

Curriculum Vitae

Sonya Lorelle, PhD, LPC, NCC, RPT

Education

Ph.D.	Old Dominion University Counselor Education (CACREP Accredited) Dissertation: A phenomenological study of children's experiences while families receive services from a homeless agency	December 2010
M.S.	Missouri State University Community Agency Counseling (CACREP Accredited)	May 2002
B.S.	Missouri State University Major: Psychology	December 1999

Licensure/ Certification

Licensed Professional Counselor- Virginia (0701004351) and North Carolina (8801)
National Certified Counselor (#245942)
Registered Play Therapist

Academic positions

Assistant Professor	<i>Governors Statue University</i> School counseling program faculty	August 2013- Present
Adjunct Faculty	<i>University of North Carolina Charlotte</i> Taught graduate counseling classes and supervised mental health and school practicum students	Spring 2011- Summer 2013
Part-time Faculty	<i>Walden University</i> Online graduate courses	Summer 2011- Winter 2012
Graduate Teaching & Research Assistant	<i>Old Dominion University</i> <i>Department of Counseling and Human Services</i> Assisted faculty with research, taught undergraduate courses, co-taught graduate courses	2008-2010
Admissions Coordinator Assistant	<i>Old Dominion University</i> <i>Department of Counseling and Human Services</i> Corresponded with prospective students, generated all admission letters and communication, used admissions software and served as liaison between the Counseling	2009-2010

	Department and the Admissions Office, created reports from admission database, coordinated applicant interviews	
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Teaching Experience/Courses Taught

Undergraduate Courses

Human Services Internship Teaching Assistant
Fall 2008

Human Services Methods
Spring 2009, Fall 2009

Fundamentals of Human Development
Spring 2009

Family Guidance
Summer 2009, Spring 2010, Summer 2010

Academic Success
Spring 2009

Graduate Courses

Research Methods and Program Evaluation in Counseling (Teaching Assistant)
Spring 2010

Advanced Techniques
Spring 2011, Spring 2012, Spring 2013

Introduction to Counseling and Ethics
Spring and Fall 2012, Fall 2013

Basic Techniques
Spring, Summer, and Fall 2012, Fall 2013

Lifespan Development Issues
Summer 2011, Fall 2013

Clinical work experience

Clinical Supervisor	<i>University of North Carolina Charlotte</i> Provided individual and group supervision to practicum students	Spring 2011- Present
Clinical Supervisor	<i>Old Dominion University</i> <i>Department of Counseling and Human Services</i> Provided individual supervision to practicum and internship students who were working with	Fall 2008- Summer 2010

	individuals and families in mental health agencies, hospital chaplaincy services, elementary, middle, and high schools, and employee assistance programs.	
Children's Counselor	<i>ForKids, inc</i> Conducted assessments, intakes, crisis intervention, parenting consultations and individual counseling sessions with children staying in homeless shelter, Provided monthly trainings to children's services staff on various topics such as ages and stages, positive discipline, promoting healthy development, and effects of trauma on children, Demonstrated ability to work with children on a variety of issues, including depression, anxiety, divorce, trauma, and domestic violence, Consulted in weekly services team meetings regarding mental health issues	January 2006- July 2008
Adult Education Coordinator, Volunteer Coordinator	<i>ForKids, inc</i> Developed and taught life skills curriculum for parents staying in homeless shelter on various topics including stress management, budgeting, and parenting	June 2004- January 2006
Mental Health Clinician	<i>Missouri State University Counseling and Testing Center</i> Conducted individual and group therapy sessions, intakes, screenings, and crisis intervention with college students, Demonstrated ability to work with students on a variety of issues, including depression, anxiety, stress, relationships and family, time management, alcohol/drug use, grief and loss, self esteem, eating disorders, and career exploration, Developed and presented educational workshops, including stress management, time management, long distant relationships, healthy relationships, and adult children of divorce	November 2002- May 2003
Graduate Assistant	<i>Missouri State University Counseling and Testing Center</i> Conducted individual and group therapy sessions, intakes, screenings, and crisis intervention with college students, Demonstrated ability to work with students on a variety of issues, including depression, anxiety, stress, relationships and family, time management, alcohol/drug use, grief and loss, self esteem, eating disorders, and career exploration, Developed and presented educational workshops, including stress management, time management, long distant relationships, healthy relationships, and adult children of divorce, Supervised and proctored various standardized tests, Participated in Career Day, World Health Day, and Depression Screening Day, Administered career assessments (Strong Interest	June 2000- May 2002

	Inventory) and provided career counseling to students	
Community Support Worker	<i>Burrell Behavioral Health</i> Provided case management for clients with severe chronic mental illnesses, Educated and guided clients with daily living skills, Provided support and intervention in crisis situations, Connected clients with appropriate community resources	August 1999- May 2000
Behavioral Health Technician	<i>Lakeland Regional Hospital</i> Assisted nursing staff in the delivery of resident care. Directed group activities and lessons on children's unit	August 1997- February 1998

Professional Memberships

American Counseling Association (ACA)
 Association for Counselor Education and Supervision (ACES)
 Southern Association for Counselor Education and Supervision (SACES)
 American School Counseling Association (ASCA)
 Illinois Counseling Association (ICA)
 Association for Multicultural Counseling and Development (AMCD)
 North Carolina Counseling Association
 Association for Play Therapy (APT)
 Chi Sigma Iota, Omega Delta Chapter (2008-2010)
 Phi Kappa Phi Honor Society (1999)
 Psi Chi (1997)

Publications

Invited Publications

Lorelle, S. Anderson, K., & Grothaus, T. (2009). VSCA's human rights/ social justices focus for 2009-2010. *VSCA Voice*, Fall 2009.

Accepted Publications

Guth, L., Remley, T., Hinkle, S., & Lorelle, S. (In press). Development and implementation of an international counseling outreach effort in Bhutan: A group stage conceptualization. *Journal for Specialists in Group Work*.

Lorelle, S. & Guth, L. (2013). Establishing the school counseling profession in Bhutan: Reflections from the field. *Journal of International Counselor Education*, 5, 1-13.

Shaw, B., Bayne, H., & **Lorelle, S.** (2012). A constructivist perspective for integrating spirituality into counselor training. *Counselor Education and Supervision*, 51, 270-280.

Lorelle, S., Crockett, S., & Byrd, R. (2012). Counseling and globalization: Professional Issues for Counselors. *The Professional Counselor*, 2, 115-123.

Hays, D. G., Michel, R. E., Cole, R. F., Emelianchik, K., Forman, J., **Lorelle, S.**, McBride, R., & Sikes, A. (2011). A Phenomenological Investigation of Adolescent Dating Relationships and Dating Violence Counseling Interventions. *The Professional Counselor*, 1, 222-233.

Lorelle, S., Crockett, S., & Hays, D. (2011). Human services professional and trainee perceptions of conflict in the helping relationship. *Journal of Human Services*, 30, 30-42.

Grothaus, T., **Lorelle, S.,** Anderson, K., & Knight, J. (2011). Answering the call: Facilitating responsive services for students experiencing homelessness. *Professional School Counseling*, 13, 38-49.

Other Publications

Lorelle, S. (2013). Life Roles Analysis Review. In C. T. Wood & D. Hays, D. (Eds.) *A counselor's guide to career assessment instruments* (6th ed.). Broken Arrow, OK: National Career Development Association.

Lorelle, S. (2010). Preparing counselors to work with children experiencing homelessness. *SACES Spring Newsletter*, 6(1), 6.

Manuscripts in Progress

Lorelle, S. & Grothaus, T. (In review). Psychosocial outcomes of homeless children and how services address their needs. *Child and Youth Services*

Guth, L., Remley, T., Hinkle, S., & **Lorelle, S.** (In review). Development and implementation of an international counseling outreach effort in Bhutan: A group stage conceptualization. *The Journal for Specialists in Group Work*.

Presentations

Refereed Presentations

Lorelle, S. (2013, November) *Children's Experiences while Receiving Services from a Homeless Agency: Contextual Factors and Advocacy*. Illinois Counseling Association Conference, Skokie, IL.

Lorelle, S. & Lainas, H. (2013, October). *A Proposed Method and Teaching Ideas for Advanced Techniques*. Association for Counselor Education and Supervision Conference, Denver, CO.

Byrd, R. & **Lorelle, S.** (2013, October). *How to Plan and Implement a Successful Play Therapy Intensive*. Association for Counselor Education and Supervision Conference, Denver, CO.

Lorelle, S. (2012, September). *Counseling in Bhutan: Lessons Learned from One of the Happiest Countries on Earth*. Southern Association for Counselor Education and Supervision Conference, Savannah GA.

Lorelle, S. (2012, February). *Counseling in Bhutan: Lessons Learned from One of the Happiest Countries on Earth*. North Carolina Counseling Association Conference, Greensboro, NC.

Lorelle, S., Crockett, S. A., & Byrd, R. (2011, October). *Counseling and globalization: Professional Issues for Counselors*. Accepted to present at Association for Counselor Education and Supervision Conference, Nashville, TN.

Michel, R. E., Prosek, E. A., Crockett, S. A., & **Lorelle, S.** (2011, March). *International Immersion: Connecting the Profession Across Continents*. Poster presentation at the American Counseling Association Conference, New Orleans, LA.

- Michel, R., Davis, E. S., Walsh, M., & **Lorelle, S.** (2011, March) *Applying, Surviving and Thriving in Graduate School: Practical Tips for Master's and Doctoral Students*. American Counseling Association, New Orleans, Louisiana.
- Emelanchik-Key, K., Crockett, S., **Lorelle, S.**, & Michel, B. (2010, October) *Healthy and Unhealthy Relationships: New Research, Implications for Practice, and Training*. Southern Association for Counselor Education and Supervision, Williamsburg, Virginia.
- Lorelle, S.** (2010, October). *Homeless Children's Psychosocial Needs and How Counselors Can Advocate*. Southern Association for Counselor Education and Supervision, Williamsburg, Virginia.
- Emelanchik, K., Byrd, R, Crockett, S, & **Lorelle, S.** (2010, March). *Dating violence among the adolescent population: Etiology, perception and implications for counselors*. American Counseling Association, Pittsburg, Pennsylvania
- Lorelle, S.** (2010, March). *Homeless Families: How Program Services Address Children's Psychosocial Needs and How Counselors Can Advocate*. American Counseling Association, Pittsburg, Pennsylvania
- Lorelle, S.** & Byrd, R. (2010, March). *Children and Complex Trauma*. Virginia School Counselors Association, Richmond Virginia
- Thompson, S. K., Grothaus, T., **Lorelle, S.**, & Knight, J. (2009, November). *Stacking the Deck: A Skill Building Tool for Children and Youth*. Virginia Counselors Association, Williamsburg, Virginia
- Lorelle, S.**, Currie, C., & Todd, S. (2009). *A New Look at Trauma: Clinical Perspectives and Current Treatments*. Accepted to present at Virginia Counselors Association, Williamsburg, Virginia.
- Shaw, B. S., **Lorelle, S.** & Bayne, H. (2009, October). *Spirituality and Counselor Training: Beyond Multicultural Competency*. Association of Counselor Education and Supervision, San Diego, California
- Lorelle, S.** (2009, October). *Complex Trauma: Developmental Effects and How Children's and Recognize and Respond*. Association of Counselor Education and Supervision, San Diego, California
- Lorelle, S.** & Crockett, S. (2009, September). *Mental Health Professionals' Conceptualizations of Conflict and Preferred Conflict Resolution Styles: An Exploratory Study*. Association for Assessment in Counseling and Education, Norfolk, Virginia
- Thompson, S. K., & **Lorelle, S.** (2009, March). *Listening to Our Inner Voices: Understanding the Conflict Within*. American Counseling Association, Charlotte, North Carolina.

Mediated Presentations

- Shallcross, L. (2010, January). *Putting a human face on homelessness*. Counseling Today. (Includes interview with Sonya Lorelle)

Other Presentations

- Lorelle, S.** (2009, August) *Effects of Trauma on Children*. Invited Guest for Care Now program

training presentation. Norfolk, Virginia.

Lorelle, S. & Crockett, S. (2009) *Conflict Management*. Promoting Healthy Relationships Seminar. Old Dominion University, Norfolk, Virginia.

Lorelle, S. (2008, October). *Issues Affecting Women and Children Who Are Homeless*. Guest lecturer HMSV 344 - Career Appraisals, Old Dominion University, Norfolk, Virginia.

Lorelle, S. (2008, October) *Effects of Trauma on Children*. Invited Guest for Care Now program training presentation. Norfolk, Virginia.

Lorelle, S. (2002, May) *Adult Children of Divorce*. Graduate Interdisciplinary Forum. Missouri State University, Springfield, Missouri.

Lorelle, S. (2002) *Adult Children of Divorce 3 Part Workshop*. Missouri State University, Springfield, Missouri.

Lorelle, S. & Moriarty, N. (2001, 2002) *Healthy Relationships*. Missouri State University, Springfield, Missouri.

Orzek, A. & Lorelle, S. (2000, 2001) *Long Distance Relationships*. Missouri State University, Springfield, Missouri.

Research Interests

Areas of expertise include play therapy, effects of trauma on children, child development, and qualitative methodology

Research background includes spirituality and counselor education, international students' perceptions of counseling, homeless children's experiences, and adolescent dating violence

Service

Volunteer Experience

Volunteer Coder. (November, 2009). The Perceptions of Agency Sexual Assault Counselors Regarding Self-Care, Vicarious Trauma, and Burnout, Norfolk, Virginia

Volunteer (2009) Big Splash Professional Development Series

Volunteer Coder. (September, 2009). Experiences of Homeless Men: A Qualitative Study. Norfolk, Virginia

Volunteer Coder. (April, 2009). Female Perspective of Professional Identity and Success in the Counseling Field. Norfolk, Virginia

Co-Developer. (2008). Health Relationships Seminar. Promoting Healthy Relationships Project-Girl Scouts Council Colonial Coast, Norfolk, VA

Co-Developer. (2008) Conflict Management Strategies. Training seminar, Norfolk, VA

Professional Service

Coauthor: American School Counselor Association (ASCA) Position Statement : The Professional School Counselor and Children Who Experience Homelessness Spring 2010

Journal Article Reviewer: Fall 2013

Blind Review (2013). Counseling those displaced by war: Experiences of refugees from the former Yugoslavia. *The Professional Counselor*

Blind Review (2013). "i m n a social world": Ethical Implications of the Technology-Professional Relationship. *The Professional Counselor*

University Service

Volunteer Instructor for Human Development NCE and CPCE Review Session at Old Dominion University 2010

Volunteer Instructor for UNIV 110: Academic Success for Freshmen on Academic Warning. Old Dominion University 2009

Treasurer: Chi Sigma Iota, Omega Delta Chapter ODU 2009–2010

SGA Liaison: Chi Sigma Iota, Omega Delta Chapter ODU 2008-2009

Mentor: ODU Counseling Doctoral Student Mentoring Program 2009–2010

Community Service

Chicago Public Schools Leadership and University Counselor Educators Committee 2013

Selected Participant for the Bhutan Counseling Institute 2011

Assistant Leader and Master Trainer: Mental health facilitator program offered through NBCC: Bhutan Counseling Institute 2012

Co-Instructor Taught presentation on Sand Tray at ETSU play therapy with Terry Kottman 2011

Proposal Reviewer for ACES 2011 Conference Proposals 2011

Awards and Honors

The Profession Counselor's Outstanding Article of the Year- for Lorelle, S., Crockett, S., & Byrd, R. (2012). Counseling and globalization: Professional Issues for Counselors. *The Professional Counselor*, 2, 115-123.

ACA Ethics Case Study Competition- Doctoral Level, 2nd place, (2009). American Counseling Association.

Virginia Association of Clinical Counselors Fellowship Award (2010)

Academic Excellence Scholarship (2009). Chi Sigma Iota, Omega Delta Chapter, Old Dominion University.

Norfolk, Virginia

Professional Development

Conferences

American Counseling Association World Conference

2009 (Charlotte, North Carolina)

2010 (Pittsburg, Pennsylvania)

2011 (New Orleans, Louisiana)

2012 (San Francisco, California)

Illinois Counseling Association Conference

2013 (Skokie, Illinois)

North Carolina Counseling Association Conference

2012 (Greensboro, North Carolina)

Virginia Counseling Association Conference:

2007 (Portsmouth, Virginia)

2008 (Roanoke, Virginia)

2009 (Williamsburg, Virginia)

Association for Assessment in Counseling and Education

2009 (Norfolk, Virginia)

Association for Counselor Education and Supervision Conference

2009 (San Diego, California)

2013 (Denver, Colorado)

Southern Association for Counselor Education and Supervision Conference

2012 (Savannah, Georgia)

2010 (Williamsburg, Virginia)

Mid-Atlantic Group Psychotherapy Conference

2009 (Shepherdstown, West Virginia)

Multicultural Play Therapy Center Conference

2010 Blending Play Therapy with Evidence-Based Treatments for Trauma and Experiential Understanding of Poverty: Implications for Play Therapy (Charlotte, North Carolina)

2011 Family Play Therapy: Engaging Creative Energy and Enhancing Relationships by Dr. Eliana Gil (Charlotte, North Carolina)

Workshops

“Filial Therapy with Challenging Families: Skills for Working Effectively with Parents in Play Therapy”
November 2013 (Grand Rapids, MI)

“Transitioning Students with Disabilities from high School to College: Understanding the Related Laws and Developing the Transition plan” October 2013 (University Park, IL)

“Multicultural Perspectives on Counseling: Spirituality: A Dimension of Multiculturalism” and

"Understanding the Needs of Multiracial Clients." October 2010 (Charlotte, NC)

"Foundational Strategies: Effective Online Teaching." July 2010 (Norfolk, VA)

"How to Do Couples Therapy." Southeast Institute for Group and Family Therapy. July 2010 (Chapel Hill, NC)

"Clinical Aspects of Suicide by Mary Bartlett" June 2009 (Norfolk, VA) "Creativity and the Creative Arts by Sam Gladding" February 2009 (Norfolk, VA) "Gender Issues in Counseling by Judith Hermann" January 2009 (Norfolk, VA) "Advanced Multicultural Counseling by Courtland Lee" October 2008 (Norfolk, VA) "The Many Facets of Grief by David Capuzzi" October 2008 (Norfolk, VA)

Certification Program: Registered Play Therapy: "Play and Therapeutic Interventions with Children and Adolescents Affected by Abuse, Crisis, Death, and Divorce" March 2008 (Norfolk, VA)

Certification Program: Registered Play Therapy: "Play Therapy and Creative Interventions with Pre-Adolescents and Adolescents" February 2008, (Norfolk, VA)

Certification Program: Registered Play Therapy: "Systematic Interventions: Group, Filial and Family Play Therapy" January 2008 (Norfolk, VA)

Certification Program: Registered Play Therapy: "Sandtray and Narrative Techniques in Play Therapy" December 2007 (Norfolk, VA)

Certification Program: Registered Play Therapy: "Games, Activities, and Expressive Arts in Play Therapy" November 2007, (Norfolk, VA)

Certification Program: Registered Play Therapy: "Principles of Play Therapy" October 2007 (Norfolk, VA)

Undercurrent Therapy: Treat the Secret Wounds of Kids and Adults: June 2007 (Richmond, VA)

Normalizing Acting-Out Behaviors in Kids: 2007 (Norfolk, VA)

Play Therapy and Beyond: Treatment Techniques and Strategies with Children and Pre-Adolescents: 2006 (Norfolk, VA)

Parent Empowerment: Counseling Parents in Positive Child-Rearing Practices: 2006 (Norfolk, VA)