

# Staff Training Bios

Wake Forest UCC staff are well qualified to ensure interns receive excellent training toward becoming strong multiculturally competent psychologists who are well prepared to work in a university counseling center or similar setting. UCC staff demonstrate appropriate credentials, experience, and clinical expertise in a variety of areas including college student development/college student mental health, trauma, suicide and risk assessment, sexual and relationship violence, relationship issues, family of origin issues, group therapy, and mindfulness, among others. The following bios provide overviews of staff credentials and experiences.

## Training Supervisors

The following staff members make up the Internship Administrative Committee and are directly involved in oversight of the Psychology Internship Program:

### **Christopher Wilson, PsyD, LP**

Christopher Wilson, PsyD, is the Assistant Director of Training [ADT] of the WFUCC and is responsible for developing and administering the training program and ensuring alignment with the program's stated mission, philosophy, and goals. He graduated with his doctoral degree in Counseling Psychology from Chatham University, an APA accredited program, in 2019. He completed his APA accredited doctoral internship at the University of North Carolina at Chapel Hill Counseling and Psychological Services. Dr. Wilson has engaged in clinical practice since 2014, amassing 10 years of generalist clinical experience in various settings working with clients across the lifespan holding diverse intersecting identities. He approaches therapy from an integrated perspective including interpersonal, cognitive behavioral, and feminist and multicultural approaches. He has held licensure as a psychologist since 2020. In his prior role as a staff psychologist at Iowa State University Student Counseling Services (2019-2021) and prior position as a staff psychologist at Wake Forest University Counseling Center (2021-2023), he gained leadership and administrative experience as the group therapy coordinator, and was also the master's level training coordinator at the WFUCC. As the group therapy coordinator, he built strong experience in facilitation and training in group psychotherapy, and was an active member of the American Group Psychotherapy Association [AGPA]. He was hired into the Assistant Director of Training role at the WFUCC in August, 2023.

Dr. Wilson has provided primary supervision and other areas of training over the past six years to trainees holding diverse identities and at different developmental stages (i.e. first time therapists, early to middle stage experience, and doctoral and postdoctoral trainees). He approaches supervision from feminist-multicultural, process oriented, and developmental perspectives. His experience and passion in training and supervision as well as his generalist clinical experience and emphasis in University Counseling Centers makes him an excellent fit to lead a training program with the aim of preparing interns for careers in university counseling centers or similar settings.

### **Katherine Whitley, PsyD, LP**

Dr. Katie Whitley completed her Psy.D. in Clinical Psychology at the APA Accredited Spalding School of Professional Psychology in Louisville, KY. She completed her APA accredited internship at Appalachian State University Counseling Center, receiving generalist training with emphasis in areas of trauma

informed care and outreach. She began working at the Wake Forest University Counseling Center as a staff psychologist in 2022. Dr. Whitley has engaged in clinical practice since 2018, amassing 6 years of generalist clinical experience in collegiate and community mental health settings, working with clients across the lifespan holding diverse intersecting identities. She approaches therapy from an integrated perspective, rooted in attachment and incorporating humanistic, interpersonal, and psychodynamic interventions. She has held licensure as a psychologist in North Carolina since 2024. Currently in her position as Staff Psychologist and Outreach Coordinator, Dr. Whitley oversees UCC outreach programs including coordination of requests from campus partners and creation of psychoeducational workshops, student/faculty/staff trainings, tabling activities, and UCC promotional materials. She also co-leads the peer education group, Mental Health Ambassadors. Dr. Whitley is a member of the Association for University and College Counseling Center Outreach.

Dr. Whitley has provided supervision and co-led group supervision over the past three years. She approaches supervision from feminist-multicultural, process oriented, and developmental perspectives. Dr. Whitley has specific training in trauma informed practice, training/supervision, and outreach. Additional clinical interests include intersectional identity formation and development, exploring attachment style, familial/romantic/friend relationship concerns, building self-compassion, improving communication, and boundary setting skills. Her experience and passion for these areas make her an integral part of the training program at WFU and she aims to be a caring and supportive supervisor and colleague to incoming trainees.

#### **Dr. Javier Martin-Fernandez, PhD, LP**

Javier Martin-Fernandez, PhD, is the Director of Behavioral Health and Performance and head of the Sport Psychology Department for Wake Forest University Athletics. Dr. Martin-Fernandez is responsible for the provision of psychological services to student-athletes and athletics staff. These services include individual and group mental health and performance sessions, team workshops, educational seminars for coaches and staff, crisis intervention, student-athlete mentorship, and outreach programming. He completed his doctoral degree in Counseling Psychology from the APA accredited University of Akron in 2021. He completed his APA accredited doctoral internship and postdoctoral training at the Wake Forest University Counseling Center, where he served as the sport psychology intern and postdoctoral fellow respectively. Dr. Martin-Fernandez also earned a masters in Counseling with a specialization in sport psychology from Boston University in 2017, which continues to augment his generalist training.

Dr. Martin-Fernandez has been practicing clinically since 2015, working in a variety of clinical settings with clients of various backgrounds and intersecting identities across the lifespan. He approaches therapy from an integrated perspective drawing on third wave cognitive behavioral, interpersonal and multicultural perspectives. He has held licensure as a psychologist in North Carolina since 2023. He previously worked as a sport psychologist for Wake Forest University athletics before being hired as the Director of Behavioral Health and Performance in April of 2024. Dr. Martin-Fernandez holds memberships in APA's Division 47 (Society for Sport, Exercise, and Performance Psychology) and Clinical/Counseling Sport Psychology Association (CCSPA). His most recent professional presentation was "Suicide Prevention and Mental Health Awareness Games" at CCSPA's 2023 annual conference, which underscores his passion for mental health prevention, awareness, and literacy among student-athletes and stakeholders. Additional clinical interests include perfectionism, identity, family of origin issues, anxiety, mindfulness, and pressures to perform.

#### **Lasheka Allen, PhD, LPA**

Dr. Lasheka D. Allen has worked for over 18 years as a qualified mental health professional serving adults, children, adolescents, and families. She is driven by her passion for seeing an increase in others' psychological well-being, particularly those from marginalized groups. Dr. Allen completed her clinical psychology doctoral program at Prairie View A&M University, earning an M.S. and a Ph.D. in clinical psychology. She completed her APA-accredited internship and postdoctoral training at Easterseals Rehabilitation Center in Evansville, Indiana. Dr. Allen is currently a North Carolina Licensed Psychological Associate. Dr. Allen approaches each therapy session with an integrated person-centered focus. Theoretically, she believes that early experiences shape personality development and give insight into our present. She values research-informed care through cognitive-behavioral intervention paired with cultural humility. She implements evidence-based programs that target diverse groups, encourage proactive care for prevention, quality treatment, reduction of mental health crises, and promote wellness. She seeks to explore the risk and protective factors in systems that impact treatment-seeking behaviors and engagement in wellness services. Her research interests are psychological well-being, healthy families, and mental health stigma/utilization.

Dr. Allen has experience in supervision as an administrative and clinical supervisor, with an intentional, collaborative, transtheoretical approach that hones the supervisee's skilled strengths and effectively addresses growth edges. Dr. Allen's recent professional workshop presentations include lectures on diversity, psychological assessments, and well-being for BIPOC college students. She enjoys serving clients with a particular interest in those from diverse backgrounds, complex trauma, first-generation students, graduate students, and international students. Additional clinical interests include psychological testing and assessment, spirituality, family issues, BIPOC related experiences. Dr. Allen is also a dedicated adjunct instructor of psychology. She is the founding member of Core Essentials, a behavioral health group with three North Carolina locations dedicated to underserved communities.

#### **Shakira Bowman, PsyD, LP (Provisional)**

Dr. Bowman earned her Psy.D. in Clinical Psychology from Marshall University, APA accredited, in 2023. She completed her APA accredited internship at Applewood Centers Inc., in Cleveland Ohio and postdoctoral training [in progress] at Wake Forest University's Counseling Center. Dr. Bowman is provisionally licensed in the state of North Carolina, anticipating full licensure upon completion of postdoctoral supervision in July, 2024. She currently serves on the Internship Administrative Committee and has co-facilitated group therapy (Understanding Self and Others group and Sister Circle) at the UCC. Furthermore, she will be transitioning into the role of Staff Psychologist, at the WFUCC, in August of 2024. Dr. Bowman approaches psychotherapy from an integrative perspective, utilizing a combination of cognitive-behavioral, psychodynamic, collaborative, and humanistic intervention techniques.

She approaches supervision from an integrated approach including Solution-Focused, Cognitive-Behavioral, and Feminist models of supervision. She identifies goals in her supervision approach as facilitating growth and development of a supervisee, while also addressing impacts of multiculturalism in clinical practice. Dr. Bowman has provided informal supervision at prior training sites and co-facilitated a master's level intern group seminar at the WFUCC. She is a member of the American Psychological Association. Dr. Bowman has specialized experience working with rural and underserved populations, which has influenced special interest in racial trauma and minoritized/ marginalized populations. Lastly, she also holds a special interest in psychological and neuropsychological evaluation. Dr. Bowman has 4 years of experience performing evaluations and writing integrated reports; additionally, she holds an Autism Diagnostic Observation Schedule (ADOS-2) Certificate.

#### **Daniel Paredes, PhD, NCC, LCMHCS**

Daniel Paredes, PhD, NCC, LCMHCS, is the Associate Director/Clinical Director at the Wake Forest University Counseling Center. As Clinical Director he is charged with making data-informed recommendations on how to optimize the center's service delivery model to meet the campus' counseling needs. He uses data from counseling center clients, as well as external data (e.g., population-level survey data, reports from faculty, staff, student leaders), to identify opportunities for staff professional development and/or the development of unique programs. Dr. Paredes has been a practicing counselor since 2002 conducting mental health evaluations in rural hospital Emergency Departments, admissions screenings, and intensive outpatient programs associated with a psychiatric hospital. Prior to his appointment as the Clinical Director at WFU, Dr. Paredes was a Visiting Assistant Professor in Counseling and Educational Development at the University of North Carolina at Greensboro and an embedded clinical counselor (Diversity and Internship Coordinator) at North Carolina Agricultural and Technical State University's Counseling Services. He maintains a small private practice at an eating disorder and trauma focused group, Three Birds Counseling and Clinical Supervision, in Greensboro, NC.

Dr. Paredes received his PhD in counseling and counselor education from the University of North Carolina at Greensboro. He has been a National Certified Counselor since 2002, a North Carolina-licensed counselor since 2006, and a Board endorsed supervisor since 2015. He works from an integrative approach tailoring the interventions that he uses in session to best meet client needs. He conceptualizes clients from an Adlerian perspective with special attention to the influence of the client's cultural identities in context and tends to rely most heavily on person-centered, cognitive, behavioral, solution-focused, and interpersonal process skills. He is an active member of the Association for the Coordination of Counseling Center Clinical Services (ACCCCS) regularly presenting at their annual conferences and serving on the Executive Board.

## **Institution Supervisors**

The following individuals are also involved in supervision and didactic training:

### **Denisha Champion, PhD, LCMHCS**

Denisha Champion, PhD, is the Director of the Wake Forest University Counseling Center. She graduated with a Bachelor's from Clemson University and earned her masters degree in Counseling and doctorate in Counselor Education and Supervision from the University of North Carolina at Greensboro. Dr. Champion has served as an intern, Staff Counselor, the Assistant Director for Programming and Prevention, Associate Director for Community Engagement, and most recently as Director – all at the WFU Counseling Center. In her time working in collegiate mental health Dr. Champion has trained in DBT, Koru Mindfulness, and the Body Project Eating Disorder Prevention program. She has been a Licensed Clinical Mental Health Counselor since 2014 and has held the supervisor credential since 2019. Dr. Champion's supervisory style incorporates interpersonal process recall and facilitates supervisees in developing their own eclectic and effective approach to counseling. As a clinician, much of her work focuses on identity development in students from underrepresented backgrounds as well as navigating family systems. Her clinical interests include disordered eating, eating disorders, identity development, family systems, and navigating minority stress. She has published on campus trends in collegiate drinking and drug use as well as wellness theory and research and its application to counseling practice. Dr. Champion is an active member of the Association for University and College Counseling Center Directors (AUCCCD).

### **Jessica Byerly, MA, LCMHCS**

Jessica Byerly, LCMHCS, ATR-BC, NCC received her Master of Arts degree in Mental Health Counseling and Art Therapy from Lesley University in 2012. She has been practicing mental health counseling full time with a focus on complex trauma since 2013, and has over 10 years of counseling experience. She was licensed originally in Maryland in 2013, and was licensed in North Carolina in 2020.

Prior to becoming the Associate Director of the Safe Office at Wake Forest University in July 2023, Jessica's clinical experience was gained while working in outpatient community agencies in rural eastern Maryland treating a variety of mental health disorders including co-occurring substance abuse. Most of her clinical work in these agencies were with individuals ages 5 through late adulthood, focusing on developing skills to cope with symptoms related to depression, anxiety, ADHD, grief, trauma (including complex trauma and PTSD) and phase of life issues. She considers her clinical speciality and passion to be the treatment of complex trauma. She incorporates a multi-modality and culturally sensitive approach in treatment which may utilize art therapy, trauma informed therapy, EMDR, Theraplay and Sensorimotor Psychotherapy techniques, and traditional psychotherapy techniques (such as CBT, DBT, psychoeducation, and Person Centered therapy) to best address the varied needs and backgrounds of her clients.

In her current position, Jessica's scope of practice has shifted to overseeing the University's collaborative prevention work and clinical and advocacy response to instances of interpersonal violence including relationship violence, sexual harassment, sexual assault, sexual misconduct, and stalking.

Jessica was approved as a clinical supervisor by the Maryland Board of Professional Counselors and Therapists in 2017 for provisionally licensed professional counselors and was approved as a clinical addictions supervisor in Maryland in 2018. Jessica was approved as a supervisor by the North Carolina Board of Licensed Clinical Mental Health Counselors in 2023. In June of 2023, in partnership with For All Seasons, Inc., Jessica launched a 3 day, 24 credit hour training titled "Building Dynamic Leadership for Social Workers and Professional Counselors", which fulfilled Maryland Board of Social Work Examiners and Maryland Board of Professional Counselors and Therapists' educational requirements necessary to apply for Board approved supervisor status. Jessica has provided other trainings with topics focused on ethics, clinical documentation, and the use of art therapy techniques for non-art therapy credentialed clinicians. In 2013, she presented her Master's level thesis, entitled "Reel Therapy: An Investigative Study of the Use of Digital Filmmaking as an Art Therapy Intervention for Pediatric Oncology Patients" at the International Expressive Art Therapy Association (IEATA) conference in Berkley, CA.

### **Tiffany Longjohn, MS, LCMHC**

Tiffany Longjohn, MS, LCMHC is a North Carolina Licensed Clinical Mental Health Counselor and the Assistant Director for Community Engagement at the WFU Counseling Center. She obtained a Master's degree in Clinical Mental Health Counseling in 2013 from the CACREP accredited Counseling and Educational Development (CED) program at the University of North Carolina at Greensboro. She completed her clinical internship hours at Youth Focus Outpatient, Youth Focus Structured Day Program and the Vacc Counseling & Consulting Clinic. Tiffany oversees the counseling center's activities related to collaborative campus engagement and care coordination services to support vulnerable student populations. Tiffany was previously the Clinical Case Manager at the UCC and has been a member of the Higher Education Case Management Association since 2019. She participated in the Clinical Case Managers Committee until her promotion to Assistant Director for Community Engagement in August 2023.

Tiffany has provided individual and group therapy since 2014 in various settings including community mental health agencies and in-home services. She uses an integrative approach when providing

therapy, frequently incorporating interventions from cognitive-behavioral therapy, dialectical behavioral therapy, solution focused therapy, and interpersonal therapy. Her approach to supervision is also integrative incorporating principles from the discrimination model and psychotherapy-based models of supervision. Tiffany's clinical interests include depression, anxiety, interpersonal relationships, stress management, African American mental health, multicultural issues, and supervision.

#### **Ashley Hoke MS, LCMHCS**

Ashley Hoke, MS, LCMHCS, is the Behavioral Health Specialist at Deacon Health as an embedded University Counseling Center (UCC) clinician. Ashley provides behavioral health consultation, integrated care, assessment, safety planning, and case management to students entering primary care services and identifying a mental health concern. Ashley graduated with her Masters of Science degree in Clinical Mental Health Counseling from the University of North Carolina at Greensboro in 2014. Ashley has 10 years of experience providing counseling services in community, office, and college-based settings with children, adolescents, adults, and families. Ashley has 3 years of experience providing clinical and licensure supervision to masters-level interns and LCMHCAs. Ashley has also provided community and professional presentations on topics related to interpersonal violence, family systems, and trauma-informed care.

Ashley employs Family Systems Therapy, Cognitive Behavioral Therapy, Solution-Focused, and Motivational Interviewing in her counseling work. Ashley approaches each of her clients from a trauma-informed care and person-centered model. Ashley's approach to supervision is founded in Developmental and Bernard's Discrimination Model using a trauma-informed, integrative approach. Supervision interventions are tailored to supervisees' developmental levels, as well as the supervisees' motivation, skills, and personal attributes, while ensuring the needs of the client are met.

#### **Brittney Lowery, MA, LCMHC**

Brittney Lowery, MA, LCMHC, is the Clinical Case Manager at the Wake Forest University Counseling Center. She is responsible for providing mental health case management, care coordination, and follow-up for students identified by the UCC. In addition, Brittney is responsible for developing collaborative relationships with UCC campus partners and local area community providers, providing consultation for staff, and providing crisis and brief therapeutic interventions.

Brittney graduated from South University with a master's degree in clinical mental health counseling in 2018, where she was inducted into Chi Sigma Iota, an international counseling academic and professional honor society. Brittney obtained licensure with the North Carolina Board of licensed Clinical Mental Health Counselors in 2019. She also maintains membership in the Higher Education Case Managers Association (HECMA). Brittney has experience working in traditional outpatient settings, in addition to inpatient settings requiring ongoing crisis intervention. Her therapeutic approach includes Cognitive Behavioral Therapy, Motivational Interviewing, and Person-Centered Therapy. In supervision, Brittney also relies on the Person-Centered model to use processing as a way to encourage trainees to grow in their understanding of themselves as clinicians, in addition to building their self-confidence.

#### **Alexus C. Amaker, MSW, LCSW**

Alexus C. Amaker is a Safe Office Counselor-Advocate who joined Wake Forest University in 2023. In her role, she provides counseling and advocacy services to students related to sexual assault, sexual harassment, interpersonal violence and/or stalking-related concerns. Now a Licensed Clinical Social

Worker, Alexis received her Bachelor of Social Work degree with a minor in Human Development and Family Studies in 2018 from the University of North Carolina at Greensboro. She went on to attend North Carolina State University where she received her Master of Social Work degree in 2019 through an advanced standing program, finishing her degree within a year. Aside from higher education, Alexis has worked in a K-12 education setting, medication management agency, and within private practices. Alexis believes in personalized care and focuses on empowering others to make well-informed and self-determined decisions about their mental health care. She prefers to utilize person-centered and solution-focused approaches by leaning on cognitive-behavioral and reality-based techniques. Alexis prides herself on relatability and providing a non-judgmental safe space for individuals to process, learn, and gain new perspectives on life. Interests include: emerging adulthood, trauma, identity exploration, sexuality, life transitions, depression and anxiety.

#### **Adam Windham, MA, LCMHCA**

Adam Windham completed his MA in Counseling at the CACREP Accredited Wake Forest University. He completed his internship at the Wake Forest University Counseling Center in the '22-'23 academic year. Beginning in September of 2023, Adam was hired as a full time Staff Counselor at the UCC. Adam has been licensed as a licensed mental health counselor associate since 2023. He has served as a resident intern at the Haywood Street Congregation in Asheville, working with unhoused individuals, and as a Chaplain at Atrium Health Main in Charlotte, North Carolina. These experiences have contributed to his interests in working with individuals from a number of different backgrounds including International, LGBTQ+, and first-generation students. Additional clinical interests include intersectional identity formation and development, family issues, relationships, men's issues, and spirituality.

#### **Athena Torres, MSW, LCSWA**

Athena Torres, MSW, LCSWA, is a dedicated and experienced social worker who graduated with both her BSW and MSW from Northern Arizona University. With nearly 8 years of experience in the Child Welfare field, Athena worked with the Arizona Department of Child Safety, where she directly supported families, supervised and trained social work interns, and managed multiple offices across the state. She also served as a committee member on the Coconino County Family Treatment Court Planning and Steering Committee, where she played a key role in developing a trauma-informed, family-centered program that emphasized reunification for parents experiencing substance dependence and child welfare involvement. This program was implemented in other counties across the state, where it had a 95% reunification rate for parents who engaged in the supports and services offered.

Currently serving as a Counselor/Advocate at Wake Forest University, Athena has expanded her expertise in working with trauma survivors, recently completing Advanced Trauma Treatment training through the Ferentz Institute. Athena's passions lie in supporting trauma survivors and individuals who have previously been involved with the child welfare system. She is deeply committed to training and mentoring students entering the mental health field, fostering a supportive environment that encourages hands-on learning and professional growth. Athena's approach to working with individuals emphasizes their strengths, empowering them to make informed decisions, and understanding the impact of their family of origin and various intersecting identities on their current experiences.