

MEGAN LITTLE, PhD, LPC

EDUCATION

- PhD** University of Arkansas, Counselor Education and Supervision May 2017
Dissertation: "Reconnection Group for Individuals Who Have Experienced Interpersonal Trauma: An Explanatory Case Study"
Committee: Kristin Higgin (Chair), Roy Farley, Danette Horne, Lynn Koch
- MEd** Northeastern State University, School Counseling May 2013
Advisor: Elizabeth Keller-Dupree
- BA** San Jose State University, Behavioral Science May 2010
Minored in Justice Studies

TEACHING EXPERIENCE

- Southern Arkansas University, Remote** May 2019 to Present
Adjunct Faculty, Counseling and Professional Studies
- Teaching Ethics in an asynchronous class for a five-week summer session with 24 students
 - Managing Blackboard to develop an online learning community through virtual office hours, discussions, assignments, and grading

- Walden University, Remote** January 2019 to Present
Postdoctoral Fellowship, School of Counseling
- Teaching Introduction to Mental Health Counseling and Crisis, Trauma, and Response for the summer quarter
 - Taught asynchronous course in Counseling Techniques with 8 students
 - I will be teaching 1-2 masters level courses per quarter in clinical mental health and school counseling remotely with in person residencies focused on skills development
 - Managing Blackboard to develop an online learning community through virtual office hours, discussions, assignments, and grading

- University of Arkansas, Fayetteville, AR** August 2014 to May 2016
Teaching Assistant, Counselor Education and Supervision
- Co-taught Program Organization and Information Management, School Counseling Internship, and provided clinical supervision for master level students in school counseling internship and practicum courses
 - Managed Blackboard lectures, readings, assignments and grading

- University of Arkansas, Fayetteville, AR** August 2015 to December 2015
Adjunct Faculty, Counselor Education and Supervision

- Taught Helping Relationships, an undergraduate course with 30 students, covering the following topics: basic helping skills, diversity, ethics
- Developed quizzes, exams, and homework assigned through Blackboard
- Revised the syllabus to meet course objectives
- Coordinated and graded basic helping skills recordings

PROFESSIONAL EXPERIENCE

Postdoctoral Fellow

Walden University, Remote

January 2019 to Present

- Teaching Counseling Techniques through Blackboard to students across the United States
- Manage Blackboard to develop an online learning community through interactive class discussions, virtual office hours, grading and responding to students in a timely manner
- Collaborate with faculty mentors on research and social change projects

Senior Clinician in University Housing

Embedded Team Training Coordinator

Counseling and Psychological Services (CAPS)

University of Arkansas, Fayetteville, AR

July 2017 to Present

- Provide individual counseling services to a diverse student population on a university campus
- Lead therapy groups on topics such as interpersonal trauma, first generation student support groups, skills based groups on Acceptance and Commitment Therapy (ACT)
- Provide mental health outreaches on topics such as stress management, communication, coping with anxiety, being home for the holidays when there is family distress, body positivity, coping after a loss, etc.
- Provide small group debriefing with University Housing staff when a traumatic event has occurred to students living on campus i.e. death of a student, sexual assault cases, suicide attempts, etc.
- Provide mental health trainings to University Housing full time staff members and student staff members
- Provide clinical supervision to PhD and masters level students
- Manage logistics, oversight, and leadership of a team of seven students that are housed across campus in different residence halls offering mental health services
- Collaborate with campus community partners on outreaches and services for our student population
- Manage a client caseload with treatment planning and timely progress notes
- Collaborate on a multidisciplinary team with Psychiatry, Social Workers, and Psychologists at CAPS on campus

Part-Time Mental Health Clinician

Counseling and Psychological Services (CAPS)

University of Arkansas, Fayetteville, AR

January 2017 to July 2017

- Provided individual counseling services to a diverse student population on a university campus
- Provided initial assessment and emergency services to a diverse student population on a university campus

Counselor in Residence

Counseling and Psychological Services (CAPS)

University of Arkansas, Fayetteville, AR

July 2015 to June 2017

- Provided individual counseling services to a diverse student population on a university campus
- Provided mental health outreaches on topics such as stress management, communication, coping with anxiety, being home for the holidays when there is family distress, body positivity, coping after a loss, etc.
- Provided small group debriefing with University Housing staff when a traumatic event has occurred to students living on campus i.e. death of a student, sexual assault cases, suicide attempts, etc.
- Provided mental health trainings to University Housing full time staff members and student staff members
- Managed a client caseload with treatment planning and timely progress notes

PRN Clinical Therapist

Vantage Point Inpatient Hospital, Fayetteville, AR

March 2015 to February 2016

- Provided individual counseling to diverse, acute patients across the lifespan
- Provided family and group therapy session diverse, acute patients across the lifespan
- Managed clinical intakes, treatment planning, and clinical notes to meet Medicaid compliance
- Worked as part of a multidisciplinary treatment team alongside Psychiatrist, Nurses, Case Managers, Recreational Therapists, and Mental Health Technicians.

PRESENTATIONS

Little, M., Broadwater A., Blackwell, M. (2019, February) *A Three Tier Counseling Model in Residence Hall Communities*. Presented at the American College Counseling Association Conference. San Diego, CA.

Little, M., Blackwell, M., Broadwater, A. (2018, November) *A Three Tier Counseling Model on a University Campus*. Presented at the Arkansas State Counseling Conference. Hot Springs, AR.

Little, M. (2018, February). *Reconnection Group for Individuals Who Have Experienced Interpersonal Trauma: An Explanatory Case Study*. Presented at the 2018 American College Counseling Association Conference. Charlotte, NC.

Little, M. (2016, November). *Incorporating Physical Movement into a School Counseling Program*. Presented at the 2016 Western Association for Counselor Education Conference. Vancouver, BC.

- Little, M. (2016, October). *Incorporating Yoga into a Group Counseling Treatment for Interpersonal Trauma Survivors*. Presented at the 2016 Southern Association for Counselor Education Conference. New Orleans, LA.
- Little, M. (2016, October). *Creating Study Abroad Opportunities for Counselors in Training*. Presented at the 2016 Southern Association for Counselor Education Conference. New Orleans, LA.
- Little, M. (2016, September). *Creating Study Abroad Opportunities for Counselors in Training*. Presented at the 2016 Rocky Mountain Association for Counselor Education and Supervision Conference. Steamboat Springs, CO.
- Little, M. (2016, September). *Incorporating Yoga into a Group Counseling Treatment for Interpersonal Trauma Survivors*. Presented at the 2016 Association for Creativity Conference. Savannah, GA.
- Little, M. (2016, July). *Intimate Partner Violence through the Lens of Law Enforcement*. Presented at the 2016 American Mental Health Counselors Association Annual Conference. New Orleans, LA.
- Little, M. (2016, July). *Social cognitive career theory as a foundation for career and college exploration*. Presented at the 2016 National Career Development Association Global Conference. Chicago, IL.
- Behrend, B., Little, M. (2015, November). *No time for me: Self care for school counselors*. Presented at 2015 Missouri School Counseling Association Conference. Osage Beach, MO.
- Perryman, K., Little, M. (2015, April). *Creative arts activities for divorce groups in schools*. Presented at the 2015 Association for Creativity in Counseling Conference. San Antonio, TX.
- Little, M., Jones, E. (2014, November). *Incorporating bystander awareness into your school community*. Presented at the 2014 Missouri School Counseling Association Conference. Osage Beach, MO.
- Little, M. (2014, November). *Incorporating bystander awareness into your school community*. Presented at the 2014 Arkansas Counseling Association Conference. Hot Springs, AR.
- Little, M., Scott, T. (2013, November). *Social cognitive career theory as a foundation for career and college exploration*. Presented at the 2013 Arkansas Counseling Association Conference. Hot Spring, AR.

PUBLICATIONS

Keller-Dupree, A. E., Little, L. M., Hagman, G. A., Deckert, J. J. (2014). Collaborative learning: The effects of service learning on personal and professional development for school counselors-in-training. *Vistas Online*, 7, 1-12.

HONORS AND AWARDS

Outstanding Graduate Student Award 2012
Northeastern State University

ADDITIONAL PROFESSIONAL TRAINING

Acceptance and Commitment Therapy (ACT), February 2018
Description: Attended a full day pre-conference training on ACT at the 2018 American College Counseling Association Conference

Technology Assisted Counseling Specialty, October 2017
Description: Completed 15 hours of continuing education and an oral board exam for specialty license

Registered Yoga Teacher, June 2016
Description: Completed a 200-hour yoga teacher training prior to beginning my dissertation research on yoga

Child Parent Relationship Training (CPRT), June 2015
Description: Trained by Gary Landreth at a Play Therapy Conference hosted by the University of Arkansas Play Therapy Research and Training

Peacework Counselor in Belize, March 2013
Description: Study abroad trip collaborated between Northeastern University and Peacework to bring counseling students into the public schools of Belize for group counseling and guidance lessons.

Applied Suicide Intervention Skills Training (ASIST), July 2012
Description: Grant recipient for an ASIST session at the University of Central Oklahoma

PROFESSIONAL AFFILIATIONS

American College Counseling Association, 2017- Present
Association for Creativity in Counseling, 2015-Present
American Counseling Association, 2013-Present
Chi Sigma Iota- National Honors and Professional Society for Counseling, 2012- Present