
Gillian Rodriguez, MA, LPC

Human Services Program, Dept. Counseling, Health and Kinesiology
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EDUCATIONAL BACKGROUND

Year	Degree
May 2020	Master of Arts in Clinical Mental Health Counseling, Texas A&M University, San Antonio (CACREP-accredited)
May 2007	Bachelor of Arts in Psychology, University of Texas, Dallas
December 2012	Associate of Applied Science in Mortuary Science, San Antonio College

LICENSURE AND CERTIFICATION

Licensed Professional Counselor, Texas #84443, 2022-present

Licensed Funeral Director & Embalmer, Texas #115746, 2013-2025 (retired)

Certification, Mental Health First Aid (Instructor, adult), May 2024-present

Certification, End-of-Life Doula, November 2024-present

Certification, Psychological Autopsy, April 2022

PROFESSIONAL EMPLOYMENT HISTORY

Year	Position & Description
August 2025- Current	Lecturer (full-time faculty), <i>Texas A&M University San Antonio, San Antonio, Texas</i> - Responsibilities include primary instruction, curriculum development, advising, internship coordination, student academic support, and professional mentorship - Support activities of Human Services Program Coordinator

- January 2023 – May 2025 Adjunct Faculty, *Texas A&M University San Antonio, San Antonio, Texas*
- Responsibilities include curriculum development, advising, internship coordination, student academic and professional mentorship
- June 2022 – current Chief Executive Officer & Lead Licensed Professional Counselor, *Trellis Counseling & Co. PLLC, Boerne, Texas*
- Private Practice ownership and operations, community-oriented
 - Clinical mental health counseling services specializing in anticipatory grief and traumatic grief and bereavement, suicide prevention and perfectionism
- July 2022– May 2023 Licensed Professional Counselor, *Children’s Bereavement Center of South Texas, Uvalde, Texas*
- Collaboration and consultation for the establishment, opening and operations of CBCSTX Uvalde interim and permanent campuses
 - Clinical mental health counseling services specializing in trauma-informed care using Cognitive Processing Therapy, Trauma and Grief Component Therapy, and creative expression through virtual reality-based interventions
 - Performance of school-based trauma and grief counseling services in diverse private and public-school counseling settings K-12.
- November 2020- March 2022 Behavioral Health Integration Program (BEHIP) Director, *IKARE Mood, Trauma and Recovery Clinic*
- Licensed Professional Counselor Associate (Supervised by Annie Viers, LPC-S, LMFT-S)
 - Taught graduate counseling interns clinical skills
 - Developed 100% remotely delivered suicide risk assessment and intervention service line
 - Ketamine-Assisted Psychotherapy specialist
- August 2020- March 2022 Licensed Professional Counselor-Associate, Digital Marketing & Technology Strategist, *The Vine Wellness Group, San Antonio, Texas*
- Clinical mental health counseling services specializing in crisis response plan implementation and facilitation (CRP for suicide risk mitigation), complex grief interventions
 - Creation of digital marketing strategy, website redesign

January 2019- Licensed Professional Counselor-Associate, Crisis Counselor, *UT Health*
November 2021 *Science Center Transitional Care Clinic, San Antonio, Texas*

- Graduate counseling intern captaining group intake service, risk assessments and coordination of care
- Clinical mental health counseling services specializing in acute, serious mental illness post-hospitalization for life-threatening suicide attempt, psychosis
- Development of Universal Schedule, Share Point and implementation of technology & remote-based operations at onset and acute phase of COVID-19 pandemic

AWARDS AND HONORS

2024 Most Influential Faculty Mentor Award, Texas A&M University San Antonio

RESEARCH/SCHOLARLY/CREATIVE ACTIVITIES SUMMARY

Research Agenda & Interests:

- Advancing clinical mental health counseling screening and assessment through technology-driven suicide prevention, especially in rural populations
- Development of hypermobile & remote clinical interventions for mass casualty survivors
- Pioneering peer support frameworks for community mental health professionals and first responders deployed to critical incidents.
- Investigation of civilian moral injury experiences, expanding understanding of how moral belief violations impact psychological well-being post critical incidents, mass violence events and natural disasters.

Publications

Refereed Publications

Journal	Citation
Counseling Outcome Research and Evaluation	Moyer, M., Lenz, A. S., Gonzales-Wong, C., & Rodriguez, G. (2025). A Meta-Analysis of Virtual Reality Interventions for Reducing the Symptoms of Anxiety. <i>Counseling Outcome Research and Evaluation</i> , 16(2), 124–142. https://doi.org/10.1080/21501378.2024.2438952
American Counseling Association Practice Briefs	Lenz, A. S., Rodriguez, G. , & Kurz, I. G. (2026, July). <i>Posttraumatic stress disorder in youth</i> [Practice Brief]. Counseling Nexus. https://doi.org/10.63134/DPOY6699

Manuscripts in Progress**Journal Citation**

Counseling Outcome Research and Evaluation Lenz, A. S., **Rodriguez, G.**, de Vries, S. (2026, *writing*). Efficacy of Moral Injury Interventions in Military and Civilian Samples: A Preliminary Meta-Analysis of Pre-Experimental Designs

Book Chapters**Book Citation**

Mental Health Virtual Reality: The Power of Immersive Worlds **Rodriguez, G.** (2025). Virtual Reality Approaches to Trauma-Based Mental Healthcare. *Mental Health Virtual Reality: The Power of Immersive Worlds*, 193-206.

Scholarly Presentations

Rodriguez, G. (2025). *Crisis Counselor Peer Task Force Implementation [presentation]*. Texas Counseling Association, Leadership Training Institute. San Antonio, Texas.

Lenz, A.S., Gonzales-Wong, C., **Rodriguez, G.** (2026). *Treating Moral Injury in Clinical Settings: Theory and Practice [presentation]*. Texas Counseling Association, Professional Growth Conference. Round Rock, Texas.

Hudson, B., **Rodriguez, G.** (2026). *Traumatic Grief: Counseling Adult Suicide Loss Survivors [presentation]*. Texas Counseling Association, Professional Growth Conference. Round Rock, Texas.

Rodriguez, G., Lenz, A.S. (2026). Trail W.I.S.E. Mental Health Skills Training for Camp Counselors. Hunt, Texas

Rodriguez, G. (2026). *911 for 911: Resilience for Emergency Dispatchers [presentation]*. Boerne Police Department. Boerne, Texas.

Rodriguez, G. (2025). *Crisis Counselor Peer Task Force Implementation [presentation]*. Texas Counseling Association, Leadership Training Institute. San Antonio, Texas.

Rodriguez, G. (2025). *Gather 'Round the Campfire: Implementing Emotional Processing in Classes Focused on Trauma and Resilience [workshop]*. International Teaching Learning Cooperative Lilly Conference. Austin, Texas.

Rodriguez, G. (2023). *Resiliency and Officer Wellness [panel speaker]*. Texas Police Association Conference. Austin, Texas.

Rodriguez, G. (2022). *Behavioral Health Integration as Modern Suicide Prevention: How Automation in Assessment, Telehealth and the Behavioral Health Integration Model of Care Can Reach Underserved and Elevated-Risk Populations [workshop]*. The American Association of Suicidology Conference. Chicago, Illinois.

Rodriguez, G. et al. (2022). *The Behavioral Health Integration Program Model of Care in Contrast with Treatment-As-Usual: Suicide Prevention for Underserved, Elevated-Risk Populations [poster]*. The American Association of Suicidology Conference. Chicago, Illinois.

Rodriguez, G., Culver, T. (2022). *Research Design and Real-World Applications: Pilot Study Review of The Behavioral Health Integration Program [presentation]*. Schreiner University. Kerrville, Texas.

Rodriguez, G. (2022). *Suicide Assessment & Prevention/ Suicide Bereavement [presentation]*. San Antonio Council on Alcohol and Drug Awareness. Online.

Rodriguez, G. et al. (2021). *Behavioral Health Integration Programming Is Suicide Prevention: A Pilot Study Using Automation in Assessment, Telehealth, and Behavioral Health Interventions [poster]*. Psych Congress, Psychiatry & Behavioral Health Learning Network. San Antonio, Texas.

Rodriguez, G., Jonietz, E., Roberts, D. (2020). *No-Show: Why Patients with Suicidal Ideation Might Miss Outpatient Psychiatric Appointments [poster]*. UT Health Science Center School of Medicine Research and Quality Improvement Day. San Antonio, Texas.

Granting Activities

Grant-funded qualitative study. Housing for individuals with serious mental illness, disability and/or substance-use related populations: Barriers, gaps and social determinants of health as told by professionals and consumers. Texas Department of Health and Human Services. Timeline: June 2020-December 2020. Status: funded and executed. PI: Megan Fredrick. Role: Research assistant.

Research grant submission. The Living Room: Increasing Patient Engagement in Suicide Prevention Treatment. Grantor: PCORI. Status: declined. PI: David Roberts. Role: Research assistant.

TEACHING ACTIVITIES***The University of Texas at San Antonio- Teaching Assistant***

Course #	Course Title	Semester & Year
COU 5393	Counseling Skills	FA25

Guest Lecture: “Teaching the Intangible: Affective Content”

Texas A&M University San Antonio- Lecturer

Course #	Course Title	Semester & Year
COU 5317	Counseling Techniques	SU25
EDHS 3322	Introduction to Human Services	FA24, FA26
EDHS 3325	Social & Cultural Issues in Human Services	FA24, FA25, FA26
EDHS 3331	Ethics in Human Services	SP23, SP24, SP25, SP26
EDHS 3332	Interpersonal Skill Development	SU23, SU24, SU25, FA26
EDHS 3321	History of Behavioral Health	FA24
EDHS 3330	Substance Use Prevention & Education	SU25
EDHS 4302	Child & Adolescent Trauma	SP24, SP25, SP26
EDHS 4310	Co-Occurring Disorders	SP25, FA25
EDHS 4330	Methods for Evaluating Programs & Practices	FA23, FA24, FA25, FA26
EDHS 4311	Crisis Intervention	SU24, SP25, SP26
EDHS 4350	Field Internship	SP25, SU25, FA25, SP26, FA26

PROFESSIONAL DEVELOPMENT TRAINING

Year	Training
2026	A.I.D. Training, Kent State University
2025	Mental Health First Aid Instructor Certification
2025	UT Health Reflective Training, Cognitive Processing Therapy, Suicide Risk Assessment, DBT-based skills
2025	Critical Incident Debrief, Multi-Method Overview, Texas Hill Country Counselors Association with Hill Country Trauma and Intervention

2024	New Faculty Academy Cohort Connected Teaching, Texas A&M University San Antonio
2024	ACUE Effective Online Teaching Practices and Culturally Inclusive Teaching, Artificial Intelligence Integration in Higher Education
2023	Trauma and Grief Component Therapy for Adolescents, Meadows Institute
2022	Eye Movement Desensitization & Reprocessing, Intuitus Group
2020	Cognitive Adaptation Training; Brief Psychiatric Rating Scale; Negative Symptom Assessment, University of Texas Health Science Center San Antonio
2019	Motivational Interviewing, University of Texas Health Science Center San Antonio Transitional Care Clinic
2019	Cognitive Processing Therapy for Trauma; Strong Star
2018	Crisis Response Planning, Craig Bryan Model, University of Texas Health Science Center San Antonio

SERVICE ACTIVITIES

Year	Activity
July 2025-present	Texas Hill Country Counselors Association & Foundation; chapter of Texas Counseling Association • President • Overview of chapter functions, regular board meetings and member event hosting, professional socialization • Special coordination of July 4, 2025 flood response (Hill Country)
August 2024-August 2026	Transformation House • Board of Directors • Mental Health Liaison and Consultant
July 2024-July 2025	Texas Hill Country Counselors Association, chapter of Texas Counseling Association • President elect • Learning & role-oriented growth activities related to executive processes and challenges; report authorship
May 2024	Member, Task force Professional Growth Conference, Texas Counseling Association • Coordinated with task force and reviewed processes for presentation submissions, acceptance criteria rubrics • Product: Task force report to TCA executive leadership

PROFESSIONAL MEMBERSHIPS

2019 – present	Texas Counseling Association
2022 – present	American Association of Suicidology
2023 - present	American Counseling Association
2024 – present	International End of Life Doula Association
2025 – present	Association for Death Education and Counseling