

JULIA AYRAUD

<http://www.embraceyourlifecounseling.com>

25301 Borough Park Drive, Suite 105
The Woodlands, TX 77380
juliaayraud@hushmail.com

17923 Loring Lane
Spring, TX 77388
Cell: (936) 203-9860

EDUCATION

Sam Houston State University, Huntsville, TX **May 2010**
MA, Community Counseling, Specialization in Marriage & Family Counseling
CACREP-accredited program
Graduated Magna Cum Laude

Texas State University, San Marcos, TX **December 2003**
BS, Interdisciplinary Studies (Education), Minor in Special Education

RESEARCH INTERESTS

Anxiety and depression in adolescents and adults, trauma and PTSD and effects on the body, marriage counseling and effects of infidelity on the relationship, grief and loss, life transitional issues, college students and their first year experience, and growth mindset.

LICENSURE/CERTIFICATIONS

LPC-S, Licensed Professional Counselor-Supervisor (Texas) **2016-Present**
Texas State Board of Examiners of Professional Counselors

LPC, Licensed Professional Counselor (Texas) **2012-Present**
Texas State Board of Examiners of Professional Counselors, #66848

NCC, National Certified Counselor **2010-Present**
National Board for Certified Counselors, #268947

CCTP, Certified Clinical Trauma Professional **2016-Present**
International Association of Trauma Professionals

CGRS, Certified Grief Recovery Specialist **2016-Present**
The Grief Recovery Institute

CCFP, Certified Compassion Fatigue Professional **2017-Present**
International Association of Trauma Professionals

HONORS AND AWARDS

Magna Cum Laude **2010**
Sam Houston State University, Huntsville, TX

Graduated 4.0 GPA

Chi Sigma Iota, Beta Kappa Tau Chapter
Sam Houston State University, Huntsville, TX
Workshop Coordinator

2008-2010

TEACHING EXPERIENCE

Adjunct Professor, Learning Framework: First Year Experience
Lone Star College-North Harris, Victory & Greenspoint Centers,

Fall 2014-2017
Houston, TX

A first year experience course for undergraduate freshmen students allowing them to prepare and explore the college experience. Planned and delivered lectures, administered and graded assignments, maintained grade and attendance records, and engaged students in projects and group work.

PROFESSIONAL EXPERIENCE

Owner, founder, Licensed Professional Counselor-Supervisor of Private Practice

2013-Present

Embrace Your Life

The Woodlands, TX

Develop business plan and marketing strategies for practice. Counsel adolescents, adults, couples, groups and families in a private practice setting. Specialize in treating anxiety, depression, grief, trauma, and relationship issues. Generate treatment plans and progress notes for clients and input into Therapy Appointment database. Treat clients with an eclectic counseling approach including the evidence-based Cognitive Behavior Therapy. Implement The Grief Recovery Method via individual sessions and group sessions to educate about grief and loss and to work through them.

PRN Therapist

2013-2014

Kingwood Pines Hospital

Kingwood, TX

Counseled a variety of children, adolescent, and adult clients who had schizophrenia, depression, anxiety, Bipolar Disorder and substance abuse. Worked in an individual, group and family setting in an inpatient and outpatient psychiatric program. Case managed client case-loads of 20 according to unit assignment and provided discharge planning. Conducted appropriate court paperwork to file on involuntary patients within the inpatient setting.

Mental Health Counselor

2012-2013

Lonestar Behavioral Health

Tomball, TX

Counseled adult clients who had schizophrenia, Bipolar Disorder, depression, anxiety, and substance abuse. Worked in an individual and group setting in a partial hospital and out-patient program. Generated treatment plans and progress notes and attended weekly staff meetings.

Counselor/Case Manager

2011-2012

Montgomery County Women's Center

The Woodlands, TX

Counseled victims of sexual assault and family violence individually and in groups. Engaged clients in safety planning and prevention of further violence in home environment. Conducted workshops and life-skill classes on safety planning, career exploration, financial planning, domestic violence, and sexual abuse education to clients.

Provided on-going crisis intervention and case management to a case-load of 30 clients. Participated in on-call rotation to supervise 20 staff members. Trained staff members to work with victims of sexual assault and family violence.

Sexual Assault Specialist 2010-2011
Counseled victims of sexual assault and family violence individually and in groups. Provided on-going crisis intervention and case management to victims. Advocated for victims within the criminal justice system and provided accompaniment to law enforcement and court proceedings. Accompanied victims of sexual assault at the hospital and children's advocacy center during examinations and questioning. Trained and educated up to 25 volunteers and staff members on sexual assault and abuse issues.

INTERNSHIPS

Graduate Assistant and Career Counselor Intern 2009-2010
Sam Houston State University Career Services Huntsville, TX
Guided and counseled individual clients on career development and exploration. Assessed and interpreted Myers-Briggs Type Indicator and Strong Interest Inventory to individual clients and groups. Presented workshops to students and faculty on career exploration, resume writing, and interviewing. Conducted mock interviews and critiqued student and alumni resumes.

Counseling Intern 2010
Sam Houston State University Counseling Center Huntsville, TX
Provided intake interviews to new clients and assessed for at-risk behaviors on a variety of issues including substance abuse, eating disorders and suicide. Treated individual clients with depression, anxiety, and low self-esteem. Generated intake reports, case notes, and treatment plans in the Titanium database.

Counseling Intern 2009
Sam Houston State University, Jack Staggs Counseling Clinic Huntsville, TX
Counseled clients in individual, group and couple settings on a variety of issues including substance use, anxiety, depression, anger management, and infidelity. Assessed, diagnosed, and formulated treatment plans. Studied and implemented Cognitive Behavioral Therapy with clients.

Adult Group Facilitator 2009
Montgomery County Youth Services New Caney, TX
Co-facilitated Adults Relating to Kids court-mandated women's group. Used behavior modifications to help women apply them with their children.

Volunteer 2009
AIDS Foundation Houston, TX
Assisted individuals who had HIV/AIDS get vouchers, food, and clothing at the agency.

PANELS

Education & Social Services 2015
Sam Houston State University, Huntsville, TX

PRESENTATIONS

Criminal Justice & Victim Services Department 2016
Sam Houston State University, Huntsville, TX
Presented on "The Influence of Trauma" and how the brain is impacted, the mental health diagnoses from the DSM-V that are commonly seen with trauma exposure, and appropriate ways for crisis intervention.

PROFESSIONAL AFFILIATIONS

<i>International Association of Trauma Professionals</i>	2016-Present
<i>American Counseling Association</i>	2010-Present
<i>Association for Counselor Education & Supervision</i>	2016-Present
<i>Association for Creative Counselors</i>	2014-Present
<i>Texas Counseling Association</i>	2010-Present
<i>Texas Association for Counselor Education & Supervision</i>	2016-Present

REFERENCES

Dr. Victor V. Wiesner, II, , PhD, MBA, LPC-S, NCC, CCMHC
Counselor, Counselor Educator, and LPC Supervisor
25301 Borough Park Drive, Suite 129
The Woodlands, TX 77380
(281) 825-7789
DoctorWiesner@yahoo.com

Dr. Kathleen Latz, PhD
Clinical Assistant Professor
Sam Houston State University
P.O. Box 2296
Huntsville, Texas 77341-2296
(936) 333-7364
klatz@shsu.edu

Dana Hahn, MS, LMFT-S, LPC-S
Private Practice Counselor
2203 Timberloch Place, Suite 100
The Woodlands, TX 77380
(713) 553-0203
admin@danahahn.com