

Cyndi H. Matthews, PhD, LPC-S, NCC
Curriculum Vita

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Education

Doctorate of Counseling & Counselor Education (PhD) CACREP Accredited 2012
Texas A&M University-Commerce, Commerce, TX

Dissertation Topic: Counseling Second Generation Cult Survivors

Specializations/Minors:

- Marriage & Family Therapy (18 hrs.)
- Multicultural/Diversity Studies (18 hrs.)
- Psychology (18 hrs.)

Master of Science, Counseling (MS) CACREP Accredited
Texas A&M University-Commerce, Commerce, TX

Specialization: Community Counseling

Master of Organizational Behavior

Brigham Young University, Provo, UT

Specialty: Business Management; Gender & Cultural Diversity

Bachelor of Science Human Resource Development, Second Degree: Psychology
Brigham Young University, Provo, UT

Licensure/ & Credentialing

- Licensed Professional Counselor – Supervisor (LPC-S) Texas License #64495
- Nationally Certified Counselor (NCC) Certification #298169

Academic Appointments

Counseling Lecturer Aug 2016 – present
Counseling & Human Services Department, University of North Texas-Dallas, Dallas, TX

- Teach Master's level Counseling courses both online and in person
 - Crisis Intervention (face-to-face)
 - Counseling Developmental Processes & Strategies (face-to-face)
 - Counseling Practicum (face-to-face)
 - Professional Orientation and Ethics in Counseling (online)
 - Couples Counseling (hybrid)
 - Family Counseling (hybrid)
 - Counseling Theories (face-to-face)
 - Career Counseling (hybrid)
- Participate in university service

- Participate in other university committees such as Health and Wellness, Safe Spaces, Faculty Alliance, Faculty Strategic Planning, etc.
- Assist in CACREP accreditation process of Counseling courses, curriculum, and program at UNT Dallas as needed

**Counseling Program Coordinator, Community Clinical Director, June. 2015 – Aug. 2016
Counseling Lecturer, & Practicum Coordinator**

Counseling & Human Services Department, University of North Texas-Dallas, Dallas, TX

- Plan and Coordinate Counseling Program courses and faculty meetings at UNT Dallas
 - Responsible for the coordination of the counseling program
 - Receive and respond to all inquiries regarding the overall Counseling Program
 - Make recommendations regarding the development of and expenditures from the budget
 - Provide year-round leadership to the operation of the program
- CACREP Liaison: Oversee CACREP accreditation process for Counseling Program
 - Write self-study
 - Ensure all master's syllabi align to core CACREP standards and to School Counseling (SC) Clinical Mental Health Counseling (CMHC) standards
 - Oversee Program Evaluation for CACREP study
- Teach Master's level Counseling courses both online and in person
 - Crisis Intervention (face-to-face)
 - Counseling Developmental Processes & Strategies (face-to-face)
 - Counseling Practicum (face-to-face)
 - Professional Orientation and Ethics in Counseling (online)
- Oversee University Community Counseling Clinic
 - Supervise graduate counseling students who counsel community clients
 - Oversee administrative staff and other Counseling Supervisors in the clinic
 - Responsible for all administrative responsibilities of running Community Counseling Clinic
- Oversee Graduate Student Counseling Organization (GSCO)
- Participate in university service
 - Chair two search committees for graduate counseling faculty and
 - Participate in other university committees such as Health and Wellness, Safe Spaces, Faculty Alliance, Faculty Strategic Planning, etc.
- Act as Practicum Coordinator
 - Coordinate of all practicum experiences in both CMHC and SC counselor programs
 - Receive and respond to all inquiries regarding practicum

**Clinical Director, Counseling Lecturer, Practicum Coordinator Aug. 2014 – Aug. 2015
*Counseling & Human Services Department, University of North Texas-Dallas, Dallas, TX***

- Teach Master's level Counseling courses both online and in person:
 - Basic Counseling Skills (face-to-face course)
 - Professional Orientation and Ethics in Counseling (online course)
 - Career Counseling (Hybrid: online/face to face class)
 - Counseling Developmental Processes & Strategies (face to face course)
 - Counseling Practicum – Supervise students in clinic setting
 - Counseling Internship – Supervise students at internship sites

- Develop and Teach Counseling courses/program content according to CACREP and TEA standards
 - Professional Orientation and Ethics in Counseling (online course)
 - Crisis Intervention in Counseling (hybrid course)
 - Human Sexuality (hybrid course)
- Community Clinic Director – Oversee University Community Counseling Clinic
 - Supervise graduate counseling students who counsel community clients
 - Oversee administrative staff and other Counseling Supervisors in the clinic
 - Train all staff, faculty, and students to ensure HIPAA & FERPA compliance
 - Administer scheduling and budget for the clinic
 - Coordinate with community leaders to seek out potential clients for the clinic
- Practicum Coordinator – Direct and oversee admittance into practicum; coordinate student practicum sites both on and off campus; Oversee and coordinate with other practicum instructors
- Academic Advisor for all (60 - 80) Community Counseling (Adult) Track Students
- Clinical supervisor six or more students per semester in Counseling in practicum
- Participate in department and university and program committees (Wellness Committee, Employment Search Committees, etc.)
- Assist in CACREP accreditation process of Counseling courses, curriculum, and program at UNT Dallas

Adjunct Professor

Jan. 2013 – Aug. 2014

Counseling & Human Services Department, University of North Texas-Dallas, Dallas, TX

Classes Taught:

Career Counseling (Hybrid online/face to face class) – Master’s Level
Counseling Developmental Processes & Strategies – Master’s Level
Counseling Practicum – Supervise students in clinic setting – Master’s Level

- Develop course content including professional literature and other materials
- Facilitate practical application of course content
- Supervise counseling students working with real clients in a clinical setting
- Help oversee Community Counseling Clinic in terms of students, clients, HIPAA, other supervisors

Adjunct Professor

Nov. 2012 – Aug. 2014

Counseling Department, Walden University, Online University

Classes Taught:

Crisis Counseling – Master’s Level
Multicultural Counseling – Master’s Level
Marriage and Couples Counseling – Master’s Level

- Develop, maintain, and evaluate online course content
- Evaluate student understanding and practical development of counseling material

Adjunct Professor

Aug. 2012 – Dec. 2013

Counseling Department, Texas A&M University-Commerce, Commerce, TX

Classes Taught:

Counseling Theories – Master’s Level
Counseling Diverse Populations – Master’s Level

**Introduction to Counseling Profession – Master’s Level
Psychology and Sociology of Diverse Populations
Introduction to Psychology**

- Developed course content including literature and other materials
- Provided regular lecturing in graduate and undergraduate level coursework
- Evaluated student understanding and practical development of counseling theories

Graduate Assistant Researcher

2011

Texas A&M University-Commerce, Commerce, TX

- Conducted qualitative research concerning Second Generation Cult Recovery
- Interviewed former cult recovery victims
- Analyzed qualitative data into themes and categories

Graduate Lecturer

2008 – 2009

Texas A&M University-Commerce, Commerce, TX

Classes Taught:

-Group Leadership

-Marriage and Family Counseling

- Developed course content including literature and other materials
- Provided regular lecturing in undergraduate level coursework
- Evaluated student understanding and practical development

Group Facilitator for Master’s Level Group Counseling Classes

2008 – 2009

Texas A&M University-Commerce, Commerce, TX

- Facilitated group counseling sessions for master’s level counseling students
- Led discussions regarding stress, anxiety, depression, relaxation, etc.

Graduate Assistant for Master’s Level Counseling Pre-Practicum Class

2009

Texas A&M University-Commerce, Commerce, TX

- Supervised, evaluated, and gave feedback to counseling trainees in Master’s Counseling Program in practice laboratory setting

Teaching Experience: Courses Taught

University of North Texas-Dallas

Counseling 5100 (Developed): Professional Orientation and Ethics in Counseling. This course focuses on the study of ethics, law, and professional issues including counseling history, philosophy, roles, self-care, supervision, professional organizations, credentialing, and trends for Professional School Counselors and Clinical Mental Health Counselors.

Counseling 5470: Career Development and Information Resources: Students learn career development/counseling theories regarding occupational, career, and educational services.

Counseling 5490 (Developed): Crisis Intervention Counseling. Provides in-depth study of the nature of crises and crisis intervention. Emphasis will be placed on the counselor’s development of crisis assessment, management, and short-term intervention skills.

Counseling 5580: Family Counseling: Provides understanding and application of family systems theory to the study of family dynamics, family development and resolution of family conflicts.

Counseling 5590: Couples Counseling: Students learn principles and models of relationship health and maladjustment, including counseling theories and interventions for working with couples.

Counseling 5500: Human Sexuality (Developed): Counseling students develop in-depth understanding of human sexuality as well assessment and treatment of sexual issues.

Counseling 5670: Developmental Processes & Strategies. Students learn the principles and practices of human development from birth to death as they relate to counseling.

Counseling 5680: Basic Counseling Skills. This course focuses on the study of selected basic techniques of counseling and of the application of ethical standards in counseling.

Counseling 5690: Counseling Practicum. This course provides students with actual counseling experience with a variety of clients and problems in a supervised clinical setting.

Counseling 5710: Counseling Theories. Students learn basic counseling theories useful in working with a variety of clients.

Counseling 5720: Internship in Counseling. Students select a clinically supervised internship site. The internship provides an opportunity for the student to perform, under clinical supervision, a variety of professional counseling activities that a regularly employed staff member in the setting would be expected to perform.

Walden University

Counseling 6723: Multicultural Counseling. Students explore diversity and identity issues and discuss their impact on the therapeutic relationship.

Counseling 6145: Trauma and Crisis Counseling. Students learn fundamentals of crisis management and crisis leadership in counseling. Theories and models relate to crises, disasters, and other events caused by trauma.

Counseling 6201: Marriage, Couple, and Family Counseling. Students explore the history, philosophy, and trends in marriage, couple, and family counseling and examine family systems, family development, wellness, and family life cycle.

Texas A&M University-Commerce, Commerce, TX

Counseling 522: Counseling Diverse Populations. This course emphasizes the development of knowledge, skills, and attitudes for counseling persons different from the counselor regarding culture, race, gender, sexual orientation, physical disability, and religious identity.

Counseling 510: Counseling Theory and Techniques. This course includes the study of major counseling theories, basic helping skills, and applications to diverse populations.

Counseling 409: Group Leadership. This course focuses on the literature on groups, group dynamics, and leadership. The class offers personal experiences in individual growth through group participation.

Counseling 414: Marriage and Family/Home and Family Living. This course focuses on the functional study of modern family with special attention to roles, marriage preparation and partner selection. Issues discussed include family planning, sex education, divorce, communication, and LGBT Couples.

Psychology 310: US Psychology and Sociology of Diverse Populations. Students examine group and cultural identity in the context of the diversity that exists in the US. Identity topics include ethnicity and race, class and socioeconomic status, gender and sexual orientation, language, religion, age, geography, and education.

Psychology 2301: Introduction to Psychology. This course gives a basic understanding of principles and theories of psychology, as well as application of information to everyday life.

Clinical Counseling Experience

Licensed Professional Counselor – Supervisor 2016 – present
Private Practice

- Counsel individuals, couples, and families regarding a variety of issues including stress, anxiety, depression, PTSD, sexual abuse, gender identity, eating disorders, spiritual abuse, and relationship issues
- Supervise Licensed Professional Counselor–Interns in becoming more effective counselors as they work towards licensure

Licensed Professional Counselor – Supervisor 2012 – 2015
New Horizons Center for Healing, McKinney, TX

- Counseled individuals, couples, and families regarding a variety of issues including stress, anxiety, depression, PTSD, sexual abuse, gender identity, eating disorders, and relationship issues
- Supervised Licensed Professional Counselor–Interns in becoming more effective counselors in working towards licensure

College Counselor 2009 – 2012
Texas A&M University-Commerce Student Counseling Center, Commerce, TX

- Counseled students and couples with personal and academic issues including stress, anxiety, gender identity, anger, depression, PTSD, sexual abuse, relationship issues, and schizophrenia
- Led counseling groups on issues such as stress management, sexual orientation, women in transition, communication skills, transgender identity, non-traditional student issues
- Conducted psychological assessments with Counseling Center clients: MMPI-II, ADHD Adult Inventory, Beck Depression Inventory, Beck Anxiety Inventory, Beck Suicidal Ideation Inventory, CCAPS 32 & 64 (Counseling Center Assessment), SASSI (Substance Abuse), Eating Disorder Inventory
- Led and coordinated assessment committee by reviewing psychological assessments and choosing psychological assessments for use by counseling staff with clients

- Chaired Safe Spaces – Ally Committee: Coordinated a campus wide initiative to bring Safe Spaces/Zone Training to faculty, staff, and students
- Led cross-departmental team consisting of faculty, staff, and students to implement Safe Spaces University wide
- Developed and evaluated training for campus-wide Safe Spaces Program
- Trained faculty, students, and staff on creating Safe Spaces for LGBT population
- Oversaw and implemented bi-weekly professional development and bi-weekly consultation meetings regarding clients with counseling staff
- Implemented outreach strategies with students and staff at the university including training for different departments, and student groups; de-stress fest; freshman success classes; health and wellness fair, etc.
- Designed and presented training classes/sessions: Time Management, Stress/Anxiety; Parenting Management, Parenting Skills, Math Anxiety, Creating LGBTQ Safe Spaces
- Coordinated and maintained staff calendar for all outreach activities

Individual, Couples, and Family Counselor 2008 – 2009

Texas A&M University-Commerce Community Counseling Clinic

- Counseled individuals with a variety of personal problems (i.e., PTSD, rape/abuse victims, depression, schizophrenia, anxiety, dementia, borderline, stress, gender identity, and sexual orientation)
- Counseled families and couples experiencing marital problems and parenting difficulties

Individual and Group Counselor 2008

Youth First Texas, Dallas, TX

- Counseled adolescents dealing with depression, anxiety, drug, and abuse issues
- Counseled gay, lesbian, and bisexual adolescents through the coming-out process
- Facilitated groups dealing with eating disorders and body image issues

Counseling Intern 1994 – 1996

Mesquite Community Hospital, Mesquite, TX

- Counseled inpatients one-on-one dealing with depression, drug and alcohol abuse, suicidal ideation, and physical/sexual abuse
- Facilitated small and large counseling groups dealing with alcohol/drug abuse, physical/sexual abuse, and depression

Professional Experience

Substitute Teacher for Elementary and Middle Schools 2004 – 2008

Garland Independent School District, Garland ISD

Owner, Operator, and Distributor 1994 – 1997

Children's Delights, Dallas, TX

- Owned and operated small business

Organizational Effectiveness Specialist 1990 – 1991

Production Employee Involvement Department

General Dynamics (now Lockheed Martin), Fort Worth, TX

- Led project to establish adult literacy program in production department

- Taught employee courses on Leadership, Problem-solving skills, and Job-Enrichment to management and employees
- Designed, implemented, and taught courses on group process and total quality management to production department workers

Peer Reviewed Publications

Matthews, C., & Sartor, T. (under review). Infertility and miscarriage: Issues in counseling. *The Professional Counselor*.

Matthews, C. (2017). Second generation religious cult survivors: Implications for counselors. *International Journal of Cultic Studies*, 8. 1-13.

Matthews, C. H., & Salazar, C. F. (2014) Second generation adult former cult group members' recovery experiences: Implications for counseling. *International Journal for the Advancement of Counselling*, 36(2), 188-203. doi: 10.1007/s10447-013-9201-0

Matthews, C. (2012). *Second generation adult former cult group members' recovery experiences: Implications for counseling*. (Doctoral dissertation). ProQuest, UMI Dissertations Publishing. 3544472.

Matthews, C., & Salazar, C. F. (2012). An integrative, empowerment model for helping lesbian, gay, and bisexual youth negotiate the coming-out process. *Journal of LGBT Issues in Counseling*, 6, 96-117. doi: 10.1080/15538605.2012.678176

Book Chapters

Matthews, C. (2016). Ethics of Counseling with LGBTQ Youth. *The Ethics for Counseling Children and Adolescents*, Teri Sartor, Bill McHenry, & Jim McHenry (Eds).

Matthews, C. (2015). Gender Aware Therapy. *Encyclopedia of Theory in Counseling and Psychotherapy*, Edward Neukrug (Ed). NY: Sage Publishers.

Peer Reviewed Publication Presentations – Online Continuing Education

Matthews, C. (2013). Second generation cult decision making (video). *International Cultic Studies Association Continuing Education*.

Matthews, C. (2013). Cult research (video). *International Cultic Studies Association Continuing Education*.

Matthews, C. (2013). Recovery from religious abuse. *TCA Online Learning Institute*. Continuing Education Workshop/Webinar for TCA members.
http://www.txca.org/assnfe/SearchCourses.asp?MODE=FINDRESULTS&csCategory=&csSortBy=1&csFrom=&csTo=&csKeyWord=&clCourseType=0&CITY_ID=-1&FORM=Search.

Other Publications, Websites, & Assessments

Matthews, C. & Sartor, T. (in press, Fall, 2016). Coping with the challenges of gatekeeping. *SACES Newsletter*. 12(3). www.saces.org.

Matthews, C. (2015, June). Message from the President. *Texas Association for Marriage and Family Counseling Newsletter*.

Matthews, C., (2015, June). Working with Couples experiencing infidelity and Infertility. *Texas Association for Marriage and Family Counseling Newsletter*.

Matthews, C. (2014, October). Message from the President. *Texas Association for Marriage and Family Counseling Newsletter*.

Matthews, C. (2013, June). Supporting marriage equality. *Texas Association for Marriage and Family Counseling Newsletter*.

Matthews, C. (2013). Premarital/Relationship Assessment. An 80 item premarital relationship assessment inventory to be used in marriage and couples counseling. *New Horizons Center for Healing*.

Matthews, C. (2012). Counseling with second generation cult survivors. *Merlot II: Multimedia Educational Resource for Learning and Online Teaching*.
<http://www.merlot.org/merlot/goToMaterial.htm;jsessionid=23884DE9F295E39F6DFACD49BBAF708B?url=http%3a%2f%2fcontentbuilder.merlot.org%2ftoolkit%2fusers%2fCyndi%2fculturecovery&materialid=678848&entrytype=1>

Research in Progress

Matthews, C., & Sartor, T. *Inappropriate for the Profession: Navigating Emotional Challenges of Gatekeeping*. (IRB in process).

Matthews, C., & Snow, K. *A New Integrative Identity Model for Understanding Second Generation Adults Leaving a Faith-Based Cult: From Victim to Survivor*. (IRB and study completed, final write-up in process.)

Matthews, C., & Woodring, R. *LGB experiences in fundamentalist religious organizations: Counseling implications*.

Matthews, C., & Sartor, T. *Fertility Counseling Interventions for Couples*.

Matthews, C., & Salazar, C. F. *Domestic violence in conservative fundamentalist Christian homes*.

Matthews, C. *Finding spirituality after the cult*.

Matthews, C., & Quast, H. *Empowerment Model for Helping LGB Youth Negotiate the Coming-Out Process within the School Setting*.

Matthews, C. *Counseling with same sex couples for growth and empowerment*.

Professional Peer Reviewer

Journal of Psychiatric Research (2016-2017). Invited to review articles concerning cult research and counseling. (Elsevier publishers).

Texas School Counseling Association 2017 Conference. Reviewer, Reviewed over 15 proposals for acceptance for 2017 TSCA conference.

Sage Publications (2016). Book Reviewer for *Journeys to Professional Excellence*.

Sommers-Flannigan, J. (2016) *Counseling Theories*, Chapter 10 Feminist Theory and Therapy.

Kottler, J. (2016). Book Reviewer for first draft of 5th edition of *On Being a Therapist*.

Texas Counseling Association 2016 Conference. Session Reviewer, Reviewed over 40 proposals for acceptance for 2016 TCA conference.

Texas School Counseling Association 2016 Conference. Reviewer, Reviewed over 15 proposals for acceptance for 2016 TSCA conference.

Texas Counseling Association 2015 Conference. Session Reviewer, Reviewed over 50 proposals for acceptance for 2015 TCA conference.

Texas Counseling Association 2014 Conference. Session Reviewer, Reviewed over 40 proposals for acceptance for 2014 TCA conference.

Journal of Homosexuality (2013-2014) (Published by Taylor and Francis Publishers).

Saldaña, O., Rodríguez-Carballeira, A., Almendros, C. & Torres, A. (2015). *Consequences of Group Psychological Abuse*, Invictus Investigación, University of Barcelona and Autonomous University of Madrid.

Saatci, Y. (2013). Dissertation: *Effects of Parental Suicide on the Adolescent Survivors' Lives when they are Adults*

Robinson, W. (2012). Dissertation: *Posttraumatic growth and professional quality of life: An exploration of mental health practitioners working with military personnel and their family members*

Professional Presentations

International and National

Matthews, C. (June, 2017). *We said "I Do" in the cult, now what do "We do" after the cult? Marriage during and after the cult experience*. International Cultic Studies Association conference, Bordeaux, France.

Matthews, C., & Woodring, R. (March, 2017). *Lived Experiences of formerly religious LGB – Counseling for healing*. 90 minute education session at American Counseling Association, San Francisco, CA.

ALGBTIC/ASERVIC task force (March, 2017). *Panel discussion on issues concerning LGBTQ individuals, spirituality/religiosity & conscience clause laws*. Panel Discussion at American Counseling Association, San Francisco, CA.

Matthews, C. (July, 2016). Combining Identity Development Theory and Trauma Counseling in Helping Heal Second Generation Adults. Presentation at International Cultic Studies Association. Dallas, TX.

Matthews, C. (July, 2016) Growing up LGBTQ in a Cult – SGA Experiences – Moving Towards Healing. Presentation at International Cultic Studies Association. Dallas, TX.

Matthews, C., & Sartor, T. (March, 2016). *Infertility: Utilizing Best Practices and Interventions in Counseling*. Presentation at the annual conference of American Counseling Association, Montreal, Canada.

Matthews, C., & Sartor, T. (March, 2016). *Inappropriate for the Profession: Navigating Emotional Challenges of Gatekeeping*. Presentation at the annual conference of American Counseling Association, Montreal, Canada.

Matthews, C. (October, 2015). *Working with Cult Survivors in Counseling*. Presentation at annual Association for Counselor Education and Supervision (ACES), Pittsburgh, PA.

Matthews, C. (2015, July). *Identity Development in Second Generation Adults Leaving a Faith-Based Cult: From Victim to Survivor*. Presentation at the annual International Cultic Studies Association. Stockholm, Sweden.

Matthews, C. (2014, July). *A New Identity Model for Understanding Second Generation Adults Leaving a Faith-Based Cult: From Victim to Survivor*. Presentation at the annual International Cultic Studies Association. Washington, D.C.

Matthews, C. (2012, October). *An integrative model for helping lesbian, gay, and bisexual college students negotiate the coming-out process: Empowerment and advocacy*. Presentation at the annual conference of the American College Counseling Association. Orlando, FL.

Matthews, C. (2012, July). *Second generation cult survivors: Implications for counselors*. Presentation at the annual International Cultic Studies Association. Montreal, Canada.

Matthews, C. (2012, July). *Second generation cult survivors: Implications for counselors*. Presentation at the International Centre for Comparative Criminology (ICCC) of the Université de Montréal, and l'Association Québécoise Plaidoyer-Victimes. Montreal, Canada.

Duncan, D., Duncan, W., Koshatka, M., & Matthews, C. (2012, July). *Spiritual manipulation in pseudo-Christian cults: A panel discussion with former members*. Presentation at the annual International Cultic Studies Association. Montreal, Canada.

Matthews, C., & Salazar, C. F. (2010, March). *An integrative model for helping lesbian, gay, and bisexual youth negotiate the coming-out process: Empowerment and advocacy*. Presentation at the annual conference of the American Counseling Association. Pittsburg, PA.

Matthews, C., & Salazar, C. F. (2010, February). *A model for helping LGB youth negotiate the coming-out process: Exploring its use in groups*. Presentation at the national conference of the Association for Specialists in Group Work. New Orleans, LA.

Even, T., Matthews, C., & Timeteo, M. (2008, March). *An objectives-based evaluation of student perceptions of effectiveness of an experiential group counseling component for training master's level counselor*. Presentation at the national conference of the Association for Assessment in Counseling and Education. Dallas, TX.

Regional and Local

Coker, S., & Matthews, C. (December, 2016). *Daring to be defined: Helping clients create healthy boundaries by disengaging shame*. Three hr. presentation at 3rd Annual North Texas Regional Psychodrama Conference, Frisco, TX.

Matthews, C., & Sartor, T. (November, 2016). *Gatekeeping Challenges for Counselor Educators*. Presentation at Texas Counseling Association, Dallas, TX.

Matthews, C., & Sartor, T. (2016 October). *Navigating Emotional Challenges of Gatekeeping*. Roundtable discussion at annual Southern Association for Counselor Education and Supervision (SACES), New Orleans, LA.

Matthews, C., & Sartor, T. (2016, August). *Infertility: Interventions and Best Practices in Counseling*. Presentation at TMHCA and TAMFC, Dallas, TX.

Matthews, C., & Sartor, T. (2016, January). *Inappropriate for the Profession: Navigating Emotional Challenges of Gatekeeping*. Presentation at annual Texas Association for Counselor Educators and Supervisors (TACES), Austin, TX.

Matthews, C., & Sartor T. (2015, November). *Infertility: Interventions and Best Practices in Counseling*. Presentation at annual Texas Counseling Association, Corpus Christi, TX.

Matthews, C. (2015, November). *Same Pain, different Day: Helping Clients Work through Chronic Pain*. Presentation at annual Texas Counseling Association, Corpus Christi, TX.

Matthews, C. (2015, November). *Stopping the Abuse: Domestic Violence in Fundamental Christian Homes*. Presentation at annual Texas Counseling Association, Corpus Christi, TX.

Matthews, C. & Manning, L. (2015, February). *After the Ph.D: Now What? Surviving the Interview Process*. Presentation at the annual conference of Texas Association for Counselor Education and Supervision (TACES), Austin, TX.

Matthews, C. (2014, November). *A New Identity Model for Understanding Second Generation Adults Leaving a Faith-Based Cult: From Victim to Survivor*. Presentation at the annual conference of Texas College Counseling Association, Austin, TX.

Matthews, C., Cain, D., Chapple, J. (2014, November). *After the Affair: Now What? Working with Couples After Infidelity*. Presentation at the annual conference of Texas Counseling Association, Dallas, TX.

Sartor, T., Matthews, C., Chapple, J. (2014, November). *Infertility: Utilizing Interventions and Best Practices in Counseling*. Presentation at the annual conference of Texas Counseling Association, Dallas, TX.

Matthews, C. & Chapple, J. (2014, May). *Overcoming Barriers to Creating a Safe Space/ Ally Program: Implementation at Texas Colleges and Universities*. Presentation at the annual conference of Texas College Counseling Association, Austin, TX.

Chapple, J. & Matthews, C. (2014, May). *Ageism in Higher Education: Counseling the Non-Traditional Student*. Presentation at the annual conference of Texas College Counseling Association, Austin, TX.

Matthews, C. & Quast, H. (2014, February). *Empowerment Model for Helping LGB Youth Negotiate the Coming-Out Process within the School Setting*. Presentation at the annual conference of the Texas School Counselor Association. Houston, TX.

Matthews, C. (2013, November). *Counseling former cult and high intensity faith group members*. Presentation at the annual conference of the Texas Counseling Association. Austin, TX.

Matthews, C., & Aslinia, D. (2013, November). *Counseling with same sex couples for growth and empowerment*. Presentation at the annual conference of the Texas Counseling Association. Austin, TX.

Aslinia, D., Matthews, C., & Abbassi, A. (2013, November). *Sex therapy: Implications for counseling*. Presentation at the annual conference of the Texas Counseling Association. Austin, TX.

Elder, J., & Matthews, C., (2011, November). *Stronger for longer: Promoting family resilience*. Presentation at the annual conference of the Texas Counseling Association. Fort Worth, TX.

Even, T., Matthews, C., & Timeteo, M. (2008, October). *An objectives-based evaluation of student perceptions of effectiveness of an experiential group counseling component for training master's level counselor*. Presentation at the state conference Pathways to the Doctoral Program Conference. Commerce, Texas.

Invited Presentations and Training Programs

Matthews, C. (June, 2017). *Counseling with Second generation cult survivors*. 4 hour presentation with former cult members at International Cultic Studies Association, Boudreaux, France.

Matthews, C., & Sartor, T. (January, 2016). *Legislative & Government Relations Advocacy: National Perspective, State Responses*. Presentation at the American Counseling Association 2016 Southern Region Leadership and Advocacy Conference. Dallas, TX.

Matthews, C. (2015, October). Keynote Speaker (8 hr. presentation). *Couples counseling: What you need to know about infidelity, infertility, same-sex couples, and communication*. An invited 8 hour program for Graduate counseling students, faculty, and alumni. Texas Tech University.

Matthews, C. (2015, September). *The effects of religious cults and cult mentality on individuals after they leave*. Fellowship of Freethought Church, Dallas, TX.

Matthews, C. (2015, April). Keynote speaker. *Best Practices with couples in counseling regarding Infidelity, Infertility, Same-Sex Couples, and Communication*. An invited 6 hour program for faculty, staff, alumni, LPCs, and counseling students. West Texas A&M University, Amarillo, TX.

Matthews, C. (2014, February). *Working with LGBT college students in counseling*. An invited 3 hour program for faculty, staff, and counseling graduate students to help in working with LGBT individuals. Texas A&M University-Texarkana.

Matthews, C. (2012). *Safe-spaces/LGBT ally training*. An invited five hour training program designed for all Texas A&M University-Commerce faculty, staff, administrators, and students aimed at creating safe spaces for all LGBT students and staff across campus. Texas A&M University-Commerce.

Matthews, C., & Reid, R. (2012). *Why we need safe spaces and ally training in a university setting*. An invited two hour presentation to help faculty, administrators, and staff begin to understand the reasoning for a Safe Spaces program and ways they can support the program. Texas A&M University-Commerce.

Matthews, C. (2012) *Feminist family therapy*. A three hour presentation to PhD students to understand the principles and dynamics of feminist family therapy. Texas A&M University-Commerce.

Matthews, C. (2011). *Understanding sex therapy: Implications for counselors*. A three hour presentation to PhD students to understand the dynamics of sex therapy. Texas A&M University-Commerce.

Matthews, C., & Fuentes, F. (2011). *Preventing dating violence*. An invited four hour training for undergraduate college students and teens to help them prevent, recognize, and protect themselves from dating violence situations. Texas A&M University-Commerce.

Matthews, C., & Fuentes, F. (2011). *Balancing college life with being a parent*. A four hour training for college students who are parents, and to help them find ways to manage, cope, and thrive as both a parent and college student. Texas A&M University-Commerce.

Matthews, C., & Marsh-Jacobs, M. (2011). *Stress management for university honors college students*. A two hour presentation to assist honors college students cope with the pressures of college. Texas A&M University-Commerce.

Matthews, C. (2010). *Overcoming math and test anxiety*. A two hour presentation designed for non-math majors to cope with the stress and anxiety in taking university math courses and tests. Texas A&M University-Commerce.

Matthews, C. (2008). *Domestic violence: What can counselors do?* A 3 hour presentation for graduate counseling students to help them understand the dynamics and implications of domestic violence and how to work with survivors and perpetrators of domestic violence. Texas A&M University-Commerce.

Professional Leadership

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|--|---|
| American Counseling Association | 2016 – 2017 |
| <ul style="list-style-type: none"> • Member of special task force ASERVIC – ALGBTIC (position papers on LGBTQ & Spirituality/Religiosity) • Member of special task force ASERVIC (inclusiveness position paper) | 2016 – 2017 |
| Texas Association for Marriage and Family Counselors (TAMFC) | |
| <ul style="list-style-type: none"> • Past President • President • President Elect • Parliamentarian • Secretary, Parliamentarian • By-Laws Committee • Emerging Leader | 2016 - 2018 2014 – 2016 2012 – 2014 2012 – 2013 2010 – 2012 2010 – 2012 2009 – 2010 |
| International Cultic Studies Association (ICSA) | |
| <ul style="list-style-type: none"> • Advisory Board Member | 2016 – 2018 |
| Association for Specialists in Group Work (ASGW) | |
| <ul style="list-style-type: none"> • Emerging Leader | 2010 – 2014 |
| Texas Counselors for Social Justice (TxCSJ) | |
| <ul style="list-style-type: none"> • Senator (3 year term) | 2008 – 2011 |
| Chi Sigma Iota, Texas A & M University - Commerce | |
| <ul style="list-style-type: none"> • Secretary | 2008 – 2012 |

Professional Organizations

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|---|--|
| American Counseling Association (ACA) | 2007 – 2016 |
| <ul style="list-style-type: none"> • International Association for Marriage and Family Counselors (IAMFC) • Association for Specialists in Group Work (ASGW) • Association for Counselor Education and Supervision (ACES) • American College Counseling Association (ACCA) • Counselors for Social Justice (CSJ) | 2010 – 2016 2011 – 2016 2012 – 2012 2009 – 2016 |

- Association for Multicultural Counseling and Development (AMCD) 2008 – 2016
- Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) 2007 – 2016
- Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC) 2007 – 2016
- Association for Assessment in Counseling and Education Division (AACE) 2007 – 2009

International Cultic Studies Association (ICSA) 2011 – 2015

Texas Counseling Association (TCA) 2008 – 2016

- Texas Counselors for Social Justice (TxCSJ) 2008 – 2016
- Texas Association of Marriage and Family Counselors (TAMFC) 2008 – 2016
- Texas Association for Lesbian, Gay, Bisexual, Transgender Issues in Counseling (TALGBTIC) 2008 – 2016

Chi Sigma Iota – Texas A&M University–Commerce Chapter 2007 – 2012

Awards and Recognition

- Outstanding Division TAMFC (pres.) *Texas Counseling Association* 2015
- Advocacy Award TAMFC (president) *Texas Counseling Association* 2015
- Distinguished Service Award TCA *Texas Counseling Association* 2012
- McNair Doctoral Scholarship *Texas A&M University-Commerce* 2012
- Emerging Leader Scholarship *American College Counseling Association* 2012
- John Wayne Yarbrough Scholarship *Texas A&M University-Commerce* 2011 – 2012
- Cash 4 College Scholarships *Texas A&M University-Commerce* 2010 – 2012
- Truax Doctoral Scholarship *Texas A&M University-Commerce* 2010 – 2011
- Barbara Gazda Scholarship *Association for Specialists in Group Work* 2010
- Emerging Leader Scholarship *Association for Specialists in Group Work* 2010
- McQuary Doctoral Scholarship *Texas A&M University-Commerce* 2009 – 2010
- Chi Sigma Iota Service Award *Texas A&M University-Commerce* 2010
- 1st Place Social Sciences Division *Pathways to the Doctoral Program, Texas* 2009
- School of Management Scholarship *Brigham Young University* 1988 – 1989

Certification/Training

Trauma Focused Cognitive Behavioral Therapy Training 2015

- Web based learning course available at <http://tfcbt.musc.edu/>

Gottman Level 1 & 2 Training 2014 - 2015

- Bridging the Couple Chasm - Gottman Couples Therapy (Level 1)
- Clinical Training: Assessment, Intervention, and Co-morbidities (Level 2)

ASIST (Applied Suicide Intervention Skills Training) (14 hours of training) 2014

- University of North Texas

IMAGO Couples Therapy Training (6 hours of training) 2013

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| Cyndi H. Matthews, PhD, LPC-S, NCC | 17 |
| • Texas A&M University | |
| Question, Persuade, and Refer (QPR) Suicide Prevention Training | 2012 |
| • Certified Gatekeeper and Instructor Training | |
| • QPR Institute, Waco, TX | |
| Online Courses | |
| • The Power of Vulnerability – Udemy – Brené Brown | 2015 |
| • Joyful Heart Meditation – Udemy – Jack Kornfield | 2016 |
| • Living Brave – Courageworks – Brené Brown | 2016 |
| • Rising Strong – CourageWorks – Brené Brown | 2016 |
| • Sex Addiction – Heart to Heart – Douglas Weis (6 hrs) | 2016 |
| Psychodrama (103 Hours of training) | |
| • Bridging Hart Foundation – Psychodrama monthly and weekend of training (85 hrs) | 2016 |
| • Hart Foundation – Psychodrama day of training (6 hrs) | 2015 |
| • Hart Foundation – Pscyhdrama day of training (6 hrs) | 2014 |
| • Dr. Katrena Hart, Texas A&M University-Commerce, Commerce, TX (6 hrs) | 2012 |
| Biofeedback | 2011 – 2014 |
| • Healing Rhythms, Wild Divine, Wisdom, Passage Quest | |
| • Texas A&M Commerce Counseling Center; New Horizons Center for Healing | |
| Safe Spaces/Safe Zone Ally Training – Certified Instructor and Ally | 2011 – 2014 |
| • University of North Texas at Dallas | |
| • Texas A&M University-Commerce, Commerce, TX | |
| • University of Texas at Dallas, Dallas, TX | |
| • Texas Women’s University, Denton, TX | |
| • Texas A&M University, College Station, TX | |
| Sand Tray Therapy (48 hours of training) | 2010 |
| • Dr. Stephen Armstrong, Texas A&M University-Commerce, Commerce, TX | |
| Parenting with Love and Logic | 2001 |
| • Cline & Fay | |
| Parenting Effectiveness | 2000 |
| • Dinkmeyer & Dinkmeyer | |
| Zenger Miller Certified Leadership Instructor | |
| • General Dynamics, Fort Worth, TX | 1991 |