

Vitae

Mary Frances Arnold, Ph.D.

920 Windsor Road

Charlottesville, VA 22901

Phone: (931) 364-3403

Cell: (802) 318-1945

Email: mfa@MaryFrancesArnold.com

Education

2000 **Doctor of Philosophy**, Counselor Education, Oregon State University, Corvallis, OR

1996 **Specialist in Education**, Counselor Education

Master of Science, Counseling

University of North Carolina at Greensboro, Greensboro, NC

1992 **Bachelor of Arts**, Psychology/Women's Studies, Beloit College, Beloit, WI

Experience

2007-Current **Membership Website Co-Owner/Developer**, Self Employed
Own and operate membership website for competitive equestrian athletes to enhance performance excellence. Develop program for advancing competition skills including assessments, articles, downloads, goal achievement plans, tracking and evaluation. Market website. Work with vendors. Conduct performance coaching for individuals and teams.

2000-Current **Educational Consultant**, Self Employed.

Design and implement seminars, workshops, retreats and keynote addresses regarding training, leadership, team building, community development and diversity for public and private industry. Identify organizational needs and apply programs accordingly. Work with individuals, small groups and large audiences. Present at conferences. Maintain a website and market services. Consult for colleges and universities.

2005 **Interim Director of Counseling Center**, Johnson State College, Johnson, VT.

Managed Counseling Center. Supervised three Interns and an Administrative Assistant. Worked collaboratively with College President, Deans, Faculty and Administrators for the best interests of students and the college. Responded to crises. Conducted individual psychotherapy. Provided training.

2002-2006 **Psychotherapist**, Cornerstone Psychotherapy, Self-Employed, Burlington,

VT. Served as a psychotherapist in a group private practice. Worked with individuals, couples and groups to alleviate mental health concerns. Maintained a generalized practice.

2001 **Interim Counselor**, University of Vermont Counseling Center Burlington VT. Provided psychotherapy for graduate and undergraduate students and couples. Conducted assessments. Completed clinical records and participated in case consultations. Provided continuing education to counseling center staff and interns regarding diversity issues.

2001 **Visiting Professor**, Counseling Psychology Department, Assumption University, Bangkok, Thailand. Served as a visiting international scholar. Taught Advanced Theories of Counseling in the graduate Counseling Psychology Program. Provided consultation to professors and students of Counseling Psychology.

1999 **Counselor**, Counseling Center, Western Oregon State University, Monmouth, OR
Provided psychotherapy to individuals and groups in the university environment. Conducted intakes. Completed clinical records and participated in case consultations. Developed a group for gay, lesbian, bisexual, and transgendered clients, and Co-facilitated a group for survivors of sexual assault.

1997 **Assessment Counselor**, Charter Behavioral Health System, Greensboro, NC. Conducted child, adolescent, adult, individual, couples, and family assessments comprising the complete range of mental health concerns. Determined and recommended appropriate level of care. Completed written mental health evaluations. Responded to crisis calls. Advocated for clients in regard to managed care.

1994-1996 **Residence Hall Director**, University of North Carolina at Greensboro, Greensboro, NC.
Developed and managed communities of first year through fourth year students and a separate community of graduate students. Managed only residence hall on campus equipped for students with disabilities. Facilitated and coordinated social, cultural, and educational hall programs. Co-developed training programs for Resident Assistants. Supervised Resident Assistants. Responded to crisis situations. Managed budgets for three residence halls. Advised Executive Board of three Hall Councils. Participated in the selection process of over one hundred Resident Assistants.

1995 **Counselor**, Family and Children's Services of Greater Greensboro, Inc., Greensboro, NC.
Worked as a Trauma Unit member counseling children adolescents adults and families who had experienced physical, sexual, and/or emotional abuse.

Conducted individual, group, family, and in-home counseling, play therapy, and assessments. Co-facilitated two groups: one for at-risk children and one for adolescents who had been sexually abused. Served as an advocate for clients. Assisted in program planning.

1992-1993 **Substance Abuse Counselor**, P.H.A.S.E., Inc., Criminal Justice Program, Rockford, IL.

Served as a substance abuse counselor for men and women who were court mandated into treatment. Facilitated seven counseling groups weekly. Maintained individual caseload and planned treatment for twelve to fifteen clients. Conducted individual and family counseling. Responded to crisis situations. Organized Drug-Free Community Week for the agency. Worked with probation and parole officers.

Scholarship and Creative Activity

Areas of scholarship, expertise and research: Social action/advocacy, leadership, allies through diversity, and college student development.

Authored chapter about leadership theory published within a book by leadership experts.

Volunteer

Volunteer community involvement includes working with dog rescue groups.