

Shantha Y. Stokes, PsyD, MA, LPC-S
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EDUCATION

Doctor of Psychology, Clinical Psychology, Roosevelt University (APA Accredited), Chicago, IL, 2011

Master of Arts – Counseling and Human Services (CACREP), Roosevelt University- Chicago, IL, 1998

Bachelors of Arts – Psychology, University of Iowa, 1994

LICENSURE

Licensed Professional Counselor Supervisor, Texas

CERTIFICATION

QPR – Certified Gatekeeper (Suicide Prevention)

AWARDS & RECOGNITIONS

Harriett Copher Haynes Diversity Leadership Award, 2017

Leading the Sam Way- Leadership School, Completed 2016

TEACHING EXPERIENCE

Sam Houston State University (Huntsville, Tx)

Lecturer – College of Criminal Justice

Fall 2018 - Current

Course: Interviewing & Counseling

Adjunct Faculty – First Year Experience

Fall 2014 – Current

Course: Introduction to Collegiate Studies

Roosevelt University (Chicago, IL)

Adjunct Faculty – Psychology Department

Fall 2001 – Spring 2005

Courses: General Psychology

Coping with Stress

Drugs and Human Behavior

Joliet Junior College (Joliet, IL)

Adjunct Faculty – Psychology Department

Spring 2002 & Fall 2002

Course: General Psychology

CLINICAL EXPERIENCE

Sam Houston State University Counseling Center (Huntsville, TX)

Associate Director & Staff Psychologist

August 2016 – present

Interim Director, Health Center

April 2016-August 2016

Assistant Director & Staff Psychologist

April 2013 – August 2016

Staff Psychologist

September 2008 – April 2013

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- ◆ Provide oversight for clinical operations to ensure adherence to policies and procedures. Manage service utilization and provide day to day oversight of clinical availability.
 - ◆ Meet regularly with the Director to establish clinical priorities, staffing issues, quality control, mission, vision and strategic planning.
 - ◆ Represent Counseling Center on Student's Concern Committee; staffing critical needs of at risk students and evaluating campus safety needs.
 - ◆ Represent Counseling Center, Health Center and Disability Services at Vice President's Monthly Report Meeting
 - ◆ Member of planning committee for construction of new counseling center facility. Met weekly with engineers, architects, physical plant, IT and finance to articulate plans for the construction of counseling and health center facility, completed in 2014.
 - ◆ Chair search committee for hiring of clinical staff.
 - ◆ Provide clinical direction, consultation and supervision to a team of 10 clinicians; five of which are direct reports. Conduct yearly performance appraisals and make recommendations for merit salary increases.
 - ◆ Oversee and supervise front desk operations and support staff; three of which are direct reports.
 - ◆ Serve on various committees and collaborate with various departments to implement programming and outreach services.
 - ◆ Carry clinical load providing individual, couples, group, consultation and crisis services to students, staff and faculty. Complete appropriate documentation.
 - ◆ Monitor, evaluate and keep informed of current trends and standards of practice.
 - ◆ Participate in supervision and training of graduate level trainees and post-masters interns.
 - ◆ Conduct intake assessment interviews to include psychosocial assessment, mental status exam, and suicide assessment.
 - ◆ Provide individual therapy to clients presenting with various concerns such as: depression, anxiety, trauma, grief, sexual assault, Asperger's, ADHD, OCD, and general college adjustment.
 - ◆ Provide couples therapy to client presenting with various concerns related to: trust, compatibility, conflict resolution, infidelity, mental illness.
 - ◆ Provide counseling and advocacy for students with disabilities. Make campus wide presentations to students, faculty and parents related to disability services and provisions. Assist students in gathering medical documentation from external sources needed for ADA accommodations.
 - ◆ Provide weekly individual supervision to master and doctoral level counselor interns/practicum students. Supervision methods include audio/video tape review and live supervision. Participate and present in weekly didactic sessions related to: ethics, self-care, diversity, therapy process, treatment planning, and risk assessment.
 - ◆ Administer, score, interpret psychological test providing feedback to the client. Use the following protocols: Minnesota Multiphasic Personality Inventory- Adolescent (MMPI-A), Personality Assessment Inventory (PAI), Millon Clinical Multi-axial Inventory-III (MCMI-III) Yale-Brown Symptom Checklist, Yale Brown Obsessive Compulsive Scale (Y-BOCS), Beck

Depression Inventory (BDI), Trauma Symptom Inventory (TSI), Eating Disorder Inventory (EDI), Sentence Completion Series.

- ◆ Conduct clinical interviews as adjunct to objective test to assess for Axis I and Axis II diagnosis.
- ◆ Lead weekly therapy groups: Interpersonal Process, Healthy Relationships, Sister to Sister, Coping Skills
- ◆ Conduct campus wide outreach focused on prevention. Topics include Diversity, Sexual Assault, Healthy Relationships, Team Building, Suicide Prevention, Self-Injury and Crisis Management.
- ◆ Coordinated and conducted week long activities every year for Suicide Prevention Week. Provide QPR training to students, staff, faculty and local community. Collaborate with student organizations and academic departments.
- ◆ Member of Advisory Board for ELITE (Establishing Leadership In and Thru Education) Mentorship Program. Play active role in establishing policies, and procedures for the program. Consult with Program Director regarding disciplinary actions. Provide outreach designed around team building, and socio-cultural related topics.
- ◆ Member of FORWARD (Fosters, Orphans and Wards of the Court) Committee. Played active role in creating supportive campus programs for students who are former foster children or have been emancipated from their natural parents. Provide programming and outreach in the areas of mentorship, counseling, scholarship and awards reception for graduating seniors.

Private practice (Houston, TX)

Psychotherapist - LPC-S

January 2011- present

- ◆ Sole proprietorship of therapy practice located on the north side of Houston providing services to ages 3-99. Provide individual, group, family and couples counseling. Provide consultation and referral services to students in Spring ISD, Klein ISD and Conroe ISD. Facilitate Sister-to-Sister group for girls of color focused on identity and self-empowerment. Provide weekly board approved supervision to LPC-I's working toward full licensure. Provide mentoring to undergraduate students, graduate students and early career professionals. Manage billing, marketing and various administrative task related to the practice.

San Antonio State Hospital (San Antonio, TX)

Resident Internship (2000 hours)

September 2007 – August 2008

- ◆ Pre-doctoral internship at inpatient state psychiatric facility with three rotations: adult acute unit, adolescent unit and forensic unit.
- ◆ Conducted clinical interviews to include biopsychosocial assessment, mental status exam, suicide assessment and substance abuse assessment.
- ◆ Facilitated bi-weekly substance education group providing information on co-occurring substance abuse and psychiatric disorders.
- ◆ Co-host and supervised weekly Twelve Step Alcoholics Anonymous meeting for adult inpatient psychiatric patients.
- ◆ Participated in daily multi-disciplinary intake meetings to assess patient presenting problem, mental status and treatment needs. Provided information to treatment team about patients' progress, psychological testing results, prognosis and discharge recommendations.
- ◆ Administered, scored and interpreted test data. Administered the following protocols: Wechsler Adult Intelligence Scale (WAIS), Wechsler Intelligence Scale for Children (WISC IV), Wide Range Achievement Test (WRAT 4), Shipley Institute of Living Scale, Minnesota Multiphasic Personality Inventory- Adolescent (MMPI-A), Personality Assessment Inventory (PAI),

Personality Assessment Inventory – Adolescent (PAI-A), Rorschach, Suicide Probability Scale (SPS), Reynolds Adolescent Depression Scale – (RAD-2), Beck Youth Inventories (BYI), Conner's Continuous Performance Test II (CPT II), Sentence Completion Series, Projective Drawings.

- ◆ Conducted full battery assessments and composed written psychological evaluations to include patients' psychosocial and medical history, interpretation of test data and detailed recommendations for inpatient and outpatient care.
- ◆ Received weekly individual supervision. Participated in weekly didactic seminars and attended weekly Grand Rounds sponsored by the University of Texas Health Science Center.
- ◆ Attended bi-monthly Rorschach seminar presenting patient responses along with test scores. Received feedback on scoring and case conceptualization from licensed clinical psychologist.
- ◆ Participated in Administrative Case Review meetings with San Antonio ISD and made recommendations for classroom accommodations.
- ◆ Collaborated with psychiatrist for purposes of medication monitoring.
- ◆ Completed psychological evaluation, group and individual therapy notes using electronic medical record.

Thornton Township Youth Committee (South Holland, IL)

Clinical Supervisor/Program Manager/Therapist

November 2003 – June 2007

- ◆ Oversaw and monitored grant funded program, developed and maintain linkages with service providers, completed quarterly reports according to grant specifications.
- ◆ Provided weekly individual and bi-weekly group supervision to master's level counselor interns. Supervision methods include audio/video tape review and live supervision.
- ◆ Conducted monthly clinical staff meetings and facilitate discussion on case conceptualization and treatment planning.
- ◆ Provided direction and support to master's level licensed therapist and program staff.
- ◆ Actively worked with the management team to implement quality assurance and tracking measures.
- ◆ Trained and orientated counselors and master's level graduate therapist interns.
- ◆ Completed student evaluations and collaborate with Training Directors from area universities to insure student success.
- ◆ Conducted intake and assessment interviews resulting in the completion of a three page psychosocial assessment and DSM diagnosis. Intake sessions include an orientation to counseling, information on agency philosophy and programs, and review of clients' rights.
- ◆ Provided individual, family, couples and group therapy to an ethnically diverse client population of children, adolescents and adults.
- ◆ Facilitated eight week parenting class using the Systematic Training for Effective Parenting curriculum.
- ◆ Received weekly supervision from licensed clinical psychologist.

University of Illinois at Chicago, Department of Psychiatry (Chicago, IL)

Practicum -Therapy, Research & Assessment (800 hours)

July 2006 – June 2007

- ◆ Provided evidenced-based outpatient clinic services for families of children and adolescents who are diagnosed with disruptive behaviors and co-morbid disorders.

- ◆ Assisted in the collection of evidence-based research through the administration and interpretation of the following assessment tools: Child Behavior Checklist (CBCL), Youth Self-Report (YSR), Teacher Report Form (TRF), Diagnostic Interview for Children and Adolescents Fourth Edition (DICA-IV), Brief Symptom Inventory (BSI), Alabama Parenting Questionnaire (APQ), Social Competence Scale for Children (SCS), Life Stress Questionnaire (LSQ), Parent Teacher Involvement Questionnaire (PTIQ), Barriers to Treatment Participation (BTPS), Children's Report of Exposure to Violence (CREV)
- ◆ Conducted two-hour intake interviews to include a mental status exam resulting in an eleven page biopsychosocial report including Mental Status Exam and DSM diagnosis.
- ◆ Administered evidenced based clinical interventions including: psycho-educational multiple family group therapy and individual family therapy with structural, strategic and systems intervention emphases.
- ◆ Conducted trauma focused therapy for grief, loss and violence exposure.
- ◆ Conducted school consultation, attended IEP and 504 Plan meetings.
- ◆ Conducted family therapy sessions with child psychiatrist and collaborated with psychiatrist for the purposes of medication monitoring.
- ◆ Collaborated with local community mental health agencies and provided case management services as needed.
- ◆ Assisted in the development evidence-based psychotherapy protocols and procedures for specific clinical service activities.
- ◆ Received weekly individual and group supervision including review of video taped sessions.
- ◆ Completed individual and family therapy notes using electronic medical record.

South Suburban Family Shelter (Homewood, IL)

Medical Advocate & Grant Coordinator (part-time)

October 2000 – January 2007

- ◆ Coordinated project sponsored by the Illinois Violence Prevention Authority. Organized continuing education training for physicians and nurses. Hired lecturers and other training staff, created learning objectives and curriculum guidelines to meet CME requirements of the American Medical Association.
- ◆ Conducted community outreach to area agencies and organizations to market agency services. Designed and facilitated workshops for area hospitals, agencies and schools.
- ◆ Provided crisis counseling for victims of violence in south suburban area emergency rooms. Assessed severity of presenting problem, formulated service goals and assisted victims in safety planning.
- ◆ Collaborated with law enforcement to insure patient safety and educated patients on legal process toward obtaining Orders of Protection.

Methodist Hospital, Behavioral Medicine (Gary, IN)

Practicum -Diagnostic (700 hours)

July 2004 – June 2005

- ◆ Conducted clinical interviews with adults and children
- ◆ Attended weekly multi-disciplinary staff meetings providing information about patient progress and discharge recommendations.
- ◆ Administered, scored and interpreted test data. Administered the following protocols: Wechsler Adult Intelligence Scale (WAIS), Wechsler Intelligence Scale for Children (WISC IV), Minnesota Multiphasic Personality Inventory - Adolescents (MMPI-A), Minnesota Multiphasic Personality Inventory – 2 (MMPI-2), Millon Adolescent Clinical Inventory (MACI), Personality

Inventory for Youth (PIY), Rorschach, Thematic Apperception Test (TAT), Piers Harris 2, Roberts Apperception Test for Children (RATC), Symptom Checklist 90-R (SCL-90-R), Beck Depression Inventory – II (BDI-II), Children’s Depression Inventory (CDI), Woodcock Johnson Test of Achievement (WJ-III), Sentence Completion Series.

- ◆ Conducted full battery assessments and composed written psychological evaluations to include patients’ psychosocial and medical history, interpretation of test data and detailed recommendations for inpatient and outpatient care.
- ◆ Collaborated with psychiatrist for purposes of medication monitoring
- ◆ Conducted one-hour domestic violence sensitivity training to peers and hospital staff.
- ◆ Collaborated with Child Protection Services in cases of suspected abuse and neglect.

Beacon Therapeutic Diagnostic Center (Chicago, IL)

Outpatient Therapist

January 2002 – December 2002

- ◆ Conducted psychosocial assessments with child and adolescent population. Referred clients for psychiatric and/or substance abuse treatment based on DSM diagnosis.
- ◆ Conducted cognitive-behavioral therapy with children and adolescents experiencing emotional and behavioral problems. Created treatment plans and objectives to meet Joint Commission standards.
- ◆ Presented clinical data: DSM diagnosis, mental status exam, overall functioning and risk assessment in weekly psychiatric staffing for medication monitoring.
- ◆ Collaborated with area public schools in IEP planning.

Joliet Junior College (Joliet, IL)

Counselor and Program Coordinator

January 2001- December 2001

January 1999 – January 2000

- ◆ Coordinated initial programming for new grant for the Division of Adult and Family Services. Organized recruitment efforts, including open house and group orientation. Visited college classrooms to market program services and worked with college enrollment and retention committees to increase program visibility. Created database, tracked services provided and monitored progress toward quantitative program goals.
- ◆ Counseled and advised non-traditional students. Met with students bimonthly. Counseling areas included: balancing multiple roles, time management, study skills, vocational guidance. Provided information on college admission requirements financial aid and specific degree requirements. Assisted students in the registration process.
- ◆ Guided students through the career search process. Administered career assessments and achievement tests. Administered COPES, COPS, CAPS, Test of Adult Basic Education, Barriers to Employment Success Inventory, Job Search Attitude Inventory, Myers Briggs Typology Inventory, Strong Interest Inventory, Self Directed Search. Referred students to learning lab for additional assistance. Participated in weekly staffing to evaluate job readiness of clients to be matched with employers for job placement.
- ◆ Conducted six-week intensive resume writing and job-seeking workshop. Workshop activities focused around self-awareness, career exploration, developing a positive work ethic, skill identification, resume development and mock interviewing. Partnered with area employers to provide mentoring, guest speaking and placement services to clients.
- ◆ Collaborated with Occupational Program faculty and Dean to develop structured internship programming.

- ◆ Established internship policies, procedures and evaluation tools.
- ◆ Developed relationships with area employers in an effort to offer experiential learning experiences to students in occupational and certificate programs.

RESEARCH & PRESENTATIONS

Conference Presentations

Stokes, Marsh-Bell, & Garst, (2017, October) *Building Bridges So No One Drowns*, Professional Development Session for the Association for University and College Counseling Center Directors Conference, Denver, Colorado.

Dissertation

Stokes, S., (2011). Residential Mobility and Children's Emotional and Behavioral Health. Roosevelt University Library Archives, Chicago, IL.

Published Manuscript

Meyers, S., Bender, J., Hill, E., Thomas, S., (2006). *How do faculty experience and respond to classroom conflict?* International Journal of Teaching and Learning in Higher Education, 18, 180-187.

Poster Presentations

Hill, E., Thomas-Branch, S., Bender, J. & Meyers, S. (2002, August) *Describing conflict in college classrooms*, Poster Presentation at the American Psychological Association, National Convention, Chicago, IL

Meyers S., Bender J., Hill, E., & Thomas, S. (2004 August). *Conflict in psychology classes: Faculty Experiences and response*, Poster Presentation at the American Psychological Association, National Convention, Honolulu, Hawaii

PROFESSIONAL DEVELOPMENT

Association of Black Psychologist Conference, 2010, 2015, 2016, 2017, 2018
Association for the Coordination of Counseling Center Clinical Services, 2014, 2015, 2016, 2018
American College Personnel Association Annual Convention, 2018, 2019
Association for University and College Counseling Center Directors, 2017
Texas University Counseling Center Directors Association, 2017, 2019
Texas University and College Counseling Centers Conference, 2012, 2016, 2017
Texas Mental Health and the Law, 2015
Texas A&M Counseling Center Diversity Conference, 2010, 2011, 2012, 2013, 2014, 2015, 2017, 2019
Regional Education on Aging, Caregiving and Healthcare, Texas REACH Conference, 2013
Dialectical Behavior Therapy, 2013
Couples Counseling – Healing from Infidelity, 2012
Texas Psychological Association Conference, 2007, 2009
Treatment of Borderline Personality Disorder, Texas Psychological Association, 2007
Treatment of Conduct Disorder, Illinois Counseling Association, 2006
Instructor Development Program, Roosevelt University, 2001

PROFESSIONAL AFFILIATION

Association for the Coordination of Counseling Center Clinical Services - Member
Spring Creek Counseling Association – Board Member