

Monica Leppma, Ph.D.
Associate Professor

Department of Counseling, Rehabilitation Counseling & Counseling Psychology
 College of Education and Human Services
 West Virginia University
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Education

Ph.D. University of Central Florida 2011 Counselor Education

Dissertation Title: *The effect of loving-kindness meditation on empathy, perceived social support, and problem-solving appraisal in counseling students.*

Advisor: Mark E. Young, Ph.D.

M.A. University of Central Florida 2002 Mental Health Counseling

B.A. University of Central Florida 1999 Psychology

A.A. Indian River State College 1997 Psychology

Licenses/Certifications

- Licensed Mental Health Counselor #MH8488 in the State of Florida (2005-present)
- National Certified Counselor

Awards

- *WVSCA Counselor Educator of the Year* (2018). West Virginia School Counselor Association.
- *WVSCA Counselor Educator of the Year* (2015). West Virginia School Counselor Association.
- *Outstanding Researcher of the Year* (2014-2015). College of Education and Human Services: \$3,000.

Faculty/University Experience

Associate Professor

West Virginia University
 College of Education and Human Services

Department of Counseling, Rehabilitation Counseling and Counseling Psychology
Morgantown, WV
2017-present

Additional responsibilities: Counseling Student Organization Faculty Advisor

Assistant Professor

West Virginia University
College of Education and Human Services
Department of Counseling, Rehabilitation Counseling and Counseling Psychology
Morgantown, WV
2011 to 2017

Additional responsibilities: Chi Sigma Iota Chapter Faculty Advisor

Field Placement Coordinator

West Virginia University
College of Education and Human Services
Department of Counseling, Rehabilitation Counseling and Counseling Psychology
Morgantown, WV
2011 to 2017

Courses taught:

COUN 501 Counseling Theories/Techniques 1
COUN 606 Counseling Theories/Techniques 2
COUN 622 Introduction to Clinical Mental Health Counseling
COUN 634 Cultural Issues in Counseling
COUN 640 Addictions Counseling
COUN 665 Diagnosis and Treatment Planning
COUN 685 Practicum
COUN 686 Internship
COUN 684 Supervision Models in Counseling
CPSY 734 Multicultural Psychology

Courses developed: COUN 684 Supervision Models in Counseling (on-line)

Graduate Faculty Regular Member (2012-2020)

Chair of the following doctoral dissertation committees in Counseling Psychology:

1. Darling, A. Ben (Defended Fall 2019)
2. Nauser, Jonathan (Proposed Fall 2019) defended Fall 2020
3. Latorre, Chelsea. (Defended Summer 2019).
4. Milam, Sarah (Co-Chair, proposed 10/15/18) defended spring 2020
5. Fais, Connor (Co-Chair, proposed Spring 2019)
6. Foster, Craig. (Defended 2019).

7. Shaw, Jeneice (Co-Chair, Defended 2019)
8. Foster, Melissa. *From service member to student: Predictors of psychological help-seeking attitudes in student service members and veterans.* (Defended 11/13/17).
9. Meyer, Lisa. *Protective factors against eating disorders: Mindfulness, self-compassion, and emotion regulation.* (Defended 2016).
10. Little, W. B. *The professional quality of life and resiliency in mental health professionals working with suicide in crisis care.* (Defended 2015).
11. Brown, P. A. *The roles of resilience and perceived discrimination in sexual minority identity development and integration.* (Defended 2014).

Doctoral Graduate Assistant to Dean of College of Education Sandra Robinson, Ph.D. and Judit Szente, Ph.D., Early Childhood Development

University of Central Florida
Counselor Education Program
Orlando, Florida
2008 to 2011

Assisted in literature review, grant writing, IRB applications, and collecting, inputting, and analyzing research data.

Courses taught:

MHS 6511 Practicum in Counselor Education (co-taught)
MHS 6421 Foundations of Play Therapy and Play Process (co-taught)
MHS 6500 Theories of Group Counseling
MHS 6401 Techniques in Counseling

Peer-Reviewed Publications

- Noble, M.*, Platt, L., & **Leppma, M.** (in press). Predictors of psychological help-seeking attitudes in student servicemembers and veterans. *Journal of College Counseling.*
- Blake, J., **Leppma, M.**, Mamboleo, G., Nauser, J.*, O'Toole, H., & Chan, F. (2020). Attachment and hope as a framework for improving depression outcomes for trauma patients. *Journal of Applied Rehabilitation Counseling, 51*(2), 94-114.
- Meyer, L.*, & **Leppma, M.** (2019). The role of mindfulness, self-compassion and emotion regulation in eating disorder symptoms among college students. *Journal of College Counseling, 22*, 211-224.
- Leppma, M.**, Mnatsakanova, A., Sarkisian, K, Scott, O.*, Aderjoh, L., Andrew, M. E., Violanti, J. M., & McCanlies, E. C. (2018). Stressful life events and posttraumatic growth among police officers: A cross-sectional study. *Stress and Health, 1*-12.
- Smith, M. C., & **Leppma, M.** (2017). The manuscript completion workshop: Supporting professional development of tenure track faculty members. *Journal of Faculty Development, 31*(2), 43-48.
- Leppma, M.**, Long, D., Smith, M.*, & Lassiter, C. (2017). Detecting Symptom Exaggeration in College Students Seeking ADHD Treatment: Performance Validity Assessment Using the NV-MSVT and IVA-Plus. *Applied Neuropsychology: Adult, 1*-9.

- Leppma, M., & Young, M. E.** (2016). Loving-kindness meditation and empathy: A wellness group intervention for counseling students. *Journal of Counseling & Development, 94*(3), 297-305.
- Leppma, M., Taylor, J., Spero, R*., Leonard, J*., Foster, M*., & Daniels, J.** (2016). Working with veterans and military families: An assessment of professional competencies. *Professional Psychology: Research & Practice, 47*(1), 84-92.
- Glenn, M., **Leppma, M., & Thorne, K.*** (2015). Clinical supervisors' perceptions of counselor characteristics that lead to effective and well-balanced practices. *Journal of Applied Rehabilitation Counseling, 46*(4), 29-36.
- Leppma, M., Szente, J., & Brosch, M.*** (2015). Advancements in addressing children's fears: A review and recommendations. *The Professional Counselor, 5*(2), 198-209.
- Szente, J., Taub, G., & **Leppma, M.** (2014). An investigation of the effect of refugee children's fears based on children's and parents' perspectives. *International Journal of Early Childhood Education and Care, 3*, 1-14.
- Leppma, M., & Szente, J.** (2014). Refugee children's fears and coping mechanisms: A preliminary investigation. *Ideas and Research You Can Use: Vistas 2014*. Retrieved from <http://counseling.org/knowledge-center/vistas/vistas-2014/page/4>
- Foster, J., **Leppma, M., & Hutchinson, T.** (2014). Students' perspectives on gatekeeping in counselor education: A case study. *Counselor Education and Supervision, 53*(3), 190-203.
- Leppma, M., & Jones, K. D.** (2013). Multiple assessment methods and sources in counseling: Ethical considerations. *Ideas and Research You Can Use: Vistas 2013*. Retrieved from <http://www.counseling.org/docs/vistas/multiple-assessment-methods-and-sources-in-counseling-ethical-considerations.pdf?sfvrsn=4>
- Leppma, M.** (2012). Loving-kindness meditation and counseling. *Journal of Mental Health Counseling: Special Issue, 34*(3), 197-204.
- Jones, K. S., Young, T., & **Leppma, M.** (2010). Mild traumatic brain injury and posttraumatic stress disorder in returning Iraq and Afghanistan war veterans: Implications for assessment and diagnosis. *Journal of Counseling & Development, 88*(3), 372-376.

Other Publications

- Leppma, M., & Schimmel, C.,** (2019). Children and challenges: Counseling from a growth mindset (Chapter 10). In *Counseling children and adolescents* (A. Vernon & C. Schimmel, Eds.). San Diego, CA: Cognella Academic Publishing.
- Randall, J., & **Leppma, M.** (2019). Counseling At-Risk Children and Adolescents (Chapter 11). In *Counseling children and adolescents* (A. Vernon & C. Schimmel, Eds.). San Diego, CA: Cognella Academic Publishing.
- Vernon, A., & **Leppma, M.** (2019). Working with parents (Chapter 13). In *Counseling children and adolescents* (A. Vernon & C. Schimmel, Eds.). San Diego, CA: Cognella Academic Publishing.
- Leppma, M., & Jones, K. D.** (2015). Case conceptualization and treatment planning (chapter). In J. Watson & D. Sheparis, (Eds.) *Clinical mental health counseling: Fundamentals of applied practice*. Upper Saddle River, NJ: Pearson
- Leppma, M.** (2012). Spotlight: Loving-kindness meditation (Special section). In D. H. Granello

& M. E. Young, *Counseling today: Foundations of professional identity* (p. 428). Upper Saddle River, NJ: Pearson.

Manuscripts Under Review

Fairhurst K. E.*, Voelker, D. K., Casanave, K. M.*, Zizzi, S., Greenleaf, C., & **Leppma, M.** (Revise & Resubmit 6/2020). A Phenomenological Photovoice Exploration of Female Exercisers' Experiences of their Body in Fitness Center Environments. *Qualitative Research in Sport, Exercise and Health*

McCanlies, E. C., **Leppma, M.**, Mnatsakanova, A., Allison, P., Fekedulegn, Andrew, M. E., Violanti, J. M. (Under Review). Associations of Burnout with Awakening and Diurnal Cortisol among Police Officers. *Psychoneuroendocrinology*.

Latorre, C.*, **Leppma, M.** et al (Under Review). The relationship between mindfulness and self-compassion for self-assessed competency and self-efficacy of psychologists-in-training. *Training and Education in Professional Psychology*.

* Denotes student

Manuscripts in Preparation to be Submitted for Publication

Leppma, M., & Darrah, M. (in preparation). Math Anxiety Pilot Study.

Leppma, M., McCanlies, E. (in preparation). Is posttraumatic growth associated with depression in police officers?

Taylor, J., M., Spero, R., Leonard, J., Foster, M., **Leppma, M.**, & Daniels, J., (in preparation). Competencies for working with active duty military.

Leppma, M., Foster, C.,* & Long, D. (in preparation). Empirical support for TDIA CPT

Research in Progress

Leppma, M., & Darrah, M. Collaboration with Mathematics Department. *Math Anxiety, Learning Self-Efficacy, Mindfulness, Empathy, and Self-Compassion Pilot Study*. IRB approved; data collection complete.

Leppma, M., & NIOSH. *Protective Factors in Police Officers*. IRB approved; data collection complete.

Foster, J., & McGrady, M., & Leppma, M. Collaboration with Western Michigan University (WMU IRB approved) - *A Mindfulness Intervention: Counselor and Client Outcomes*. Intervention began January 18, 2014.

Leppma, M., & Long, D. *Academic and Cognitive Enhancement Studies*. Associations between the IVA, NV-MSVT, and Other Mental Health Variables in the College Student Population (IRB approved).

Jones, D. F., Leppma, M., et al. *Jail Diversion Intervention*. (IRB approved).

Completed Projects

- Jones, D. F., Leppma, M., Jones, D., Bishop, J. *Mentor Self-Efficacy – YES program.*
- Leppma, M., Scott, O., & Jaeschke, A. *Group Leaders' Experience Facilitating Loving-Kindness Meditation Groups for Counseling Students* (IRB# 10-07037).
- Leppma, M., Daniels, J., Taylor, J., & Spero, R. *Working with Veterans: An Assessment of Professional Competencies.*
- Leppma, M. (Primary Investigator – Dissertation) (2010-2011). *The effect of loving-kindness meditation on empathy, perceived social support, and problem solving appraisal in counseling students* (IRB# 10-07037).
- Szente, J., Primary Investigator, & Leppma, M., Sub-Investigator (2010, Spring). *An investigation of immigrant, refugee, and non-immigrant/non-refugee children's fears and coping mechanisms.* (IRB# 10-06898). May 2010 through August 2012.

Grant and Contract Funding Experience

- 2020 Blythe, J., & **Leppma, M.** (co-PIs). *Creating Connections between Secondary Teachers and University Faculty through Agricultural STEM Research Professional Development.* U.S. Department of Agriculture. (Under Review). \$1,000,000
- 2019 Mamboleo, G., **Leppma, M.**, Jones, D. F., & Whitney, R. (co-PIs). *Beyond Transition: Preparing students with significant disabilities in rural Appalachia for life after high school.* US Department of Health and Human Services (DPHF19000100). \$1,303,675 total for 5 years. (Unfunded).
- 2017 Jones, D. F., McLaughlin, L. R., Jones, D. L., Smith, M., **Leppma, M.**, & Bishop, J. Youth Services Investment Fund Through the Pittsburgh Foundation; Founded for a second year to address truancy; (AD2016-86105):\$128,000 per year.
- 2016 Jones, D. F., McLaughlin, L. R., **Leppma, M.**, & Bishop, J. Youth Services Investment Fund Through the Pittsburgh Foundation; Received 3-year renewable grant \$128,000 per year.
- 2015 Williams, T., Jones, D. F., **Leppma, M.**, Campbell, S. (co-PIs). *WV state partnership to improve minority health.* Department of Health and Human Services (MH-STT-15-001): Partnership between WVU, WV Office of Minority Health, and Marshall University. \$200,000 per year for 5 years. (Unfunded).
- 2014 Taylor, J., Foster, M., Leonard, J., **Leppma, M.**, Mamboleo, G., Schimmel, C., & Spero, R. *Counseling active duty service members: What are critical professional competencies.* WVU PERC, \$900.
- 2010 **ASERVIC Research Grant Award**
Presented at bi-annual conference of Association of Spiritual, Ethical, and Religious Values in Counseling in Myrtle Beach, South Carolina. \$500.

- 2010 Szente, J. (P.I.), & Leppma, M. *An investigation of immigrant and refugee children's fears and coping mechanisms*. (unfunded).

Grant/Research Consultation

- 2016-2017 **Grant Program Evaluator** (October, 2016). Youth Enrichment Services, Inc. "All About Me", truancy prevention and early intervention project for a selected cohort of housing authority of the city of Pittsburgh families.

Presentations (Peer-Reviewed)

National & International

- Leppma, M., Hutchinson, T., & McCreedy, E. (October, 2019). *Understanding developmental trauma: Implications for counselor education*. Presented at Association for Counselor Education and Supervision (ACES) conference in Seattle, WA.
- Leppma, M., Hutchinson, T., & Schimmel, C. (October, 2019). *The role of self-compassion in counselor education*. Presented at Association for Counselor Education and Supervision (ACES) conference in Seattle, WA.
- Leppma, M., & Hutchinson, T. (October, 2018). *The practice of self-compassion: Benefits to counselor and clients*. Presented at European Branch of the American Counseling Association, Athens, Greece.
- Leppma, M. (April, 2018). *Self-compassion: The essence of wellness*. The Association for Humanistic Counseling featured session for the ACA Day of Wellness. Presented at American Counseling Association (ACA) conference in Atlanta, GA.
- Leppma, M. (April, 2018). Stressful life events and posttraumatic growth among police officers. Presented at American Counseling Association (ACA) conference in Atlanta, GA.
- Leppma, M. (October, 2017). *ADHD Assessment in college students: Implications for the future of professional counseling*. Presented at Association for Counselor Education and Supervision (ACES) conference in Chicago, IL.
- Leppma, M. (October, 2017). *Self-Compassion: A powerful tool for the future of professional counseling*. Presented at Association for Counselor Education and Supervision (ACES) conference in Chicago, IL.
- Leppma, M. (March, 2017). *Professional competencies for working with veterans and military families*. Presented at American Counseling Association (ACA) conference in San Francisco, CA.
- Leppma, M. (October, 2015). *Self-compassion: A life skill for promoting academic achievement*. Presented at the Association for Counselor Education and Supervision (ACES) conference in Philadelphia, PA.
- Leppma, M. (October, 2015). *Cultural considerations I promoting posttraumatic growth: Implications for counselor education and supervision*. Presented at the Association for Counselor Education and Supervision (ACES) conference in Philadelphia, PA.

- Leppma, M., & Glenn, M. (July, 2015). *The art and science of loving-kindness meditation: A practical guide for counselors and educators*. Presented at the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) conference in New York, NY.
- Ieva, K. P., Schwarz, J. E., Hutchinson, T., & Leppma, M. (March, 2015). *Video confessionals to assess personal development and program outcomes for first-generation pre-college students*. Poster presented at the American Counseling Association conference in Orlando, FL.
- Leppma, M. (August, 2014). Discussant for *Working with veterans and military personnel: An assessment of professional competencies*. Symposium presented at American Psychological Association Conference in Washington, D. C.
- Leppma, M., & Randall, J. (October, 2013). *The art and science of loving-kindness meditation: A practical guide for counselors and educators*. Presented at American Counselor Education and Supervision Conference in Denver, CO.
- Leppma, M. (October, 2013). *Uniting to help the children: Understanding fears and coping mechanisms of refugee children*. Presented at American Counselor Education and Supervision Conference in Denver, CO.
- Jacobs, E., Schimmel, C., & Leppma, M. (March, 2013). *Permission to lead: Fifteen skills group leaders need to know*. Presented at American Counseling Association, Cincinnati, OH.
- O'Brien, E., & Leppma, M. (June, 2012). *Engaging emergent counselors in experiential activities to explore their spiritual development*. Presented at the Association of Spiritual, Ethical, and Religious Values in Counseling Biennial Conference, Santa Fe, NM.
- Leppma, M. (March, 2012). The effects of a loving-kindness meditation intervention on counselors-in-training: Implications for counselor education. (Invited presentation sponsored by ASERVIC). Presented at American Counseling Association, San Francisco, CA.
- Jacobs, E., & Leppma, M. (March, 2012). *What great group leaders do better than everyone else: Using theories, exercises, and engagement skills*. Learning Institute presented at American Counseling Association, San Francisco, CA.
- Leppma, M. (October, 2011). *The effectiveness of a loving-kindness meditation intervention for counselors-in-training*. Presented at the Association of Counselor Educators and Supervisors Biennial Conference, Nashville, TN.
- Leppma, M., & Young, M. E. (October, 2011). The science of positive emotions: What counselors need to know. Presented at the Association of Counselor Educators and Supervisors Biennial Conference, Nashville, TN.
- Leppma, M., & Hutchinson, T. (November, 2010) *The power of positive emotions*. Presented at the European Branch-American Counseling Association Annual Conference, Heidelberg, Germany.
- Young, M. E., Daire, A., & Leppma, M. (November, 2010). *Brief creative couples counseling*. Presented at the European Branch-American Counseling Association Annual Conference, Heidelberg, Germany.
- Leppma, M., Ieva, K., & Swank, J. (September, 2010). *The power of positive emotions: Generating positive emotions through loving-kindness meditation*. Presented at the Association for Creativity in Counseling Conference, Portland, OR.
- Ieva, K., Leppma, M., & Swank, J. (September, 2010). *The art and spice of group counseling*. Presented at the Association for Creativity in Counseling Conference, Portland, OR.

- Leppma, M. *Loving-kindness meditation*. (June, 2010). Presented at the Association of Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) Bi-Annual Conference, Myrtle Beach, SC.
- Thurston, J., Hutchinson, T., Foster, J., & Leppma, M. (March 2010). *Spirituality and Bereavement*. Presented at the American Counseling Association Annual Conference, Pittsburgh, PA.
- Leppma, M., Hutchinson, T., & Thurston-Dyer, J. (March 2010). *Teaching gratitude as a psychotherapeutic intervention: Increasing the overall effectiveness of therapy*. Presented at the American Counseling Association Annual Conference, Pittsburgh, PA.
- Foster, J., Ohrt, M., & Leppma, M. (October 2009). *Gatekeeping: The role of the counselor educator*. Educational session presented at the annual meeting of the Association of Counselor Education and Supervision (ACES), San Diego, CA.
- Hutchinson, T., Young, M. E., Leppma, M., & Thurston, J. (October 2009). *Gratitude in mental health practice*. Educational session presented at the annual meeting of the Association of Counselor Education and Supervision (ACES), San Diego, CA.
- Young, T., Jones, K. D., & Leppma, M. (September 2009). *Assessing clinician's use of motivational interviewing*. Educational session presented at the annual meeting of the National Assessment and Research Conference, Norfolk, VA.
- Leppma, M., & Jones, K. D. (September 2009). *Integration of assessment approaches in counseling*. Educational session presented at the annual meeting of the National Assessment and Research Conference, Norfolk, VA.
- Swank, J., Robinson, E. H., and Leppma, M. (May 2009). *Counseling students' perception of the manifestation of altruism: A qualitative exploration among students in the United States and the United Kingdom*. Presented at the annual meeting of the British Association of Counselling and Psychotherapy Research Conference, Portsmouth, England.
- Leppma, M., Hutchinson, T., & Thurston, J. (March 2009). *Teaching gratitude as a psychotherapeutic intervention: Increasing the overall effectiveness of therapy*. Presented at the American Counseling Association Annual Conference, Charlotte, NC.
- Lavooy, M., Newlin, M., Chocolad, A., Cholewa, M., Khan, S., & Leppma, M. (June 1999). *Training diversity: Race, ethnic and age-related issues*. Presented at annual meeting of the American Psychological Society, Miami, FL.
- Dorman, J., Dunn, M., Leppma, M., & DeSoto, C. (November 1999). *Anger management support groups for primary school children: Evaluation of an integrative brief therapy protocol*. Presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Canada.

State & Local

- Schimmel, C. J., & **Leppma, M.** (2019, November). *Children & challenges: Counseling from a growth mindset perspective (Part 2)*. Educational Session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.
- Schimmel, C. J., & **Leppma, M.** (2019, November). *Children & challenges: Counseling from a growth mindset perspective (Part 1)*. Educational Session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.

- Leppma, M. (October, 2017). *Self-compassion: A powerful tool for wellness*. Presented at West Virginia School Counselor Association, Charleston, WV.
- Leppma, M., & Schimmel, C. (October, 2016). *A school counselor's guide to using reality therapy*. Presented at West Virginia School Counselor Association, Charleston, WV.
- Leppma, M., & Schimmel, C. (November, 2015). *Adlerian Counseling Techniques for School Counselors*. Presented at West Virginia School Counselor Association, Charleston, WV.
- Leppma, M., & Leizear, S. (March, 2015). *Supporting LGBTQ+ and Other At-Risk Students*. Presented at the West Virginia School Counselor regional conference, Morgantown, WV.
- Leppma, M., & Schimmel, C. (February, 2015). *What is Wrong with this Child? A School Counselor's Guide to the DSM-5*. Presented at West Virginia School Counselor Association, Charleston, WV.
- Schimmel, C., Jacobs, E., & Leppma, M. (March, 2014). *Great Group Leadership Skills for School Counselors*. Presented at West Virginia School Counselor Association, Charleston, WV.
- Schimmel, C., & Leppma, M. (February, 2013). *Creative counseling techniques: What works with parents*. Presented at West Virginia School Counselor Association, Charleston, WV.
- Jacobs, E., Schimmel, C., & Leppma, M. (April, 2012). *Creative techniques with difficult couples and families*. Presented at the National Association of Social Workers West Virginia, Charleston, WV.
- Jacobs, E., Schimmel, C., & Leppma, M. (April, 2012). *Using counseling theories in innovative ways*. Presented at the National Association of Social Workers West Virginia, Charleston, WV.
- Schimmel, C., Jacobs, E., & Leppma, M. (February, 2012). *Creative counseling techniques: REBT and mindfulness based medication: Techniques for test stress and anxiety reduction*. Presented at West Virginia School Counselor Association, Charleston, WV.
- Foster, J., & Leppma, M. (February 2010). *Gatekeeping in counselor education: Perspective of students*. Educational session presented at the University of Central Florida's annual Counselor Education Conference, Orlando, FL.
- Leppma, M., & Foster, J. (February 2010). *Teaching gratitude as a psychotherapeutic intervention: Increasing the overall effectiveness of therapy*. Presented at the University of Central Florida's annual Counselor Education Conference, Orlando, FL.
- Hutchinson, T., Leppma, M., & Thurston, J. (April 2009). *Gratitude in mental health practice*. Educational session presented at the University of Central Florida's annual Counselor Education Conference, Orlando, FL.

Invited Workshops and Professional Development

- Leppma, M. (September, 2019). Women's Leadership Initiative: Meditation Workshop. WVU, Morgantown, WV.
- Leppma, M. (October, 2018). Women's Leadership Initiative: Meditation Workshop. WVU, Morgantown, WV.
- Leppma, M. (January, 2017). *Person-Centered Counseling*. Invited professional development workshop (1.5 CEU) presented at Valley Healthcare System, Morgantown, WV.
- Leppma, M. (January, 2017). *Multicultural Counseling*. Invited professional development workshop (1.5 CEU) presented at Valley Healthcare System, Morgantown, WV.

- Leppma, M. (Annually, 2011-2017). *The Nuts and Bolts of Supervision*. Professional development workshop (1 CEU) for site supervisors.
- Young, M., & Leppma, M. (February, 2016). *Meditation for Emotional Wellness*. Presented at University of Central Florida Counselor Education Conference, Orlando, FL.
- Leppma, M. (May, 2016). *Person-Centered Counseling*. Invited professional development workshop (1.5 CEU) presented at Valley Healthcare System, Morgantown, WV.
- Leppma, M. (May, 2016). *Multicultural Counseling*. Invited professional development workshop (1.5 CEU) presented at Valley Healthcare System, Morgantown, WV.
- Leppma, M. (April, 2014). *Mindfulness: Bridging the gap between evidence-based practice and multicultural competence*. Invited workshop (6 CEUs) presented at Allegany College of Maryland, Cumberland, MD.
- Leppma, M. (May, 2013). *School Counseling in the U.S.* Invited workshop presented at the University of Tartu in Tartu, Estonia.

Current Professional Memberships/Service

- CEHS PTE Committee (2020)
- Counselor Education Doctoral Program Development Committee Chair (2020)
- Graduate Council (2018-present)
- Faculty Executive Committee (2017-2018)
- CRCCP PTE Committee (2018)
- SPED PTE Committee (2018)
- CEHS Academic Affairs Committee (2016-2017)
- Quality Matters Peer Reviewer (2015-present)
- Editorial Board: Counseling and Values Journal (2012-present)
- Ad hoc Reviewer: Journal of Traumatic Stress (2016)
- Ad hoc Reviewer: British Journal of Guidance and Counselling (2015)
- WVU Liaison: West Virginia School Counselor Association (2011-present)
- Affiliate: WVU Program Evaluation and Research Center (PERC)
- Chapter Faculty Advisor for Chi Sigma Iota, national honor society of counseling professionals (2011-present)

Membership in the following national and regional associations:

- American Counseling Association (ACA) (2000—present)
- Association for Counselor Education and Supervision (ACES) (2009—present)
- Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) (2008—2017)
- Association for Humanistic Counseling (AHC) (2017-present)

Past service:

- Training Clinic Development Committee (2016-2017)
- Search Committee Member for Counselor Educator (2015-2017)
- Department Promotion and Tenure Peer Review Committee (2011-2013)
- Search Committee Member for Rehabilitation Counseling Faculty (2013)

- Board Member: ASERVIC (2012-2013)
- Co-chair for biennial conference of the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC). New Mexico (2012)
- Counselor Education Doctoral Student Organization, (CEDSO) Secretary (2010-2011)
- Volunteer at bi-annual conference of the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) conference. Myrtle Beach: SC (2010)
- Program Selection Committee for bi-annual conference of the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC). Myrtle Beach: SC (2010)
- Exhibition booth volunteer for Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) at American Counseling Association (ACA) National Conference. Pittsburgh: PA. (2010)
- Research Assistant for Statistical Input for program evaluation- *University of Central Florida* (2010)
- Counselor Education Doctoral Student Organization, (CEDSO) Conference Chair (2009-2010)
- Counselor Education Doctoral Student Organization, (CEDSO) First Year Cohort Representative (2008-2009)
- Chi Sigma Iota National Honor Society for counseling students, Treasurer (2001-2002)

Clinical Experience

Practicum and Internship Supervisor

West Virginia University

Morgantown, WV

2011 to present

Provide individual and group supervision to school counseling and clinical mental health counseling students.

Practicum Supervisor

University of Central Florida

Community Counseling Clinic

Orlando, Florida

2009 to 2010

Co-taught three semesters of group supervision and provided triadic supervision to master's level counselor education practicum students. Supervised students' counseling emphasizing competence in (1) individual counseling (2) working with groups (4) working with children (3) working with couples.

Group Counseling Facilitator

University of Central Florida

Counselor Education Program

Orlando, FL

2008 to 2010

Facilitated Masters level personal growth groups. Facilitated groups on counselor wellness and interpersonal skills. Assisted in student evaluation and gatekeeping process.

Psychotherapist, Independent Practice

Monica Leppma Counseling, Inc.
Sebastian, Florida
2005 to 2008

Provided mental health counseling to individuals, families, and couples. Special focus on issues affecting children and adolescents as well as utilizing Eye Movement Desensitization and Reprocessing (EMDR) for trauma issues.

Behavioral On-Site Therapist

Vision Quest
Okeechobee, Florida
2004 to 2005

Provided individual, group, and family counseling for adolescent girls in residential juvenile justice program. Completed and implemented psychosocial assessments, treatment plans, and discharge plans. Participated in clinical team meetings to evaluate client progress. Conducted in-depth behavioral assessments, including Florida's Children's Functional Assessment Rating Scale (CFARS) and suicide assessments. Facilitated crisis counseling as needed. Maintained client records, fulfilling state, Department of Juvenile Justice, Medicaid, and ADM requirements. Facilitated staff development and orientation training regarding program's therapeutic approach.

Per Diem Social Worker/Counselor

VNA Hospice of the Treasure Coast
Vero Beach, Florida
2003 to 2004

Conducted initial bio-psychosocial assessments and implemented hospice care. Provided in-home, hospital, nursing home, and Hospice House counseling to individuals and families. Coordinated patient care with medical personnel.

Outpatient Therapist

Suncoast Mental Health Center
Vero Beach, Florida
2002 to 2004

Provided in-school and in-home counseling for children and families with behavioral, emotional, and/or developmental needs. Conducted in-depth behavioral assessments, including the development of treatment plans and Florida's Children's Functional Assessment Rating Scale (CFARS). Maintained client records fulfilling state, Medicaid, SAMHSA, and insurance requirements. Co-facilitated psychoeducational groups for out-of-school suspension program. Conducted after school after-care group counseling. Worked collaboratively with Indian River County School District, public schools, day cares, and community agencies to enhance client

care.

Addictions Counselor and Parent-Child Educator

Center for Drug-Free Living

Cocoa, Florida

2002 to 2003

Facilitated individual and group counseling at a residential women's and children's services substance abuse treatment center. Developed, planned, and presented material in parenting, recovery, and various seminars in psychoeducational and process-oriented groups. Screened friends and family members to determine appropriateness for visitation. Coordinated treatment with service plan managers and other clinical staff.

Graduate Assistant

Community Counseling Clinic (UCF)

Orlando, Florida

2000-2002

Conducted telephone intakes at the Community Counseling Clinic and scheduled counseling appointments for practicum students. Coordinated application process for prospective counselor education masters students. Prepared and presented orientation for prospective counseling master's students.