Outstanding Graduate Student Award for the Auburn University Department of Special Education, Rehabilitation, and Counseling (2018)

Outstanding Counselor Education Doctoral Student Award for the Iota Delta Sigma chapter of Chi Sigma Iota Honor Society (2018)

Leadership Award for the Iota Delta Sigma chapter of Chi Sigma Iota Honor Society (2018)

2017 – 2018 Recipient of the **Alma Holladay Graduate Award**

Recipient of the BRACE \$10,000 Fellowship through a HRSA grant and received specialized training in counseling children, adolescents, and transitional age youth (2016)