

## Curriculum Vitae

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**Brittany L. Collins, Ph.D., LPCC-S, CMPC®, BC-TMH, NCC**

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### Professional Summary

Counselor Educator, clinician, and supervisor with extensive experience in counselor preparation, clinical supervision, and applied mental health practice. Trained in multicultural counseling, ecological frameworks, and performance psychology, with professional experience spanning private practice, college counseling centers, schools, outpatient, and residential settings. Brings a practitioner–scholar approach to teaching and supervision, integrating research, lived experience, and culturally responsive pedagogy to support counselor competence, ethical practice, and professional identity development.

### Education

**Ph.D. Counselor Education and Supervision** | University of Cincinnati | 2022

**M.S.E.D Clinical and Mental Health Counseling** | University of Dayton | 2016

**M.S. Recreation and Sport Sciences** | Ohio University | 2003

**B.S. Sport Sciences** | Ohio University | 2002

### Certifications

North Carolina State University Supervisor/Management Certification | 2008

National Certified Counselor (NCC) | 834751

Board Certified-Tele Mental Health Provider (BC-TMH) | BC-TMH-3907

Certified Mental Performance Consultant (CMPC ®) | 1730

Certified Mental Performance Consultant (CMPC ®) Mentor

Certified Youth Sports Administrator (CYSA) | 584333

## Licensure

Licensed Mental Health Counselor (LMHC) | Florida | 26963  
Licensed Professional Counselor (LPC-S) | Missouri | 2021018465  
Licensed Professional Clinical Counselor Supervisor (LPCC-S) | Ohio | E.2102450-SUPV  
Licensed Professional Clinical Counselor Supervisor (LPCC-S) | Kentucky | 280714  
Licensed Professional Counselor (LPC) | Texas | 89126

## Leadership & Administrative Experience

**Chief Executive Officer (CEO)** | Developing ME! Counseling, & Consulting, LLC |  
2018-Current

- Provide strategic leadership by developing and managing a private counseling practice, including program planning, operational oversight, and implementation of client services aligned with best practices and ethical standards.
- Design and implement evidence-based programs and interventions to support client mental health, wellness, and performance, using data-driven approaches to assess efficacy and outcomes.
- Conduct program evaluation and assessment, utilizing outcome metrics, client feedback, and documentation to guide continuous improvement of clinical services.
- Manage crisis intervention and risk management, providing timely and professional responses to client emergencies while coordinating with relevant support systems and community resources.
- Oversee administrative operations, including budgeting, scheduling, staff supervision, compliance with regulatory requirements, and maintenance of accurate records.
- Build collaborative partnerships with healthcare providers, schools, and community organizations to enhance service delivery and expand outreach.
- Provide clinical care as independent contractor for the National Football League Players Association (NFLPA) Clinician Directory in Missouri, Ohio, and Texas
- Provide clinical care as independent contractor for OnRise players and support staff
- Provide individual, team, and leadership counseling, consulting, and skill development.
- Provide educational and organizational consultation in the areas of mental health awareness for coaches, athletic trainers, & the student-athlete population.
- Meet with high performing and high impact clients regularly to provide counseling, treatment, and sports performance and adjust treatment plans as necessary

**Consultant, Content Contributor, CMPC Mentor** | Synergistic Solutions | 2023-  
current

- Provide strategic consultation to higher education leadership on initiatives, crisis management protocols, and policy development.

- Guide institutions in implementing evidence-based practices for student and staff retention, engagement, and mental health support.
- Collaborate with cross-functional teams to review and align programming with institutional strategic plans and standards.
- Advise on conduct and compliance processes, ensuring policies reflect federal regulations and campus governance requirements.
- Mentor emerging professionals and graduate interns, offering guidance on leadership development, career advancement, and professional competencies.
- Facilitate professional learning communities focused on professional and student well-being, conflict resolution, and equity-focused leadership practices.
- Support leaders and professional in navigating roles, fostering inclusive decision-making, and cultivating campus-wide engagement initiatives.
- Provide one-on-one coaching for professionals on academic persistence, mental health advocacy, and leadership skills.
- Design and implement assessment tools to evaluate institutional strengths and areas for growth, providing data-driven insights to consult with leadership and guide the development and execution of strategic plans and next steps.
- Design and deliver multimedia content, including workshops, training modules, and online resources, to advance engagement, leadership development, and well-being initiatives.
- Produce strategic communication materials (newsletters, social media campaigns, digital toolkits) to promote programs and enhance visibility.
- Develop assessment-driven educational resources to support diversity, equity, and inclusion (DEI) learning outcomes across different populations.

**Program Director Behavioral Health Workforce Expansion Program | The University of Dayton | 2024-2025**

- Provided strategic leadership in the design, implementation, and administration of the Behavioral Health Workforce Expansion Program, overseeing all aspects from program development to execution.
- Led program planning, training initiatives, and stakeholder collaboration to strengthen the behavioral health workforce pipeline and support student and community engagement efforts.
- Facilitated program delivery through coordination of curriculum, partnerships, and evaluation processes, ensuring alignment with institutional goals and workforce needs.
- Directed program evaluation efforts and prepared institutional and regulatory reports to ensure compliance, continuous improvement, and data-informed decision-making.
- Oversaw the development of educational materials, professional resource libraries, and recruitment tools, supporting student learning and professional growth.
- Designed and coordinated the development of the BHWEPP policies and procedures handbook, aligning with institutional and community agencies goals, legal requirements, and best practices in student services.

- Facilitated committee meetings, task force initiatives, and cross-campus collaborations by organizing events, managing communications, and maintaining accurate records.
- Ensured effective use of technology and streamlined administrative processes to support efficient program implementation and reporting.
- Maintained active program presence at University of Dayton and Central State University, fostering inclusivity and equitable participation across institutions.
- Ensured technology is used correctly for all operations
- Provided supervision/training to graduate research assistants
- Maintained offices at both UD and Central State to facilitate collaboration and inclusion of both universities in the BHWEP

**Asst Director of Athletics-Director of Mental Health and Wellness, Licensed Mental Health Professional | University of Missouri (Mizzou) Intercollegiate Athletics | 2021-2022**

- Conducted program assessment and evaluation using SWOT analysis and key performance indicators (KPIs) to measure the effectiveness of mental health and wellness initiatives in supporting student-athlete performance, academic success, and retention.
- Served on Student-Athlete Development and Championship Performance Team Meetings and Senior Athletics Staff Leadership Team Meetings.
- Provided on-call and crisis support in conjunction with clinical staff and provided ultimate oversight when necessary
- Ensured full adherence to the Mizzou Intercollegiate athletics policy and procedure manual.
- Assisted in overseeing and managing the department budget for mental health and wellness expenses.
- Maintained accurate and up-to-date records to inform data-driven decision-making, continuous program improvement, and reporting to stakeholders.
- Recruited, trained, supervised, and managed a team of graduate counseling, psychology, and social work interns to work with student-athletes to ensure the overall health, well-being, and success of student-athletes and staff.
- Collaborated with Title IX, athletics compliance staff, legal counsel, diversity and inclusion offices, and campus safety to ensure compliance and fair resolution of student conduct cases.
- Led cross-functional team in revising Student Code of Conduct, integrating trauma-informed and culturally responsive practices to enhance equity and student well-being.
- Served on the Integrated Healthcare Team (IHT) a collaborative team of individuals (Licensed clinicians and Practitioners) committed to supporting student-athletes' social/emotional health and ensuring they are trained and prepared to be excellent clinicians. Meet university field and state supervision requirements.
- Directly supervised (or ensure proper supervision and monitoring) graduate mental health student interns and licensed mental health professionals and ensure that they work appropriately and ethically with student-athletes and utilize evidence-based techniques in

workshops, small groups, and 1:1s with a focus on developing skills and resources in social/emotional wellbeing areas.

- Worked with acute students 1:1 as indicated, referred as needed to community-based mental health providers or agencies. Served as a short-term bridge to community providers for student-athletes who are high acuity as appropriate
- Established trusting and supportive relationships with families and conduct family meetings as necessary when student-athlete mental health concerns arise.
- Assisted families with community-based mental health referrals for student-athletes when Mizzou Intercollegiate athletics mental health and wellness program is not sufficient to keep scholars stable and safe.
- Established and maintain relationships with community mental health agencies to ensure seamless referral pathways.
- Completed and maintained accurate and efficient clinical case notes and necessary documentation through HIPPA-compliant software.
- Ensured that site staff are adequately trained and educated on mental health and wellness.
- Assessed student-athletes which included diagnosis, mental status, role functioning, and student-athlete risk to self and others
- Created individualized treatment plans according to client needs and circumstances
- Met with student-athletes regularly to provide counseling, treatment, and sports performance, and adjusted treatment plans as necessary
- Provided individual, and group counseling
- Conducted ongoing assessments of student-athlete progress
- Assessed student-athletes which included diagnosis, mental status, role functioning, and student-athlete risk to self and others
- Created individualized treatment plans according to client needs and circumstances
- Met with student-athletes regularly to provide counseling, treatment, and sports performance, and adjusted treatment plans as necessary

**Recreation and Athletic Program Coordinator** | The City of Dayton, Department of Recreation and Youth Services | 2007- 2015

- Supervised Recreation Facility Specialists assigned to athletic and recreation facilities and program delivery.
- Managed and participated in the development and implementation of goals, objectives, policies, and priorities for recreation and athletic programs
- Administered joint use agreements with school districts
- Established affiliation agreements with other organizations and collaborated with local and state organizations
- Evaluated, selected, and assigned personnel; provided and coordinated staff training, and worked with employees to correct deficiencies
- Arranged, scheduled, and secured necessary instructional, supervisory, and volunteer personnel to carry out programs

- Created Memo of Understanding (MOU) and Contracts as needed to facilitate appropriate partnerships for athletic and recreation programs.
- Assisted in the development and administration of assigned program areas' annual budgets, forecasting of funds needed for staffing, equipment, materials, and supplies, and monitored and approves expenditures while tracking revenues generated.
- Coordinated, planned, developed and supervised City sponsored athletic and recreational programs and events for all age groups
- Participated in the fiscal and financial management and contract negotiations of the Department
- Ensured the needed maintenance of facilities is coordinated with the appropriate City agency
- Conducted a variety of assigned program area evaluations, investigations, and operational studies.
- Prepared modifications to recreation and athletic programs, policies, and procedures
- Analyzed the recreational needs and demands of customers and proposed programs
- Resolved difficult and/or sensitive requests or complaints from citizens or interested community groups

## **Mental Health and Athletics**

### **Athletic Program Therapist** | University of Louisville Health and Athletics Department | 2022-2024

- Provided student-athletes direct clinical behavioral health and/or substance use assessment and intervention services.
- Established and maintained professional and therapeutic rapport with athletes, athletics program personnel, and the community, as all elements are critical to ensuring the highest quality of mental health care delivery.
- Demonstrated screening and assessment skills needed to obtain essential information from student-athletes and collateral sources to develop a person-centered care plan and discharge plans that appropriately align clinical treatment priorities.
- Served as the lead point of contact to appropriately escalate emergency mental health crises to ensure the safety and wellbeing of student-athletes, as well as assist in post-crisis coordination of referrals for follow-up care and campus and sport reintegration efforts, as appropriate.
- Provided education, consulting, and outreach services (e.g., workshops) to coaches, staff, and mental performance professionals regarding the psychological well-being of individual student-athletes and team members.
- Displayed proficiency in providing evidence-based therapeutic interventions to individuals and groups, as appropriate.
- Coordinated with the athletic medical director to refer student-athletes for specialized treatment/care when outside the scope of practice/competency of the therapist.

- Oversaw student conduct and crisis management processes, partnering with counseling, Title IX, and diversity offices to ensure cases were addressed in a trauma-informed, equitable, and inclusive manner, while providing timely intervention and support during student crises.
- Led and managed the following affinity and support groups (Cards All-In, UofL Black athlete sister circle, UofL ATC)
- Facilitated group/team meetings or support groups that have a goal to promote athlete well-being.
- Participated in Student Counseling Services' weekly case management and staff meetings.
- Displayed accurate, proficient, and timely clinical documentation to include the development of care plan goals, objectives, and intervention strategies, adhering to the standards set forth by the therapist's professional scope and the athletics program.
- Clinical supervisor to all doctoral and master's sports science students
- Assisted with research, grants, and UofL campus partnerships

**Doctoral Licensed Professional Counselor | University of Cincinnati Athletics | 2018-2021**

- Conducted comprehensive assessments of student-athletes, including mental status evaluations, role functioning, and risk assessments, to inform individualized treatment and performance plans.
- Developed and implemented customized counseling and sports performance plans, providing individual, group, and team interventions tailored to student-athlete needs and goals.
- Collaborated with coaches, athletic trainers, sports medicine staff, and administrators to integrate mental health services into athletic programming and enhance student-athlete well-being and performance.
- Advocated for student-athletes' mental health and performance needs, coordinating referrals, consulting on treatment approaches, and ensuring access to resources and services.
- Planned, organized, and delivered educational presentations, workshops, and team-building activities to promote mental health awareness, psychoeducation, and resilience across athletic departments.
- Conducted ongoing progress assessments, adjusted treatment plans as needed, and maintained accurate electronic medical records and clinical documentation.
- Assisted in research initiatives in collaboration with the Athletic Department to support evidence-based practices and program evaluation in student-athlete wellness.
- Oversaw student conduct and crisis management processes, partnering with counseling, Title IX, and diversity offices to ensure cases were addressed in a trauma-informed, equitable, and inclusive manner, while providing timely intervention and support during student crises.
- Led cross-functional team in revising Student Code of Conduct, integrating trauma-informed and culturally responsive practices to enhance equity and student well-being.

### **College Counselor/Contractor** | University of Dayton Counseling Center | 2019-2020

- Provided short term, solution focused counseling to students.
- Assessed clients presenting concerns which include mental status, role functioning, high to low acuity of care needed which included client risk to self and others.
- Provided consultation to faculty and staff regarding student behavior.
- Coordinated and provided crisis intervention services as needed during work hours.
- Coordinated and consulted with counseling center staff to link student to campus resources as needed.
- Maintained electronic medical records and clinical notes through titanium.
- Maintained appropriate community relationships.

### **Contracted Counselor** | New Creation Counseling Center | 2018

- Assessed clients, which includes diagnosis, mental status, role functioning, client risk to self and others.
- Provided individual, family and group counseling.
- Made recommendations for treatment which would include modality, frequency of sessions, client resources and benefits needs, and techniques.
- Provided timely intervention and support during crises.
- Collaborated with New Creation Counseling, and non-New Creation Counseling caregivers as needed to advocate for the client and to facilitate progress during counseling.
- Maintained the Individualized Service Plan consistent with New Creation and accreditation standards.
- Maintained electronic medical records and clinical notes.
- Completed other paperwork as necessary to facilitate recording and documentation of services for the clinical record, and to meet requirements of third-party payers or to facilitate billing and collections.
- Participated in team meetings, case conferences, in-services, and in supervision as needed or required.

### **Outpatient Therapist** | South Community Behavioral Healthcare, Nicholas Residential Treatment and Juvenile Justice Center | 2016-2017

- Assessed clients, which includes diagnosis, mental status, role functioning, and client risk to self and others.
- Provided individual, family, and group counseling.
- Recommended treatment which would include modality, frequency of sessions, client resources and benefits needs, and techniques.
- Provided timely intervention and support during crises.
- Collaborated with South Community, Inc., and non-South Community Inc. caregivers including probation officers, court officials, and Nicholas Residential treatment staff as needed to advocate for the client and to facilitate progress during counseling.
- Consulted with school staff as appropriate.
- Maintained the Individualized Service Plan consistent with South Community and accreditation standards.

- Completed other paperwork as necessary to facilitate recording and documentation of services for the clinical record, and to meet requirements of third-party payers or to facilitate billing and collections.
- Participated in team meetings, case conferences, in-services and in supervision as needed or required.

### **Transitional Care Specialist | South Community Behavioral Healthcare | 2016**

- Provided crisis intervention and management for clients experiencing acute behavioral health episodes, ensuring safety and continuity of care.
- Advocated for clients by assessing needs, facilitating access to services, and supporting client rights and autonomy throughout transitions of care.
- Coordinated collaborative care with multidisciplinary teams including counselors, social workers, healthcare providers, and community agencies to develop individualized treatment plans.
- Conducted intake assessments and ongoing monitoring to identify risk factors, track progress, and adjust interventions as necessary.
- Developed and maintained strong community partnerships to ensure comprehensive support networks and seamless client transitions between inpatient, outpatient, and community-based services.
- Educated clients and families on coping strategies, available resources, and behavioral health management to support long-term stability and wellness.

### **In-School Therapist | South Community Behavioral Healthcare | 2015-2016**

- Provided individual, group, and family counseling to students experiencing emotional, behavioral, or social challenges that interfere with academic and personal success.
- Conducted comprehensive mental health assessments, diagnostic evaluations, and treatment planning in collaboration with clients, families, and multidisciplinary teams.
- Delivered evidence-based interventions addressing issues such as anxiety, depression, trauma, grief, family conflict, and behavioral regulation.
- Collaborated closely with school administrators, teachers, counselors, and parents to support student well-being and develop coordinated care plans.
- Maintained regular communication between the school and the community mental health agency to ensure continuity of care and compliance with agency and school district policies.
- Provided crisis intervention and risk assessments, including suicide prevention and safety planning, in accordance with ethical and legal standards.
- Documented all clinical services in accordance with agency, school, and state documentation requirements, maintaining confidentiality and compliance with HIPAA and FERPA.
- Participated in Individualized Education Program (IEP) and 504 meetings when appropriate to advocate for students' social-emotional and behavioral needs.
- Engaged in case consultation, supervision, and ongoing professional development to strengthen clinical skills and cultural competence.

- Promoted mental health awareness and prevention through workshops, classroom presentations, and collaboration with school wellness initiatives.
- Incorporated trauma-informed and culturally responsive practices to meet the diverse needs of students and families.
- Utilized telehealth and other digital platforms to deliver services effectively when in-person sessions are not feasible.

## **Student Affairs Expertise**

**Co-Chair** | Association for Applied Sports Psychology (AASP) Black Sports Professionals in SEP | 2023-2025

- Provided leadership in planning, organizing, and implementing initiatives to support the academic, personal, and professional development of students and young professionals in applied sport psychology.
- Designed and facilitated mentorship programs connecting undergraduate and graduate students with experienced professionals in the field to enhance career readiness and professional growth.
- Led Diversity Equity and Inclusion (DEI)-focused programming and advocacy efforts aimed at increasing representation, equity, and inclusion for Black students and professionals in sport psychology and related fields.
- Collaborated with AASP leadership, student affairs professionals, and faculty to create workshops, networking events, and professional development opportunities tailored to students' career aspirations.
- Served as a resource and advocate for student members, offering guidance on graduate school preparation, research opportunities, and applied practice experiences.

**Advisor** | Cards All in Student Organization | University of Louisville | 2019-2022

- Developed and executed a strategic plan by working with student committee members to establish clear goals and an annual plan that supports the university's mission and the group's purpose.
- Served as the main point of contact for the university administration, including departments like Student Affairs, Alumni Relations, and other diversity offices.
- Led crisis response efforts for student-related emergencies, ensuring rapid coordination with campus safety, counseling services, and local authorities.
- Developed crisis communication protocols and trained staff on emergency response and student support procedures.
- Planned and set agendas for, and lead regular committee meetings to track progress on goals and discuss new ideas.
- Facilitated external communication by coordinating, drafting, and approving official communications sent to the broader campus or alumni community, ensuring they align with college standards.
- Managed the flow of discussion and keep the committee on track.
- Recruited and empowered other members to take on leadership roles within the committee, helping to delegate tasks and create a sustainable succession plan.

- Ensured the group meets all campus requirements to be an officially recognized body, such as submitting charters and annual reports.
- Organized events and activities by taking the lead on planning and executing events that promote engagement and foster community, such as educational workshops, speakers, networking mixers, and social gatherings.
- Enhanced member engagement by brainstorming and implementing strategies to increase member participation, ensuring the group remains active and relevant to its members.
- Collaborated with Student Athlete Advisory Council, Title IX, legal counsel, diversity and inclusion offices, and campus safety to ensure compliance and fair resolution of student conduct cases.

**Advisor** | University of Cincinnati Black Student-Athlete Association (BSAA) | 2020-2021

- Served as primary mentor and advisor to Black student-athletes, fostering leadership development, academic success, and personal growth through regular one-on-one check-ins and group workshops.
- Developed, coordinated, and led DEI programming and dialogue sessions (e.g., identity, racial justice, inclusion) specifically for student-athletes, collaborating with campus multicultural affairs, student affairs, and athletics departments.
- Monitored academic progress, attendance, and well-being of student-athletes; identified early warning signs and coordinated crisis responses with counseling, health, and conduct offices to ensure safety and support.
- Provided guidance on policies, university expectations, and resources, ensuring Black student-athletes understand their rights and responsibilities, and have access to support systems.
- Advocated for equitable opportunities in athletics, including involvement in scholarship processes, leadership roles, and representation in decision-making bodies.
- Collaborated with coaches, athletic staff, and student affairs professionals to design and implement retention, transition, and holistic development initiatives that enhance the Black student-athlete experience.
- Organized workshops and resources on time management, mental health, stress management, and career planning tailored to the unique demands of student-athletes.
- Participated in crisis management protocols—responded to urgent student welfare issues, facilitated referrals to counseling or external support, and helped lead post-crisis follow-up to promote resilience and academic continuity.
- Led cross-functional team in revising Student Code of Conduct, integrating trauma-informed and culturally responsive practices to enhance equity and student well-being.

**Graduate Research and Teaching Assistant** | University of Cincinnati, College of Education, Criminal Justice, Human Services and Information Technology (CECH), Cincinnati, Ohio | 2017-2020

- Assisted faculty with the preparation of presentations at national conferences as needed.
- Collected and analyzed data to inform student success through student support programs or policies.
- Developed undergraduate career success course and career success manual

- Mentored and advised undergraduate/graduate students on academic and career goals.
- Attended research presentations as required.
- Assisted with orientation and recruitment of undergraduate and graduate students.
- Planned and organized department events such as an open house, fall cookout.
- Revised, updated, and developed the department newsletter and brochure.
- Assisted faculty with the development of manuscripts suitable for submission to research journals.
- Provided support for the completion of research projects within the department.
- Assisted faculty with the electronic or mail submission of research articles.
- Assisted with research grant proposal development.
- Assisted current full-time faculty with literature review, data entry, and data compilation as required.

**Athletic Academic Services Intern, Tutor Coordinator, Academic Advisor |**

University of Cincinnati, Athletic Academic Services | 2003-2004

- Served as academic advisor for men's and women's golf and football team members.
- Counseled student-athletes on matters of academic course selection.
- Monitored student-athletes academic progress through weekly meetings, progress reports, and communication with professors.
- Engaged in collaborative decision-making to address internal operational issues and student-facing challenges.
- Enforced NCAA and institutional rules, regulations, policies and procedures.
- Monitored student-athlete's classroom attendance as well as study table attendance.
- Designed and enhanced academic services tutor manual, code of conduct, and policies and procedures handbook.
- Facilitated problem-solving efforts among staff and students to enhance the overall student experience.
- Supported initiatives that improved student learning or engagement.
- Compiled and reported student-athletes grade point average as well as Conference USA awards, institutional awards and sports awards and assisted in organization of Legion of Excellence Gala.
- Coordinated and implemented tutor onboarding focused on procedural compliance, academic integrity, and student success outcomes.
- Supervised all tutors regarding attendance, required paperwork, and payroll procedures.
- Managed tutorial program operations by producing daily budget reports, implementing and maintaining tutorial policies, and recruiting qualified tutors to ensure high-quality academic support services.

**Graduate Assistant for Recruitment and Retention of Minority Undergraduate and Graduate Students |** Ohio University, College of Health and Human Services | 2002-2003

- Organized outreach events and recruitment activities aimed at prospective minority students, both at the undergraduate and graduate levels.
- Served as a liaison and approachable resource for minority students, fostering an inclusive and supportive campus environment.
- Planned promoted, and executed recruitment events such as campus open houses, information sessions, and pre-collegiate activities.
- Served as a departmental representative at campus and community events to build relationships and promote initiatives.
- Advised and mentored students on time management, goal setting, organizational and study skills.
- Assisted students navigate and access a variety of university resources, including academic, social, and personal support services to aid in retention.
- Planned Academic Recognition Banquet to honor student's academic accomplishments.
- Conducted research on best practices for minority student success and use it to design and implement academic enrichment programs and workshops.
- Collected and gathered data from Student Information System (SIS) for student records for assessing program effectiveness for the recruitment and retention of minority students.
- Helped cultivate a sense of belonging among minority students by assisting multicultural or affinity student organizations with programming and leadership development.

## **Teaching & Advising Experience**

**My Teaching Philosophy:** My teaching philosophy is grounded in a collaborative and humanistic approach that values reciprocal learning between students and instructors. In counselor education, I emphasize supervision, multicultural competence, reflective practice, and experiential learning as essential to developing ethical and self-aware practitioners. I design courses that promote critical thinking, cultural humility, and application of theory through real-world practice and feedback. Whether teaching in person or online, I aim to create inclusive, engaging learning environments that honor diverse perspectives and prepare students to serve their communities with empathy, integrity, and lifelong curiosity.

**THE UNIVERSITY OF DAYTON | 2019-2021; 2024-Current**

**EDC 675: Diversity, Advocacy, and Intercultural Competence** Spring 2026

This course is designed to: 1) develop counselor sensitivity; awareness, and training in human diversity; 2) introduce multicultural theory in concepts, competencies, and research; 3) promote inclusive and equitable practices; and 4) provide an experiential component for application of multicultural and global awareness. 3 Hour Masters Level course focused on developing intercultural proficiency and leadership skills for equity and inclusion. It examines how various social inequities, such as those based on race/ethnicity, gender, socioeconomic class, sexual orientation, and other identities, intersect and influence people's lives. The course supports students in gaining knowledge

and applied reasoning skills needed for leadership roles in organizations and communities, with an emphasis on intersectional thinking to address systemic differences.

**EDC 605-Sports Counseling & Athlete Wellness** Fall 2025

Professional Seminars with Clinical Implications. 1-6 Hours Learner-oriented courses in which a group of students focus on a specific topic related to the professional, ethical, or practical applied aspects of clinical counseling as implemented in a clinical setting. Sports Counseling & Athlete Mental Wellness seminar is designed for counselors, educators, and helping professionals looking to work with athletes in various settings. This seminar will address the unique mental health needs of athletes, covering topics such as the sport ecosystem utilizing the ecological perspective, the Continuum of Mental Health & Relationship to Performance, how to assist athletes transitioning to and from sports, understanding identity and identity foreclosure, approaches to group and team work, language of sport and understanding key stakeholders, career development, goal setting, time management, and overall health and wellness. Students will learn to identify and address mental health issues, apply appropriate counseling techniques, and refer athletes to necessary resources.

**EDC 583-Theories and Techniques of Group Counseling** Fall-Spring 2024  
Summer 2025, Spring 2026

Master's level course where content focuses on the stages, theories, strategies, and applications of the group counseling process in clinical mental health and school settings, as applied with diverse individuals across the lifespan. Prerequisite(s): EDC 543. The format for this course includes didactic and experiential learning opportunities. Through textbook readings and lectures, students will be exposed to theories of group counseling and group work, and types of groups, and other considerations that affect conducting groups in varied settings. Students will also participate in a group intended to provide opportunities to learn more about how they operate in groups (as a member and to some extent as a leader), to cultivate self-awareness, to observe and participate in group process, and to experiment with ways of being in a group.

**EDC 583-Theories and Techniques of Group Counseling** Spring 2021

Master's level course where content focuses on the stages, theories, strategies, and applications of the group counseling process in clinical mental health and school settings, as applied with diverse individuals across the lifespan. Prerequisite(s): EDC 543. The format for this course includes didactic and experiential learning opportunities. Through textbook readings and lectures, students will be exposed to theories of group counseling and group work, and types of groups, and other considerations that affect conducting groups in varied settings. Students will also participate in a group intended to provide opportunities to learn more about how they operate in groups (as a member and to some extent as a leader), to cultivate self-awareness, to observe and participate in group process, and to experiment with ways of being in a group.

**EDC 584-Practicum** Fall 2020

Supervised practice and observation in group and individual counseling techniques.  
Prerequisite(s): EDC 521, EDC 529, EDC 531, EDC 535, EDC 545, EDC 575, EDC 583, EDC 623, EDC 631.

**EDC 548-Children & Adolescents** Summer 2019, 2020

This master's level in-person course is intended to provide foundational knowledge and skill development for counseling children and adolescents. Foundational knowledge will include historical and current trends in counseling children and adolescents, multicultural and ethical considerations, expressive techniques, solution-focused therapy, play therapy, REBT therapy, reality therapy, counseling at-risk children, crisis counseling, and working with parents and family systems. Skills will include general counseling skills, crisis counseling skills, and collaboration skills. Prerequisite(s): EDC 543 and 545.

**EDC 548L-Children & Adolescents Lab** Summer 2019, 2020

**EDC 545-Counseling Techniques Lab** Summer 2019

Supervised experience in counseling. Both group and individualized instruction and supervision.

**EDC 583-Theories and Techniques of Group Counseling**

Spring 2019

This master's level course where content focuses on the stages, theories, strategies, and applications of the group counseling process in clinical mental health and school settings, as applied with diverse individuals across the lifespan. Prerequisite(s): EDC 543. The format for this course includes didactic and experiential learning opportunities. Through textbook readings and lectures, students will be exposed to theories of group counseling and group work, types of groups, and other considerations that affect conducting groups in varied settings. Students will also participate in a group intended to provide opportunities to learn more about how they operate in groups (as a member and to some extent as a leader), to cultivate self-awareness, to observe and participate in group process, and to experiment with ways of being in a group.

**WALDEN UNIVERSITY 2024**

**COUN 6316 - Techniques in Counseling** Summer, Fall 2024

This master's level course focuses on personal attitudes, values, and beliefs often affect a counselor's ability to establish an appropriate relationship and rapport with clients. In this course, students learn to evaluate their personal attitudes and beliefs to positively influence their counseling approaches. They explore principles and skills related to interviewing and observation, and they examine related legal, ethical, and cultural issues. Students gain practice in conducting interviews, making behavioral observations, collecting and interpreting data during an interview, and developing written reports of findings. Synthesizing concepts, skills, and personal reflections, students demonstrate their ability to engage in a counseling sessions using techniques learned throughout the course.

## **XAVIER UNIVERSITY 2020-2021**

### **COUN 640-Family Relations**

Spring 2021

This master's level course where content focuses on issues related to the family and various theories of family counseling. Restricted to Counseling or Clinical Mental Health Counseling majors.

### **COUN 630-Introduction to Mental Health Counseling**

Fall 2020

The master's hybrid course involves a survey of historical developments impacting the helping professions as well as a review of current practices in various counseling settings.

## **UNIVERSITY OF CINCINNATI 2003; 2017-2020**

### **CNSL 3002-Career Success**

Spring 2019, Fall 2019, Spring 2020

This course is designed to provide students with career development prior to starting an internship/field placement. In this course, students will learn about writing resumes, cover letters, and job applications; interview etiquette and how to answer interview questions; and workplace rules and appropriate workplace behaviors. This course provides students with an opportunity to learn skills and approaches that will prepare them for securing an internship and future positions in the workforce after graduation.

### **CNSL 7015-Career Development and Counseling**

Fall 2018

This master's online course is an overview of career development theories and decision-making models. The topics also include career information systems and labor market information; career development programming; interrelationships among work, family, and other life roles; assessment instruments and techniques relevant to career planning and decision-making; and career counseling processes, strategies, and evaluation applicable to diverse populations in a global economy.

### **CNSL 7031-Assessment in Counseling**

Summer 2018

This master's hybrid course introduction to assessment and measurement techniques in counseling. The course will cover a variety of assessment techniques, individual and group approach assessment, psychometric properties, statistical concepts related to assessment, social and cultural factors influencing appraisal procedure and results, methods of data gathering and interpretation, and the use of assessment in helping processes. The course will also include test selection, administration, and evaluation. Students will have practical experience in taking and interpreting some instruments in counseling fields.

### **CNSL 7060-Internship in Supervision**

Spring 2018

This course is a master's supervised, field-based experience of no less than 350 clock hours (for every 3 credits) of which 120 clock hours shall be in direct services. School counseling students secure placement in school environments and are supervised by licensed school counselors; clinical mental health counseling students secure placement in mental health settings and are supervised by licensed professional clinical counselors who have the authority to supervise.

**SACN 1010-Historical Perspectives in Substance Abuse Counseling** Fall 2017

This course is an undergraduate online course designed to provide a historical overview of substance abuse, including its impact on society, the law, foreign policy, and the economy in the United States. Students will explore the evolution of legal and social responses understood through the historical contexts in which they occurred. Furthermore, students will learn about the evolution of substance abuse counseling and its relationship to other helping professions.

**17PD101-004-Orientation to Learning** Fall 2003

This course is an undergraduate face-to-face course to acquaint incoming first years with the learning environment of the University College and the university community; facilitate adjustment to college by familiarizing students with the tools of learning; develop students' potential through self-awareness and decision-making techniques; provide techniques for long and short-range goal setting; develop listening, writing, and group discussion skills.

**OHIO UNIVERSITY 2002**

**UC115-The University Experience** Fall 2002

This course is an undergraduate face-to-face course to acquaint incoming first years with the learning environment of the University College and the university community; facilitate adjustment to college by familiarizing students with the tools of learning; develop students' potential through self-awareness and decision-making techniques; provide techniques for long and short-range goal setting; develop listening, writing, time management, and group discussion skills.

## **Professional Development & Speaking Engagements**

Collins, B. (2026). *Stronger Everyday, Sharper Every Play: Brain Health for Athletes*. Presentation for the 2026 Brain Health Collective Lunch and Learn (January 23, 2026), Dayton, Ohio

Collins, B., Sutton, R. (2025). *Run that Back: Protecting our Peace in an Era of Constant News*. Presentation for the 2025 Black Student-athlete Summit (May 23, 2025), Chicago, Illinois

Collins, B., Sutton, R. (2025) *Protecting our Peace in an Era of Constant News*. Presentation for the 2025 Black Student-athlete Summit. (May 22, 2025), Chicago, Illinois

Collins, B., Koriath, J. Wright, C. (2025). *Classroom Clinic: Coaching and Supporting Neurodivergence in Athletes*. Facilitator and Moderator for the National Association for Basketball Coaches (NABC) Convention. (April 5, 2025) San Antonio, Texas

Carter, L., Collins, B., Gunter, K., Kirk, K. (2025) *Being Seen: Curating Culturally Responsive Spaces for Black Women in Sport & Exercise*. Panelist for the 2024 for the Association for Applied Sports Psychology (AASP) Conference (October 2024), Las Vegas, Nevada

Brutus, A., Collins, B., Goodson, A., Léger, N. (2025) *Theories of Performance Excellence in Support of Clinical Practitioners Navigating Performance Culture*. Panelist for the 2024 Association for Applied Sports Psychology (AASP) Conference (October 2024), Las Vegas, Nevada

Collins, B., Léger, N. (2024) *Oxytocin + Group Cohesion in High Performing Environments*, Speaker for the 2024 Embodied Retreat Hosted by Synergistic Solutions, (October 10, 2024), Temecula Resort, CA.

Collins, B., Sutton, R. (2024). *Mental Health and Wellness for Black Professionals in College Athletics: POWER in the PAUSE, and the POWER of PRESENCE*, Speaker for the 2024 Black Student-Athlete Summit, (May 24, 2024), Los Angeles, California

Collins, B. (2024) *Classroom Clinic: The Coach's Guide to Student-Athlete Mental Health*. Moderator for the National Association for Basketball Coaches (NABC) Convention (April 4, 2024), Phoenix, Arizona

Collins, B. (2024) *Classroom Clinic: NABC Transition Game*. Speaker/Panelist for the National Association for Basketball Coaches (NABC) Convention (April 4, 2024), Phoenix, Arizona

Brutus, A., Collins, B., Graves, M., Goodson, A., Jones-Coplin, B., Léger, N. (2023). *Building the Plane as You're Flying It: Reflections on Supervision and Mentorship Outside of and Beyond Academic Settings*. Presentation for the 2023 Association for Applied Sports Psychology (AASP) Conference (October 20, 2023), Orlando, Florida

Collins, B., Léger, N. (2023) *MicroDOSE*. Speaker for the 2023 Embodied Retreat Hosted by Synergistic Solutions (October 3-6, 2023), Temecula Resort, CA.

Collins, B. (2023) *The Sport Science of Mental Health*. Speaker for the 2023 Catapult Sport Science Workshop (April 23, 2023), Hosted by the University of Louisville.

Collins, B. (2023) *Classroom Clinic: NABC Transition Game*. Speaker/Panelist for the National Association for Basketball Coaches (NABC) Convention (March 30, 2023) Houston, Texas

Collins, B., Higgins, S. (2022)., *We Wear the Mask": Everyday 'isms and the occupational therapy practitioner* Keynote speaker for The American Occupational

Therapy Association, Inc. (AOTA (December 2, 2022), AOTA Specialty Conference: Mental Health

Collins, B. (2022) Panelist for the *Women in Athlete Development Symposium and Networking & Networking Event Hot Topics in Athlete Development: Mental Health* (April 6-7, 2022), Sponsored by Hilliard Solutions LLC

*Facilitator, Saving Practitioners from Burnout - Part I: Self-Care and Ethics; Balancing Career and Mental Wellness* (March 2022) Greater Cincinnati Counseling Association CEU

*Panelist, Managing work-life balance and health & wellbeing*, Black Women in Sport in the Ivory Tower Zoom Platform (March 2021) Virtual

Presenter, *Interrelationship of Mental Health and Career Issues Needs Integrated Approach* at the virtual American Counselors Association (ACA) Conference (March 2021)

Panelist, *Student Athlete Emotional and Mental Well-Being and Health* (March 2021) for the AAC Symposium at the University of South Florida Zoom Platform

Presenter, *Mental Health and You* for the Wooster/Orrville NAACP's Health Committee Zoom Platform (March 2021)

Keynote Speaker, Induction Ceremony (March 2021) University of Cincinnati Zoom Platform University of Cincinnati Chi Sigma Iota (CSI)

Presenter, *Antiracist Approaches for Understanding Body Image and Wellness of Black Student-Athletes* at the American College Counselors Conference (ACCA) (February 2021)

Presenter, *ACCA Diversity and Inclusion Mentorship Networking* (February 2021) at the American College Counselors Conference (ACCA)

Presenter, *Healthy Lifestyles Zoom Webinar Healthy Lifestyles: Let's Talk About Anxiety* (December 2020) for Delta Sigma Theta Sorority, Inc. Dayton Alumnae Chapter

Presenter, *Hindsight in 2020: Supporting BIPOC Students* (December 2020) for Hood College Zoom Webinar/CEU Department of Psychology & Counseling

Presenter, *Intersectionality of Race, Gender, Media and Sport* (December 2020) James Madison University, Intro to African, African American and Diaspora course: Black People in Sports Zoom

Presenter, *Coaching in times of uncertainty* (November 2020) Xenia High School Coaches Professional Development Zoom Webinar

Presenter, *Intersectionality of Race and Sport* (November 2020) American Athletic Conference (AAC) NCAA Diversity and Inclusion Week Student-Athlete Zoom Webinar

Presenter, *Interrelationship of Mental Health and Career Issues Needs Integrated Approach* (2020, October) All Ohio Counseling Conference

Presenter, *Interrelationship of Mental Health and Career Issues Needs Integrated Approach* (October 2020) at the virtual All-Ohio Counseling Conference (AOCC)

Presenter, *Race Relations and the Impact on the 2020 Election*, (October 2020) Zoom ACCA Roundtable Discussion

Presenter, *Mental Health and Wellness*, Zoom (October 2020) Delta Sigma Theta Sorority, Inc. Dayton Alumnae Chapter Midwest Impact Day of Service

Presenter, *Mental Health Matters: Sponsored by Pow6rful Minds*, Zoom (October 2020) University of Cincinnati, Cincinnati, Ohio

Presenter, *Managing Covid-19 Interprofessional Education (IPE)*, Zoom (April 2020) Cedarville University, University of Dayton, Wright State University Boonshoft School of Medicine, Dayton, Ohio

Presenter, *UC One Team Talk: Support Staff and Self-Care*, Zoom (April 2020) University of Cincinnati Athletics Department, Cincinnati, Ohio

Presenter, *Mental Health Awareness: Being more aware for our Student-Athletes*, Zoom (April 2020) University of Cincinnati Strength and Conditioning Staff, Cincinnati, Ohio

Presenter, *UC One Team Talk: Who Am I? & What do I deserve?* (February 2020) University of Cincinnati Student-Athlete Support Services (SASS), University of Cincinnati, Cincinnati, Ohio

Facilitator, *Interprofessional Education (IPE) Facilitator*, (February 2020) Cedarville University, University of Dayton, Wright State University Boonshoft School of Medicine, Dayton, Ohio

Presenter, *Intersectionality of Race and Sport: Identity Based Stress in Division I Black College Student-Athletes*. (January 2020) Black Student-Athlete Summit, University of Texas at Austin, Austin, Texas

Presenter, *Intersectionality of Race and Sport: Identity Race Based Stress in Division I Student-Athletes*. (October 2019) N4A Midwest Regional Conference, Cincinnati, Ohio

Presenter, *Student-Athlete Mental Health*. (July 2019) 37th Annual Athletic Training Workshop at Kettering Sports Medicine, Kettering, OH

Presenter, *Multicultural Counseling Development from a Relational-Cultural Theory Framework*. (March 2019) the American Counselors Association, New Orleans, LA

Presenter, *High School Student-Athletes: Addressing Mental Health and Cultural Concerns*. (March 2019) Greater Dayton Athletic Trainers Association (GDATA), Miami Valley North Hospital, Dayton, OH

Presenter, *Identity-Based Stress and Developmental Trauma in African American College Student-Athletes: Considerations for Assessment and Screening*. (February 2019) the American College Counselors Association, San Diego, CA

Facilitator, *Interprofessional Education (IPE)* (February 2019) Cedarville University, University of Dayton, Wright State University Boonshoft School of Medicine, Cedarville, Ohio

Guest Panelist, *Managing Imposter Syndrome & Anxiety*. (November 2018) University of Dayton, Department of Counselor Education, Dayton, OH.

Presenter, *Integration of the Ecological Counseling Perspective in Teaching and Supervision to Enhance Cultural Competency*. (October 2018) the North Central Association of Counselor Education and Supervision, Cleveland, OH.

Presenter, *Multicultural Concerns in Clinical and Mental Health*. (October 2018) Kettering College Occupational Therapy, Kettering, OH.

## **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]. OhioLINK Electronic Theses and Dissertations Center. [http://rave.ohiolink.edu/etdc/view?acc\\_num=ucin164976231452661](http://rave.ohiolink.edu/etdc/view?acc_num=ucin164976231452661)

Collins, B. (2021, March) Sports and Mental Health: *Significance in Athletics and Sports Magazine* (p. 20).

<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:c1360d17-3591->

4306-8971-1d5a8e392b5e.

Tang, M., Montgomery, M. L., Collins, B., & Jenkins, K. (2021). Integrating career and mental health counseling: Necessity and strategies. *Journal of Employment Counseling*, 58(1), 23-35. <https://doi.org/10.1002/joec.12155>.

Wood, A. W., Zeligman, M., Collins, B., Foulk, M., & Gonzalez-Voller, J. (2020). Health orientation and fear of cancer: Implications for counseling and integrated care. *Journal of Mental Health Counseling*, 42(3), 265-279. <https://doi.org/10.17744/mehc.42.3.06>.

Wood, A. W., & Collins, B. (2019). *Cancer patients and families*. American Counseling Association: ACA Practice Briefs. [https://www.counseling.org/docs/default-source/practice-briefs/acapb\\_cancerpatients\\_fa.pdf?sfvrsn=a9dc212c\\_2](https://www.counseling.org/docs/default-source/practice-briefs/acapb_cancerpatients_fa.pdf?sfvrsn=a9dc212c_2).

## **Committee & Campus Involvement**

University of Dayton Community Wellness Initiative Communities in Practice Committee 2025-current

Kettering College School of Occupational Therapy Doctoral Capstone Dissertation Committee | *The Role of Occupational Therapy in High School Student Athletes' Mental Health*, In Partial Fulfillment of the Requirements for The Doctoral Degree in Occupational Therapy by Alexis Strother, Kettering, Ohio, April 2025, Committee: Danielle McPeck, OTD, OTR/L; Dr. Brittany Collins, LPCC-S, CMPC, BC-TMH, NCC; and Kayla Strother, ATC, LAT | 2024-2025

Co-Chair American College Counseling Association (ACCA) Diversity and Inclusion Committee | 2019-2021

The University of Dayton Master's thesis committee | *Time Spent in Extra-curricular Activities and Academic Performance*, In Partial Fulfillment of the Requirements for The Degree of Educational Specialist in School Psychology by Kennedy Berkley, August, 2021, Committee: Sawyer Hunley, Ph.D., Elana Bernstein, Ph.D., Brittany Collins, MS Ed., LPC, NCC | 2020-2021

Faculty Search Committee | University of Cincinnati School Counseling | 2018

## **Awards & Honors**

Mizzou Made Staff of the Year Award | University of Missouri | 2022  
Outstanding Doctoral Student Award | University of Cincinnati | 2022  
Emerging Leader | American College Counselor Association (ACCA) | 2018-2019  
Graduate Assistant Full Scholarship | University of Cincinnati, Cincinnati | 2017-2019  
Rookie of the Year Award | South Community | 2016  
Graduate Assistant Full Scholarship | Ohio University | 2002-2003  
Full Athletic Basketball Scholarship | Ohio University | 1998-2002

## **Professional Memberships**

American Counseling Association (ACA)  
American College Counselors Association (ACCA)  
American Psychological Association (APA)  
Association for Counselor Education and Supervision (ACES)  
Association for Multicultural Counseling and Development (AMCD)  
Association for Applied Sports Psychology (AASP)  
Chi Sigma Iota International Honor Society  
Collegiate Clinical Counseling Sport Psychology Association (CCSPA)  
Delta Sigma Theta Sorority, Inc.  
Miami Valley Counseling Association (MVCA)  
National Board for Certified Counselors (NBCC)  
Ohio Counseling Association (OCA)  
Women Leaders in College Sports

## **Community Engagement & Service**

**Committee Member** | Oglesby-Snyder Grant for Equity and Cultural Diversity  
Scholarship Committee | 2025-current

**Board Member** | Bottomline Ohio | 2025-current

**Lead** | Community Wellness Initiative (CWI) | 2024-current

**Co-Editor** NCDA Web Magazine | Career Convergence, Features | 2024-2025

**Abstract Proposal Reviewer** | Association for Applied Sports Psychology Conference |  
2023

**Abstract Proposal Reviewer** | American College Counselor Association Conference |  
2021

**Conference Volunteer** | American Counseling Association (ACA) Conference | 2019

**Conference Volunteer** | North Central Association for Counselor Educators | 2018

**Member** | Delta Sigma Theta Sorority, Inc. Dayton Alumnae Chapter | 2016-Current

## **Skills & Competencies**

Teaching, Mentorship & Advising, Online Instruction & Telehealth, Ethical Leadership & Administration, Strategic Planning, Student Development & Advocacy, Leadership Development, Mental Health, Wellness, Crisis Management & Risk Mitigation, Consulting, , Conflict Resolution and Mediation, Compliance, Structured Problem Solving, Collaboration & Communication, Recruitment and Retention, Campus Life & Engagement, Curriculum Development, Assessment & Data-Informed Decision-Making, Budget Oversight, Diversity Equity and Inclusion (DEI), Change management, External partnerships and Community development, Budget Management, Grants & Research, Professional Development, Policy development