

# Carolina Valdez

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(407) 823 – 4000

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## PROFESSIONAL PROFILE

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- Accomplished counseling professor with comprehensive blend of hands-on professional and academic experience
- Consummate counselor who is passionate about the potential and impact of the counseling profession
- Innovative teacher devoted to education and learning
- Author of research and textbook publications

## EDUCATION

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**University of Central Florida** Orlando, FL

Doctor of Philosophy in Counselor Education May 2011

Dissertation: *Gratitude Curriculum: Effects of thankfulness on clinically depressed young adults.*

Advisor: Dr. Sally Snow

**Florida International University** Miami, FL

Master of Arts in Counselor Education, Mental Health Track August 2008

Thesis: *Positive Psychology: An analysis of its applicability to severe and persistent mental illnesses*

**Florida State University** Tallahassee, FL

Bachelor of Science in Psychology August 2006

## ACADEMIC HONORS AND AWARDS

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Recipient, Knight Award for Research Excellence 2010

Nominee, McKesson Award for Teaching Excellence 2010, 2011

Recipient, ACA Ethics Case Study Competition 2007

## ACADEMIC/TEACHING EXPERIENCE

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**University of Central Florida** Orlando, FL

Associate Professor of Counseling August 2011 - Present

- Promoted from Assistant Professor and tenured, March 2004
- Teach counseling classes to lower-level, upper-level, and graduate students in class sizes averaging 30 students
- Develop and conduct workshops for adjunct instructors

**Valencia Community College**

Orlando, FL

Adjunct Professor

January 2009 – May 2011

- Taught Introduction to Counseling and Personal Effectiveness to classes averaging 40 students
- Prepared lectures that facilitated student learning
- Formulated, administered, and graded exams

**Florida International University**

Miami, FL

Teaching Assistant

August 2006 - May 2008

- Taught Introduction to Counseling, Group Counseling, and Practicum I to graduate students
- Graded student research papers and provided feedback on areas of improvement
- Provided live supervision to students providing counseling services

**COURSES TAUGHT**

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**Instructor** (2013, Summer). *MHS 6470: Human Sexuality and Relationships (3 Credit Hours)*. Counselor Education Program, University of Central Florida: Orlando, FL.

**Instructor** (2013, Spring). *MHS 6220: Individual Psychoeducational Testing (3 Credit Hours)*. Counselor Education Program, University of Central Florida: Orlando, FL.

**Instructor** (2012, Fall). *MHS 6401: Techniques in Counseling (3 Credit Hours)*. Counselor Education Program, University of Central Florida: Orlando, FL.

**Instructor** (2012, Spring). *MHS 6330: Feminist Theory in Counseling (3 Credit Hours)*. Counselor Education Program, University of Central Florida: Orlando, FL.

**Graduate Teaching Assistant** (2008-2009). *MHS 5005: Introduction to the Counseling Profession (3 Credit Hours)*. Counselor Education Program, Florida International University: Miami FL.

**COURSES DEVELOPED**

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- MHS 6521: Counseling for Wellness
- MHS 6330: Feminist Theory in Counseling

**TEACHING INTERESTS**

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- Counseling Trauma Survivors
- Ethics in Counseling
- Career Counseling

**SCHOLARLY CONTRIBUTIONS**

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**Refereed Journal Publications**

- Vazquez, C. (2011). An analysis of the Interpersonal Communication Scale' psychometric value. *Journal of Interpersonal Communication, 17(3)*, 145 – 162.

- Vazquez, C., & Smith, J. (2011). Examining the relationship between perceived body weight and extroversion qualities in adolescent females. *Journal of Growth and Development*, 68(7), 329 – 360.
- Vazquez, C., & Parker, S. (2010). Investigating the effects of gratefulness exercises on trauma survivors with Post Traumatic Stress Disorder. *Journal of Wellness Counseling*, 5(2), 124- 145.

### **Refereed Conference Proceedings**

- Vazquez, C. (2011). An analysis of the Interpersonal Communication Scale' psychometric value. *American Counseling Association Conference*.
- Vazquez, C., & Smith, J. (2010). Examining the relationship between perceived body weight and extroversion qualities in adolescent females. *American College Health Association Conference*.

### **Books**

- Valdez, C. (2010). *Feminist theory applied to counseling*. New York: Counseling Books Inc.
- Valdez, C., & Doe, J. (2009). *Wellness and prevention counseling*. New York: Counseling Books Inc.

### **PROFESSIONAL SERVICE**

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Journal of Human Growth and Development <i>Reviewer</i>	May 2011 - Present
Counseling Journal <i>Reviewer</i>	March 2009 - Present
Journal of Wellness and Prevention <i>Reviewer</i>	August 2010 – May 2011

### **UNIVERSITY SERVICE**

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<b>Chi Sigma Iota, University of Central Florida</b> <i>Chapter Advisor</i>	Orlando, FL August 2011 - Present
<b>Phi Kappa Phi, University of Central Florida</b> <i>Chapter Advisor</i>	Orlando, FL August 2011 – May 2012
<b>Student Publication Board, Florida International University</b> <i>Committee Member</i> 12361	Orlando, FL August 2008 – May 2009
<b>Human Subjects Committee, Florida International University</b> <i>Committee Member</i>	Orlando, FL May 2008 – May 2011

## PROFESSIONAL AFFILIATIONS

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Florida Counseling Association, Member	July 2011 - Present
Central Florida Counseling Association, Member	March 2011 - Present
American Mental Health Counselors Association, Member	August 2007 - Present
American Counseling Association, Member	May 2006 – Present

## PROFESSIONAL DEVELOPMENT

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### Conferences

- American Counseling Association Conference, San Francisco CA 2008
- Florida Counseling Association Conference, Miami FL 2008
- American College Health Association Conference, Detroit, MI 2007
- Counseling Skills Conference, Orlando FL 2005

### Classes and Workshops

- ALLY Certification Workshop, *University of Central Florida* 2008
- Helper help thyself: Maintaining wellness in the counseling profession 2007
- Diversity and multiculturalism in counseling 2006

## REFERENCES

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Dr. John Smith  
 University of Central Florida  
 Counselor Education Professor  
 (407) 823 – 5555  
 JSmith@mail.ucf.edu

Dr. Jane Doe  
 University of Central Florida  
 Counselor Education Professor  
 (407) 823 – 2302  
 JDoe@mail.ucf.edu

Dr. Nicholas Johnson  
 Florida International University  
 Counselor Education Professor  
 (305) 348 - 2946  
 NJohnson@mail.fiu.edu