

# ALEXANDRA GANTT-HOWREY

PO BOX 30001, MSC 3AC, Las Cruces, NM 88003 | [aghowrey@nmsu.edu](mailto:aghowrey@nmsu.edu)

---

## EDUCATION

**Ph.D. in Counselor Education and Supervision** May 2022

Old Dominion University

CACREP Accredited

*Dissertation:* Complex thought for complex work: Preparing cognitively complex counselors for work in diverse settings

*Chair:* Dr. Gülşah Kemer

**M.A. in Clinical Mental Health Counseling** May 2019

CACREP Accredited

**B.S. in Psychology: Clinical, Counseling, or Research** December 2016

---

## PROFESSIONAL CERTIFICATION

**National Certified Counselor (NCC)**

National Board for Certified Counselors, Inc. (#1235319)

---

## PROFESSIONAL EXPERIENCE

**Assistant Professor**, New Mexico State University August 2022-present

*Department of Counseling and Educational Psychology*

**Graduate Admissions Assistant Director**, Old Dominion University June 2020-August 2021

- Organized PhD and Master's program applicant admissions packets for faculty review
- Reviewed Master's-program applications for fit and potential for success
- Scheduled and finalized doctoral program admissions

**Human Services Internship Assistant Coordinator**, Old Dominion University Aug 2019-Aug 2020

- Processed and organized undergraduate internship applications
  - Updated the undergraduate Human Services Internship Handbook as necessary
-

## RESEARCH AND PUBLICATIONS

<https://orcid.org/0000-0002-0889-2109>

*\*indicates student collaboration*

### **Peer-Reviewed Journal Articles**

Johnson, K., Brookover, D., **Gantt-Howrey, A.**, Clemons, K., & Robins, L. (*In Press; invited manuscript for special anti-racism issue*). Anti-racism applied: Structuring internship through the lens of the Ecological Social Justice School Counseling Theory. *Counselor Education and Supervision*. (empirical; high quality journal ranking per the CEP department)

Johnson, K. F., Robins, L. B., Duyile, B., **Gantt-Howrey, A.**, Dockery, N., Robins, S. D., & Wheeler, N. (*In Press*). Family counselors addressing social determinants of mental health in underserved communities. *The Family Journal*. (conceptual; high quality journal ranking per the CEP department)

**Gantt-Howrey, A.**, Becnel, A., Shi, Y., & Lau, J. (*In Press*). Use of the MSJCC: A content analysis of ACA journals. *Counselor Education and Supervision*. (empirical; high quality journal ranking per the CEP department)

Moe, J., Sparkman-Key, N., **Gantt, A. C.**, & Augustine, B. (*In Press*). Hope and multiple minority stress as predictors of suicidal behavior. *Journal of LGBTQ Issues in Counseling*. (empirical; high quality journal ranking per the CEP department)

Waters, J. M., **Gantt, A. C.**, Worth, A., Duyile, B., & Johnson, K. (2022). Motivated but challenged: Counselor educators' experiences teaching about social determinants of health. *Journal of Counselor Preparation and Supervision*, 15(2). <https://digitalcommons.sacredheart.edu/jcps/vol15/iss2/6> (empirical)

Pope, A. L., Sunal, Z., **Gantt, A. C.**, Zimmerman, B., Corey, A. K., Nuosce, M., & Araujo, L. (2021). A qualitative examination of bi/multilingual counselor training and experiences. *Journal of Counseling & Development*, 100, 27-38. <https://doi.org/10.1002/jcad.12407> (empirical)

Sparkman-Key, N., Dice, T., & **Gantt, A. C.** (2021). Institutional responses to the Covid-19 pandemic: Faculty and administrator experiences. *Current Issues in Education*, 22(3). <https://doi.org/10.14507/cie.vol22iss3.1993> (empirical)

**Gantt, A. C.**, Johnson, K. F., Preston, J. W., Suggs, B. G., & Cannedy, M. (2021). School counseling interns' lived experiences addressing social determinants of health. *Teaching and Supervision in Counseling*, 3(3), 1-13. <https://doi.org/10.7290/tsc030307> (empirical)

- Suggs, B. G., Mahan, L. B., Cannedy, M., **Gantt, A. C.**, Brookover, D. L., & Johnson, K. F. (2021). Helper, healer, and mitigator: The essential role of the human services provider in current and post-pandemic climates. *Journal of Human Services, 40*(2), 69-82. <https://www.nationalhumanservices.org/journal-of-human-services-special-interdisciplinary-issue> (conceptual)
- Kuhnley, A. K., Nguyen, T. H., **Gantt, A. C.**, & Hinkley, P. (2021). Creatively increasing empathy: The impacts of an online empathy workshop. *Journal of Creativity in Mental Health, 1-13*. Advance online publication. <https://doi.org/10.1080/15401383.2021.1936328>. (empirical)
- Mahan, L. B., Johnson, K. F., **Gantt, A. C.**, Brookover, D. L., Suggs, B. G., & Jones, J. L. (2021). The role of human services providers in addressing social determinants of health. *Journal of Human Services, 40*(1), 63-82. <https://www.nationalhumanservices.org/current-issue-journal> (conceptual)
- Gantt, A. C.**, Marsh, D. R., & Lee, D. I. (2021). Through the lens of narcissism: Differential effects of admiration and rivalry. *Journal of Mental Health Counseling, 43*(2), 172-188. <https://doi.org/10.17744/mehc.43.2.06> (empirical)
- Knight, A. M., Sibcy, G. A., **Gantt, A. C.**, Carapezza, K. M., Macon, K. P. (2018). The impact of brief God attachment workshop attendance on God attachment. *The Virginia Counselors Journal, 36*, 48-55. <https://cdn.ymaws.com/www.vcacounselors.org/resource/resmgr/journals/VCAJournalVol36.pdf> (empirical)

### **Peer-Reviewed Journal Articles Under Review**

- Gantt-Howrey, A.**, & Kemer, G. (*under review*). Counselor Educators' Views on Cognitively Complex Trainees: A Q Method Study. (empirical)
- Johnson, K. F., **Gantt-Howrey, A.**, Duyile, B., Robins, L., & Dockery, N. (*under review*). Employment counselors addressing social determinants of mental health in rural communities. (conceptual)
- Johnson, K. F., Clemons, K. L., Robins, L. B., **Gantt-Howrey, A.**, & Jones, H. (*under review*). The experiences of school counseling trainees in a hospital based integrated behavioral health care practicum. (empirical)
- Das, B., Farrell, I. C., Vashisht, K., **Gantt-Howrey, A.**, Simpson, E., & Johnson, A. (*under review*). How do we teach Social Justice? A cross-disciplinary synthesis of social justice andragogy. (conceptual)
- Swanson, E. E., **Gantt-Howrey, A.**, & Pope, A. (*under review*). "#I'm So OCD:" A content analysis of TikToks on OCD (empirical)

### **Research Efforts in Progress**

- Johnson, K. F., **Gantt-Howrey, A.**, & Dockery, N. (*manuscript in progress*). Addressing SDOMH to improve college access. (empirical)
- Gantt-Howrey, A.**, & Kemer, G. (*manuscript in progress*). Development and Validation of the Counselor in Training Cognitive Complexity Assessment (CITCCA). (empirical)
- Gantt-Howrey, A.**, Swanson, E. E., & Kemer, G. (*manuscript in progress*). Do my friends affect me? An exploration of counselor in training cognitive complexity. (empirical)
- Kemer, G., Giresunlu, Y., **Gantt-Howrey, A.**, & Preston, J. (*collecting data*). What do clinical supervisors need? (empirical)
- Gantt-Howrey, A.**, Robins, L., Johnson, K., & Griffith, J.\* (*manuscript in progress*). Supporting ex-offenders: Collaboration with the justice system. (conceptual)
- Gantt-Howrey, A.** (*collecting data*). Counselor SDOH assessment and client outcomes. (empirical)
- Gantt-Howrey, A.** (*collecting data*). Client perceptions of counselor cognitive complexity. (empirical)
- Gantt-Howrey, A.**, Callender, K., Ramirez, J.\*, & Cazares Rodriguez\*, M. (*collecting data*). Experts' perspectives on cognitive complexity in counselor training programs. (empirical)

### **Book Chapter**

- Knight, A. M., Sibcy, G. A., & **Gantt, A. C.** (2019). Intentional and advanced empathy. In A. Knight, G. Sibcy, S. Warren, & R. Hawkins (Eds.), *Research-based counseling skills: The art and science of therapeutic empathy* (pp. 57-73). Kendall Hunt.

### **Newsletter Articles**

- Brookover, D. L., **Gantt, A. C.**, Mahan, L. B., & Suggs, B. G<sup>1</sup>. (2021, May). The faces of change: An equity research collaborative for sociocultural advocacy. *Counselors for Social Justice Newsletter*. [https://www.counseling-csj.org/uploads/1/2/3/6/123630265/csj\\_may\\_2021\\_newsletter.pdf](https://www.counseling-csj.org/uploads/1/2/3/6/123630265/csj_may_2021_newsletter.pdf)
- Gantt, A. C.**, Augustine, B., & Pearce, J. (2020, May). Broaching spirituality with survivors of intimate partner violence. *Association for Spiritual, Ethical, and Religious Values in Counseling Newsletter [blind, peer-reviewed graduate student edition]*, 2&3(30), 7-8. [http://www.aservic.org/wp-content/uploads/2020/05/Winter.Spring-2020\\_Final.pdf](http://www.aservic.org/wp-content/uploads/2020/05/Winter.Spring-2020_Final.pdf)

---

<sup>1</sup>All authors contributed equally

**Gantt, A. C.** (2019, November). Intentional counselors: Pursuing empathy and awareness in a divided world. *Association for Child and Adolescent Counseling Newsletter*, 6(2), 5-6.  
<https://secureservercdn.net/166.62.112.150/61f.465.myftpupload.com/wp-content/uploads/2019/1/ACAC-Newsletter-Vol-6-Issue-2.pdf?time=1590551551>

### **Past Research Experiences**

**The Summer Writing Collaborative**, Oregon State University Summer 2020

- Selected to participate in this research initiative through the Counseling Research & Leadership Lab
- Supervisor: Dr. Jared Lau, University of Nevada, Las Vegas
- Contributed to study planning, data collection, data analysis, manuscript writing, yielding a peer-reviewed journal article in *Counselor Education and Supervision*

**Graduate Research Assistant**, Florida Atlantic University May 2017-August 2017

- Assisted in Dr. Ryne Sherman's social psychology lab by coding 1000s of pictures related to the Situational Diamonds dimensions
- Enhanced research and writing skills through individual and collaborative work relating to narcissism and situational factors

## **PRESENTATIONS**

### **National Peer-Reviewed Presentations**

Sparkman-Key, N., Augustine, B., **Gantt, A. C.**, Moe, J. (2021, October). Assessing for intersectional minority stress and protective factors in suicide prevention with multiple minority LGBTGEQIAP+ youth. *Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) 2021 Virtual Conference*.

**Gantt, A. C.**, Sunal, Z., & Pope, A. (2021, October). Bi/multilingual counselor development: Experiences challenges and training implications. *The Association for Counselor Education and Supervision (ACES) Annual Conference*, Atlanta, Georgia. (Poster)

Robins, L.B., Jones, J., **Gantt, A. C.**, Cannedy, M., & Duyile, B. (2021, October). Social determinants of health integration in counselor education. *The Association for Counselor Education and Supervision (ACES) Annual Conference*, Atlanta, Georgia. (Poster)

Knight, A. M., **Gantt, A. C.**, Macon, K. P, Offei Darko, Y. T., & Parkinson, P. (2018, September). God attachment: How creative interventions impact one's God image and attachment. *Association for Creativity in Counseling (ACC) 2018 Conference*, Clearwater, Florida.

Knight, A. M., **Gantt, A. C.**, & Macon, K. P. (2018, September). Empathy building workshops: Creative interventions for counselor trainees. *Association for Creativity in Counseling (ACC) 2018 Conference*, Clearwater, Florida.

**Gantt, A. C.**, Marsh, D. R., Lee, D. I., & Sherman, R. A. (2018, March). Narcissism and situation wanted/chosen. *The Society for Personality and Social Psychology's (SPSP) 2018 Convention*, Atlanta, Georgia. (Poster)

### **State and Regional Peer-Reviewed Presentations**

**Gantt, A. C.**, Suggs, B. G., & Robins, L. B. (2021, February). Understanding SCITs' readiness to tackle inequities. *Virginia Association for Counselor Education and Supervision (VACES) 2021 Annual Convention*, Virtual due to Covid-19 (poster)

**Gantt, A. C.**, Suggs, B. G., & Mahan, L. B. (2020, November). Building a school counseling workforce ready to tackle social inequities. *Virginia Counselors Association (VCA) 2020 Annual Convention*, Virtual due to Covid-19 (poster)

**Gantt, A. C.**, & Micallef Marmara, S. (*accepted, conference canceled due to Covid-19*). Empathy in supervision: How, why, and when? *The 2020 North Atlantic Region Association for Counselor Education and Supervision (NARACES) Conference*, Pittsburgh, Pennsylvania.

Augustine, B., **Gantt, A. C.**, & Pearce, J. (*accepted, conference canceled due to Covid-19*). Broaching spirituality with survivors of intimate partner violence. *The 2020 North Atlantic Region Association for Counselor Education and Supervision (NARACES) Conference*, Pittsburgh, Pennsylvania.

**Gantt, A. C.** & Lancaster, J. (2020, February). Teaching basic counseling skills from a constructivist point of view. *The Virginia Association for Counselor Education and Supervision (VACES) 2020 Graduate Student Conference*, Old Dominion University, Norfolk, Virginia.

Knight, A. M., Silvey, R. J., **Gantt, A. C.**, & Macon, K. P. (2018, November). Enhancing empathy through short-term online workshops. *Virginia Counselors Association (VCA) 2018 Annual Convention*, Norfolk, Virginia.

**Gantt, A. C.** (2018, February). Narcissism, leadership, and depression. *The Virginia Association for Counselor Education and Supervision (VACES) 2018 Graduate Student Conference*, Liberty University, Lynchburg, Virginia. (Poster)

---

## **GRANT ACTIVITY**

### **External Funding Under Review**

*Project Title:* Addressing Social Determinants of Health through Cognitive Behavioral Therapy: A Collaborative Training Program

*Funder:* The International Institute for the Advancement of Counseling Theory (IIACT)

*Grant Title:* Mini-Grant, \$4000

*Purpose:* To support training and consultation efforts for licensed counselors to better assess for/support clients' social determinants of health needs

### **Awarded External Funding**

*Project Title:* Development and Validation of the Counselor in Training Cognitive Complexity Assessment (CITCCA)

*Funder:* Association for Counselor Education and Supervision (ACES), **\$600**

*Grant Title:* Graduate Student Research Grant

*Purpose:* To support participant recruitment efforts for assessment validation

*Project Title:* What Makes a Cognitively Complex Counselor in Training?

*Funder:* Southern Association for Counselor Education and Supervision (SACES), **\$500**

*Grant Title:* Research & Best Practice Grant

*Purpose:* To support participant recruitment efforts for dissertation study

### **Unfunded Grant Applications**

*Title:* What Makes a Cognitively Complex Counselor in Training?: A Mixed Methods Exploration

*Funder:* Association for Counselor Education and Supervision (ACES)

*Title:* What Makes a Cognitively Complex Counselor in Training?

*Funder:* Virginia Counselors Association Foundation (VCAF)

*Title:* What Makes a Cognitively Complex Counselor in Training?

*Funder:* Virginia Association for Counselor Education and Supervision (VACES)

*Title:* Do My Friends Affect Me? An Exploration of Counselor in Training Cognitive Complexity

*Funder:* Southern Association for Counselor Education and Supervision (SACES)

*Title:* Supervisees' Experiences of Supervisor Empathy

*Funder:* Virginia Counselors Association Foundation (VCAF)

*Title:* Counseling Supervisees' Perceptions of Supervisor Empathy

*Funder:* Virginia Association for Counselor Education and Supervision (VACES)

## **EDITORIAL EXPERIENCE**

### **Editorial Board Member**

2022-2025

*Teaching and Supervision in Counseling (TSC)*

The Southern Association for Counselor Education and Supervision

<b>Editorial Review Board Member</b>	2022-2023
<i>Journal of Human Services</i>	
National Organization for Human Services	
<b>Ad Hoc Manuscript Reviewer</b>	2021-2022
<i>Journal of Human Services</i>	
National Organization for Human Services	
<b>Manuscript Editor</b>	2021
<i>Journal of Human Services</i>	
National Organization for Human Services	

---

## TEACHING EXPERIENCE

*\*denotes new course prep*

<b><u>Graduate Course, New Mexico State University</u></b>	<b>Semester's Taught</b>
<i>Counseling Practicum</i> <sup>2</sup>	Fall 2022
Master's, Counseling	
CACREP Core Course	
<b><u>Graduate Course, Old Dominion University</u></b>	<b>Semester's Taught</b>
<i>Trauma and Crisis Counseling</i>	Fall 2021
Master's, Counseling	
Co-Instructor	
Synchronous Online	
<i>Theories of Counseling and Psychotherapy</i>	Summer 2021
Master's, Counseling	
Co-Instructor	
Synchronous Online	
<i>Counseling Techniques</i>	Summer 2020
Master's, Counseling	
Teaching Assistant	
Synchronous Online	
<i>Counseling Techniques</i>	Spring 2020
Master's, Counseling	
Teaching Assistant	
Transitioned to online synchronous learning	
<b><u>Undergraduate Courses, Old Dominion University</u></b>	<b>Semester's Taught</b>
<i>Human Services: Family Guidance</i>	Summer 2021

---

<sup>2</sup> Also served as site supervisor for 6 supervisees



Co-Instructor  
Synchronous Online

*Human Services: Career Development and Appraisal\** Spring 2020  
Instructor of Record  
Transitioned to online synchronous learning

*Human Services: Methods* Fall 2019  
Co-Instructor

**Invited Lecture** Semester

*Qualitative Research in Education* Spring 2022  
Doctoral, Counselor Education  
Synchronous Online  
The Ohio State University

---

## CLINICAL AND SUPERVISORY EXPERIENCE

**University Supervisor**, Old Dominion University Summer 2021-Fall 2021

- Provided weekly triadic supervision for two practicum-level counselors

**Group Facilitator**, Purdue University Northwest February 2021-April 2021

- Led a weekly, remote process group for 9 master's-level counseling students

**Associate Director of Behavioral Health** January 2021-December 2021  
*Chesapeake Regional Healthcare*

- Assisted in management and clinical coordination of the Behavioral Health Unit of a large regional hospital, including a variety of inpatient and outpatient counseling modalities throughout the hospital for 10 master's-level mental health interns per semester
- Conducted weekly site supervision for practicum and internship-level master's students in individual and triadic modalities; provide case consultation as needed
- Provided inpatient and outpatient counseling services to adult patients with a variety of physical and mental health diagnoses via both in-person and telehealth modalities (spring 2021)
- Facilitated and led weekly staffing meetings and trainings for interns
- Engaged in interprofessional collaboration with hospital staff (doctors, nurses, social workers, etc.) on issues pertaining to patient welfare, staff training, etc.
- Developed and assisted with behavioral health-related programs, including the HOPE Program for survivors of intimate partner violence and "The 6 East Initiative" purposed to decrease instances of patient violence towards hospital staff
- Directed recruitment, retention, and remediation of interns as needed, including the creation of professional development plans and coordination with university faculty
- Services provided under the supervision of Dr. Traci Richards, LPC

**University Supervisor**, Old Dominion University Spring 2020

- Provided weekly individual, triadic, and/or group supervision for COUN 633: Counseling Techniques master's students

**Internship-Level Counselor**, Thomas Road Counseling Center, Lynchburg, VA August 2018-May 2019

- Conducted over 240 hours of individual counseling services with youth and adults with anxiety, depression, trauma, substance abuse, and personality related diagnoses
- Facilitated a weekly counseling group for single parents
- Provided services under the supervision of Dr. Nicole DiLella, LPC

**Practicum-Level Counselor**, Impact Living Services, Lynchburg, VA May 2018-September 2018

- Conducted individual and group counseling for youth and young adults with depression, personality, anxiety, trauma, and attachment-related mental health diagnoses
- Worked directly with 18-22-year-old Independent Living participants previously involved in the Foster Care system
- Provided adventure counseling services to enhance self-concept and interpersonal skills in youth
- Provided services under the supervision of Dan West, LPC

### AWARDS AND FELLOWSHIPS

Darden College of Education and Professional Studies Dissertation Fellowship Old Dominion University \$15,000 (full tuition waiver included) Four awarded annually across six departments	2021-2022
Virginia Counselor Association (VCA) Pete Warren Graduate Student Fellow	2019

### LEADERSHIP & SERVICE

*Mental Health Counseling Program Committee Member*, New Mexico State University, Department of Counseling and Educational Psychology. Fall 2022-present.

*Faculty Search Committee Member*, Old Dominion University, Department of Counseling and Human Services. Fall 2021-Spring 2022.

*President*, Chi Sigma Iota (CSI), The Counseling Academic & Professional Honor Society International, Omega Delta Chapter: June 2021-May 2022.

*President Elect*, Chi Sigma Iota (CSI), The Counseling Academic & Professional Honor Society International, Omega Delta Chapter: June 2020-May 2021

*Emerging Leader*, Southern Association for Counselor Education and Supervision (SACES; 2020-2022)  
Supervision Interest Network committee member

*Proposal Reviewer*. Southern Association for Counselor Education and Supervision. Fall 2020.

*Copy Editor*: Carlisle, K., Ricks, S., & Snow, K. (October, 2019). *Journal of Human Services*.

*Curriculum Subcommittee Member*, Social Justice Advocacy Certificate Training (SJACT) Taskforce, Counselors for Social Justice, American Counseling Association: August 2019-August 2020

*Committee Chair*, Community and Social Justice, Chi Sigma Iota (CSI), the Counseling Academic & Professional Honor Society International, Rho Eta Chapter: July 2018-May 2019

*Board Member*, Graduate Student Representative, Lynchburg Area Counselor Association (LACA), Chapter of the Virginia Counselor Association (VCA): March 2018-May 2019

---

## **CERTIFICATIONS AND AFFILIATIONS**

**American Counseling Association**

**Virginia Counselors Association**

**Virginia Association for Counselor Education & Supervision**

**Association for Counselor Education and Supervision**

**Chi Sigma Iota**, Counseling Academic & Professional Honor Society International

**Collaborative Institutional Training Initiative**, CITI Program

**Qualtrics Research Core Certification**