

# Valerie G. Couture, Ph.D., LPC, CRC

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## RESEARCH INTERESTS

- Counselor Skill Development
- Multicultural Counseling Competency
- Mental Health Issues in Schools
- Post-Secondary Transition
- College Student Success

## EDUCATION

2016	<b>Doctor of Philosophy- Counselor Education and Supervision</b>	University of Arkansas
2006	<b>Master of Education- Counseling and Career Development</b>	Colorado State University
1997	<b>Bachelor of Arts- Sociology</b>	Indiana University

## LICENSURE AND CERTIFICATIONS

Licensed Professional Counselor- Arkansas, #P1605057  
 Certified Rehabilitation Counselor, #00293830

## PEER REVIEWED PUBLICATIONS

- Harless, A. M., **Couture, V.** & Bang N. M. (2020). Writing and presenting research. In Adekson M. O. (Editor). *Handbook of counseling and counselor education* (pp----). New York: Routledge Publishers.
- Couture, V.** (August 1, 2018). Successful career counseling interventions used with students in poverty: A preliminary report. *Career Convergence*, Retrieved from [https://associationdatabase.com/aws/NCDA/pt/sd/news\\_article/181017/\\_PARENT/CC\\_layout\\_details/false](https://associationdatabase.com/aws/NCDA/pt/sd/news_article/181017/_PARENT/CC_layout_details/false)
- Couture, V.** (2018). Using trans-affirming counseling practices on college campuses: Recommendations for professional practice. *The Practitioner Scholar: Journal of Counseling and Professional Psychology*, 7, 100-111.
- Couture, V.** (April 2018). The use of experiential education in online counselor education to increase skill development and multicultural counseling competency. *Mid-South Education Research Association 2017 Online Conference Proceedings*. <http://www.msra.org/2017/proceedings/s60.html>
- Couture, V.**, Bang., N, & Harless, A. (April 2018). Understanding career counseling interventions that school counselors use with students in poverty. *Mid-South Education Research Association 2017 Online Conference Proceedings*. <http://www.msra.org/2017/proceedings/s58.html>.
- Couture, V.** (2017). Counseling transgender college students: Perceptions of college mental health clinicians' preparedness. *College Student Journal*, 51 (4,) 463-472.

Couture, R., Schwehm, J., & **Couture, V.** (2017). Helicopter colleges: A return to in loco parentis? *College Student Journal*, 51 (3), 398-406.

**Couture, V.** (2016). Multiple minority identities: Applications for practice, research, and training. [Review of the book *Multiple minority identities: Applications for practice, research, and teaching*, by R. Nettle & R. Balter, (Eds.)]. *Journal of Rehabilitation*. 82(1), 58-60.

## GRANTS AND AWARDS

- January 2018            **University of Central Arkansas**  
*College of Education Research Travel Grant Award, \$500*
- April 2017            *Distinctive Growth in Online Teaching: Award Recipient*
- 2014-2016            **University of Arkansas**  
*Walton Doctoral Academy Fellowship, \$10,000 yearly*
- 2016                    *Counselor Education Program*  
Outstanding Chi Sigma Iota Member
- Fall 2016            *Doctoral Presentation Travel Grant, \$1000*
- Fall 2015            *Doctoral Presentation Travel Grant, \$1000*
- Fall 2014            *Doctoral Presentation Travel Grant, \$1000*
- 2010                    *On the Job Training Grant, \$129,682*  
Managed OJT grant from Colorado Department of Labor and Employment.  
Grant used to fund On the Job Training opportunities to long-term unemployed.
- 2008                    *Retraining Grant, \$185,000*  
Co-wrote and awarded grant from Colorado Department of Labor and Employment.  
Grant funded retraining activities for Dislocated Workers.

## PEER REVIEWED PRESENTATIONS

### NATIONAL

- Couture, V.**, Bang, N., & Harless, A. (June 2018). *Successful career counseling interventions used with students in poverty: A preliminary report*. Presentation at the National Career Development Association Annual Conference, Phoenix. AR.
- Couture, V.** (April 2018). *Stepping away from the screen: Service learning in an online counseling program*. Presentation at the American Counseling Association Annual Conference, Atlanta, GA.
- Couture, V.**, Kilpatrick, B., & Brace, C. (March 2017). *Psychosocial and vocational implications for transgender clients with chronic illness and disease*. Presentation at the American Counseling Association Annual Conference, San Francisco, CA.

Couture, R., Schwehm, J. & **Couture, V.** (March 2017). *False consensus and FERPA*. Developed presentation which primary researchers presented at the Student Affairs Administrators in Higher Education (NASPA) National Conference, San Antonio, TX.

**Couture, V.** (October 2015). *Diversity at a distance: Challenges of teaching online diversity classes*. Presentation at the Association for Counselor Education and Supervision Conference, Philadelphia, PA.

Couture, R., Schwehm, J. & **Couture, V.,** (March 2015). *Helicopter colleges: The revolving nature of institutions' relationships with parents*. Presentation at the Student Affairs Administrators in Higher Education (NASPA) National Conference, New Orleans, LA.

### **REGIONAL**

**Couture, V.** (October 2018). *Voices of rural school counselors: A study of creating safe zones for LGBTQ students*. Presentation at the Southern Association for Counselor Education and Supervision, Atlanta, GA.

Bang, N., **Couture, V.,** & Harless, A. (October 2018). *Counseling interventions to support the career development of students in poverty*. Presentation at the Southern Association for Counselor Education and Supervision, Atlanta, GA.

**Couture, V.** (November 2017). *The use of experiential education in online counselor education to increase skill development and multicultural counseling competency*. Paper Presentation at the Mid-South Education Research Association Annual Conference, Starksville, MS.

**Couture, V.,** Bang, N., & Harless, A. (November 2017). *Understanding career counseling interventions that school counselors use with students in poverty*. Paper Presentation at the Mid-South Education Research Association Annual Conference, Starksville, MS.

**Couture, V.,** Higgins, K., & Meyers, A., (October 2016). *Group supervision: The six thinking hats technique*. Presentation at the Southern Association for Counselor Education and Supervision, New Orleans, LA.

### **STATE**

**Couture, V.** (April 2018). *Using motivational interviewing techniques with resistant students*. Presentation will be at the Arkansas Association of Colleges for Teacher Education Annual Conference in Conway, AR.

**Couture, V.,** Shaw, E., & Huffman, S. (April 2018). *Increasing vocational awareness using educational media: Recommendations for best practice*. Presentation will be at the Arkansas Association of Instructional Media Annual Conference in Little Rock, AR.

Harless, A. & **Couture, V.** (February 2017). *Oh the tangled webs we weave: Ethical dilemmas in counselor education and supervision*. Presentation at the Arkansas Association for Counselor Education and Association Mid-Winter Conference, Conway, AR.

**Couture, V.** & Houin, S. (November 2015). *LGBT+: A discussion of identity, gender, and sexual orientation*. Presentation at the Arkansas Counseling Association Annual Conference, Hot Springs, AR.

- Couture, V.**, Houin, S., Thomas, C., & Suarez, A. (November 2015). *Multicultural and social justice competencies: 2015 update*. Presentation at the Arkansas Counseling Association Annual Conference, Hot Springs, AR.
- Couture, V.**, Higgins, K., & Meyers, A., (November 2015). *Group supervision*. Presentation at the Arkansas Counseling Association Annual Conference, Hot Springs, AR.
- Couture, R. & **Couture, V.** (October 2015). *Theories of academic advising*. Presentation at the Partners for Student Success Conference, Hot Springs, AR.
- Couture, V.** (November 2014). *Noncompliance: Why don't they follow the rules?* Presentation at the Arkansas Counseling Association Annual Conference, Hot Springs, AR.
- Couture, V.** (November 2014). *Survey on the effect of gender on the supervisory working alliance between doctoral supervisors and master supervisees*. Poster presentation at the Arkansas Counseling Association Annual Conference, Hot Springs, AR.
- Couture, V.** & Menning, C. (October 2004). *Tips and tools for working with students with learning disabilities*. Presentation at the Annual Colorado Service Conference, Estes Park, CO.
- LOCAL**
- Couture, V.** (April 2018). *Stepping away from the screen: Service learning in an online counseling program*. University of Central Arkansas College of Education Research Day.
- Couture, V.**, Harless, A., & Bang, N. (June 2017). *Solution-Focused counseling*. Conway School District Professional Development Week, Conway, AR.
- Couture, V.** (November 2015). *Making good choices, bully prevention*. Presentation at St. John's Elementary School, Russellville, AR.
- Couture, V.** & Higgins, K. (April 2015). *Group supervision*. Presentation at the Ozark Guidance Professional Development Seminar, Springdale, AR.
- Couture, V.** (March 2013). *Creating work/life balance*. Roundtable discussion at Arkansas Tech University International Women's Week, Russellville, AR.

## PROFESSIONAL EXPERIENCE

2016 to present	<b>Assistant Professor and SCCN Program Coordinator</b> University of Central Arkansas- School Counseling Courses Taught: Synchronous and Asynchronous Online/Hybrid <i>Counseling Theory</i> , LEAD 6320 <i>Individual and Group Counseling</i> , LEAD 6330 <i>Research Methods</i> , LEAD 6321 Advising Load- 55 students	Conway, AR
2016	<b>Adjunct Instructor</b>	Conway, AR

University of Central Arkansas- School Counseling  
*Counseling Theory*, LEAD 6320

2014 to 2016

**Graduate Teaching and Research Assistant**

Fayetteville, AR

University of Arkansas

Department for Rehabilitation, Human Resources, and Communication Disorders

- Provided individual and group supervision services to graduate students at UA.
- Lead instructor and co-instructor for both undergraduate and graduate courses in the Counselor Education program.
- Facilitated small group experiences with a diverse population of students.
- Assisted professors with research activities to carry out goals of the Counselor Education program's research agenda.
- Assisted faculty with service activities for the program, department, and university.

2013 to 2014

**Training Coordinator/Counselor**

Russellville, AR

State of Arkansas Workforce Center

- Counseled clients who received Unemployment Insurance benefits and who were at risk of losing those benefits.
- Assisted clients during their job search to maintain a positive attitude and to focus on their strengths.
- Networked with local college to provide interviewing and resume building workshops.
- Worked with a diverse population of clients including those from different racial, ethnic, religious, gender, sexual orientation, and socioeconomic backgrounds.

2006-2012

**Senior Career Transition Counselor**

Fort Collins, CO

Larimer County Workforce Center

- Counseled persons with disabilities who had a variety of diagnoses including, depression, anxiety, deafness, personality disorders, vision, and mobility issues.
- Counseled clients who wanted to attain higher education and employment.
- Administered and reviewed a variety of career assessments including, Strong Interest Inventory, ONET Interest Profiler and Work Importance Locator, Career Values Card Sort, Motivational Skills Card Sort.
- Facilitated several workshops, support groups and presentations to groups of varying sizes (2-80) and different ability/education levels.

2004 to 2006

**Colorado Youth WINS Career Counselor**

Fort Collins, CO

Larimer County Workforce Center

- Direct service provider for Colorado Youth WINS, a Social Security funded research project meant to assist young adults (ages 14-25) with disabilities move towards independence.

- Counseled young adults who had disabilities in their transition to employment and/or post-secondary education by teaching self-advocacy, job searching techniques, and career awareness.
- Worked with employers and agency partners to assist youth in; customized employment, self-employment, cross-agency collaboration, and school-to-work transition programs.
- Tracked quarterly data to report to primary investigator.

2003-2004      **Student Life Assistant**      Greeley, CO  
Aims Community College

- Assisted Program Director of Orientation and Student Activities, Student Senate, Student Program Council, Academic Counselors, and Student Life operations.
- Prepared training materials for the Student Activities using computers.

2000-2003      **Disability Case Manager**      Indianapolis, IN  
Indiana Family and Social Services Administration

- Managed a caseload to determine eligibility for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) benefits.

## **SERVICE AND LEADERSHIP**

2017-present      **University of Central Arkansas**  
*University Service*  
Public Service Award Committee Member

### *College of Education Service*

2018-present      Graduate Program Coordinator Committee Member  
2017-present      Mashburn Center for Learning, Advisory Team Member  
2017-2018      Research Committee Member  
2017-2018      Arch Ford Teacher Mentor Program, Content Specialist

### *Program Service*

May 2018-present      School Counseling Program Coordinator  
July 2017      Program Representative at ArSCA Annual Conference  
2016-present      Transfer Student Review Committee  
2016-present      School Counseling Curriculum Review Committee

### **Counselor Education**

2018-present      Research Board Chair, Arkansas School Counselor Association  
2018-present      Secretary, Arkansas Association of Counselor Education and Supervision  
2017-2018      Awards Committee Chair, Counselors for Social Justice  
2015-2017      Awards Committee, Member, Counselors for Social Justice

### **University of Arkansas**

2015-2016      Chapter President, Chi Sigma Iota- Rho Alpha Beta  
October 2014      Screener, National Depression Screening Day

### **Community**

2017-present	School Volunteer, Russellville Middle School
2012-present	School Volunteer, St. John's Elementary School
2015-2016	Troop #6885 Leader, Girl Scouts Leadership Program
2015-2016	Advocate Volunteer, Northwest Arkansas Center for Sexual Assault
2015	Youth Coach, Arkansas River Valley Soccer Association
2014	Youth Coach, Arkansas River Valley Tennis Association
2011-2012	Trail Volunteer, Larimer County Natural Areas
2007-2010	Coordinator, AbleWomen Mentorship Program
2007-2009	Committee Member, United Way Pathways Past Poverty Taskforce
1997-1998	Volunteer, AmeriCorps National Civilian Community Corps

## **PROFESSIONAL AFFILIATIONS**

### **National Organizations**

2006-present	American Counseling Association
2017-present	American School Counseling Association
2014-present	Student Affairs Administrators in Higher Education
2016-present	Mid-South Educational Research Association
2005-2008	National Career Development Association

### **ACA Divisions**

2014-present	Association of Counselor Education and Supervision
2014-present	Counselors for Social Justice
2014-2016	Chi Sigma Iota- Rho Alpha Beta chapter (CSI)
2005-2006	Chi Sigma Iota- defunct Colorado State University chapter (CSI)

### **State Organizations**

2017-present	Arkansas Association of Counselor Education and Supervision
2017-present	Arkansas School Counselor Association
2012-present	Arkansas Counseling Association

## **PROFESSIONAL DEVELOPMENT**

### **International Conferences**

ACA 2016 Volunteer and Attendee	Montreal, Canada
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### **National Conferences**

ACA 2018 Presenter and Attendee	Atlanta, GA
ACES 2017 Proposal Reviewer	Chicago, IL
ACA 2017 Presenter and Attendee	San Francisco, CA
NASPA 2016 Proposal Reviewer	Indianapolis, IN
Higher Education Diversity Summit 2016 Proposal Reviewer	Denver, CO
ACES 2015 Proposal Reviewer, Presenter, and Attendee	Philadelphia, PA
NASPA 2015 Presenter and Attendee	New Orleans, LA

### **Regional Conferences**

MSERA 2017 Presenter, Volunteer, and Proposal Reviewer	Starksville, MS
MSERA 2016 Attendee	Mobile, AL

SACES 2016 Presenter and Attendee

New Orleans, LA

**State Conferences**

ArACES 2017 Presenter and Attendee

Conway, AR

ArSCA 2017 Attendee

Hot Springs, AR

ArCA 2015 Presenter and Attendee

Hot Springs, AR

Partnerships for Student Success 2015 Presenter and Attendee

Hot Springs, AR

ArCA 2014 Presenter and Attendee

Hot Springs, AR

ArCA 2012 Attendee

Hot Springs, AR