

Dr. Brittany Collins

OWNER & FOUNDER OF
DEVELOPING ME LLC

Dr. Brittany L. Collins is Owner and lead therapist to Developing ME! Counseling and Consulting, LLC. She completed her Ph.D. in 2022 in Counselor Education and Supervision with a Multicultural and Social Justice Cognate at the University of Cincinnati. Her dissertation research was entitled: A Narrative Exploration into the Intersection of Division I Black Student-Athlete Environment, Identity, and Mental Health. In 2022, she was also awarded Outstanding Doctoral student of the year by the College of Education, Criminal Justice, Human Services, and information technology (CECH). Other awards include the Mizzou Made Staff of the year which is an award nominated by the student-athletes and voted upon by the student-athlete athletic council (SAAC), and the 2018-2019 Emerging Leader award by the American College Counselors Association (ACCA). She has a wealth of experience and knowledge within and throughout athletics, mental health, and multicultural and social justice advocacy.



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CONTACT

FEATURED SPEAKING ENGAGEMENTS

Protecting our Peace in an Era of Constant News.

(May 2025). Presentation for the 2025 Black Student-Athlete Summit. Chicago, Illinois

Classroom Clinic: Coaching and Supporting Neurodivergence in Athletes.

(April 2025) Facilitator and Moderator for the National Association for Basketball Coaches (NABC) Convention. (San Antonio, Texas)

Theories of Performance Excellence in Support of Clinical Practitioners Navigating Performance Culture

(October 2024) Panelist for the 2024 Association for Applied Sports Psychology (AASP) Conference. Las Vegas, Nevada

FEATURED PUBLICATIONS

Collins, B. (2022). *A Narrative Exploration into The Intersection of Division I Black Student-Athlete Environment, Identity, and Mental Health* [Doctoral dissertation, University of Cincinnati].

Collins, B. (2021, March) *Sports and Mental Health: Significance in Athletics and Sports Magazine*.

Tang, M., Montgomery, M. L., Collins, B., & Jenkins, K. (2021). Integrating career and mental health counseling: Necessity and strategies. *Journal of Employment Counseling*.

WHAT OTHERS ARE SAYING

“ Dr. Collins has quickly help me navigate my issue by giving me tools, listening, and giving me solid guidance on how to change my behavior and thought process for the better. I look forward to my next sessions as I continue to better myself day to day with Dr. Collins.

“ Dr. Collins is everything I've ever imagined for an ideal therapy experience. She helps reframe my thoughts and doesn't judge.

“ I really enjoyed receiving this information from a different point of view. You could tell how passionate she was about the topic which made it very entertaining and informative.

“ Dr. Collins is absolutely amazing! She is always on time to appointments. She receives what you are saying and gives grounded information to best support your needs and goals. She creates a space for you to be your most authentic self. The atmosphere is helpful, honest, and not overbearing. I've never looked forward to any appointments, but these real talks that I have with Dr. Collins are it! I am constantly learning and growing.

ADDITIONAL SERVICES

- Speaking Engagement Workshops
- Keynote Presentations
- Individual Counseling Sessions
- Team Talks
- Consulting
- Panelist

FOR MORE INFORMATION, PLEASE VISIT
WWW.DEVELOPINGMELLC.COM

