

# Renita L. Newton, PhD, LPC

## **EDUCATION**

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**PhD** Counseling Education (CACREP-accredited)  
Department of Counseling and Educational Psychology  
Texas A&M University-Corpus Christi (2023)

**MS** Counseling (CACREP-accredited)  
Department of Counseling and Educational Psychology  
Texas A&M University-Corpus Christi (2019)

**BGS** Applied Behavioral Sciences  
Department of General Studies  
Southeastern Louisiana University (2014)

## **PROFESSIONAL LICENSES AND CERTIFICATIONS**

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**Sound Healing Certification** (2024, non-expiring), Flicka Rahn, Sound Therapist, The Icaros

**Mindfulness Certification**, (2023, in progress), Texas State University

**Mindfulness Certification**, (2022, non-expiring), New Skills Academy

**Licensed Professional Counselor #83518**, (2020-current)

## **COUNSELING AND SUPERVISION EXPERIENCE**

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**Professional Counselor I**, Site Supervisor, Theresa Sharpe, Ph.D.  
**Licensed Professional Counselor-#83518**, (2022-Current)  
Texas A&M University-Corpus Christi, University Counseling Center  
Corpus Christi, TX

Responsibilities include: Providing professional counseling services (i.e., consultation, brief individual and group counseling, crisis intervention, treatment planning, and referrals), documentation of services via electronic medical records system, providing triage counselor-on-duty services, obtaining professional consultation, and providing outreach services to students, campus, and community members related to mental health, issues of concern, self-care, and wellness.

### Outreach | Campus Involvement | Special Projects

- Served as lead organizer and event coordinator for the inaugural Juneteenth Soiree. Designed marketing materials (i.e., flyers, mini infomercial for Instagram, event program.). Contacted local Black-owned businesses and community organizations to attend as vendors. Secured keynote speaker, \$500 sponsorship from Office of the Provost, \$125 sponsorship from Tim Bo Mack with Aspire Studios, MC, saxophonist, and lyrical dancer, Summer 2023

- Organized and moderated panel discussion “Skin Deep: Discussing the Impact of Colorism on Identity Development and Mental Health”, during Black History Month, Spring 2023.
- Facilitated monthly “Free Your Mind Friday” Workshops centered on tips and strategies to enhance personal and academic wellness. Some topics include time management, self-compassion, benefits of practicing gratitude, and self-care, Fall 2022 and Spring 2023
- Currently serving as facilitator for Reflections 360 Journaling Workshop where attendees are invited to engage in weekly journaling sessions involving self-reflection, enhancement of coping skills, and personal goal setting.
- Initiated weekly Mindful Monday recordings for Counseling Center Instagram. The weekly postings include leading a guided meditation or skills-based post centered on various mindfulness-related topics (deep breathing, mindful walking, loving-kindness meditation, body scan, etc.) Ongoing (Fall and Spring Semesters)
- In conjunction with colleague, Jalen Evans, planned and coordinated Circles of Solidarity to facilitate safe discussions amongst Black/African American students, faculty, and staff that promote feelings of healing and liberation. Ongoing (Fall and Spring Semesters)
- In conjunction with colleague, Stephanie Majors, planned and coordinated Sushi Lab event which was attended by 20 students and received very positive reviews, Spring 2023
- Helped with making edits to University Counseling Center website. Researched relevant, up-to-date resources (campus, community, and web) to support specific populations (i.e., LGBTQ+, BIPOC, AAPI, International Students), Fall 2022
- Currently serving as a team member for the Restroom Sign Installation Project. Helping to create flyer designs, research relevant coping strategies, and update restroom stalls with new signage.
- Currently serving as UCC Fun Committee Chair. Helping to increase UCC moral by engaging UCC staff in schedule activities during the lunch hour (i.e., staff potlucks, game day, pizza party, Easter egg hunt, etc.) and gifting staff tokens of appreciation (i.e., candies for Valentine’s Day). Ongoing, (Fall, Spring, and Summer Semesters)

### **Private Practice Therapist**

**Licensed Professional Counselor- Associate #83518**, (2020-2021) supervised by Angel M. Hoodye #68439  
 Flourishing Hope Counseling, PLLC  
 Kingsville, Texas

Responsibilities included: Providing individual, couple, family, and group counseling, crisis intervention, consulting with other professionals and parents, receiving supervision, and attending professional development courses to enhance knowledge and skills.

### **Doctoral Student Supervisor (Spring 2020)**

Texas A&M University-Corpus Christi  
 Corpus Christi, Texas

Responsibilities included: Supervised masters level counseling students an hour a week for fifteen total hours, implemented supervision model and style to best meet the needs of the

student, provided student with resources, modeling, and time to process in order to help them grow as a counselor-in-training.

### **Counseling Internship (2018-2019)**

Antonio E. Garcia Center  
Corpus Christi, Texas

Nueces County Juvenile Justice Center  
Corpus Christi, Texas

Responsibilities included: Counseling children, adolescents, and families, learning roles of a professional counselor, implementing techniques tailored to specific client populations, conducting group and individual counseling, providing behavioral guidance, consulting with staff and treatment team, gaining insight to counselor identity, and receiving supervision from site-supervisor.

### **Counseling Practicum (Summer 2018)**

Antonio E. Garcia Center  
Corpus Christi, Texas

Nueces County Juvenile Justice Center  
Corpus Christi, Texas

Responsibilities included: Counseling children, adolescents, and adults within the community, implementing proper documentation of sessions, providing feedback to other counseling sessions, receiving supervision from site-supervisor.

## **TEACHING EXPERIENCE**

### **Assistant Clinical Professor**

Counseling Department – College of Education  
Seattle University (Fall 2024 to present)

### **Adjunct Faculty Member**

Indiana University-Southeast (Summer 2024)

- Career Counseling Graduate Level, Online, Asynchronous

Indiana University-Southeast (Spring 2024)

- Program Evaluation Graduate Level, Online, Asynchronous

Texas A&M University-Corpus Christi (Spring 2024)

- Practicum Graduate Level

### **Teaching Assistant**

Texas A&M University-Corpus Christi (Spring 2022)

- Counseling for Holistic Wellness Graduate Level

### **Teaching Assistant**

Texas A&M University-Corpus Christi (Fall 2020)

- Theories and Practice of Multicultural Counseling, Graduate Level

### **Teaching Assistant**

Texas A&M University-Corpus Christi (Spring 2021)

- Ethical & Legal Issues in Counseling, Graduate Level
- The Counseling Process, Graduate Level

## **HIGHER EDUCATION EXPERIENCE**

### **TRiO Student Support Services STEM Program Coordinator (2021-2022)**

Texas A&M University-Corpus Christi  
Corpus Christi, Texas

Responsibilities included: supporting the planning, coordination, and program development of the SSS-STEM program, recruitment of program participants, providing information on financial aid, implementing a Financial Literacy Success Boot camp, providing holistic advising to student caseload, developing and delivering program orientation, events, workshops, cultural enrichment activities, graduate school visits, and volunteer activities, and coordinating the College Readiness Bridge Program. Tracking and analyzing student contacts, persistence, retention, and graduation. Hiring, supervising, and training academic coaches, developing professional development opportunities, creating training modules for staff training.

### **TRiO Student Support Services Teacher Prep Intervention Specialist (2019-2021)**

Texas A&M University-Corpus Christi  
Corpus Christi, Texas

Responsibilities included: Holistic advising for, first-generation, low-income, and/or disabled college students, managed a case load of 75 pre-service educators, Tracked and analyzed student contacts, persistence, retention, and graduation. Developed and implemented essential skills workshops and training opportunities for student cohort members. Created training opportunities for SSS-Teacher Prep staff.

### **GRADUATE ASSISTANT | TEXAS A&M UNIVERSITY-CORPUS CHRISTI | 09/16-12/18**

As a graduate assistant, my duties included entering student data into BLUMEN, creating student files, shredding, answering single-line phones, filing student contact sheets, email correspondence, assisting full-time staff in facilitating various workshops throughout the semester, and assisting students with scanning, printing, and emailing school-related documents. I have assisted with student advising, course registration, and assisting students with locating information on master promissory notes as well as referring students to financial aid for additional FAFSA information. I also have experience in creating PowerPoints for workshop presentations and have assisted in scholarship research for all majors and student veterans.

### **ADMINISTRATIVE ASSISTANT III | SE LOUISIANA UNIVERSITY | 12/14- 07/16**

As an administrative assistant, my duties were to perform assignments that were clerical and supervisory in nature such as the following: answering a multi-line phone, advising students with course scheduling, filing and organizing student and faculty documents, assisting faculty

members and Department Head when needed with departmental duties, and maintaining a productive work environment for myself and graduate assistants. I was also responsible for budgeting, purchasing departmental office supplies, payment of annual and quarterly software subscriptions, and processing student and faculty documents (letters for academic appeals, curriculum sheets, degree clearance forms, travel grants/authorizations, reimbursement forms.

### **STUDENT ASSISTANT | SE LOUISIANA UNIVERSITY | 08/10- 12/14**

As a student assistant, my duties included providing customer service to hundreds of students per semester, answering multi-line phones, processing out-going transcripts for current, former, and transfer students, inputting student data in to PeopleSoft system, scanning student files in to Image Now (imaging system), assisting incoming freshman in locating specific buildings on campus, and working closely with all full-time faculty members to help maintain office files, shred delinquent documents, and keeping entrance area neat at all times.

### **PROFESSIONAL ORGANIZATION MEMBERSHIPS**

2021-Present	Association for Humanistic Counseling
2021-Present	Association for Counselor Education and Supervision
2020-Present	Association for Assessment and Research in Counseling (AARC)
2020-Present	Texas Association for Humanistic Education & Development (TAHEAD)
2020- Present	Texas Association for Counselor Education & Supervision (TACES)
2018-Present	Chi Sigma Iota International (CSI) <ul style="list-style-type: none"><li>• President (2020-present), Vice President (2019-2020)</li></ul>
2018-Present	American Counseling Association (ACA)
2017-Present	Texas Counseling Association (TCA)
2017-Present	Gulf Coast Counseling Association (GCCA) <ul style="list-style-type: none"><li>• Secretary (2020-present)</li></ul>
2012-2014	Omega Phi Alpha National Service Sorority <ul style="list-style-type: none"><li>• Secretary (2012-2014)</li></ul>

### **NON-PROFIT ORGANIZATION MEMBERSHIPS**

2023-Present	Esperanza de Tejas, Inc, Corpus Christi, TX, Board Member
2021-Present	Delta Sigma Theta Sorority, Inc, Corpus Christi Alumnae Chapter, Member, Heritage & Archives Committee Chair

### **COMMITTEE INVOLVEMENT**

2022-Present	Black History Month Committee Member, Texas A&M University-Corpus Christi
2020-2022	Student Success Council Health and Wellness Implementation Team, Texas A&M University-Corpus Christi

## **HONORS AND RECOGNITION**

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### **Honor Societies**

Chi Sigma Iota International Honor Society, Theta Alpha Mu Chapter  
Golden Key International Honour Society  
Phi Kappa Phi Honor Society

### **Awards and Scholarships**

2023 Outstanding Islander Graduate Award Recipient, Fall  
2024 Spirit of MLK Exemplary Award Recipient  
2023 Spirit of MLK Exemplary Award Recipient  
2023 SEAS Rising Tide: Recognition of Service Excellence Recipient, Spring  
2022 SEAS Rising Tide: Recognition of Service Excellence Recipient, Fall  
2021 Doctoral Student of the Year, Finalist  
2020 Dorothy Yeater Memorial Scholarship Recipient  
2019 PASS Department Employee of the Year  
2019 Gulf Coast Counseling Association Scholarship Recipient  
2018 Trio Islanders Outstanding Community Service Award Recipient  
2018 Spirit of MLK Exemplary Award Recipient  
2018 Outstanding Chi Sigma Iota Member Award Recipient  
2018 Islander Leadership Scholarship Recipient  
2018 Student Loan Hero Grand Prize Scholarship Recipient  
2018 Student Endowment Internship Scholarship Recipient  
2017 Alpha Kappa Alpha Sorority, Inc. Graduate Merit Scholarship Recipient  
2017 Trio Islanders Outstanding Community Service Award Recipient  
2017 National Board of Certified Counselors (NBCC) Masters Fellowship Recipient

## **PROFESSIONAL DEVELOPMENT**

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Serving Survivors of Homicide Victims, Family Counseling Service, Corpus Christi, TX, April 2024

Carrying Our Crown In the 21<sup>st</sup> Century Workplace, The 51<sup>st</sup> Annual TABPHE State Conference, Frisco, TX, February 2024

More Than an Employee: Understanding Your VAL(you)UE Beyond Your Role, The 51<sup>st</sup> Annual TABPHE State Conference, Frisco, TX, February 2024

Trauma and Loss among College Students in a Post-Covid World PESI, Virtual Webinar, November 2023

Black Suicidology Summit, CAMS-care, Virtual Webinar, July 2023

Essential DBT Skills for Individuals Who are Suicidal and the People that Care for Them, CAMS-care, Virtual Webinar, July 2023

Supporting the Mental Health & Educational Needs of LGBTQIA+ Students, The Hunt Institute, Virtual Webinar, June 2023

Supporting Latinx Students on Campus, The Hunt Institute, Virtual Webinar, June 2023

Asian American History is American History: Implementing AAPI Curriculum, The Hunt Institute, Virtual Webinar, May 2023

Trans Affirming Care and Practices, Center for Collegiate Mental Health, Virtual Webinar, April 2023

The Mindfulness in Psychotherapy Summit: New Evidence-Based Interventions That Work, PESI, Virtual Webinar, February 2023

Create Self Equity with the Power of No, Association for Student Advocacy Outreach and Education, Virtual Webinar, January 2023

Trauma Informed Care-Tools to Use to Triage Youth in Crisis, Association for Student Advocacy Outreach and Education, Virtual Webinar, January 2023

Supporting Clients and Families Through Holiday Stress: What to do When?, The Renfrew Center Foundation for Eating Disorders, Virtual Webinar, December 2022

Documentation & Record-keeping Essentials for Mental Health Professionals, HPSO, Virtual Webinar, November 2022

Safe Zone Training, I-SPEAK, Texas A&M University-Corpus Christi, Corpus Christi, TX, August 2022

CAMS Foundational Online Training-CAMS Assessment & CAMS Treatment, CAMS Care, Virtual Training, August 2022

LGBTQ+ Clients: Queer Affirmative Strategies to Address Sexual and Gender Identity, PESI, Virtual Webinar, August 2022

Community Alliance Prevention Model Leadership Training: “Becoming a Purple Ally”, The Purple Door, Corpus Christi, TX, March 2021

QPR Suicide Intervention Training, Texas A&M University-Corpus Christi, Corpus Christi, TX, March 2021

Becoming an Anti-Racist Education Leader: A Chat with Dr. Andrew P. Daire, Texas A&M University-Corpus Christi, Virtual, February 2021

Breakfast Serial:

- “Finding Your North Star.”, Corpus Christi, TX, August 2020
- “The Uniqueness in LGBTQ+ Needs and Resources.” Starlite Recovery Center, Corpus Christi, TX, February 2020
- “Better Begins in the Body.” Bayview Behavioral Hospital, Corpus Christi, TX, January 2020
- “Mindfulness in the Treatment of Trauma.” Starlite Recovery Center, Corpus Christi, TX, October 2019

“The Silent Epidemic-Suicide Prevention.” The Jason Foundation, Corpus Christi, TX, September 2019

Gulf Coast Counseling Association

- Virtual Conference: “Life is a beach! Connecting Courageous Counselors”, July 2020
- Conference: “Changing the Tide”, Corpus Christi, TX, April 2018

4<sup>th</sup> Annual Suicide Prevention Symposium of the Coastal Bend, Corpus Christi, TX, September 2018

Tex-CHIP Training Series:

- “Treating Alcohol Abuse”, Corpus Christi, TX, July 2018
- “Child and Adolescent Management”, Corpus Christi, TX, June 2018
- “Treatment of Clients Experiencing Pain Disorders”, Corpus Christi, TX, June 2018
- “Treatment of Clients Experiencing Trauma”, Corpus Christi, TX, May 2018
- “Treatment of Clients Experiencing Anxiety”, Corpus Christi, TX, February 2018
- “Treatment of Clients Experiencing Depression”, Corpus Christi, TX, January 2018

NBCC Bridging the Gap Symposium:

- “Eliminating Mental Health Disparities”, Washington, D.C., May 2018
- “Eliminating Mental Health Disparities”, Atlanta, GA, May 2017

**RESEARCH GRANTS AND SPONSORED PROJECTS**

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- **Newton, R.**, & Schuster, J. E. (2019). A Healthy You Equals a Well You: A wellness expo to showcase practices of self-care for counselors and counselors-in-training. Grant proposal submitted to Chi Sigma Iota. (**Funded** at \$298).

**PRESENTATIONS**

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Regional Presentations



**Newton, R., L.,** Evans, J.J., (February 2024). *Black Mental Health is Wealth: Strategies for Prioritizing Mental Well-being*, Erma J. Hadley Student Leadership Institute, The 51<sup>st</sup> Annual TABPHE State Conference, Frisco, TX

**Newton, R., L.,** Evans, J.J., (February 2024). *Confronting the Uncomfortable: Navigating Racism in the Workplace*, The 51<sup>st</sup> Annual TABPHE State Conference, Frisco, TX

**Newton, R., L.,** Evans, J.J., Burks, M. A. (November 2022). *Healing Counselor Education One Counseling Curriculum at a Time*, SACES 2022 Conference, Baltimore, MD

**Newton, R., L.,** Evans, J.J., Burks, M. A., Salazar, A. M. (February 2022). *Healing Counselor Education One Counseling Curriculum at a Time*, TACES Mid-Winter Conference. Arlington, TX

Green-Johnson, F., **Newton, R. L.,** (March 2021). *Blame it on My Trauma: Strategies for Healing Black Youth Experiencing Trauma*. 2021 Virtual TABSE Joint State Conference

Green-Johnson, F., **Newton, R. L.,** Nelson, K., (February 2021). *Blame it on My Trauma: Strategies for Healing Black Youth Experiencing Trauma*. The Virtual 16<sup>th</sup> Annual Professional School Counselor Conference

**Newton, R. L.,** Schuster, J. E., (December 2020). *A Healthy You Equals A Well You: Experiences of a Wellness Expo to Showcase Practices of Self-Care for Counselors and Counselors-in-Training*. Gulf Coast Counseling Association Virtual Conference, Corpus Christi, TX

Gerlach, J. M., Nelson, K., Walsh, R., **Newton, R. L.,** (November 2020). *Reporting Child Abuse and Neglect: Recommendations for Educators, Supervisors, and Clinicians*. The Virtual 64<sup>th</sup> Annual Texas Counseling (TCA) Professional Growth Conference

**Newton, R. L.,** Schuster, J. E., (July 2020). *A Healthy You Equals a Well You: Experiences of a Wellness Expo to Showcase Practices of Self-Care for Counselors and Counselors-in-Training*. Gulf Coast Counseling Association Virtual Conference, Corpus Christi, TX

### National Presentations

Evans, J.J., Salazar, A. M., **Newton, R., L.,** Burks, M. A., (October 2021). *Multiculturalism isn't Enough: Anti-racist Education Happens in More than One Class*. ACES 2021 Conference, Association for Counselor Education and Supervision, Atlanta GA

**Newton, R. L.,** Evans, J. J., (June 2021). *The Resilient Helper: Caring for You is Caring for Others*. 2021 Association for Humanistic Counseling Annual Conference

Burks, M. A., **Newton, R. L.,** Gerlach, J. M., (March 2021). *Intersectionality and Allyship: Making a Difference Through Action*. Virtual Chi Sigma Iota (CSI) Days.

Gerlach, J. M., Nelson, K., Walsh, R., **Newton, R. L.**, (September 2020). *Reporting Child Abuse and Neglect: Recommendations for Educators, Supervisors, and Clinicians*. Association for Assessment in Research and Counseling Virtual Conference 2020.

### Invited Talks

**Newton R. L.**, (May 2024) *The Four C's Of a First-Generation College Graduate: Courage, Confidence, Character, & Commitment*. FISA Graduation Ceremony Speaker, Texas A&M University-Corpus Christi, Corpus Christi, TX

**Newton R. L.**, (May 2024) *How Are You Healing: Exploring How Art Serves as a Medium for Self-expression, Healing, and Community Support. Live Panel Discussion*. The Art Museum of South Texas, Corpus Christi, TX

**Newton, R. L.**, (April 2024) *Finding Calm Amidst the Chaos: Mindfulness Strategies for Stress Reduction*. Texas A&M University-Corpus Christi, Corpus Christi, TX

**Newton, R. L.**, (April 2024) *Mindfulness 101: More Than a Buzz Word. Understanding the Foundational Principles of Mindfulness and Strategies for Practical Application*. Del Mar Community College, Corpus Christi, TX

**Newton, R. L.**, (January 2024). *Kick Starting the Semester: Wellness & Stress Management Skills for New Graduate Students*. Texas A&M University-Corpus Christi, Corpus Christi, TX

**Newton, R. L.**, (November 2023). *Counseling Techniques: Utilizing Meditation & Deep Muscle Relaxation*. Boston University, Boston, MA

**Newton, R. L.**, (October 2023). *Home for the Holidays: How to Manage Holiday Stress with Mindfulness*. Bayview Behavioral Hospital, Breakfast Serial, Corpus Christi, TX

**Newton, R. L.**, Evans, J.J., (September 2023). *Teamwork 101: Coming Together to Reach the Goal*. Texas A&M University-Corpus Christi, Corpus Christi, TX

**Newton, R. L.**, (March 2023). *You Can't Pour from an Empty Cup: The Importance of Counselor Wellness and Burnout Prevention*. Seattle University, Seattle, WA

**Newton, R. L.**, (September 2022). *Promoting the Multicultural Competency of Counseling Professionals through Mindfulness and Acceptance-based Approaches*. Texas A&M University-Commerce, Commerce, TX

Schuster, J. E., **Newton, R. L.**, (June 2022). *Self-Care & Wellness: A Charge to Keep Michigan*. Counseling Association, Virtual Webinar

**Newton, R. L.**, (April 2022). *What's Mindfulness Got to Do with It? Promoting the Multicultural Competency of Counseling Professionals through Mindfulness and Acceptance-Based Approaches*. Texas A&M University- Corpus Christi, Corpus Christi, TX

**Newton, R. L.**, (March 2022). *It Takes a Village: Addressing Mental Health Stigma in the African American Community*. John Carroll University, University Heights, OH

**Newton, R. L.**, Salazar, A.M., Evans, J. J (July 2021). *Suicide Prevention Training: Silencing the Stigma*. Corpus Christi Christian Fellowship (CCCF), Corpus Christi, TX

**Newton, R. L.**, Uzongu, A., (March 2021). *Sexual Abuse: What's the Big Deal?* Gulf Coast Counseling Association Monthly Chapter Meeting, Corpus Christi, TX

**Newton, R. L.**, Salazar, A.M., Evans, J. J (March 2021). *Suicide Prevention Training: Silencing the Stigma*. Corpus Christi Christian Fellowship (CCCF), Corpus Christi, TX

Benibo, G., **Newton, R. L.**, Benibo, O., Salazar, A. M., (February 2021). *Mental Health, Social Justice Reform, & the Impacts to Black & Hispanic Communities, Live Panel Discussion*. Texas A&M University-Corpus Christi, Virtual

Salazar, A. M., **Newton, R. L.**, (December 2020). *A Helper's Guide to Energy Management: A Refresher in Navigating Stressful Seasons*. Gulf Coast Counseling Association Monthly Chapter Meeting, Corpus Christi, TX

**Newton, R. L.**, (October 2020). *Self-Care: Mindfulness & Meditation*. Coastal Bend Coordinated Community Response Coalition (CBCCRC), Corpus Christi, TX