

Jessica Del Re

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Phone: (847) 942-7031

jessdelre@gmail.com

HIGHER EDUCATION

The University of Toledo- Toledo, OH

Conferred August 2022

Doctor of Philosophy- Counselor Education and Supervision

CACREP Accredited

Valparaiso University- Valparaiso, IN

August 2019

Master of Arts- Clinical Mental Health Counseling

CACREP Accredited

Judson University- Elgin, IL

May 2015

Bachelor of Arts-Psychology

Minor-Sociology

PROFESSIONAL CREDENTIALS

National Board-Certified Counselor (NBCC)

NCE Passed: April 2019

Lic#: 1230267 Exp: 9/2024

Indiana Licensed Mental Health Counselor- Associate (LMHCA)

Lic# 88001165A Exp: 4/2022

Ohio Licensed Professional Counselor (LPC)

Lic# C. 1902297 Exp: 9/2023

TEACHING EXPERIENCE

Marquette University- Milwaukee, WI (Online/Remote)

August 2022

Clinical Assistant Professor

New England College- Henniker, NH (Online/Remote)

June 2021-June 2022

Adjunct Professor of Record:

- COUN5000: Introduction to Counseling (Hybrid)
- COUN5140: Human Growth & Development (Asynchronous)
- COUN5210: Psychopathology and the DSM (Asynchronous)
- COUN5520: Skills in Helping Relationships (Hybrid)
- COUN5530: Group Counseling (Hybrid)
- COUN6120: Research Methods & Program Evaluation (Asynchronous)
- COUN6170: Substance Use Disorders and Process Addictions (Hybrid)
- COUN6190: Social and Cultural Foundations (Asynchronous)
- COUN6350: Career and Lifestyle Development (Asynchronous)
- CMHC6960: Practicum in CMHC (Synchronous)

DePaul University- Chicago, IL (Online/Hybrid)

Sept. 2021-May 2022

Adjunct Professor of Record

- CSL458: Group Counseling (Synchronous)
- CSL489: Psychopathology (Hybrid)

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- CSL556: Couples and Family Counseling (Hybrid)

The University of Toledo-Toledo, OH

Aug. 2019-Aug. 2021

Instructor of Record:

- COUN3140: Substance Abuse Prevention and Community Program
- COUN2220: Family Theories and Cultural Considerations
- COUN4080: Essentials of the Helping Relationship (Synchronous/Asynchronous)
- COUN4202: Substance Abuse Treatment Techniques (Asynchronous)

Co-Teaching:

- COUN5150: Lifespan Development (Asynchronous)

Teaching Assistant:

- COUN5130: Group Counseling

LEADERSHIP AND SERVICE EXPERIENCE

Student Member of ACA Awards Committee

July 2020-July 2021

American Counseling Association

Chi Sigma Iota Chapter Secretary

May 2020-May 2021

Alpha Omega

NCE Preparation Event Co-Chair

Donation Drive Chair

CES Advisory Board Student Member

May 2020-May 2021

The University of Toledo

Member at Large

June 2020-July 2021

Northwest Ohio Counseling Association (NWOCA)

The University of Toledo Student Representative

Aug. 2019-Aug. 2020

Northwest Ohio Counseling Association (NWOCA)

Chi Sigma Iota Chapter President-Valparaiso University

2018-2019

Zeta Sigma Chi

PRESENTATIONS

National

Del Re, J., Mallow, L., Mallik, M., & Dari, T. (2021). *An introduction to engaging in a supervisory relationship through a framework of Cultural Humility and Competence.* [50-minute education session]. Association for Counselor Education and Supervision (ACES), Atlanta, GA, US.

Coleman, M., Dari, T., **Del Re, J., & Lenz, S. (2021)** *Facilitating opportunities for developing cultural humility through community-engagement research.* [50-minute education session].

Association for Counselor Education and Supervision (ACES), Atlanta, GA. US

Del Re, J., Heckman, L., Hepburn, A., Dari, T., & Walker, T. (2021). *A case for integrating cultural humility into leadership development in counseling*. [CSI Poster session]. American Counseling Association (ACA), Virtual

Dari, T., Chan, C., **Del Re, J.** (2021). *Integrating culturally responsive small group work in schools to foster the development of career aspirations among diverse youth* [Virtual Roundtable presentation]. Evidence-Based School Counseling (EBSCC), Virtual

Del Re, J., Heckman, L., Hepburn, A., Dari, T., & Walker, T. (2020). *A case for integrating cultural humility into leadership development in counseling*. [CSI Poster session]. American Counseling Association (ACA), San Diego, CA, US. (Conference cancelled)

Dari, T., Chan, C., **Del Re, J.** (2020). *Integrating culturally responsive small group work in schools to foster the development of career aspirations among diverse youth* [Roundtable presentation]. Evidence-Based School Counseling (EBSCC), Boca Raton, FL, US. (Conference cancelled)

Suarez, T., **Del Re, J.,** & Bodine, A. (2020). *You, me, and school make three: Addressing the needs of graduate student couples using the Sound Relationship House model* [Conference session]. American College Counseling Association (ACCA), Washington, D.C, US.

Regional

Del Re, J. (2022) *Understanding Post-Graduate Supervisee's Experiences of Multicultural Competence & Cultural Humility*. [Conference session]. Northcentral Association of Counselor Educators and Supervisors (NCACES), Omaha, NE.

Suarez, T., & **Del Re, J.** (2020) *The terrific or terrible two: Students' perspectives of a two-year counseling program*. [Conference session]. Northcentral Association of Counselor Educators and Supervisors (NCACES), Omaha, NE (Conference Cancelled).

State

Del Re, J., Mallow, L., Malik, M., Dari., T. (2020) *Supervisory working alliance: Simultaneously engaging in Cultural Humility and Cultural Competence* [Live Zoom Lecture]. All Ohio Counseling Association (AOCC), Virtual Platform.

Del Re, J., Mallow, L., Malik, M., Dari., T. (2020) *Supervisory working alliance: Simultaneously engaging in Cultural Humility and Cultural Competence* [Education presentation]. Ohio Association of Counselor Education and Supervision (OACES), Tiffin, OH, US. (Conference Cancelled)

Dari, T., **Del Re, J.,** & Heckman, L. (2019). *Cultural humility as a framework for leadership* [Pre-conference workshop]. Leadership Development Institute at All Ohio Counseling, Columbus, Ohio, US.

Local

Zelechowski, A., **Del Re, J.,** Luehrs, R. (2018). *Multiple-choice and short-answer exams in a college*

classroom: A look at student's expectations and outcomes [Conference session]. Valparaiso University Spring Symposium, Valparaiso, IN, US.

Zelechowski, A., **Del Re, J.**, Luehrs, R. (2018). *Multiple-choice and short-answer exams in a college classroom: A look at student's expectations and outcomes* [Poster session]. Indiana Psychological Association (IPA), Indianapolis, IN, US.

Del Re, J. (2017). *Effective therapeutic practices: A look at adolescents diagnosed with antisocial personality disorder or antisocial behavior* [Poster session]. Valparaiso University Fall Symposium, Valparaiso, IN, US.

PUBLICATIONS

Published

Rio, J., Laux, J., Clark, M., Walker, T., Goodin-Fahncke, W., Heckman, L., & **Del Re, J.** (2022). A model for professional counselors to integrate multiculturalism and social justice into correctional settings. *Journal of Addictions & Offender Counseling*.
<https://doi.org/10.1002/jaoc.12104>.

Suarez, A., Perryman, Kristi., Carver, C., **Del Re, J.** (2020). An exploration of married male doctoral students in counselor education. *The Journal of Counselor Preparation and Supervision*.

Dari, T., Chan, C., **Del Re, J.** (2020). Integrating culturally responsive small group work in schools to foster the development of career aspirations among diverse youth. *The Journal for Specialists in Group Work*.

Zelechowski, A., **Del Re, J.**, Luehrs, R. (2018). Multiple-choice and short-answer exams in a college classroom: A look at student's expectations and outcomes. (Published 2018). ValpoScholar.
<https://scholar.valpo.edu/gas/48/>

In Review

Dari, T., Stevens, M., **Del Re, J.**, Heckman, L., Walker, T., & Hepburn, A. (2021) A case for integrating cultural humility into leadership development in counselor education. *The Professional Counselor*.

In Progress

Del Re, J., Dari, T., Suarez, A., Rorie, T., Neyland-Brown, L., Hepburn, A., Rice, R., Raghavan, E. Understanding Post-Graduate Supervisee's Experiences of Multicultural Competence & Cultural Humility

Dari, T., **Del Re, J.**, Mallow, L., Malik, M. The influence of Cultural Humility on the supervisory working alliance: A mediation model

CLINICAL SUPERVISION EXPERIENCE

T-Group Facilitator-Valparaiso University
Contract Facilitator

Feb. 2022-May 2022

- Independently facilitated a training group for master-level CIT's during the experiential component to their Group Counseling course by creating a safe space to explore thoughts, feelings, and emotions in the form of an unstructured processing group

August 2019-May 2021

Triadic Supervisor-The University of Toledo

Doctoral Graduate Assistant

- Facilitated triadic supervision for master-level clinicians-in-training (CIT) by evaluating pre-recorded role-play therapy sessions, processing current and past reactions and emotions, and ensuring proper ethical and legal guidelines were followed for the well-being of the clients and CIT's
- Prompted and evaluated development of CIT's counseling microskills within the therapeutic relationship
- Provided for both Clinical Menal Health Counseling and School Counseling Tracks

August 2019- Dec. 2019

T-Group Facilitator-The University of Toledo

Doctoral Graduate Assistant

- Independently facilitated a training group for master-level CIT's during the experiential component to the COUN5130- Group Counseling course by creating a safe space to explore thoughts, feelings, and emotions in the form of an unstructured processing group
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Clinical Work

Choices! Counseling Services- Valparaiso, Indiana

August 2020-Current

Independent Contractor Clinician

- Responsible for conducting intake and diagnostic assessments while creating and implementing treatment plans
- Facilitating individual crisis and therapeutic sessions for individual and family clients
- Communicating effectively and promptly with client stakeholders in a professional advocacy role
- Conduct therapeutic sessions via telecounseling to aid in accessibility for clients

Regional Mental Health Center- Merrillville, IN

May 2019-August 2019

Addiction Therapy Intern

- Independently facilitated daily substance abuse groups in the intensive outpatient and residential setting in the form of psychoeducational, informal processing, family, and basic art therapy groups
- Interviewed and completed intake assessments with new clients, including: Adult Psychosocial, Columbia Risk Assessment, Relapse

Prevention, Generalized Anxiety Disorder, Patient Health Questionnaire, and Treatment planning

Regional Mental Health Center-Merrillville, IN

August 2018-May 2019

Acute Psychiatric Therapy Intern

- Co-facilitated or independently lead daily therapeutic groups by organizing and presenting relevant clinical skills at the appropriate level for the current census population in engaging and creative ways
- Build and maintain rapport with adult clients admitted to the inpatient psychiatric unit with the goal of accessing current social skills, psychomotor skills, cognitive tracking ability, and reality-based thoughts for the sake of contributing to their mental status and discharge decisions

Midwest Center for Youth and Family-Kouts, IN

May 2018-August 2018

Therapy Intern

- Co-facilitated weekly processing and skill-building groups with female and male adolescent residents by compiling engaging activities and thought-provoking discussion questions to enhance their therapeutic knowledge
- Supplemented weekly therapy sessions with residents by addressing skills, treatment objectives, and daily behavior through Dialectical Behavioral Therapy (DBT) counseling approaches

Porter County Schools-Valparaiso, IN

August 2017

Graduate Student Co-Facilitator

- Co-facilitated parent psychoeducational groups with graduate school faculty for “Around the Table Workshop: Porter County Outreach” in order to better increase familial relations between parents and higher elementary-aged children

Family Centered Hospice-Addison, IL

January 2013-May 2013

Bereavement Intern

- Developed and organized two community bereavement support groups, while running one via social network and video chat
- Acted as a “Friend of the Family” volunteer to patients in nursing homes to provide companionship, support, and excitement during their days

WORK EXPERIENCE

IRB Graduate Assistant-Valparaiso, IN

August 2017-May 2019

Graduate Assistant

- Filed and arranged multiple university grant applications while working directly with my supervisor to achieve and maintain accurate and detailed financial accounts

Graduate Admissions Office-Valparaiso, IN

Jan. 2018-August 2019

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Application Specialist

- Received, processed, and documented graduate admission materials for prospective students with speed and accuracy under the supervision of the admission director

SPEAKING ENGAGEMENTS

Invited Alumni Graduation Speaker- Valparaiso University

Spring 2022 Commencemnt Banquet

Choices Counseling Development Speaker- Choices Counseling

Summer 2021

Virtual Event

National Counseling Examination Preparation Lecturer- The Univeristy of Toledo

Spring 2021

Virtual Event

Invited Student Commencment Speaker- Valparaiso University

Spring 2019 Commencement

CERTIFICATIONS

Green Zone Military Training

The University of Toledo

Current

Online Teaching Certificate

The University of Toledo

Current

CITI Research Certification

Human Subject Certification

Social-Behavioral-Educational Student and Researcher

Conflict of Interest

Current

AWARDS

Emerging Leader Award- *North Central Association of Counselor Educators and Supervisors (NCACES)*

2020-2021

Outstanding Counseling Student- *Valparaiso University*

2019

Valparaiso Volunteer Award- *Valparaiso University*

2019

Athenaeum Society- *Valparaiso University*

2019

Emerging Scholar Award- *Valparaiso University*

2018

Best Narrative Poster Presentation-Valparaiso University 2017
Del Re, J. (2017). *Effective therapeutic practices: A look at adolescents diagnosed with antisocial personality disorder or antisocial behavior* at Valparaiso University Fall Symposium (2017)-Poster Presentation

GRANTS

Graduate School Travel Grant (\$800)-Memphis, TN 2018

- For continued training in qualitative research at the Psychology and Law 2018 Conference

PROFESSIONAL AFFILIATIONS

Association for Counseling Education and Supervision (ACES)-Member Dec. 2019-Current
North Central Division

American Counseling Association (ACA)-Member Jan. 2018-Current
Student Awards Committee Member (2020-2021)

Ohio Counseling Association (OCA)- Member Aug. 2019-Aug. 2021

Northwest Ohio Counseling Association (NWOCA)- Member Aug. 2019-Aug. 2021
Student Representative (2019-2020)
Member at Large (2020-2021)

Chi Sigma Iota, Alpha Omega (CSI)-Member Aug. 2019-Aug 2022
The University of Toledo
Chapter Secretary (2020-2021)

Chi Sigma Iota, Zeta Sigma Chi (CSI)-Member Aug. 2018-Aug. 2019
Valparaiso University
President (2018-2019)