

**Sabina Remmers de Vries, Ph.D., NCC, LPC – S.**

Texas A&M University – San Antonio  
Department of Leadership & Counseling  
College of Education & Kinesiology  
Brooks City-Base Campus

**EDUCATION**

2008

**Doctor of Philosophy  
in Counselor Education and Supervision**

(CACREP Accredited)

University of Texas at San Antonio  
One UTSA Circle  
San Antonio, Texas 78249

**Dissertation:**

Occurrence of symptoms of PTSD and Complex PTSD in homeless persons and survivors of domestic violence.

2003

**Masters of Arts in Counseling (48 hrs.)**

**Thesis:**

Effects of group counseling courses on student's mental health, self-actualization, and attitude toward seeking professional psychological help: A pilot study. (Thesis Chair: A. E. Hernandez, Ph.D.)

University of Texas at San Antonio

2000

**Bachelor of Art in Psychology**

University of Texas at San Antonio

**LICENSE**

LPC License #: 60338

## **CLINICAL EXPERIENCE**

08/2007 – current

### **Counselor in Private Practice, San Antonio Texas**

Provides counseling services for individuals, couples, and in group settings. Specializes in trauma work and recovery from domestic violence experiences. Supervises LPC-Interns. Supervision of Counseling Interns.

10/2008 – 01/2014

### **Social Study Evaluator – Bexar Country Bexar County Civil District Court**

Conducts social study evaluations for the Bexar County Civil District. Provides court testimony in child custody disputes.

05/2009 – 03/2010

### **Life-Skills Group Facilitator, San Antonio Metropolitan Ministry, San Antonio, Texas**

Designed curriculum and facilitates weekly life-skills group with focus on conflict resolution at a transitional shelter for homeless families.

06/2009 – 09/2009

### **Counseling Student Clinical Supervisor, University of Texas at San Antonio, Texas**

Provided clinical supervision to counseling students. Monitors as well as assesses counseling students' development during practicum.

01/2008 – 05/2008

### **Counseling Student Clinical Supervisor, University of Texas at San Antonio, Texas**

Provided clinical supervision to counseling students. Monitors as well as assesses counseling students' development during practicum.

01/2004 – 04/2009

### **Staff Clinician and Lifeskills Counselor at Community Based Counseling, San Antonio, Texas**

Provided lifeskills group counseling, women's support and process groups, psycho-educational groups, couples counseling, and group therapy on a weekly basis to diverse homeless populations residing at the Battered Women's Shelter of San Antonio, San Antonio Metropolitan Ministry (SAMM) Blanco Transitional Shelter, and at Peacock Village Salvation Army Shelter in San Antonio. Provides individual psychotherapy to homeless population at the Battered Women's Shelter of San Antonio, SAMM Blanco Transitional Shelter, SAMM Commerce Shelter, and at the Salvation Army Shelter (Peacock) of San Antonio. Provides expert

witness services during court proceedings on behalf of clients. Provides in-service training for shelter staff at SAMM Blanco and SAMM Commerce shelter. Designed and implemented 15-week lifeskills curriculum for shelter residents. Designed SPSS database to track services provided and conducted statistical evaluation for lifeskills grant's Annual Performance Review of over 600 client records. Provides supervision to practicum students at Community Based Counseling.

01/2003 – 12/2003 **Counseling Internship at Community Based Counseling/Family Violence Prevention Services, Inc. in San Antonio, Texas**

Provided psycho-educational groups, process groups, and life skills training groups to homeless population residing at the Battered Women's Shelter of San Antonio, SAMM Blanco Transitional Shelter, and at the Salvation Army Shelter (Hope Center) of San Antonio. Provided individual psychotherapy to homeless population at the Battered Women's Shelter of San Antonio, SAMM Blanco Transitional Shelter, SAMM Commerce shelter, and at the Salvation Army Shelter (Hope) of San Antonio.  
Internship Supervisor: Cynthia Hatch, LMSW-ACP

## **TEACHING**

### **TEACHING EXPERIENCE**

09/01/2013 – current **Assistant Professor, Texas A&M University – San Antonio**  
Responsibilities include preparing and providing all course materials and lectures for master's level counselors enrolled in EDCG 5329 Educational Research; EDCG 5356 Field Practicum for Counselors; Responsible for Masters level comprehensive exam; Scholarship committee; Fitness to Practice Committee; Book Store Advisory Committee.  
Chair: Dr. Albert Valadez.

07/2011 – 01/01/2013 **Adjunct Professor, Webster University, San Antonio, Texas**  
Responsibilities include preparing and providing all course materials and lectures for master's level counselors enrolled in COUN 5700 Lifestyle and Career Development; COUN 5050 Human Growth and Development; COUN 5600 Techniques of Group Counseling.

03/2011 – current **Contributing Faculty, Walden University (CACREP Accredited), Minneapolis, Minnesota**

Responsibilities include online teaching master's level Marriage, Couple and Family Counseling and Mental Health Counseling courses. Classes

taught: COUN 6726 Couples and Family Counseling; COUN 6336 Crisis, Trauma, and Disaster Response; COUN 6753 Career Counseling; COUN 6306 Ethics and Legal Issues in Counseling; COUN 6310 Research Design; COUN 6720 Assessment and Diagnosis; COUN 6326 Research and Program Evaluation.

01/2010 – current

**Adjunct Professor, Texas A&M University - San Antonio**

Responsibilities include preparing and providing all course materials and lectures for master's level counselors enrolled in EDCG 5323 Group Theory and Process; EDCG Counseling Theories; EDCG 5319 Introduction to Counseling; EDCG 5315.850 Ethical and Legal Issues in Counseling; EDCG 5329.851 Educational Research; EDCG 5327 Abnormal Human Behaviors; EDCG 5355.951 Materials and Techniques of Career Counseling; EDCG 5317 Counseling Techniques; EDCG 5329 Educational/Counseling Research.  
Chair: Dr. Albert Valadez.

2008

**Co-instructor**, University of Texas at San Antonio. Course: Practicum in Counseling. Instructor of Record: Heather Trepal, Ph.D.

2007

**Co-instructor**, University of Texas at San Antonio. Course: Group Theory and Process.

2007

**Co-instructor**, University of Texas at San Antonio. Course: Practicum in Counseling. Instructor of Record: Albert Valadez, Ph.D.

2004

**SAMM Blanco staff in-service training**

Topic: Recognizing and Coping with Alcohol and Substance Abuse Issues among Shelter Residents.

2003

**SAMM Shelters staff in-service training**

Topic: Recognition and Prevention of Professional Burn-Out

2003

**Guest Lecturer**, University of Texas at San Antonio. Course: Introduction to Community Counseling.  
Topic: Homelessness and Domestic Violence

**COURSES TAUGHT**

Texas A&M - San Antonio:

EDCG 5323 Group Theory and Process  
EDCG 5311 Counseling Theories  
EDCG 5319 Introduction to Counseling

EDCG 5315 Ethical and Legal Issues in Counseling  
EDCG 5355 Materials and Techniques of Career Counseling  
EDCG 5327 Abnormal Human Behavior  
EDCG 5317 Counseling Techniques  
EDCG 5329 Educational/Counseling Research  
EDCG 5356 Field Practicum for Counselors

Walden University (CACREP accredited):

COUN 6726 Couples and Family Counseling  
COUN 6336 Crisis, Trauma, and Disaster Response  
COUN 6753 Career Counseling  
COUN 6306 Ethics and Legal Issues in Counseling  
COUN 6310 Research Design  
COUN 6720 Assessment and Diagnosis  
COUN 6326 Research and Program Evaluation

Webster University in San Antonio:

COUN 5700 Lifestyle and Career Development  
COUN 5050 Human Growth and Development  
COUN 5600 Techniques of Group Counseling

## **SCHOLARLY ACTIVITIES**

### **PUBLICATIONS**

- Mayorga, M. G., de Vries, S. R., & Wardle, E. A. (2015). The practice of self-care among counseling students. *i-manager's Journal on Educational Psychology*, 8(3), 21-28.
- Peters, S.W., Trepal, H.C., de Vries-Kell, S. M., Day, S.W., & Leeth, C. (2010). Victims of domestic violence and front-line workers: A consultation model. *Michigan Journal of Counseling: Research, Teaching and Practice*, 36, 8-14.
- de Vries, S. R. & Valadez, A. A. (2008). Let our voices be heard: Qualitative analysis of an Internet discussion board. *Journal of Creativity in Mental Health*, 3, 383-400.
- de Vries, S. R., & Valadez, A. A. (2007). Counseling Students' Mental health status and attitude toward counseling. *Journal of Professional Counseling: Practice, Theory & Research*, 34 (1&2), 77-87.

- Valadez, A. A., Lumadue, C., Gutierrez, B., & de Vries-Kell, S. M. (2006). Las comadres and adult day care centers: The perceived impact of socialization on physical and mental wellness. *Journal of Aging Studies*, 20 (1), 39-53.
- Valadez, A. A., Lumadue, C., Gutierrez, B., & de Vries-Kell, S. M. (2005). Family caregivers of impoverished Mexican-American elderly women: The perceived impact of adult day care centers. *Families and Society*, 86 (3), 384-393.
- Golden, L., Alamia, J., Baker, R., Chilson, S., Choucroun, P., Cook, K., de Vries-Kell, S., Marbach, C., & Peters, S. (2005). Doc Tales. *The Family Journal*, 20 (10), 1-4.
- de Vries-Kell, S. M. (2003). Effects of group counseling courses on students' mental health, self-actualization, and attitude toward seeking professional help: A pilot study. Unpublished master's thesis, University of Texas at San Antonio, TX.

### **PEER REVIEWED PRESENTATIONS**

- de Vries, S. R. & Peters, S. (2014, January) *Evolution and Neurobiology pertaining to PTSD and other Trauma Related Mental Health Concerns: Recognizing, Understanding, and Treating Trauma Related Disorders*. South Texas Counseling Association Winter Workshop.
- Cook, K., Mudge, S., Mayorga, M., Hinojosa, T., & de Vries, S. (2014). *Creative activities to help students explore unearned privilege*. American Counseling Association, Honolulu, HI.
- Evans, M. P., Atkins, M., Shuler, M., Holcomb, M., Cook, K., Valadez, A., Moyer, M., and de Vries, S. (2008). *Serenity in the Sand*. American Counseling Association, Honolulu, HI.
- Sullivan, J. R., Hsieh, P., & de Vries-Kell, S. (2006, August). *Sources of stress among college students: An exploratory study*. Poster session presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- de Vries-Kell, S., & Juhnke, G. A. *Utilizing a post-trauma, multiple family debriefing model with counseling students in training*. Second annual winter counseling symposium, Argosy University-Sarasota, Florida, 2005.
- Valadez, A., Evans, M., Gutierrez, B., and de Vries-Kell, S. (2004). *Designing and Proposing a Doctoral Program in Counselor Education: A Case Study Examining Process, Politics, and Ways to Avoid Pitfalls and Roadblocks*. American Counseling Association, Kansas City, MS.

### **BOOK CHAPTERS**

Schutz, P. A., Quijada, P. D., de Vries, S., & Lynde, M. (2010). Emotion in educational contexts. In B. McGaw, P. L. Peterson, and E. Baker (Eds.), *International Encyclopedia of Education, 3rd Edition*. Oxford: Elsevier Inc.

### **RESEARCH/ARTICLES IN PROGRESS**

de Vries, S. R., Juhnke, G. A., Valadez, A. A. & Boie, I. (submitted, 2014). Addictions Severity Index (ASI) Findings: Implications for Counseling South Texas Homeless Persons. Submitted to the *Journal of Mental Health Counseling*.

de Vries, S. R., Cook, K., & Mayorga, M. (accepted, 2014). Emotionally focused career portfolio processing intervention for mature adults. In S. Degges (Ed.) *Innovative Career Counseling Interventions*.

de Vries, S. R. & Peters, S. (manuscript, 2014). Evolutionary perspective of PTSD: A counseling intervention missing link. To be submitted to the *Journal of Professional Counseling: Practice, Theory, and Research*.

de Vries, S. R., Mayorga, M., & McDonald, D. (data collection & analysis, 2014). Action Research: Teaching Counseling Research Course to Non-Traditional Students. To be submitted to the *Action Research* journal.

### **GRANTS AND AWARDS**

2008 Presidential Dissertation Fellowship, University of Texas at San Antonio.

2005 - 2007 Doctoral Fellowship – Ph. D. in Counselor Education and Supervision, University of Texas at San Antonio.

2003 Research/Travel Grant (2003) – University of San Antonio, Texas: Covered travel expenses for the presentation of research paper, at the 2004 American Counseling Association Annual Convention. University of San Antonio, Texas.

2003 COEHD Mini-Grant: The Relationships, Interactions, and Perceived Effects of Adult Day Care Centers (ADC) on Mexican American Elderly, Impoverished Women from South Texas. University of San Antonio, Texas.

2003 Research Grant: Exploration of Effects of Group Counseling Courses on Student's Mental Health, Self-Actualization, and Attitude Toward Seeking Professional Psychological Help. University of San Antonio, Texas.

### **OTHER**

de Vries, S. R. (2009, January). Counselor career stories: Meeting the homeless where they are.

*Counseling Today*, 14-15.

Texas A&M Chancellor's Summit on Teacher Education "Success for All: A System-wide Research Collaborative Effort." Austin, Texas, September 29 – October 1, 2013.

**SERVICE**

**UNIVERSITY SERVICE**

|                |  |
|----------------|--|
| 2014 – current | Lead Faculty; Counseling Research Courses          |
| 2014 – current | Departmental Fitness to Practice Committee         |
| 2013 – current | Coordinator; Counseling Program Comprehensive Exam |
| 2013 – 2014    | Counseling Program Faculty Search Committee Member |
| 2013 - current | Bookstore Advisory Committee Member                |
| 2013           | Creekmore Scholarship Committee Member             |

**COMMUNITY SERVICE**

|                   |  |
|-------------------|--|
| 2014 – present    | Giveanhour.org; Provides pro bono counseling services to veterans and their family members.                                      |
| 2007 – present    | Pro bono counseling services for underserved and marginalized clients.   |
| 08/2003 – 12/2004 | Volunteered counseling services at Community Based Counseling/Family Violence Prevention Services, Inc., San Antonio, Texas.     |
| 03/1991 – 04/1992 | Camp Smith (Marine Corps Base, Hawaii) horseback riding instructor for Marine Corps MWR Program (Morale Welfare and Recreation). |

**PROFESSIONAL AFFILIATION**

American Counseling Association 2003 – present  
Chi Sigma Iota – 2005  
Texas Counseling Association  
American Mental Health Association  
Association for Creativity in Counseling