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EDUCATION**Doctor of Philosophy in Counselor Education***The University of New Mexico* – Albuquerque, NM

Expected Graduation: May 2026

GPA: 4.25/4.0

Master of Science in Mental Health Counseling*Missouri State University* – Springfield, MO

Graduation: December 2019

GPA: 4.0/4.0

Bachelor of Science in Child and Family Development*Missouri State University* – Springfield, MO

Graduation: May 2017

GPA: 3.8/4.0

REFEREED PUBLICATIONS

Rodríguez, M. N., Goodrich, K. M., **Bell, L. M.**, Waller, M. W., Zhang, L., & Lilliott, E. (2025). The prevalence and predictors of problem gambling among adults in New Mexico: A sociodemographic analysis. *Journal of Gambling Studies*, 1-23. <http://doi.org/10.1007/s10899-025-10380-4>

Bell, L. M., Verdezoto, C., Lardier, D. T., Herrera, A., Garcia-Reid, P., & Reid, R. J. (2025). Exploring the role of ethnic identity, attachment, and family prosocial opportunities on BIPOC adolescents' anxiety and depression. *Journal of Racial and Ethnic Health Disparities*, 1-15. <https://doi.org/10.1007/s40615-025-02313-z>

Lardier, D. T., Davis, A. N., Verdezoto, C., Magliulo, S., **Bell, L. M.**, Herrera, A., Garcia-Reid, P., & Reid, R. J. (2025). Intrapersonal psychological empowerment: Assessing configural, metric and scalar invariances on the Brief Sociopolitical Control Scale for Youth (BSPCS-Y) between LGBQ+ and non-LGBQ+ youth of color. *American Journal of Community Psychology*, 1-16. <https://doi.org/10.1002/ajcp.12786>

Rodríguez, M. N., & **Bell, L. M.** (2024). An embodied approach to relational-cultural mentorship in academia. [Special Issue], *The Chronicle of Mentoring & Coaching*, 8(3), 334-339. <https://doi.org/10.62935/4p5cxu>

Rodríguez, M. N., Goodrich, K. M., **Bell, L. M.**, Waller, M. W., Zhang, L., & Lilliott, E. (2024). The prevalence of adolescent problem gambling: Examining sociodemographic risk factors in New Mexico. *International Gambling Studies*, 25(1), 107–128. <https://doi.org/10.1080/14459795.2024.2415689>

Irizarry-Perez, C. D., **Bell, L. M.**, Rodríguez, M. N., & Viramontes, V. (2024). Spanish-speaking mothers' experiences of school-based therapy for speech and language intervention. *Language, Speech, and Hearing Services in Schools*, 55(3), 629-647. https://doi.org/10.1044/2024_LSHSS-23-00043

MANUSCRIPTS IN PROGRESS

Rodríguez, M. N., **Bell, L. M.**, Martin-Cuellar, A., & Wooten, R. (Revising to resubmit). The Dynamic Self-Awareness Integration Process (DSAIP) Model: A constructivist grounded theory.

BOOK CONTRIBUTIONS

Bell, L. M. & Goodrich, K. M. (2025). Developing and assessing anti-oppressive goals: A supervision of group work intervention. In Peters, H. C. & Luke, M. (Eds.), *Interventions for anti-oppressive clinical supervision: Navigating critical praxis* (pp. 169-177). New York: Routledge.
<https://doi.org/10.4324/9781003470656-7>

RESEARCH EXPERIENCE

Research Assistant | The University of New Mexico

August 2022-Present

Dr. Monique Rodríguez's SANAR Lab – Albuquerque, NM

- Perform data transcription, data entry, data analysis, and manuscript writing
- Follow standards established by institutional review board for human subjects research
- Collaborate with lab members on research design and execution of qualitative and quantitative research projects
- Disseminate research findings collaboratively through conference presentations and academic publications

Research Assistant | The University of New Mexico Grand Challenges

May 2023-December 2023

Mental Health Distress and Suicide Prevention-Intervention Team – Albuquerque, NM

- Collected focus group interview data and engaged in qualitative data analyses
- Recruited UNM participants through targeted in-person and email campaigns
- Built surveys in Qualtrics to record participant contact and demographic information
- Contributed to reports, manuscript development, and writing summary findings
- Collaborated with team members, assisted with problem-solving, and attended weekly team meetings

REFEREED NATIONAL PRESENTATIONS

Rodríguez, M. N., **Bell, L. M.**, Martin-Cuellar, A., & Wooten, R. (Accepted: 2025, October). *The Dynamic Self-Awareness Integration Process (DSAIP) model: Fostering leadership and identity development in counselor education*. Education session at the Association for Counselor Education and Supervisors (ACES) conference. Philadelphia, Pennsylvania.

Rodríguez, M. N., Cissey Usman, A., & **Bell, L. M.** (Accepted: 2025, October). *Exploring substance use stigma in counselor education: A phenomenological study of educator experiences and perspectives*. Poster session at the Association for Counselor Educators and Supervisors (ACES) Conference. Philadelphia, Pennsylvania.

Bell, L. M. & Rodríguez, M. N. (2025, April). *Breathing together, feeling together: Mindfulness and the person-centered path to authentic connection*. Education session at the Association for Humanistic Counseling (AHC) Conference. Safety Harbor, Florida.

Rodríguez, M. N., Bay, S. Y., **Bell, L. M.** Cissey Usman, A., & Chavez, J. (2024, September). *Navigating the new frontier: Integrating AI in doctoral research*. Poster presentation at The Association for Assessment and Research in Counseling (AARC) Conference. Pittsburgh, Pennsylvania.

Rodríguez, M. N. & **Bell, L. M.** (2023, October). *The development of self-awareness in counselor education: A grounded theory*. Poster presentation at the Association for Counselor Educators and Supervisors (ACES) Conference. Denver, Colorado.

Bell, L. M., Bay, S. Y., & Lovato, M. (2023, October). *Queering supervision: Supporting LGBTQ+ counselor trainees*. Education session at The Association for Counselor Educators and Supervisors (ACES) Conference. Denver, Colorado.

Rodríguez, M. N. & **Bell, L. M.** (2023, March). *A conceptual framework for embodied self-awareness in counselor preparation*. Education session at The American Counseling Association (ACA) Conference. Toronto, Canada.

Bell, L. M. & Euglow, T. (2021, March). *Diversity, equity, and inclusion (DEI) intentional action-planning*. National Association of Colleges and Employers (NACE) Webinar.

REFEREED STATE AND REGIONAL PRESENTATIONS

Rodríguez, M. N. & **Bell, L. M.** (2024, October). *An embodied approach to relational-cultural mentorship in academia*. Education session at the 17th Annual Mentoring Conference, University of New Mexico. Albuquerque, New Mexico.

Rodríguez, M. N. & **Bell, L. M.** (2022, October). *Inviting embodied self-awareness in the classroom: A holistic view of counselor development*. Education session at Rocky Mountain Association for Counselor Education and Supervision (RMACES) Conference. Coeur d'Alene, Idaho.

Bell, L. M. (2022, January, Invited). *Mental health for small business owners: Why it's important and what you can do*. Virtual education session for SCORE Southwest Missouri Association.

Bell, L. M. & Arnold-Cook, J. (2021, April). *Engaging students via Instagram Live: An insta success*. Virtual education session at the Missouri Gateway Career Services Association Conference.

Scott, M. & **Bell, L. M.** (2019, April). *This might get uncomfortable: Exploring meaningful dialogue around LGBTQ+ identity and conservative Christianity*. Education session at the 7th Annual Collaborative Diversity Conference, Missouri State University. Springfield, Missouri.

GUEST LECTURES

Bell, L.M. (2024, November). *Harm reduction: History, policy, and interventions*. Guest lecture for University of New Mexico COUN 577: Substance Use and Abuse.

Bell, L.M. (2024, October). *The 12-step conundrum and alternative pathways to recovery*. Guest lecture for University of New Mexico COUN 577: Substance Use and Abuse.

Bell, L. M. (2021, September). *The ins and outs of starting a private practice*. Guest lecture for Missouri State University Mental Health Counseling master's program.

Scott, M. & **Bell, L. M.** (2019, October). *Healthy dialogue in personal and professional relationships*. Virtual guest lecture and counselor-client roleplay for Missouri State University Mental Health Counseling master's program.

TEACHING EXPERIENCE

Instructor, COUN 577: Substance Use and Abuse Fall 2025

Teaching Assistant, COUN 577: Substance Use and Abuse Fall 2024

The University of New Mexico – Albuquerque, NM

- Mentor graduate students in understanding treatment approaches for substance use disorders
- Facilitate experiential activities and small group discussions related to case conceptualization and treatment planning
- Develop and grade comprehensive assignments evaluating students' knowledge of and attitudes towards substance use disorders
- Provide detailed feedback on assignments to support students' self-awareness and reflection on substance use disorders and treatment

Instructor, COUN 2120: Life Designing and Career Development Summer 2024, Summer 2025

Instructor, COUN 310: Harm Reduction and Crisis Intervention Fall 2023, Fall 2024

Instructor, COUN 1120: Introduction to Helping Skills Fall 2022 – Spring 2025

The University of New Mexico – Albuquerque, NM

- Created online modules to facilitate learning beginning helping skills, career development, and the harm reduction paradigm
- Supported students in their learning through active communication and participation in online discussions
- Scheduled individual meetings with students to answer questions and support their growth

Instructor, IDS 120: Exploring Majors and Careers Fall 2021, Spring 2021, Spring 2022

Co-Instructor, IDS 120: Exploring Majors and Careers Fall 2018, Fall 2020

Missouri State University – Springfield, MO

- Taught the first blended section of IDS 120 and facilitated meaningful in-person and online learning activities
- Created a classroom environment that encouraged creativity, inclusivity, critical thinking, professionalism, and collaboration with peers
- Provided feedback and support to students to assist in their learning and career development
- Scheduled individual meetings with students as needed to supplement their education with one-on-one career counseling and guidance
- Incorporated feedback from student evaluations to adapt and improve the course for greater student engagement
- Integrated online learning tools such as Blackboard Learn, Flip Grid, Zoom, and YouTube to facilitate learning and organize class materials

PROFESSIONAL EXPERIENCE

Licensed Mental Health Counselor July 2023-Present

Authentic Healing, LLC – Albuquerque, NM

- Operate a small private practice with specializations in LGBTQ+ issues, anxiety, depression, self-esteem issues, and trauma treatment
- Provide HIPAA-compliant telehealth and in-person counseling services to clients with a variety of presenting concerns
- Ensure client needs and safety are addressed by responding to crisis situations, assessing risk for suicide and self-harm, and providing evidence-based resources and psychoeducation

Graduate Assistant Clinical Supervisor

Fall 2022-Present

The University of New Mexico Manzanita Training Clinic – Albuquerque, NM

- Provided weekly supervision for 22 practicum students over the course of five semesters
- Complete phone intakes for potential clients and screen for potential risk and safety factors
- Support master's counseling students in developing their counselor-identity and foundational counseling skills
- Respond to crisis situations through calm intervention while ensuring the well-being of practicum students and clients
- Instruct practicum students on best practices for DAP notes, treatment plans, clinical assessments, and diagnosis

Career Resources Specialist

February 2020-July 2022

Missouri State University Career Center – Springfield, MO

- Supported college students in their career development through the provision of career counseling
- Supervised two master's level Student Affairs practicum students and provided opportunities for professional development
- Delivered presentations on a variety of career-related topics, including but not limited to: resumes and cover letters, intercultural communication in the workplace, interviewing, social media and the job search, and networking to groups ranging from 20 to 120 individuals
- Initiated the Career Center's Instagram Live series to connect with students throughout the COVID-19 pandemic
- Participated in outreach events and actively built partnerships across Student Affairs and academic departments
- Assisted with the planning and implementation of Career Center events, such as the Career Expo, Mock Interview Day, Health Professions Career Fair, and Speed Networking Event
- Participated in ongoing strategic planning and assisted with the Council for Advancement in Standards in Higher Education (CAS) review process

Provisional Licensed Professional Counselor

January 2020-July 2022

Catalyst Counseling, LLC – Springfield, MO

- Provided HIPAA-compliant telehealth and in-person counseling services to clients with a variety of presenting concerns
- Responded to the COVID-19 crisis by quickly adapting services while providing steady emotional support to clients
- Actively participated in professional development opportunities through self-directed learning and trainings on a variety of topics, including but not limited to: Anti-racism and cultural competence, interpersonal neurobiology, and trauma-informed interventions
- Demonstrated self-sufficiency by being responsible for client scheduling, paperwork, counseling fees, and clinical documentation
- Ensured client needs and safety were addressed by responding to crisis situations, assessing risk for suicide and self-harm, and providing evidence-based resources and psychoeducation
- Developed individualized care plans in collaboration with clients to address their specific needs and goals for therapy

LICENSES, TRAININGS, & CERTIFICATIONS

- Missouri (MO) Licensed Professional Counselor Issued: 01/2020, Expires: 06/2027
- New Mexico (NM) Licensed Mental Health Counselor Issued: 11/2022, Expires: 09/2026
- EMDR Basic Training – *Julie Rosen EMDR Training* February 2024
- MBRP to Support Recovery in Harm Reduction Settings – *University of New Mexico* May 2023
- Evidenced-Based Practices for Teaching Online – *University of New Mexico* August 2022
- LGBTQ+ SafeZone Certification – *Missouri State University (MSU)* September 2021
- Facing Racism Institute – *MSU* April 2021
- Trauma-Informed Sandtray Therapy– *1-credit hour supervised course, MSU* Fall 2020

GRANTS & SCHOLARSHIPS

Rodríguez, M. N., Wilkinson, B. D., **Bell, L. M.**, & Nam, S. (2025). *Embodied Self-Awareness in Counselor Development: Scale Construction and Validation of the Counselor Embodied Self-Awareness Scale (CESAS)*. Submitted to the Association for Assessment and Research in Counseling (AARC) Sponsored Scholarship Program. Amount: \$4,495. (funded).

Rodríguez, M. N., **Bell, L. M.**, & Bay, S. Y. (2022). *Mental Health Distress and Substance Use in Trauma Survivors: Examining the Role of Interoceptive Awareness and Emotion Regulation*. Submitted to University of New Mexico College of Education & Human Sciences Mini-Grant. Amount: \$4,000. (funded).

Bell, L. M. (2023) *University of New Mexico Doctoral Presentation Award*. Submitted to the University of New Mexico Graduate Studies. Amount: \$1,000. (funded).

Bell, L.M. (2025). *Counselor Trainees' Self-Awareness Experiences in Clinical Supervision: An Interpretative Phenomenological Analysis*. Submitted to the Association for Counselor Educators and Supervisors (ACES) Student Research Grant. Amount: \$2,000. (not funded).

Rodríguez, M. N., **Bell, L. M.**, & Bay, S. Y. (2022). *Embodied Self-Awareness in Counselor Education: A Grounded Theory*. Submitted to Association for Counselor Educators and Supervisors (ACES) Research Grant. Amount: \$3,000. (not funded).

LEADERSHIP EXPERIENCE

Editorial Assistant

July 2024-Present

Journal of Humanistic Counseling

- Proofread submitted manuscripts to ensure high-quality standards and adherence to humanistic counseling values
- Facilitate communication and provide support to authors and editorial board members throughout the editorial process
- Facilitated a partnership between AHC Emerging Leaders program and the journal, creating pathways for ELs to serve as ad hoc reviewers
- Contributed to the successful launch of the Publications Pathway Initiative, fostering collaboration between counseling practitioners and academics to promote interdisciplinary publications

Public Policy Committee Member

January 2024-Present

Society of Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)

- Participate in public policy meetings and provide valuable insights and support
- Contribute to the planning and execution of community space events for LGBTQ+ educators, counselors, and students
- Co-author statements addressing pertinent current events and public policy impacting the LGBTQ+ community: <https://www.counseling.org/about/values-statements>

Doctoral Student Emerging Leader

July 2023-July 2024

Association for Humanistic Counseling

- Actively engaged in committee involvement by contributing insights and supporting team efforts
- Collaborated in conference planning initiatives to ensure seamless execution of all virtual sessions
- Co-managed the virtual registration desk, including handling participant inquiries, troubleshooting technical issues, and providing exceptional customer service to ensure a smooth conference experience

Executive Board Member-at-Large

March 2023-May 2024

University of New Mexico, Chi Sigma Iota - Upsilon Nu Mu Chapter

- Lead event coordination and planning efforts for Chi Sigma Iota, supporting smooth execution and adherence to organizational standards
- Communicated with guest speakers to secure their involvement in events
- Recruited new members to build a vibrant and diverse community of counseling scholars
- Supported the planning and execution of meetings by offering logistical assistance

COMMUNITY SERVICE**Active Volunteer**

June 2023-August 2023

Transgender Resource Center – Albuquerque, NM

- Co-managed Drop-In-Center desk services and maintained records of services utilized by participants
- Referred participants to harm reduction, food/grocery, hygiene, and laundry services based on need and eligibility
- Maintained a positive, calm demeanor in the face of crisis scenarios
- Collaborated with staff and volunteers to ensure smooth operation of services
- Responded to participants' requests and questions in an efficient and empathic manner

AWARDS & RECOGNITION

- Association for Humanistic Counseling Doctoral Student Emerging Leader July 2023-July 2024
- Missouri State University Bear POWER Outstanding Advocate Award Spring 2021
- Missouri State University Outstanding Graduate Assistant Award September 2019

PROFESSIONAL ORGANIZATIONS

- American Counseling Association
 - Association for Counselor Educators and Supervisors March 2018-Present
 - Association for Humanistic Counseling January 2023-Present
- Chi Sigma Iota Member – Upsilon Nu Mu Chapter November 2022-Present
- February 2022-August 2024