



# GILLIAN RODRIGUEZ, MA, LPC

CLINICIAN | EDUCATOR | RESEARCHER | ADVOCATE

---

## CONTACT

-  830-429-4778
-  gillian@trelliscounselingco.com
-  501 E. San Antonio Ave.  
Boerne, TX 78006

## SPECIALIZATIONS

Trauma & Traumatic Grief  
Digital Inclusion & Virtual Reality  
Acute Crisis Counseling  
EMDR | Dynamic-Grief | CPT | DBT  
Brief CBT | Crisis Response Planning  
Perfectionism & Performance Pressure

---

## PROFESSIONAL SUMMARY

**Current - Trellis Counseling & Co., PLLC | CEO**

**Current- Texas A&M University San Antonio | Adjunct Faculty**

Recent- Children's Bereavement Center of South Texas-Uvalde | Counselor

November 2020- August 2022 | Ikare Mood, Trauma & Recovery Clinic

**Behavioral Health Integration Program & Research, Director | Site Supervisor**

**Ketamine-Assisted Psychotherapy, Clinical Mental Health Counseling, Crisis Counseling**

August 2020-March 2022 | The Vine Wellness Group

**LPC-Associate | Crisis Response Plan Trainer | Suicide Prevention & Traumatic Grief**

**Digital Marketing & Technology, Strategist**

January 2019-November 2021 | UT Health Science Center Transitional Care Clinic

**LPC-Associate & Crisis Counselor**

## EDUCATIONAL SUMMARY

August 2017-May 2020 | Texas A&M University San Antonio

**Master's Degree | Clinical Mental Health Counseling | GPA 4.0**

January 2011-December 2012 | San Antonio College

**Associate's of Applied Science | Mortuary Science**

August 2004-May 2007 | University of Texas Dallas

**Bachelor's Degree | Psychology, Minor Criminal Justice, cum laude**

## SKILL SETS & RECOGNITIONS SUMMARY

*Presenter: American Association of Suicidology, American Foundation for Suicide Prevention, Any Baby Can, Texas Police Association, UT Health Science Center San Antonio Therapy Lab*

*State of Texas Child Fatality Review Team, selected chapter participant*

*Certified, Psychological Autopsy*

*Certification, End-of-Life Doula, Abode Contemplative Care for the Dying, anticipated Fall 2024*

*Ground-Up Conceptualization and Program Development*

*Implementation of Innovative Technology & Strategy for Health and Human Services Practices*

*Data analysis in Clinical Counseling and allied Health Research*

*UT Health, Creation of Universal Schedule & Virtual Centralized Care Coordination System during COVID-19 epidemic*

## RESEARCH, INITIATIVE & AUTHORSHIP EXPERIENCE

Vision: Planning, creation and opening of the Texas A&M University San Antonio Human Services Innovation & Technology Lab, provided through grant partnership with Community Tech Network (CTN) and like partners; Lab equipped to train students in ethical digital navigation and other human service technology-based skills such as AI-integrative research and practice, virtual-reality based counseling, electronic health record management, telehealth best practices, digital resourcing in communities and beyond

Status: Prospective, contingent on University endorsement & permissions; preliminary meeting July 8, 2024 with CTN Senior Digital Equity Team; STRAAC & University Health meetings contingent

Research Article Submission. Effectiveness of Virtual Reality Interventions for Reducing Stress-Anxiety Symptoms and Effects of Study Characteristics: A Meta-analysis.

Status: Submitted for publication in Counseling Outcome Research and Evaluation

Authors: Moyer et al.

Role: Co-Author (4)

Textbook Chapter. Virtual Reality Approaches to Trauma Based Mental Health Care

Status: Finalizing publication

Editor: Jessica Stone, PhD

Role: Chapter Author and Collaborator

Case Study Submission. Virtual-Reality based Mindfulness & Expressive Healing Arts as Suicide Prevention Measures in Wake of Mass Violence in Schools.

Status: Collaborative Development & Proposal

Authors: Gillian Rodriguez

Role: Co-Author

Research Article Submission. *Suicide and Life-Threatening Behavior Journal*. Examining Ethnocultural Considerations in Implementation of Acute Trauma and Grief Counseling in Wake of Mass Violence in Schools. Mixed Methods. Timeline: Current-2 yrs.

Status: Collaborative Development & Proposal

PI: Gillian Rodriguez

Role: Co-Author, Brenda Faulkner, Ed.D, LPC-S

Grant-funded Qualitative study. Housing for seriously mentally ill, intellectually disabled, 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 & Executed

PI: Megan Fredrick

Role: Research Assistant

Research Grant Submission. The Living Room: Increasing Patient Engagement in Suicide Prevention Treatment

PCORI

Timeline: 2 years; Budget: \$2.6m. Grant submission: Jan 10, 2020; status-declined

PI: D. Roberts

Role: Research Assistant

## PRESENTATIONS, PODCASTS & INVITED LECTURES

Invited Key Speaker & Presentation, "Suicide Ventures and Relational Support Systems" offered in partnership with San Antonio Association of Relational Therapists (SAART), September 2024

Podcast Guest, "Rewired 360: Thanatology" recording date September 2024, in partnership with Kathy Couch, LCSW, CT, and EMDRIA Consultant

Key Speaker & Presentation, "The Heart of my Heart" Bereaved Mother's Day Event and Ribbon Cutting, Butterfly Memorial Garden, in partnership with Any Baby Can and assorted San Antonio colleagues

Invited Presenter and Panelist, "Resiliency and Officer Wellness" offered in partnership with the Texas Police Association, Conference May 2023

Podcast Guest, "It's Like This: Suicide Prevention & Stigma" recorded in partnership with Dr. Uejin Kim, MD of Restore Psychiatry; September 2022

Speaker, Lecture & Workshop, "Wellness & Nature Series" offered in partnership with the Cibolo Center for Conservation; October 2022; Subsequent staff training, parent support group and continued workshop series scheduled for 2024

Key Speaker Presentation & Workshop, "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," (Rodriguez, G, Quinones, M.) The American Association of Suicidology Conference, April 27-April 30, 2022.

Poster Presentation, "The Behavioral Health Integration Program Model of Care in Contrast with Treatment-As-Usual: Suicide Prevention for Underserved, Elevated-Risk Populations," (Rodriguez, G. et al.) The American Association of Suicidology Conference, April 27-April 30, 2022.

Invited Lecture, "Research Design and Real-World Applications: Pilot Study Review of The Behavioral Health Integration Program," (Rodriguez, G., Culver, T.) Schreiner University. February 14, 2022.

Poster Presentation, "Behavioral Health Integration Programming Is Suicide Prevention: A Pilot Study Using Automation in Assessment, Telehealth, and Behavioral Health Interventions," (Rodriguez, G., Quinones, M., Eckmann, M, Paver, A., Myer, P) Psych Congress, Psychiatry & Behavioral Health Learning Network, October 29-November 1, 2021. Sole presenters in bilingual format

Invited Lecture & Training Workshop, "Suicide Assessment & Prevention/ Suicide Bereavement," (Rodriguez, G.) San Antonio Council on Alcohol and Drug Awareness, December 3, 2022.

Invited Lecture & Training, "Crisis Response Planning as Evidence-Based Modern Suicide Prevention Tool," (Rodriguez, G.) The Vine Wellness Group

Poster Presentation, "No-Show: Why Patients with Suicidal Ideation Might Miss Outpatient Psychiatric Appointments," (Rodriguez, G., Jonietz, E., Roberts, D.) UT Health Science Center School of Medicine Research and Quality Improvement Day, February 11, 2020

## PROFESSIONAL TRAINING & CERTIFICATIONS

End-of-Life Doula Certification; Abode Contemplative Care for the Dying; Accepted, anticipated completion Fall 2024.

Mental Health First Aid Certification, Adult; National Council for Mental Wellbeing, Spring 2024; Instructor certification anticipated Fall 2024

Effective Online Teaching Practices and Culturally Inclusive Teaching; Association of College and University Educators (ACUE), Spring 2023, Fall 2024; AI Integration in Higher Ed (anticipated at later date)

Eye Movement Desensitization & Reprocessing (EMDR); Intuitus Group; October 2022-January 2023

Ketamine-Assisted Psychotherapy, Ikare, Mood, Trauma & Recovery Clinic, November 2020; Psychedelics Education & Psychotherapy for Mental Health SANA Symposium, September 2021

CAT-EM Standardized Clinical Rating Scales, UT Health, January 2020–Current  
Brief Psychiatric Rating Scale (BPRS); Negative Symptom Assessment (NSA-4)

Motivational Interviewing, UT Health Science Center San Antonio, November 5–6, 2019

Cognitive Adaptation Training, Texas Health and Human Services & UT Health Science Center San Antonio, September 4, 2019

Home-based intervention for clients with serious mental illness and cognitive impairment, pioneered by Dr. Dawn Velligan, Chief Director of Community Recovery, Research, and Training

Cognitive Processing Therapy for Trauma

STRONG STAR, UT Health Science Center San Antonio, April 2–3, 2019

Training for Cognitive Processing Therapy. Two-day, invitation-only workshop to learn CPT techniques, deployment in clinical settings, and anticipated challenges in trauma-saturated and resistant clients.

Crisis Response Planning

Craig Bryan Model, UT Health Science Center San Antonio, December 2018

Trained in delivery and impact of Crisis Response Planning with clients in acute mental health crisis, often experiencing suicidal ideation or having experienced suicide attempt.

Continued implementation to present day at the TCC.

## PROFESSIONAL EXPERIENCE (HISTORICAL)

### **Ikare Mood, Trauma, Recovery Clinic (November 2020–August 2022)**

Licensed Professional Counselor

Psychedelic Assisted Treatment and Health (PATH) Program Director

- In exclusive clinical partnership with NuTex Hospital Systems

Behavioral Health Integration Program (BEHIP) Coordinator & Director

IM Ketamine Psychotherapy Provider

- Assessment using digital platform Ellipsas & EHR Kareo

- Telehealth Services via screenshare & phone

- Review of referral criteria for Advanced Therapeutics Program

- Supportive therapy

- Administrative and organizational skills in program development (BEHIP)

- Staff training for De-Escalation of Clients in Crisis

- Research & Clinical Operations in collaborative care, interdisciplinary model

### **The Vine Wellness Group: (August 2020–March 2022)**

Licensed Professional Counselor–Associate

- Counseling services provider (adolescent + adult individuals)

- Requisite documentation, scheduling coordinator and payments processing

- Digital Marketing & Strategy Specialist

- Search engine optimization

- Web design & analytics

- Ethical & HIPAA-Compliant and encrypted mental health-focused design within google workspace.

- Conceptualization and Creation of "The Supervision Portal"

- Secure online presence with forum dedicated to self-care for Supervisees, current events

- Design and creation of Google Workspace Classroom:

- Online forms bank, fillable pdfs for state-required forms, hours logs etc.

- Electronic Health Record (EHR) and platform consultation and development

## **Transitional Care Clinic, UT Health Science Center San Antonio (January 2019–Nov 2021)**

Licensed Professional Counselor-Associate & Internship Co-Coordinator

-Intake and screening staff

- Daily work within the Transitional Care Clinic's unique group psychiatric intake model
- Review of hospital collateral information, triage of client needs, and team-coordinated scheduling for psychiatry, counseling, social work, and crisis response planning
- Critical active listening skills to evaluate initial risk and protective factors, as well as expanding brief interview questions to encompass an acutely effective understanding of the client's needs
- Clinical Assessment administrator: Brief Psychiatric Rating Scale; Negative-Symptom Assessment; PHQ-9; GAD-7; PCL-5; Joiner & Columbia Suicide Screening frameworks; cotd.
- Counselor trainee
- Individual and group therapy clients
- Group experiences include Mindfulness, Dialectical Behavior Therapy (DBT) Skills Training, and Chronic Pain Management
- Evidence-based approaches used include
  - Motivational Interviewing
  - Cognitive Behavioral Therapy
  - Cognitive Processing Therapy
  - Person-Centered Approach
  - Crisis Response Planning for suicidal clients
  - Joiner Suicide Assessment Framework
- 20 months experience as intern for "The Living Room" Project
- Work with walk-in clients in acute distress using Subjective Units of Distress Scale (SUDS) and time-monitored, evidence-based approaches to manage crises. Techniques used include DBT STOP and TIPP skills, paced breathing, mindfulness, solution-focused therapy, and motivational interviewing.

Case management, transition planning, outreach and social work advocate

- ·Case management
  - Coordination of resources for clients including medication access and affordability, transportation, emergency housing, nutritional supplementation, medical care management referrals
- ·Transition Planning
  - Collaborative work with clients to help them establish long-term psychiatric and counseling care
  - Review of insurance benefits to determine eligible providers
  - Coordination of referral to community health providers (Center for Healthcare Services)
- ·Outreach
  - Creation of instructional and client engagement videos for distribution to partner providers within the University Health System and UT Health clinics
- Production of marketing materials, printed flyers for client groups
- Design of animations to improve dissemination of information to clients and increase client engagement in clinic processes
- ·Social Work Advocacy
  - Recruitment and facilitation of Patient-Advisory Committee
  - Kindness Closet Project: Procurement and organization of donated hygiene and clothing items for clients in need

## **Warriors Heart: 2017–2018**

Client Relations Specialist

- Daily liaison between Clinical, Medical, and Administrative teams
- Daily interaction with Warrior-Class clients (Active military, veterans, first-responders) during inpatient treatment for Post-Traumatic Stress Disorder, mild traumatic brain injury, and substance use disorder.
- Unique experience working with a military-diverse population and their families
- Intake specialist. Often provided transportation of clients from airport to treatment center, then worked with them through the intake process
- “Front line” of client conversation, needs, wants, and crises until clinical staff were available
- Client comorbidities included Major Depressive Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder, and Psychosis
- Frequent interaction with clients with different physical abilities due to combat and related injuries, including amputation and mutilation

## **Grimes Funeral Chapels (August 2016–March 2020)**

Licensed Funeral Director and Embalmer

- Process death-call notifications, death certificates, funeral arrangements
- Dispatch to death scenes, including deaths by natural causes, trauma, homicide, suicide, and mass casualty events
- Coordination of mortuary staff on scene to ensure ultimate sensitivity and respect offered to the families, friends, and community members of the deceased
- Collaboration between mortuary, churches, schools, legal entities, government entities, and media organizations before, during, and after funeral services
  - Intentional and dedicated advocacy for families who are survivors of violent crime and suicide
- Embalming and Restorative Art specialization for presentation of remains and personal effects in a way that is sensitive and healing while maintaining a standard of dignity, transparency, and genuine relationship with survivors
- Referral to established grief resources, evidence-based approaches, and agencies
- Work with and appreciation for a multitude of worldviews, cultures, socioeconomic classes, and backgrounds

## **Aftercare Director, Parting Pro Software, 2018–2019**

Primary liaison between software design specialists in Silicon Valley and funeral homes/mortuaries nationwide to bring innovation and accessibility to death care

- Served approximately 108 businesses
- Created and streamline live and recorded teleconference-based trainings for funeral directors, embalmers, crematory staff, administrative personnel, and business owners
- Invented and implemented “This is Your Care Book” design of continued training and pdf-based reference resources
- Participated in group for female death care professionals to help them find community and advocate for professional equality and recognition
- Consistently embraced challenges based on regional, cultural, age, and understanding differences within death care professionals and their businesses

## **Fourth-Generation Licensed Funeral Director and Embalmer, specializing in Restorative Art and Complex Bereavement with Arrangements (2012–Current)**

Porter Loring Mortuaries, Mission Park Funeral Chapels, Memorial Oaks Funeral Home, Grimes Funeral Chapels  
Connected with families to conduct all funeral arrangements and final disposition

## SERVICE IN THE COMMUNITY

### **Texas Counseling Association, Hill Country Counseling Association (Chapter)**

Chapter President Elect, term begins July 2024

-Leading chapter board meetings with officers

-Directing and coordinating membership engagement, community education, and counselor consultation and support initiatives

### **Texas Funeral Director's Association Disaster Response Team; Children's Bereavement Center of South Texas- Deployment & Service**

Uvalde, Robb Elementary School Mass Violence Event

-Funeral Directing & Embalming Services, Restorative Art & Cosmetology

-Crisis & Traumatic Grief Counseling (staff of Hillcrest Memorial Funeral Home)

-Traumatic Grief & Art-based Therapy\* (families of victims being served by Hillcrest MFH)

\*I am not licensed as an art therapist, but I love creativity/expressive based therapy

-Data collection & analysis of evidence-based assessments & metrics via Ellipsas Platform

-Community collaboration with Sacred Heart Catholic School and Children's Bereavement Center of South Texas (subsequent licensed professional counseling services provided May 25, 2022-current)

### **American Foundation for Suicide Prevention**

South Texas Chapter Education Committee Chair

"Out of the Darkness" Community Walk, Team Captain,

-Ikare (team-active); "Hike for Hope"

-Team TCC HOPE (team-inactive)

-UT Health Medical Student lecture series (internal, in partnership with STRAAC)

### **"After Suicide: Survive | Learn | Heal"**

Curriculum Creator & Founder

5 successful cycles of group participants; 26 participant graduates as of 06/2022

Telehealth-exclusive, 100% cost-free, evidence-based

## REFERENCES

Brenda Faulkner, MEd, LPC-S

Children's Bereavement Center South Texas- Uvalde

Director

[www.cbcstx.org](http://www.cbcstx.org)

Phone: (254) 485-0444

Email: [bfaulkner@cbcstx.org](mailto:bfaulkner@cbcstx.org)

David Roberts, PhD

Department of Psychiatry, Transitional Care Clinic

Associate Professor & Clinical Director

UT Health Science Center San Antonio

Phone: (210) 562-5263

Email: [RobertsD5@uthscsa.edu](mailto:RobertsD5@uthscsa.edu)

Annie Viers, MA, LMFT-S, LPC-S

The Vine Wellness Group

Co-Owner

[www.thevinewellness.com](http://www.thevinewellness.com)

Phone: (210) 602-8193

Email: [aviers@thevinewellness.com](mailto:aviers@thevinewellness.com)