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ALEXANDRIA N. HEPBURN

M.A, LPCC (OH), NCC

Counselor Education and Supervision Doctoral Candidate

EDUCATION

PhD Counselor Education and Supervision (CACREP accredited)

University of Toledo | Toledo, OH | August 2019 – present

Master of Clinical Mental Health Counseling (CACREP accredited)

Adler University | Chicago, IL | September 2017 – July 2019

Bachelor of Liberal Arts and Sciences

Major: Psychology | **Minor:** Criminal Justice

Indiana University South Bend | South Bend, IN | August 2013 - May 2017

TEACHING EXPERIENCE

Marquette University

Instructor: COUN 6050 Research Methods in Counseling | Fall23 - Summer25

Instructor: COUN 6090 Medical and Psychosocial Aspects of Disability | SU24 - SP25

Instructor: COUN 6060 Psychopathology and Diagnosis| Spring 2025

John Carroll University

Instructor: CG 509 Research Methods for Mental Health Professionals | Spring 2023

Bowling Green State University

Instructor: COUN 6730 Child and Adolescent Counseling | Spring 2023

Instructor: COUN 6790 Group Counseling Models and Procedures | Fall 2022

University of Toledo

Instructor: COUN 5140 Counseling Theories | SP 2022 - FA 2023

Instructor: COUN 6470/8470 Drugs and Mental Health | Spring 2023

Instructor: COUN 3000 Cultural Competence in Service Professions | Fall 2021

Instructor: COUN 1110 Fundamentals of Human Mental Health | Spring 2021

Instructor: COUN 2120 Group and Therapeutic Approaches | Fall 2020

Instructor: COUN 3110 Case Management | Spring 2020

Instructor: COUN 4080 Essentials to Helping Relationships | Fall 2019

Co-Facilitator: COUN 5130 Group Counseling | SP 2020 – SP 2022

Co-Facilitator: COUN 5160 Diversity Issues Counseling | SU 2020 – SU 2021

Co-Facilitator: COUN 6470 Drugs and Mental Health Counseling | Summer 2020

Guest lecturer: COUN 5140 Counseling Theories, Existential lecture | Fall 2019

Indiana University South Bend

Teaching assistant: Introduction to Psychology course | Aug. 2014 – May 2017

CLINICAL EXPERIENCE

Mental Health Counselor: Drescher & Associates | July 2021 to present

- Private Practice agency
- Clinical mental health counselor and part time school-based clinician
- Primary referrals include Trans* and LGBTQ+ clients and families

Mental Health Counselor: Unison Health (Starr) | January 2020 to June 2021

- Community Mental Health agency
- Clinical mental health counselor and part time school-based clinician
- Primary referrals include Trans* and LGBTQ+ clients and families

Supervisor for Master's level practicum students | September 2019 to 2020

- Clinical Mental Health and School Counseling graduate students

Counseling Intern: Harold Washington College | Aug. 2018 – May 2019

- Community College Counseling Center

Mentor and after-school educator: Super 7 Girls of Chicago | Oct. 2017 - April 2018

- An empowerment through education program for young women of color

RESEARCH AND WRITING EXPERIENCE

Published Works:

Hepburn, A., Wisniewski, R., Mattingly, R. & Clark, M. (2025). Chapter 6: Cultural identity development models. From Cook, M. & Clark, M. (2025). Multicultural & Social Justice Counseling: A systemic, person-centered, and ethical approach. San Diego. Cognella.

Dari, T., Brown, L.V., **Hepburn, A.**, Jacoby, R. & Green, C. (2020). Chapter 13: Where do we go from here? School-community university partnerships to address impact of trauma in high poverty schools. From Brown, L.V. & Dari, T., Brown, L.V. (2024). Handbook of research on trauma with children: Working with high poverty schools and communities. Cognella Academic Publishing.

Accepted Presentations:

Wisniewski, R., **Hepburn, A.** & Laux, J. (2022). Mental health counseling with male clients: Multicultural implications for counselor education. North Central Association for Counselor Education and Supervision (NCACES), Omaha, Nebraska Conference.

Hepburn, A., Kempf, J, Raghavan, E. & Long, S. (2021). Speed mentoring: An afternoon of networking and professional development within counselor education. CSI Days Poster Session. Online Format.

Hepburn, A. & Ausloos, C. (2020). Sex positivity as a multicultural competency: Supportive therapeutic interventions for families with affective and gender-diverse youth. National Board for Certified Counselors' Foundation Symposium, Washington, D.C.

Hepburn, A., Mallik, M., & Ausloos, C. (2020). Resilience in Counselor Education: Inclusive Practice with Diverse Affective and Gender Identities. North Central Association for Counselor Education and Supervision (NCACES) Bi-Annual Conference, (Accepted, conference cancellation COVID19)

Hepburn, A. & Reed, L. (2020). Exploring opportunities for inclusive mental health services for spiritually and religiously affiliated LGBTQ+ individuals. LGBTQIA Issues Conference, Toledo, Ohio. (Accepted, conference cancellation COVID19)

Ausloos, C. & **Hepburn, A.** (2020). Empowering trans* youth in schools: Affirming

approaches for families, teachers, and counselors. National Board for Certified Counselors' Foundation Symposium, Washington, D.C.

Dari, T., Del Re, J., Heckman, L. Walker, T. & **Hepburn, A.** (2020). A Case for Integrating Cultural Humility into Leadership Development in Counseling. American Counseling Association Conference, Online Webinar format.

Manuscripts:

Dari, T., Stevens, M., Del Re, J., Heckman, L., Walker, T. & **Hepburn, A.** (2020) A case for integrating cultural humility into leadership development in counselor education. *The Professional Counselor*. Manuscript number 200350.

Presentations:

Social Justice Practicum Symposium presentation | April 2018

- Program evaluation of young BIPOC women's empowerment program

Women and Gender Studies Research Conference presentation | May 2017

& Indiana University Undergraduate Research Conference presentation | Dec 2016

- Attitudes Towards Feminism project

In Progress:

Rorie, T., **Hepburn, A.**, Mattingly, R. (2022). Anti-racist pedagogy for instructors of diversity courses in CAREP accredited counseling departments: A phenomenological study.

Del Re, J., Dari, T., Suarez, A., Rorie, T., **Hepburn, A.**, Rice, R., Raghaven, E. (2022). Understanding post-graduate clinical supervisees expectations and perceptions of multicultural competence and cultural humility: A consensual qualitative research study.

MEMBERSHIPS AND ORGANIZATION AFFILIATIONS

Co-Chair of the Diversity, Equity, and Inclusion committee | 2021 – 2023

- Task force entrusted with creating and distributing needs assessments on how the counselor education department can improve and implement more inclusive practices. This committee collects data directly from students and coordinates with faculty to materialize change

Chi Sigma Iota (CSI) Alpha Omega

- Previous president mentorship role | 2022 – 2023
- Chapter President | 2021 – 2022
- Chapter Vice President | 2020 - 2021

An internationally recognized organization for professionalism, leadership, research, and clinical excellence in counseling

Psi Chi

- Chapter Vice President | 2015 – 2017

An internationally recognized honor society for recognizing and promoting excellence in the science and application of psychology

- Association of Counseling Sexology and Sexual Wellness (ACSSW) | 2019 - 2022
- Graduate Student Association (GSA) representative | 2019 - 2021
- American Counseling Association (ACA) member | 2018 - present
- IUSB Psychology Club President | 2014 - 2017

LEADERSHIP AND MENTORSHIPS

- Hepburn, A. (Summer, 2020). *Doctoral student panel: Lessons learned*. Graduate Teaching Assistant, School of Intervention and Wellness, University of Toledo
- Speed Mentoring facilitator and co-facilitator | Feb 2020 - 2022
- National Counselor Examination (NCE) Preparation event organizer | Feb 2021 - 2022
- University of Toledo Counselor Education Orientation guest speaker | Aug 2020-2022
- National Counselor Examination (NCE) guest lecturer | Feb 2020 – 2023
- Guest speaker and mentor in First Year Adlerian Students program | Nov 2018
- Peer Mentor for First Year Seminar Program | Aug 2016 - May 2017

AWARDS AND TRAINING CERTIFICATIONS

- Outstanding Practitioner Award Chi Sigma Iota | 2021
- Outstanding Entry Level Student Award Chi Sigma Iota | 2020
- Red Cross Infant / Child / Adult CPR Certification | 2020
- CITI Training | 2020
- HIPAA Basics Training | 2019
- Ethical Workplace Training | 2019
- Psychological First Aid (PFA) Certification | 2018
- Outstanding Service Award to IUSB Psychology Department | 2017
- Who's Who Award Recipient IUSB Psychology Department | 2017

REFERENCES

Aimee Drescher, PHD

Clinical Psychologist | Drescher & Associates | 419 - 415 – 9529

John Laux, PHD, PCC, LICDC

UToledo | Associate Dean Student Affairs | 419 - 530 – 4705

Tahani Dari, PHD, LPC (MI), LSC, NCC

UToledo | Admissions Coordinator | 734 - 904 – 1078