

SHAINNA ALI, PHD, LMHC, ACS, NCC

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EDUCATION

Doctorate of Philosophy in Education-Counselor Education

University of Central Florida

CACREP Accredited

Spring 2016

Dissertation Title:

The Impact of a Strengths-Based Group Counseling Intervention on LGBTQ+ Young Adults' Coping, Appraisal of Social Support, and Coming-Out Growth

Master of Arts in Mental Health Counseling

University of Central Florida

CACREP Accredited

Fall 2012

Bachelor of Arts in Anthropology

University of Central Florida

Fall 2010

GPA: 3.768, Cum Laude

Focus: Culture and Gender

Burnett Honors College Honors in the Major Thesis:

Hijra Identity in Guyana: Colonial and Postcolonial Transformations in Hijra Identity

LICENSURE & CERTIFICATION

- Licensed Mental Health Counselor MH15290
- Nationally Certified Counselor 717726
- Approved Clinical Supervisor 3047

TEACHING and SUPERVISION

Human Sexuality

CM595: Graduate course taught at The Chicago School of Professional Psychology
Mental Health Counseling Online Program
2019 Fall, 2018 Fall, 2017 Fall

MHS 6470: Graduate course taught at the University of Central Florida
2018 Summer

CPY 601: Graduate course at Rollins College
2017 Spring

Diversity & Multiculturalism

CM550: Graduate course taught at The Chicago School of Professional Psychology
Mental Health Counseling Online Program
2020 Spring, 2019 Spring, 2018 Spring, 2017 Summer, 2017 Spring

COUN 430: Guest Lecture on intersectionality at Northern Illinois University
2019, Summer

COUN 513: Guest Lecture on Multicultural Counseling Competencies at Stetson
University
2016 Summer

MHS 6420: Co-taught knowledge and research pertaining to multicultural
counseling and social justice issues, develops skills and personal awareness, and
examines attributes that affect counseling diverse populations at the University of
Central Florida
2014 Spring

Clinical Mental Health Counseling

CM592: Graduate course taught at The Chicago School of Professional Psychology
Mental Health Counseling Online Program
2019 Fall

Addictions Counseling

CM585: Graduate course taught at The Chicago School of Professional Psychology
Mental Health Counseling Online Program

2018 Summer

MHS 6450: Graduate course taught at the University of Central Florida

2014 Summer

Group Counseling

MHS 6500: Graduate course taught at the University of Central Florida

2018 Spring, 2016 Fall, 2015 Spring

Guest Lecture on the Working in the Working Stage at the University of Central Florida

2014 Fall

Facilitated a 10-week group utilized to demonstrate and teach group counseling logistics, methods, and variations at the University of Central Florida

2014 Spring, 2013 Fall

Lifespan and Human Development

CM521: Graduate course taught at The Chicago School of Professional Psychology
Mental Health Counseling Online Program

2017 Fall

Counseling Internship

MHS 6830: Graduate source at the University of Central Florida

2017 Fall, 2016 Fall

Theories of Counseling and Psychotherapy

CM507: Graduate course taught at The Chicago School of Professional Psychology
Mental Health Counseling Online Program

2017 Summer

Techniques of Counseling

MHS 6401: Graduate course taught at the University of Central Florida

2017 Summer, 2014 Fall

CPY 535: Graduate counseling techniques course at Rollins College

2017 Spring

Practicum

MHS 6803: Graduate course taught at the University of Central Florida

2017 Spring, 2016 Summer, 2014 Fall

Educational Psychology

EDU 272: Undergraduate course at Rollins College
2017 Spring, 2016 Fall

Introduction to American University Life

SLS 1102: Undergraduate course offered to assist international students in adapting to campus culture and American life.
2016 Summer

Research Seminar in Education

IDS 7500: Course taught at the University of Central Florida
2016 Spring, 2015 Fall

Advanced Career Counseling

MHS 7340: Course taught at the University of Central Florida
Guest Lecture on Professional Networking and Leadership
2016 Spring

Foundations of Play Therapy & Play Process

MHS 6421:
Guest Lecture on Psychodrama and Sociodrama at the University of Central Florida
2015 Summer

Guest Lecture on the Mental Health Benefits of World Dance at the University of Central Florida
2014 Summer

Introduction to Counseling

MHS 6400: Co-taught overview of the philosophy, organization, administration, and roles of counselors in various work settings at the University of Central Florida
2014 Spring, 2013 Fall

Couples Counseling

COUN 432: Guest lecture on the coming out process for Northern Illinois University
2017, Summer

MHS 6440: Assisted in providing an overview of couples theories and techniques at the University of Central Florida
2014 Summer

Family Counseling

MHS 6430: Assisted in formulating and grading quizzes in addition to overall grades at the University of Central Florida
2013 Fall

Teaching and Learning in the Community College

EDH 6305: Undergraduate course taught at the University of Central Florida
2015 Spring, 2014 Fall

Contemporary Problems in the Community College

EDH 6081: Undergraduate course taught at the University of Central Florida
2015 Spring

The Community College in America

EDH 6053: Undergraduate course taught at the University of Central Florida
2014 Fall

Community College Education

EDH 6215: Undergraduate course taught at the University of Central Florida
2014 Fall

TRAININGS PROVIDED

Ali, S. (2019, October). *Self-Love for the Counselor: Strategies to Improve Self-Care & Foster Wellness*. Pre-Convention Session Hosted at the Florida Counseling Convention.

Ali, S. (2019, March). *Self-love: The key to achieving your goals in 2019*. International Webinar hosted by Women in Business. (womeninbusiness.online/self-love-confidence)

Ali, S. (2019, February). *Love You: A Self-Love Workshop*. Orlando, Fl. (<https://www.shainnaali.com/self-love-workshop>)

Ali, S. (2016, April). *Exploring Culture & Identity*. Cultural competence training provided for Global UCF.

Ali, S. (2018, April). *Empowering Clients through Affirmative Practice*. LGBTQ+ competence provided for Central Florida Behavioral Health Hospital.

FEATURED SPEAKING OPPORTUNITIES

Ali, S. (2019, October). *Fill Your Cup: The Importance of Self-Care in the Counseling Profession*. Plenary speech provided at the Florida Counseling Convention.

Ali, S. (2019, October). *The Loneliness Epidemic: How to Stay Connected in an Isolated World*. Guest speech provided at the Third Annual Lifeline Luncheon.

PRESENTATIONS

NATIONAL/INTERNATIONAL

Ali, S. (2019). Friend or Foe: How Friendships Influence Our Mental Wellness. Paper presented at the National Alliance of Mental Illness Convention. Seattle, WA.

Ali, S. (2018). Inside out and counseling: Creative interventions to facilitate emotional intelligence. Paper presented at the Association for Creativity in Counseling Conference. Clearwater, FL.

Courtland, C. & **Ali, S.** (2018, April). Intersectionality: The Complexity of Identity in Counseling Across Cultures. Paper presented by Lee at the American Counseling Association Convention. Atlanta, GA.

Lee, C. & **Ali, S.** (2017, October). *Intersectionality: Understanding the Complexity of Identity in Counseling across Cultures*. Paper presented at the Association for Counselor Education and Supervision Conference. Chicago, IL.

Ali, S. & Bloom, Z.D. (2017, October). *Inside and out of the classroom: Methods to enhance emotional intelligence in counselor education*. Paper accepted to be presented at the Association for Counselor Education and Supervision Conference. Chicago, IL.

Ali, S. (2016, September-accepted). *Growing through Group: An Empirically-Supported Strengths-Based Group Counseling Intervention*. Paper presented at the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling

Conference, San Antonio, TX.

Ali, S., Hooper-Knox, A., Henesy, R., & Overheim, T. (2016, September-accepted). *Affirmative Practice: Gaining the Competence to Empower our Clients*. Paper presented at the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Conference, San Antonio, TX.

Ali, S., Henesy, R., Griffith, C., & Washington, S. (2016, March). *Affirmative practice: Embracing a positive perspective with LGBTQ+ Clients*. Paper presented at the American Counseling Association, Montreal, Canada.

Solomon, C. & **Ali, S.** (2016, March). *Laughter yoga: Removing layers of inhibition to find an infinite ability to laugh*. Paper presented at the American Counseling Association, Montreal, Canada.

Ali, S. (2015, October). *Cultural relativism & counseling: A place within pedagogy and practice*. Paper presented at the Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Gonzalez, J., & **Ali, S.** (2015, October). *Cultivating multicultural research within your counseling environment*. Paper presented at the Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Bloom, Z. D., & **Ali, S.** (2015, October). *Contemporary Pornography and Adolescent Relationships*. Paper presented at the Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Bloom, Z. D., & **Ali, S.** (2015, October). *Psychometric properties of the attitudes towards erotica questionnaire and the sexual opinion survey with a sample of counseling professionals*. Paper accepted to be presented at Association for Counselor Education and Supervision Conference. Philadelphia, PA.

Ali, S. (2015, September-Accepted). *Coming-out competence: Preparing counselors to effectively assist clients through the coming-out-process*. Paper accepted to be presented at the Association for Assessment and Research in Counseling Association Conference. Memphis, TN.

Ali, S. (2015, April-Accepted). *Dance and diversity: World dance as a creative tool in counseling*. Paper accepted to be presented at the Association for Creativity in Counseling Conference. San Antonio, TX.

Ali, S. (2015, March). *Counseling and coming-out: Understanding the process of sexual minority disclosure*. Paper presented at the American Counseling Association,

Orlando, FL.

Barden, S., **Ali, S.**, Gutierrez, D., & Gonzalez, J. (2015, March). *Understanding the influence of breast cancer on Latina couples: A Consensual Qualitative Research Design*. American Counseling Association, Orlando, FL.

Siddiqui, A. & **Ali, S.** (2015, March). *Am I fine? Social skills intervention for adolescents with Autism spectrum disorders*. Paper presented at the American Counseling Association, Orlando, FL.

Ali, S. (2014, September). *The cycle of coming out*. Paper presented at the Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Inaugural Conference, New Orleans, LA.

Ali, S. (2014, September). *Counselor's perceived competence in counseling clients through the coming-out process*. Paper presented at the Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Inaugural Conference, New Orleans, LA.

Ali, S. (2014, March). *Prescription perspective: A research proposal for an exploratory investigation of attitudes related to prescription drug use, misuse, and abuse and their impact on addictions counseling*. IAAOC-sponsored session, Paper presented at the American Counseling Association, Honolulu, HI.

Ali, S., & DePue, M.K. (2012, March). *Breaking through the pill mills: Understanding how counseling is influenced by the rise of prescription drug dependence*. Paper presented at the American Counseling Association, San Francisco, CA.

Ali, S., DePue, M.K., & Super, J. (2012, March). *Out of the closet and into the light: Promoting a successful transformation among sexual minorities*. Paper presented at the American Counseling Association, San Francisco, CA.

REGIONAL/STATE

Ali, S. (2017, October). *Empowering Clients through Affirmative Practice*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.

Ali, S. (2017, October). *Inquiring on Intersections: A Critical Process in Multicultural Counseling Competence*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.

Ali, S. (2016, October). *Evidence-based interventions to LGBTQ+ clients' coping, social support, and coming out growth*. Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.

Ali, S. (2015, September). *Understanding identities and culture: Strategies to increase multicultural counseling competence.* Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.

Ali, S. & Siddiqui, A. (2015, September). *Diversity and dance: Exploring the therapeutic implications of world dance.* Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.

Bloom, Z. D. & **Ali, S.** (2015, September). *Processing the "Process" and Treating Trauma through Interpersonal Neurobiology and EMDR Lenses.* Paper presented at the Florida Counseling Association Annual Conference. Orlando, FL.

Ali, S. (2015, April). *Coming-out in Counseling: Are counselors prepared to assist clients through the coming-out process?* Paper presented at the Florida Statewide Graduate Research Symposium. Orlando, FL.
(1st place in the Education division)

Ali, S. (2014, October). *Problems with pills: Understanding prescription drug use, misuse, and abuse.* Paper presented at the Florida Counseling Association, Tampa. FL.

Ali, S. (2014, October). *Coming-out competence: Understanding the process of identity disclosure in counseling sexual minority clients.* Paper presented at the Florida Counseling Association, Tampa. FL.

Ali, S. (2014, October). *Prescription perspective: The importance of recognizing the perception of prescription drugs in Counselor Education.* Paper presented at the Association for Counselor Education and Supervision, Birmingham, AL.

Gonzalez, J., Barden, S. M., Gutierrez, D. & **Ali, S.** (2014, October). *Existential counseling as a vehicle to support Latina breast cancer survivors.* Paper presented at the Association for Counselor Education and Supervision, Birmingham, AL.

Ali, S. (2013, October). *Understanding the cycle of sexual identity development.* Paper presented at the Florida Counseling Association, Tampa. FL.

Ali, S. (2011, October). *Understanding the impact of Florida's pill mills.* Paper presented at the Florida Counseling Association, Orlando, FL.

Ali, S. (2011, October). *Utilizing group therapy for sexual minority adolescents.* Paper presented at the Florida Counseling Association, Orlando, FL.

LOCAL

- Ali, S.** (2017, January). *From sadness to joy: Creative interventions to foster emotional intelligence*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** (2017, January). *Coming out growth: Empirically-supported strengths-based interventions to assist LGBTQ+ clients in counseling*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** (2016, April). *The impact of a strengths-based group counseling intervention on young adults' coping, appraisal of social support, and coming-out growth*. Paper presented at the University of Central Florida's Graduate Research Forum, Orlando, FL. **(2nd place in the education division)**
- Ali, S.** (2016, February). *The impact of a strengths-based group counseling intervention on young adults' coping, appraisal of social support, and coming-out growth*. Paper presented at the University of Central Florida's College of Education and Human Performance Research Showcase, Orlando, FL. **(3rd place)**
- Ali, S.** (2016, February). *Affirmative counseling practice with clients in the coming-out process*. Paper presented at the University of Central Florida's Counseling Conference, Orlando, FL.
- Ali, S. & Siddiqui, A.** (2016, February). *The ABCs of ASD: Guidelines for ethical and effective practice with clients diagnosed along the spectrum*. Paper presented at the University of Central Florida's Counseling Conference, Orlando, FL.
- Bloom, Z.D., & **Ali, S.** (2016, February). *An introductory lesson on interpersonal neurobiology*. Paper presented at the University of Central Florida's Counseling Conference, Orlando, FL.
- Ali, S.** (2015, March). *Coming-out in counseling: Are counselors prepared to assist clients through the coming-out process?* Paper presented at the University of Central Florida's Graduate Research Forum, Orlando, FL. **(1st place in the education division)**
- Ali, S.** (2015, February). *Coming-out in counseling: Are counselors prepared to assist clients through the coming-out process?* Paper presented at the University of Central Florida's College of Education and Human Performance Research Showcase, Orlando, FL. **(2nd place)**

- Ali, S.,** Cushy, K., & Siddiqui, A. (2015, February). *Dancing across borders: Utilizing the therapeutic implications of world dance*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** & Bloom, Z. D. (2015, February). *Intersecting identities: Increasing sensitivity with diverse populations*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Bloom, Z. D., **Ali, S.**, & Yost, J. (2015, February). *Counselors' comfort with sexuality and attitudes towards pornography*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.
- Ali, S.** (2014, April). *Coming-out competence: Exploring counselor competency in aiding sexual minority clients*. Paper presented at the UCF Graduate Research Forum, Orlando, FL.
- Panel Member** (2014, February). *So you want to get a PhD in counselor education?* Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** & Bloom, Z. D. (2014, February). *The coming out cycle: Understanding the cyclical nature of sexual minority development*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** & Gungor, A. (2014, February). *Presenting at local, state, national, and international conferences*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Bloom, Z. D. & **Ali, S.** (2014, February). *Adolescents and pornography exposure: Counseling implications*. Paper presented at the University of Central Florida Counseling Conference. Orlando, FL.
- Ali, S.** (2013, February). *Embracing change: Utilizing the transtheoretical model in sexual identity development*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.
- Ali, S.** (2012, April). *Florida's pill mills: Understanding prescription drug diversion and its influence*. Paper presented at the University of Central Florida Graduate Research Forum, Orlando, FL.
- Ali, S.** (2012, February). *Florida's pill mills: Understanding prescription drug diversion and its influence on counselors*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Ali, S. (2010, April). *Contemporary Hijra identity in Guyana: Colonial and Postcolonial transformations in Hijra gender identity*. Paper presented at the University of Central Florida Showcase of Undergraduate Research Excellence, Orlando, FL.

Ali, S. (2009, April). *How to teach the Holocaust: Cornerstones for educators of Holocaust curricula K-12*. Paper presented at the University of Central Florida Showcase of Undergraduate Research Excellence, Orlando, FL.

INVITED PRESENTATIONS

Ali, S. (2015, April). *Coming-out in Counseling: Are counselors prepared to assist clients through the coming-out process?* University of Central Florida Board of Trustees Meeting. Orlando, FL.

Ali, S. (2012, October). *Utilizing motivational interviewing to facilitate change*. University Behavioral Center, Orlando, FL.

PUBLICATIONS

BOOK CHAPTERS

Ali, S. (2020). *The Self-Love Workbook For Teens*. Berkeley, CA: Ulysses Press.

Ali, S. (2019). *The Self-Love Workbook*. Berkeley, CA: Ulysses Press.

Lee, C. & **Ali, S.** (2018). Intersectionality. *Multicultural Issues in Counseling: New Approach to Diversity*.

Ali, S., Hundley, G., & DePue, M. K. (2017). Beyond the prescription: The other side of opiate painkillers. In Lassiter, P.S. (Editor) & Buser, T. J. Editor(Eds.), *The Annual Review of Addiction and Offender Counseling (22-39)*. Eugene, Oregon :Wipf and Stock Publishers.

BOOKS

Cohn, S. N., **Ali, S.**, Dillard, M. P., & Zorina, M. (2012). *The Boy in the suitcase, Holocaust family stories of survival*. Hamilton Books.

BOOK REVIEWS

Prout, T, & Watkins, M. (2014). *Essential interviewing and counseling skills: An integrated approach to practice*. New York, NY: Springer Publishing Company.

REFEREED PUBLICATIONS

PUBLISHED

- Ali, S.** & Lee, C. (2019). Creative methods to address intersectionality in counseling. *Journal of Creativity in Mental Health*. DOI: 10.1080/15401383.2019.1632767
- Ali, S.** & Bloom, Z.D. (2019). Creative approaches to address online dating in counseling. *Journal of Creativity in Mental Health*. DOI: 10.1080/15401383.2018.1535922
- Ali, S.** & Lambie, G. W. (2019). Examining the Utility of Group Counseling for LGBTQ+ Young Adults in the Coming Out Process. *Journal of Specialists in Group Work*.
- Ali, S.** & Lambie, G. W. (2018). The Impact of Strengths-based Group Counseling on LGBTQ+ Young Adults' in the Coming Out Process. *Journal of Gay and Lesbian Mental Health*.
- Ali, S.** (2017). Inside out and counseling: Creative interventions to facilitate emotional intelligence. *Journal of Creativity in Mental Health*. 12(3), 377-387.
- Ali, S.**, Lambie, G. W., & Bloom, Z.D. (2017). Exploring the factor structure of the sexual orientation counselor competency scale. *The Professional Counselor*, 7 (3), 223-237.
- Ali, S.** (2017) The Coming Out Journey: A Phenomenological Investigation of a Lifelong Process Counseling and Coming-Out. *VISTAS*.
- Ali, S.**, Cushey, K., & Siddiqui, A. (2017). Diversity and dance: Exploring the therapeutic implications of world dance. *Journal of Creativity in Mental Health*. 12(1), 31-47.
- Bloom, Z. D., Gutierrez, D., Lambie, G. W., & **Ali, S.** (2016). Counselors' comfort with sexuality, attitudes towards pornography, and propensity to assess and treat client issues related to client pornography use. *Journal of Mental Health Counseling*. 38(4), 327-345. DOI: 10.17744/mehc.38.4.04
- Barden, S. M., Gutierrez, D., Gonzalez, J., **Ali, S.** & Cruz-Ortega, L.G. (2016). Perspectiva masculina: An exploration of intimate partners of Latina breast cancer survivors. *The Family Journal*, 24, 222-229. DOI: 10.1177/106648071664869

Barden, S. M., Gutierrez, D., Gonzalez, J., & **Ali, S.** (2016). Healing Faith: A Qualitative Exploration of Latina Breast Cancer Survivors. *Counseling and Values*, 61(3), 142-158. DOI: 10.1002/cvj.12034

Ali, S. & Barden, S.M. (2015). Considering the cycle of coming out: Sexual minority identity development. *The Professional Counselor* 5(4). 501-515.

Ali, S. (2010, January). Holocaust educational practices: Reviews and recommendations. *UCF Undergraduate Research Journal* 4(1). 53-59.

IN PRESS

IN PREPARATION

Ali, S. & Lambie, G. W.(in preparation). Counselors' preparedness to assist clients through the coming-out process.

NON-REFEREED PUBLICATIONS

Contributing Author to the American Counseling Association

Ali, S. (2018, October). Counseling considerations for the coming out process. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/10/11/counseling-considerations-for-the-coming-out-process>

Ali, S. (2018, May). Coloring books in counseling. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/05/22/coloring-books-in-counseling>

Ali, S. (2018, February). #MeToo: Considerations for counseling. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/02/02/metoo-considerations-for-counseling>

Ali, S. (2018, January). How to be an LGBTQ+ affirming friend. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/01/13/how-to-be-an-lgbtq-affirming-friend>

Ali, S. (2018, January). Three TED talks you need to watch if you are considering counseling. Retrieved from <https://www.counseling.org/news/aca-blogs/aca-member-blogs/2018/01/13/three-ted-talks-you-need-to-watch-if-you-are-considering-counseling>

member-blogs/aca-member-blogs/2018/01/10/three-ted-talks-you-need-to-watch-if-you're-considering-counseling

Ali, S. (2018, January). Seven lies you have been told about counseling. *Retrieved from* <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2018/01/19/seven-lies-you-ve-been-told-about-counseling>

Ali, S. (2017, December). 'Tis the season: Five common causes of the holiday blues. *Retrieved from* <https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2017/11/21/tis-the-season-five-common-causes-of-the-holiday-blues>

Contributing Author to the National Association on Mental Illness

Ali, S. (2018, January). Six ways you can help a loved one on their healing journey. *Retrieved from* <https://www.nami.org/blogs/nami-blog>

Contributing Author to Psychology Today

Ali, S. (2019, August). The NBA Makes an Effort to Promote Mental Wellness. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201908/the-nba-makes-effort-promote-mental-wellness>

Ali, S. (2019, June). The Cost of Caring Without Self-Care. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201906/the-cost-caring-without-self-care>

Ali, S. (2019, May). Five Signs of Workplace Burnout. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201905/five-signs-workplace-burnout>

Ali, S. (2019, May). Thinking About Becoming A Therapist? *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201905/thinking-about-becoming-therapist>

Ali, S. (2019, April). Is Your Friendship Healthy? *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201904/is-your-friendship-healthy>

Ali, S. (2019, March). How to Heal When You Learn About The Loss of an Icon. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201903/how-heal-when-you-learn-about-the-loss-icon>

- Ali, S.** (2019, February). What Self-Love Isn't. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201902/what-self-love-isn-t>
- Ali, S.** (2019, January). Is Self-Care Just a Trend? Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201901/is-self-care-just-trend>
- Ali, S.** (2019, January). Therapy Terms Everyone Needs to Know. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201901/therapy-terms-everyone-needs-know>
- Ali, S.** (2019, January). Why Your Self-Care Isn't Working. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201901/why-your-self-care-isn-t-working>
- Ali, S.** (2019, January). Is 'Bird Box' About Mental Health? Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201812/is-bird-box-about-mental-health>
- Ali, S.** (2018, December). A guide to achieving your New Year's resolutions. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201812/guide-achieving-your-new-year-s-resolutions>
- Ali, S.** (2018, December). Why New Year's Resolutions Fail. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201812/why-new-years-resolutions-fail>
- Ali, S.** (2018, December). How to manage your mental health during the holidays. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201811/how-manage-your-mental-health-during-the-holidays>
- Ali, S.** (2018, October). Mental health lessons from Kanye's Oval Office meeting. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201810/mental-health-lessons-kanyes-oval-office-meeting>
- Ali, S.** (2018, October). Is social media making you lonely? Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201810/is-social-media-making-you-lonely>
- Ali, S.** (2018, September). How to improve your wellness. Retrieved from <https://www.psychologytoday.com/us/blog/modern-mentality/201809/how-improve-your-wellness>

- Ali, S.** (2018, August). Reflecting on Rick Genest: Body art and mental health. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201808/reflecting-rick-genest-body-art-and-mental-health>
- Ali, S.** (2018, June). What you need to know about the loneliness epidemic. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201807/what-you-need-know-about-the-loneliness-epidemic>
- Ali, S.** (2018, June). The key to maintaining your digital well-being. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201807/the-key-maintaining-your-digital-well-being>
- Ali, S.** (2018, May). The World Health Organization highlights gaming disorder. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/the-world-health-organization-highlights-gaming-disorder>
- Ali, S.** (2018, May). A call for change: How to contribute to suicide prevention. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/call-change-how-contribute-suicide-prevention>
- Ali, S.** (2018, May). The barriers to Kate Spade's mental health. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/the-barriers-kate-spades-mental-health>
- Ali, S.** (2018, June). Reflecting on Kate Spade. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/sadness-does-not-discriminate-reflecting-kate-spade>
- Ali, S.** (2018, June). The coming out cycle. *Retrieved from* <https://www.psychologytoday.com/us/blog/modern-mentality/201806/the-coming-out-cycle>
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PROFESSIONAL LEADERSHIP & SERVICE

PRESIDENT

Florida Association for Multicultural Counseling & Development <i>President</i>	2015-2016
UCF Counselor Education Doctoral Student Association <i>President</i>	2014-2015
Community-Charity Club at UCF South Lake <i>Founder/President</i>	2008

EDITORIAL SERVICE

Journal of Counseling Sexology & Sexual Wellness Inaugural Editorial Board	Present
The Journal of Creativity in Mental Health <i>Editorial board</i>	Present
The Annual Review of Addictions & Offender Counseling <i>Editorial board</i>	2013-2018
Journal of Addictions and Offender Counseling <i>Editorial board</i>	2013-2018
Journal of Addictions and Offender Counseling <i>Ad-hoc reviewer</i>	2014

COMMITTEE CHAIR

International Association for Addictions & Offender Counselors <i>Graduate Student Committee</i>	2013-2015
Association for LGBT Issues in Counseling: <i>Affirmative Practice & Social Justice Committee</i>	2014-2015
Chi Sigma Iota-Upsilon Chi <i>Professional Development Committee</i>	2013-2014
Chi Sigma Iota-Upsilon Chi <i>Newsletter Committee</i>	2013-2014 2011-2012

COMMITTEE MEMBER

International Registry of Counselor Education Programs	Present
Adult Higher Education Alliance <i>Conference Committee</i>	2015
Association for Creativity in Counseling <i>Conference Committee</i>	2015
Chi Sigma Iota-Upsilon Chi <i>Newsletter Committee</i>	2014-2015
Association for LGBT Issues in Counseling <i>Conference Committee</i>	2014
Association for LGBT Issues in Counseling <i>Technology & Development Committee</i>	2013
Chi Sigma Iota-Upsilon Chi <i>Awards Committee</i>	2011-2012

CONFERENCE SERVICE

American Counseling Association Conference <i>Proposal Reviewer</i>	2016
Southern Association for Counselor Education and Supervision <i>Proposal Reviewer</i>	2016
American Counseling Association Conference <i>Proposal Reviewer</i>	2015
Adult Higher Education Alliance <i>Conference Coordinator</i>	2015
Association for Counselor Education and Supervision <i>Proposal Reviewer</i>	2015
UCF Counseling Conference <i>Proposal Reviewer</i>	2015
Association for Creativity in Counseling Conference <i>Proposal Reviewer</i>	2015
American Counseling Association Conference <i>Association of Multicultural Counseling & Development's Exhibit Booth</i>	2015
American Counseling Conference <i>Florida Counseling Association Exhibit Booth</i>	2015
University of Central Florida's Counseling Conference <i>Volunteer</i>	2014

WORKSHOPS

UCF Coming Out Day Workshop <i>Organizer & Co-Facilitator</i>	2013
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ADDITIONAL SERVICE

UCF Community Counseling Clinic <i>Volunteer Coordinator</i>	2010-2011
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PROFESSIONAL RECOGNITIONS, AWARDS, & HONORS

Association for Specialists in Group Work's Al Dye Award	2020
University of Central Florida's 30 Under 30	2019
Association for Creativity in Counseling's Emerging Leader Award	2018
Florida Counseling Association Division of the Year awarded to the Florida Association of Multicultural Counseling and development for Presidential term of 2015-2016	2016
UCF Graduate Research Forum (2nd place)	2016
UCF CEDHP Research Showcase (3 rd place)	2016

Association for Specialists in Group Work Research Grant	2016
UCF Order of the Pegasus (nominated on behalf of the College of Education)	2013
Pete Fischer Humanitarian Award	2015
Selected for the ACES Emerging Leaders Program	2015
Statewide Research Symposium (1 st place)	2015
UCF Graduate Research Forum (1 st place)	2015
UCF CEDHP Research Showcase (2 nd place)	2015
Most Outstanding Doctoral Student-Chi Sigma Iota Upsilon Chi Chapter	2015
UCF Graduate Student Spotlight	2015
Most Outstanding Doctoral Student-Chi Sigma Iota Upsilon Chi Chapter	2014
International Association of Addictions and Offender Counseling Student Scholarship	2014
UCF Order of the Pegasus (One of two master's students nominated on behalf of the College of Education)	2013

GRANTS AND FUNDING

Association for Specialists in Group Work Research Grant (\$1,000)	2016
Association for LGBT Issues in Counseling Research Grant (Applied)	2016
Association for Assessment and Research in Counseling Grant (Applied)	2015
Association for Counselor Education and Supervision Grant (Applied)	2015
UCF Graduate Travel Fellowship (\$500)	2015
Delores A. Auzenne Fellowship (\$5,000)	2014-2015
UCF Graduate Travel Fellowship (\$500)	2014
UCF RAMP Fellowship (\$20,000)	2010-2012
UCF Summer Mentoring Fellowship (\$3,500)	2010

CLINICAL EXPERIENCE

Integrated Counseling Solutions, LLC Owner, Therapist Integrated Counseling Solutions, LLC. is a part of Counseling Professionals of Orlando, a dynamic group of counselors in Central Florida who offer a variety of tailored counseling services addressing a wide range of issues. http://www.integratedcounselingsolutions.com/	2016-Present
Community Counseling and Research Clinic The University of Central Florida Orlando, Florida	2011-2016

Supervisory Coordinator (2015-2016)

Clinical Therapist (2013-2014)

Provide individual counseling to community clients presenting with varying levels of psychological distress and functioning.

Clinical Practicum (2012)

Provided individual counseling to community clients presenting with varying levels of psychological distress and functioning.

Volunteer Coordinator (2011-2012)

Coordinator responsibilities included training, scheduling, and managing volunteers. Volunteer responsibilities included scheduling clients for clinic practicum and internship students.

Research Assistant (2011-2012)

Gathered data for a research project related to learning disabilities. Administered assessments for a research project related to counselor empathy, counselor competency, and the supervisory relationship for counselors-in-training.

**University Behavioral Center
Orlando, Florida**

2013-2015

Clinical Therapist

University Behavioral Center is dedicated to providing intensive mental health services to children and adolescents. Therapist duties include individual, family, and group therapy for minors admitted to acute inpatient or intensive residential treatment.

2012

Clinical Intern: Adolescent Sexual Abuse Prevention Program (ASAPP)

This intensive residential program is designed to treat male children and adolescents under the age of 17 who are in crisis due to inappropriate sexual behavior. Intern duties include individual, family, and group counseling in order to help develop youth accept responsibility for their offenses, develop coping strategies, and to prevent re-occurrence in the future.

Clinical Intern: Solutions Program

This intensive residential program is designed to treat male children and adolescents under the age of 17 with various diagnoses that may include depressive disorders, oppositional defiant disorders, conduct disorder, bipolar disorder, and attention deficient hyperactivity disorder. Common concerns

beyond these diagnoses include substance abuse, emotional abuse, and neglect. Intern modalities include individual, family, and group counseling.

The Thyme of Day

2012-2014

Clermont, Florida

Group Therapist

The Thyme of Day is a holistic center that utilized various methods of healing from yoga to therapy in order to enhance wellness

Oviedo High School

Fall 2011

Oviedo, Florida

Career Counseling Group Facilitator

Facilitated a career-focused group to at-risk high school students in grades 9-12.

DIVERSITY AND INCLUSION

Diversity and Inclusion

Orlando, Florida

Graduate Research Assistant

In recognizing the need to promote diversity and inclusion at UCF, the Chief Diversity Officer created a position in 2015 to facilitate much-needed research. I currently assist the Chief Diversity Officer in carrying out the office's mission by collecting, analyzing, and disseminating pertinent data for all areas of the university community.