

Ashleigh M. Bruns, Ph.D., LPC, NCC

EDUCATION

Doctor of Philosophy Counselor Education and Supervision. CACREP accredited program. Regent University, Virginia Beach, Virginia. August 18, 2008- May 4, 2013.

Masters of Arts Community Counseling. CACREP accredited program. Denver Seminary, Denver, Colorado. January 24, 2006-May 17, 2008. Focused on Community Mental Health Counseling and Trauma Care.

Bachelor of Arts Psychology and Fine Arts (Art History). University of Colorado at Boulder, Colorado. August 27, 2001-May 6, 2005.

CERTIFICATIONS AND LICENSES

Wisconsin Licensed Professional Counselor (LPC) 6165-125

Wisconsin Licensed Authorized to Perform Psychometric Testing

Eye Movement and Desensitization and Reprocessing Certification (EMDR) Level II

Trauma Focused CBT- Granted May 16, 2016

National Certified Counselor

Certificate Pastoral Crisis Intervention

Certificate to administer PREPARE/ENRICH

PROFESSIONAL EXPERIENCE

Teaching Experience

August 2013- present ***Online Counselor Educator at Regent University. Virginia Beach, VA***

- Educate Master of Clinical Mental Health students in online courses including the following:
 - Theories of Counseling
 - Human Growth and Development
 - Psychopathology and Diagnosis
 - Ethics in Counseling
 - Concepts of Family Systems Counseling
 - Orientation to the Counseling Profession
 - Marital Therapy
 - Addiction Therapies for the Individual and Families

- Practicum and Advanced Skills
- Treating PTSD, Compassion Fatigue, and Trauma
- Assessment Techniques in Counseling
- Multicultural Counseling
- Models of Family Therapy
- Introduction to Process Addictions
- Supervise Practicum students
- Mentor students
- Design in class activities, assignments, and evaluation rubric

May 2014-December 2014 ***Online Counselor Educator at Messiah University. Grantham, Pennsylvania***

- Educate Master of Clinical Mental Health Students in an online course in Foundations of Clinical Mental Health. Topics include an overview of the profession.

Counselor Educator at University of Wisconsin-Whitewater. Whitewater, WI.

- June 2014-December 2014
 - Teach Professional Practices topics covered include ethics, consultation, and professional identity issues.
 - Provide instruction in Research in Counseling for the Master of Science in Counseling Program covered ethical research, research practices, statistics, and writing a research paper.
- August 2013-December 2013
 - Educate students about Professional Practices with topics covered include ethics, consultation, and professional identity issues.
- August 2012-December 2012
 - Provide instruction in Research Methods for the Master of Science in Counseling Program. Topics covered include ethical research, research practices, statistics, and writing a research paper.
- August 2011-December 2011
 - Teach the course Professional Practices for the Master of Science in Counseling Program. Topics covered include ethics, consultation, and professional identity issues.

August 2010-June 2011 ***Counselor Educator at Colorado Christian University Northern Colorado Campus. Loveland, Colorado.***

- Teach core counseling courses in the Master of Arts in Counseling program.
- Provide experiential and didactic learning experience in courses in human growth and development, professional orientation, and counseling services and methods.
- Designed in class activities, assignments, and evaluation rubric.
- Administered quizzes and evaluated student's papers

Supervisor Experience

January 2012- August 2012 ***Practicum Student Supervisor***

Regent University. Virginia Beach, Virginia. Supervise counseling students in their Practicum course through the Summer semester. Address issues

of counselor identity, treatment planning, goal setting, and ethical best practice for clients. Reviewed videos and provided feedback.

Course Development Experience

January 2012-May 2012 *Course Developer*

- Colorado Christian University Online. Lakewood, Colorado
- Develop a course in Psychology of Personality. Topics to be included are human nature, personal differences, testing of personality, and heredity and environment.

Graduate Teaching Experience

August 2012-July 2013 *Graduate TA*

Regent University. Virginia Beach, Virginia. Assist Dr. Sherry Todd in her caseload. Grade papers and review assignments. Co-facilitate Internship group sessions and class sessions.

2007-2009 *Grader*

Denver Seminary Masters of Counseling program. Littleton, Colorado. Graded papers for Therapeutic Communication and Pre-Practicum classes. Maintained class grades. Taught classes in relief and maintained office hours.

2007-2008 *Graduate Assistant*

Shepherd's Gate Counseling Center, Denver Seminary. Littleton, Colorado. Screened client calls and conducted intake interviews to assess client needs. Assigned clients to M.A. students. Coordinated clinic tasks and assisted Practicum students in treatment planning and problem solving.

Clinical Experience

August 2016-August 2019 *Licensed Professional Counselor*

Genesis Counseling. Janesville, WI. Counsel individuals, couples, and families with depression, anxiety, trauma, adjustment disorder, and other mental health needs. Utilize CBT and trauma informed methods of counseling. Provide case management, referrals, community resources, and suicidal ideation assessment and care. Provide pro-bono mental health services to clients unable to pay for clinical mental health needs.

September 2014-July 2016 *Professional Counselor Training License*

Genesis Counseling. Janesville, WI. Counsel individuals, couples, and families with depression, anxiety, trauma, adjustment disorder, and other mental health needs. Utilize CBT and trauma informed methods of counseling. Provide case management, referrals, community resources, and suicidal ideation assessment and care.

February 2012-September 2012 *Children's Service Society of Wisconsin Assessment Intern*

Children's Service Society of Wisconsin, part of Children's Hospital. Milwaukee, Wisconsin. Administered and scored assessments. Wrote evaluations of children and adolescents with a variety of diagnoses.

February 2012-April 2012 ***SequelCare of Arizona Assessment Intern***

SequelCare of Arizona. Prescott Valley, Arizona. Assessed juvenile sex offenders for risk and assessed men and women with schizophrenia for progress in their program. Administered and scored assessments. Wrote evaluations

March 2012- August 2012 ***Mercy Options Walworth Office Counseling Intern***

Mercy Options Walworth Office. Williams Bay, Wisconsin. Provided counseling to clients on a weekly basis. Co-Led an anxiety management group. Wrote case notes, treatment plans, and a 90-day review.

2011 ***Counseling Intern***

Longmont Counseling Services. Longmont, Colorado. Co-lead court-ordered groups for male and female perpetrators of domestic violence. Perform intake interviews. Write substance abuse evaluations. Administer and score diagnostic or screening assessments.

2008-2010 ***Counselor***

Sanctuary's Crossing Counseling. Littleton, Colorado. Provide counseling, assessment, and treatment to families and adults. Work with clients in the areas of sexual abuse, trauma, depression, anxiety, grief and loss, life adjustment, PTSD, relationships, coping skills, and stress management in a private practice setting.

2007-2008 ***Trauma and Abuse Counselor Intern***

Trauma Care for Women. Littleton, Colorado. Conducted intake interviews. Worked with adult survivors of sexual abuse. Generated treatment plans and maintained client files.

2007 ***Care Coordinator Intern***

Mountain Crest Behavioral Hospital. Fort Collins, Colorado. Counseled inpatient psychiatric patients. Maintained patient files and paperwork. Planned treatment, set-up discharge plans, and advocated for patients. Facilitated family counseling sessions. Co-led group therapy sessions.

2006 ***Practicum Student***

Shepherd's Gate Counseling Center, Denver Seminary. Littleton, Colorado. Practiced basic attending skills, reflecting, treatment planning, referrals, and case management as part of Practicum experience.

SCHOLARLY WORKS

- Bruns, A. (2013). *Posttraumatic growth and spiritual well-being in survivors of the Columbine High School shooting*. (Doctoral Dissertation). Available in ProQuest.
- Bruns, A. (2008). *Adoption and attachment: The compensation and correspondence hypothesis in relation to God and adoptive parents*. (Unpublished master's thesis). Denver Seminary, Denver, Colorado.
- Bruns, A., Childers, S., and Senyonyi, R. (2009). Online peer supervision of group leaders: Can this work?. *SACES Newsletter*, 5(2), 7. Available at http://www.saces.org/Resources/Documents/newsletter_summer_2009.pdf

PRESENTATIONS

Bruns, A. (2015 October) *Posttraumatic growth and spiritual well-being in survivors of the Columbine High School shooting*. Poster presented at ACES Leadership for Culturally Relevant Pedagogy and Practice, Philadelphia, Pennsylvania.

This presentation served as a basis for pedagogy in counseling and services for adolescents that have experienced shootings. It is culturally relevant practice because other studies have found nearly half of students have viewed a violent act regardless of urban or suburban setting. As culturally competent counselors it is imperative to equip our students to be able to address the needs of these students and be aware of the long ranging effects of school shootings on adolescents.

PROFESSIONAL ASSOCIATIONS

American Counseling Association (ACA)

Association of Counselor Educators and Supervisors (ACES)

North Central Association of Counselor Education and Supervision (NCACES)

Eye Movement Desensitization and Reprocessing International Association (EMDRIA)

International Association of Marriage and Family Counselors (IAMFC)

Chi Sigma Iota (Counseling Honor Society)

Research Interests

My research interests include the following areas: trauma care, women's issues, and multicultural counseling.

- In trauma care and recovery I am interested in how the brain and body work in response to traumatic events. With the goal of bringing light and hope to these dark places, I am passionate about coming alongside those that are hurting and in pain from traumatic events. My research in the area of trauma care would address the following questions: What can clinical practitioners do before a traumatic event to increase resiliency? How does the brain react to trauma in the moment and does it store different traumas in varying ways? How can a clinical practitioner assess and treat chronic PTSD when the person is returning to the situation such as war, ongoing abuse, or impoverished nations dealing with basic needs? Understanding the role of post-traumatic growth in creating a new narrative and future possibilities.
- My other area of interest is in dealing with women's issues. Many women, in the aftermath of the women's right movement, are left trying to understand their place in society. Navigating this new reality has left the subsequent generations of women confused, hurting, and guilt ridden due to stretching themselves too thin. In researching this area the following questions come to light: How do we help women adjust to a changing dynamic in the world and to advocate for themselves in society? What are the incidence and severity of pregnancy and post-partum depression and how can these be treated? What are the current movements in society for women's rights and what is the impact on marriages and families?
- Multicultural awareness, knowledge, and skills are an essential part of the field of counseling. Culturally competent practice is integral to the ongoing growth of the field of counseling in the United States and abroad. My research in this area seeks to understand and support counseling association growth in Africa and other countries around the world by delving deeper into counseling skill international portability, culturally competent theoretical development, and awareness development in counseling education.

Community Service

Director of Middle School and High School youth program September 2013- July 2017

Package Meals for Feed My Starving Children April 2016

Flood Relief in Colorado Summer 2014

Children's World Impact December 2014

Food Drives and local food pantry collections

Hosting a family from Uganda, Africa