

Curriculum Vita
Crista Glover, Ph.D., LPC, ACS

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Education

Ph.D. (Counselor Education & Supervision) Regent University (CACREP accredited
Graduated May 2010)

M.A. (Counseling) Regent University (CACREP accredited
Graduated December 2006)

B.A. (Communication Studies) UNC-Chapel Hill (Graduated May
2004)

Professional Experience

Assistant Professor January 2022-Present
Regent University
Full time tenure track assistant professor for Masters in Counseling program.

Adjunct Professor January 2013-December 2021
Old Dominion University *Norfolk, VA*
Teaches online human services course for Darden College of Education. Courses include Introduction to Substance Abuse, Internship, Introduction to Human Services, Program Evaluation, Child Interventions and Advocacy, Crisis Intervention, Interpersonal Skills and Relationships.

Adjunct Professor Fall 2010-Fall 2021
Regent University *Virginia Beach, VA*
Taught, mentored, and supervised Masters in counseling students enrolled in Counseling Skills, Internship, and Treatment Planning courses.

Assistant Director of Counseling Services August 2018-July 2021
Virginia Wesleyan University *Virginia Beach, VA 23464*
Provides individual counseling services to university students and provides clinical supervision to Masters level practicum and internship students.

Therapist/Founder December 2015-July 2018
Gambrell Wellness, LLC *Virginia Beach, VA*
A fitness informed counseling and wellness practice specializing in movement for mental health. Worked with women in individual and group formats as well as does community outreach and speaking on physical and mental health topics.

Group Exercise Instructor/Wellness Professional August 2014-December 2017
Tidewater Community College *Virginia Beach, VA*
Taught group exercise classes (dance fitness, mind/body, and strength training) to staff, faculty, and students in a higher education setting. Facilitates wellness workshops to campus

community and educates members individually on various topics (stress management, nutrition basics, balanced exercise and eating habits).

Group Exercise Instructor
Old Dominion University
Taught group exercise classes (dance fitness, interval, and strength training) to staff, faculty, and students in a higher education setting.

May 2014- August 2014
Norfolk, VA

Therapist
Christian Psychotherapy Services
Provided individual counseling services to adolescents, young adults, and adults in an outpatient private practice. Clinical issues include, but are not limited to anxiety disorders, depression, adjustment disorders, and relationship concerns.

March 2014-July 2018
Virginia Beach, VA

Professional Counselor
Old Dominion University
Provided personal counseling to college students at the Office of Counseling Services. Served as a liaison to the Women's Center. Collaborated with various offices, including Health Promotions and the Department of Recreation and Wellness, on outreach programming to promote student wellness, resilience, and success. Provided training for exercise science majors, athletics department and Student Recreation Center staff on identifying and responding to disordered exercise and eating habits. Collaborated with campus dietician in incentive program to address weight loss from a holistic perspective.

June 2012-August 2014
Norfolk, VA

Clinician
The Center for Balanced Living
Provided individual, group, and family therapy to eating disordered clients in an intensive outpatient and outpatient programs. Completed comprehensive diagnostic assessments and collects data for research outcome study. Used Dialectical Behavior Therapy, dance/movement therapy, and other expressive arts therapies as appropriate to foster recovery and to promote overall health and wellbeing.

June 2011-May 2012
Worthington, OH

Clinical Counselor
Recovery Center of the Triad
Provided individual and group counseling services to children, adolescents, and adults in an outpatient private practice. Specialized in dance/movement therapy and other creative arts and mind-body interventions with co-occurring disorders (mental health, substance abuse, and HIV/AIDS).

December 2010-May 2011
Winston-Salem, NC

Doctoral intern
Tidewater Community College Women's Center
Provided personal, academic, and career counseling to community college students in college Women's Center. Facilitate psycho-educational and process groups in various topics such as assertiveness training and body image. Participate in all college wide programs related to promotion of mental health (screenings for depression, eating disorders, and substance abuse), personal adjustment, and academic success.

August 2009-April 2010
Virginia Beach, VA

Teaching Assistant
Regent University
Assisted with teaching, grading, student advising, supervising and all other instruction related functions for the counseling skills and practicum classes in the Masters in counseling program.

May 2009-April 2010
Virginia Beach, VA

Educational Career Counselor
Educational Opportunity Center
February 2008-May 2009
Norfolk, VA
Provided career, academic, and financial aid counseling to lower economic and socially disadvantaged populations. Designed and implemented informational workshops and seminars for local colleges and community agencies.

Therapeutic Day Treatment Therapist
Family Preservation Services
January 2007-November 2007
Hampton, VA
Provided clinical counseling services to emotionally disturbed special education students as part of a day treatment program in elementary and middle school. Includes behavior modification, individual sessions (play therapy, art therapy, biofeedback interventions, pet therapy), and group counseling (psycho-educational and process groups). Facilitated a therapeutic summer camp for at-risk children. Designed and implemented therapeutic curriculum for children.

Qualified Mental Health Professional
Compass Youth Services
July 2006-December 2006
Norfolk, VA
Provided individual and family counseling for at-risk youth and their families. Use of play therapy and recreation therapy. Included case management, report writing, crisis intervention, accessing of community resources, and establishing contacts and referral sources.

Internship Student
Hampton Roads Youth Center
May 2006-December 2006
Suffolk, VA
Conducted individual, group, and family counseling in a residential treatment center for adolescents. Responsible for therapeutic services, case management, report writing, crisis intervention, and assisting with daily affairs of the residents. Co-facilitated therapeutic group with sexual abuse emphasis.

Practicum Student
Center for Child and Family Services
Spring 2005
Hampton, VA

Co-facilitated anger management groups for adolescents as well as adult males with a history of domestic violence. Responsible for administrative duties which including case notes, newsletter writing, and maintaining confidential records.

Certification/Professional Affiliation

Licensed Professional Counselor (Virginia) # 0701005513

Approved Clinical Supervisor (ACS) #3869

Workshops & Presentations

Gambrell, C. (2019). *Still Magic in the Mess: Helping Black Women Heal from Eating Disorders*. Requested speaker at The Center for Balanced Living's Rise Conference in Columbus, Ohio.

Gambrell, C. (2019). *Happy hits different: The beauty of a joyful heart*. Requested speaker on happiness set point and how to improve mood baseline for Beauty on a Budget, virtual conference.

Gambrell, C. (2019). *Mindfulness*. Facilitated mindfulness segment at Superwoman Conference in Norfolk, Virginia.

Gambrell, C. (2018). *When living your best life is running you ragged*. Facilitated workshop on clarifying genuine wellness needs and creating a life plan to meet them. ARDX Foundation 11th annual women's wellness celebration in Chesapeake, Virginia.

Gambrell, C. (Ongoing) *Wellness*. Requested speaker on stress management, mindfulness, healthy living, and various wellness topics to college students and recreation center members.

Gambrell, C. (2010, June). *Mood disorders and suicide*. Guest lecturer for undergraduate abnormal psychology class at Guilford College in Greensboro, NC.

Gambrell, C. (2010, February). *Counselor satisfaction across settings and specialties*. Presenter for VACES graduate student conference in Williamsburg, VA. Results from dissertation study in counselor job satisfaction.

Gambrell, C. (2009, October). *What in the world is going on: Being the bridge for global connection*. Presenter for ACES conference in San Diego, CA. On practical ways counselor educators can expand training models to include a global emphasis for social change.

Gambrell, C. (2008-2009). *Career workshop*. Ongoing presenter for Virginia Beach Department of Social Services' Job Readiness Group. Administered Self-Directed Search Career Inventory. Disseminated information on career, academic, and financial aid resources.

Gambrell, C. (2009, February). *If the shoe doesn't fit, why wear it? Exploring non-clinical careers in professional counseling*. Presenter for VACES conference in Williamsburg, VA. On alternative career paths for professional counselors.

Gambrell, C. (2008, October). *Why did I get married: Marriage enrichment workshop*. Designed and facilitated an all day intensive marriage enrichment workshop at St. James Missionary Church. Created a research based curriculum and disseminated informational resources for participants.

Gambrell, C. (2008-2009). *Financial aid workshop*. Disseminated financial aid and scholarship information for the underserved region of Hopewell, VA.

Gambrell, C. & Suarez, E. (2007, November). *Therapeutic needs of single clients*. Presenter for Virginia Counselor Association Conference: Provided lecture, PowerPoint presentations, and facilitated discussion on the relationship between how an individual constructs their non-married status and their therapeutic needs in counseling.

Gambrell, C. (2007, January). *The effects of divorce and remarriage on biracial children*. Invited presenter for Regent University's Cultural Diversity Lunch Series: Provided lecture, PowerPoint presentation, and facilitated discussion on the unique considerations for family readjustment for biracial children

Published Works

Glover, C. (Accepted). How to Have a Restful Holiday. *The Gottman Institute*. Offering rest and mindfulness tips for deeper connection during the holiday season.

Glover, C. (2021, November) 5 Nourishing Strategies to Prevent Therapist Burnout *The Gottman Institute*. Offering practical self-care strategies for therapist and healthcare workers.

Glover, C. (2020, September). Moving toward black grief. *The Gottman Institute*. Using the A.T.T.U.N.E. method to lean into Black pain and build community trust.

Gambrell, C. (2019, January). *Meditations for fear and anxiety*. Self-published title offering inspirational support for navigating fear and anxiety symptoms.

Gambrell, C. (2017, December). *Vitals check workbook*. Self-published title reviewing all the wellness domains and offering guided exercises to assess personal wellness and functioning across those domains.

Gambrell, C. (2016, July). *Meditations for healing a broken heart*. Self-published title offering inspirational support for navigating grief and loss.

Gambrell, C. (2016, July). *Healing through movement: Getting back up after a broken heart*. Self-published title summarizing the results of a qualitative study on how women coped after traumatic relational loss.

Gambrell, C. (2016). 6 ways to cleanse your soul. *Belief Net*. Articles on practical ways to unplug and restore when one feels burned out.

Gambrell, C. (2016). 3 mindful movements to prepare yourself for love. *Belief Net*. Article on yoga poses and body postures one can do to open up emotionally.

Gambrell, C. (2016). 3 easy ways to eliminate stress for good. *Belief Net*. Article on how to move beyond typical self-care practices and develop more enduring stress management and burnout prevention strategies.

Gambrell, C. (2016). Scriptures for sleeplessness. *Belief Net*. Article on encouraging verses for peace and rest.

Gambrell, C. (2016). Body positivity: Where mindfulness and movement meet. *Belief Net*. Article on how to adopt an accepting, affirmative stance toward one's body image and fitness goals.

Gambrell, C. (2016). 5 golden rules for successful goal setting. *Belief Net*. Article on how to set S.M.A.R.T. goals (specific, measurable, attainable, realistic, and time-sensitive).

Gambrell, C. (2016). Motivated to move: How to make exercise fun. *Belief Net*. Article on fitness tips to make movement enjoyable.

Gambrell, C. (2016). 5 ways to stay fit during the winter months. *Belief Net*. Article on fitness and movement ideas for the winter season.

Rehfluss, M. & Gambrell, C. (2014, December). *Themes that facilitate the success of female counselors in specialty areas*. *Journal of Employment Counseling*. A qualitative case study identifying themes that influenced and empowered female counselors to develop careers that extended into specialty areas.

Gambrell, C. (2014, November). Black girls suffer from eating disorders too. *Black Girls Run Blog*. Article on the prevalence of disordered eating and exercise patterns in women of color.

Reh fuss, M., Gambrell, C., & Meyer, D. (2012, May). *Counselor fit: Contributing factors in career satisfaction*. The Career Development Quarterly. A study examining the relationship between career satisfaction and perceptions of person-job fit.

Gambrell, C. (2011, April). *Counselors' job satisfaction across educational levels and specialties*. Journal of Counselor Preparation and Supervision. A multivariate study on comparative differences in counselor job satisfaction.

Gambrell, C. (2011, April). A little CBT for the unemployed. *Counseling Today*. A personal reflection piece on the emotional aspects of searching for employment after graduate school.

Gambrell, C. (2010, May). What is dance therapy? *Virginia Counselor Association Newsletter*. Article on the dance/movement subfield of professional counseling.

Gambrell, C. (2009, August). Debunking myths about adult education. *Tidewater Women*. Article in local women's magazine disseminating career and higher education information.

Gambrell, C. (2008, September) Pigeonholed no more: Counseling is whatever you make it. *VACES Newsletter*. Career Development article for professional counselors.

Gambrell, C. (2007, April). How to ward off burn out: 5 Tips to working with difficult youth. *VACES Newsletter*. Article for counselors on how to manage the emotional drain of counseling at-risk youth and their families.

Gambrell, C. (2007, March). Column four: Self-awareness. *Counseling Today* Article for counseling students on personal reflections of an internship experience and the value of self-awareness.