

# Lexi Heringer Wimmer, MA, LPC, LAC, NCC, ACS

303-720-8407 | lexi.wimmer@unco.edu

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## EDUCATION

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University of Northern Colorado, Greeley, CO  
**PhD, Counselor Education and Supervision** 2023  
CACREP Accredited Program Anticipated  
*Doctoral Minor: Applied Statistics and Research Methods*  
*Emphasis Area: Play Therapy*  
*Proposed Dissertation: Counseling students' experience of religious/spiritual transitions: A narrative inquiry*

Denver Seminary, Denver CO  
**MA, Clinical Mental Health Counseling** 2014  
CACREP Accredited Program  
*Thesis: The Interaction of face-to-face and computer mediated communication styles with self-esteem, self-disclosure, and introversion on teacher-student interactions*

Minnesota State University Moorhead, Moorhead, MN  
**BA, Psychology** 2011  
University Honors Program

## LICENSURE AND CERTIFICATIONS

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Licensed Professional Counselor in Colorado (#13362) 2016  
Licensed Addictions Counselor in Colorado (#1007) 2018  
Approved Clinical Supervisor (#4484) 2022  
Nationally Certified Counselor (#340231) 2016  
Certified Motivational Interview Therapist 2016  
Prepare/Enrich Certified 2012  
Applied Suicide Intervention Skills Training (ASIST) Certified 2010

## TEACHING EXPERIENCE

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Co-Teaching and Teaching Assistant:

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University of Northern Colorado, Greeley, CO  
**APCE 616: Career Theory, Counseling, and Assessment** (in-person) Co-Teacher Spring 2022

- Prepared and facilitated interactive course lectures, in-class activities, and small group discussions
- Provided in-depth feedback on written work for further reflection and integration into future assignments, and graded coursework
- Actively co-created learning community through facilitating discussions, group expectations, and participation in small-group work

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**APCE 661: Psychological Trauma and Intervention for Individuals, Families, and Communities** (weekend intensive, synchronous online) Co-Teacher Spring 2021

- Prepared and facilitated course lectures, both synchronous online and asynchronous content, and integrated multiple tools in an online environment
- Provided in-depth feedback, and graded coursework
- Worked to manage classroom dynamics in both an online and in-person environment, especially in response to challenging topics

**APCE 650: Orientation to Clinical Counseling** (online) Teaching Assistant Spring 2021

- Graded coursework including final paper demonstrating emerging clinical skills; shared reflections and feedback to support growth

**APCE 616: Career Counseling** (in-person and online) Teaching Assistant Spring 2020

- Provided in-depth feedback on major assignments, graded coursework

## Invited Lectures:

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University of Northern Colorado, Greeley, CO

**APCE 650: Orientation to Clinical Counseling** (in-person) Nov 2022

- Advocacy in Counseling

**APCE 650: Orientation to Clinical Counseling** (extended campus, in-person) Sept 2022

- Colorado's professional licensures in counseling

**APCE 650: Orientation to Clinical Counseling** (extended campus, in-person) Jan 2022

- Colorado's professional licensures in counseling

**APCE 623: Understanding and Counseling Diverse Populations** (online, asynchronous) Oct 2020

- Religious oppression in counseling

**APCE 558: Diagnosis and Treatment Planning** (extended campus, in-person) Nov 2019

- Suicide assessment and intervention

## Higher Education Experience:

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University of Northern Colorado, Greeley, CO

**Professional Counseling & CES Doctoral Program Coordination Graduate Assistant** Fall 2019 – Present

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- Aided coordination for master's interview days at main and extended campuses, including communicating with applicants, managing feedback forms, and participating in interviews
- Participated in doctoral interview days and provided feedback regarding applicants
- Communicated with prospective doctoral students regarding program expectations and experiences
- Coordinated maintaining and updating assessment questionnaires used to track student outcomes in master's program for monitoring student progression or possible review and retention
- Assisted in application tracking and screening for prospective master's students in clinical mental health, couples and family, and school counseling tracks

### **CACREP Simulation**

Spring 2020

- Participated in workgroup to simulate steps to achieve CACREP accreditation for a hypothetical new master's and doctoral program
- Researched potential program needs in the US along with necessary CACREP standards requirements

### **Program Evaluation and Reaccreditation Graduate Assistant**

Fall 2019 –  
Spring 2020

- Provided collateral materials for use in CACREP self-study relating to integration of current CACREP standards into all course syllabi
- Conducted analysis of student outcome-data in meaningful formats to be used by faculty leadership for program evaluation and individual student review and retention

### **Internship Coordination Graduate Assistant**

Fall 2019 –  
Spring 2020

- Assisted with coordination of practicum and internship placements for all master's level counseling students
- Served as a point of contact for students, coordinated communication, and assisted in answering questions regarding placements

Denver Seminary, Littleton, CO

### **Graduate Level Grader**

Fall 2015 –  
Spring 2016

- Graded coursework including case studies, transcript exercises, and papers for graduate level students in courses "Therapeutic Communication," and "Psychopathology and Diagnosis"
- Assessed and provided feedback to students regarding points of growth and strengths in therapeutic communication, and modeled skills practiced in role-play exercises
- Evaluated and offered feedback regarding appropriate use of DSM-V diagnostic criteria

**SUPERVISION EXPERIENCE**

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University of Northern Colorado, Greeley, CO

**Doctoral Supervisor**

Play Practicum (on-site clinic) in-person	Spring 2023
Master's Practicum II (community placement) telehealth	Summer 2022
Master's Practicum I (on-site clinic) weekend intensive, telehealth	Fall 2021
Master's Practicum II (community placement) telehealth	Fall 2021
Master's Practicum II (community placement) telehealth	Summer 2021
Master's Internship (community placement) telehealth, substitute	Spring 2021
Master's Practicum II (community placement) telehealth	Spring 2021
Master's Practicum I (on-site clinic) synchronous telehealth	Fall 2020

- Conducted supervision in a variety of settings including on-site clinic, weekend intensive, and fully remote
- Provided developmentally and culturally responsive supervision, in line with integrated developmental model and developmental relational counseling regarding talk counseling and child centered play therapy
- Consulted with faculty and site supervisors during site visits to ensure continuity of learning and practice
- Facilitated lectures on counseling skills such as therapeutic questions, immediacy, multicultural considerations, meaning reflections, and core play therapy skills
- Integrated several methods for providing tailored feedback including feedback to video responses (i.e., Skillsetter), live real-plays with peers, live feedback during sessions, mid-session breaks, post-session processing, individual, and group supervision
- Conducted formal evaluations at midterm and end of semesters, utilizing written documentation and processing in supervision

University of Northern Colorado, Greeley, CO

**Peer Consultant**

Doctoral Practicum (on-site clinic) in-person, substitute	Fall 2022
Doctoral Practicum (on-site clinic) in-person	Fall 2021

- Provided peer support to first year counselor education and supervision and counseling psychology doctoral students in in-person laboratory counseling setting
- Initiated live feedback during sessions, as well as post-session processing in a group format for doctoral students
- Co-led and solo-led group supervision for doctoral student counselors
- Regularly communicated with faculty supervisors regarding students to coordinate strategies for growth and development
- Reviewed session tapes and SOAP notes of doctoral student sessions

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Excelsior, Aurora, CO

## **Clinical Supervisor**

Dec 2016 –  
Oct 2017

- Provided administrative and clinical supervision to licensure candidate counselor
- Conducted weekly individual supervision, case review, and processed counselor development
- Conveyed individualized feedback and evaluation relating to counselor skill and development

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## **CLINICAL EXPERIENCE**

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Sandalwood Therapeutic Services, Denver, CO

## **Owner and Counselor**

Oct 2018 –  
Present

- Counseled children, adolescents, and adults utilizing individual and family therapies in an outpatient setting, specializing in substance use disorder treatment and life transitions
- Facilitated biopsychosocial intake assessments and work with clients to create individualized treatment plans to demonstrate progress
- Worked to maintain all clinical documentation and completed billing to various insurance companies
- Created and employ marketing strategies to enhance ongoing referrals

University of Northern Colorado, Psychological Services Clinic, Greeley, CO

## **Play Therapist**

Jan 2022 –  
May 2022

- Provided individual play therapy services, as well as parent consultations, and family assessments for children and their families
- Utilized live supervision model to promote child-centered play therapy modality practice, in alignment with registered play therapist training
- Consulted with familial treatment team to enhance treatment effectiveness

University of Northern Colorado, Psychological Services Clinic, Greeley, CO

## **Counselor**

Aug 2019 –  
May 2020  
& Aug 2021 –  
Dec 2021

- Provided individual and group counseling services for adults from diverse backgrounds
- Maintained timely and appropriate client files, including notes and case conceptualization
- Utilized live supervision to promote development and provide high quality services to clients

Stout Street Foundation, Commerce City, CO

## **Primary Therapist**

Nov 2017 –  
Aug 2019

- Provided counseling for clients in intensive residential treatment of substance use disorders and co-occurring mental health conditions

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- Conducted group therapy relating to topics of DBT skills and psychoeducation
- Worked with client's interdisciplinary teams to coordinate appropriate care and aftercare
- Provided clinical documentation, working with insurance companies for utilization reviews

Excelsior, Aurora, CO

### **Admissions Program Manager**

Apr 2015 –  
Oct 2017

- Began as Admissions Therapist prior to advancement
- Oversaw admissions forecasts across all programs and managed execution of department goals
- Facilitated clinical and administrative supervision and oversaw employee development
- Cultivated and maintained relationships with community partners including hospitals, human service agencies, and insurance agencies
- Assessed referrals for clinical appropriateness for all programs including residential, crisis stabilization, and community-based services, and conducted initial psychosocial intakes
- Managed insurance authorizations and coordinated information with billers and clinicians

Excelsior, Aurora, CO

### **Community Based Therapist**

Aug 2013 –  
April 2015

- Began as Counseling Intern prior to advancement
- Counseled adolescent females in short-term residential treatment, sub-acute crisis intervention, day-treatment, intensive outpatient services, and community-based treatment
- Provided case management for clients including facilitating treatment teams, managing staffings, and communicating with caseworkers, funding agencies, and other professionals
- Facilitated group counseling related to bullying prevention, self-esteem, coping, and CBT skills
- Co-led experiential groups including equine therapy and dance/movement groups

## **PUBLICATIONS**

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Myers, K., **Wimmer, L.**, & Klopfenstein, K. (April 2023). *Strengthening connections: Youth and provider perspectives on youth running from out-of-home placements* (Report No. 23-051A). Denver, CO: Colorado Evaluation and Action Lab at the University of Denver.

**Wimmer, L. H., & McKnight C. (Manuscript in Preparation).** Chaotic Growth: An international Indian student's experience of transformation during internship.

**Wimmer, L. H., & McKnight C. (Manuscript in Preparation).** Supervising for growth: Supervision interventions for counselors with vicarious trauma. *Journal of Creativity and Mental Health*.

**Wimmer, L. H.** (Spring 2022). Shifting ground: Recommendations for working with clients navigating religious/spiritual transitions, *Interaction (peer-reviewed newsletter of ASERVIC)*, 31(2), 10–12.

**Heringer, L.** (2014). *The interaction of face-to-face and computer mediated communication style with self-esteem, self-disclosure, and introversion on teacher student interactions* [Master's Thesis]. Denver Seminary, Littleton, CO.

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## PRESENTATIONS

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**Wimmer, L. & McKnight, C.** (Forthcoming May 2023). *Facilitating trauma transformation in supervision* [50-minute education session]. Association for Humanistic Counseling Conference. Denver, CO

**Wimmer, L., Engle-Newman, E., & Cheung, R. C. M.** (Forthcoming May 2023). *Harnessing the Enneagram for growth in counseling* [50-minute education session]. Association for Humanistic Counseling Conference, Denver, CO.

**Wimmer, L. H.** (February 2023). *Religion and spirituality in substance use disorder treatment: A cultural humility perspective* [80-minute session]. Strengthening the Heartland's 2023 Winter Virtual Addiction Conference. Virtual, Brookings, SD.

**Wimmer, L. H., & McKnight, C.** (December 2022). *Chaotic growth: A portrait of a student with marginalized identities experience of transformation during internship*. [Poster Presentation]. University of Northern Colorado Research Evening. Greeley, CO.

**Wimmer, L., Cheung, R. C. M., & Murdock-Bishop, J.** (October 2022). *Telemental health supervision: Recommendations for training in online, live-clinic settings* [Lightening Talk]. Rocky Mountain Association for Counselor Education and Supervision. Coeur d'Alene, ID.

**Wimmer L. H.** (December 2021). *Spiritual competency in counseling: Comparison of counselors in training and supervisors* [Poster Presentation]. University of Northern Colorado Research Evening, Greeley, CO.

McKnight, C., **Wimmer L. H.** (October 2021). *Vicarious posttraumatic growth in novice counselors: The formative role of supervision* [Poster Presentation]. Association for Counselor Education and Supervision, Atlanta, GA.

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## **RESEARCH EXPERIENCE**

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University of Northern Colorado, Greeley, CO

### **Independent Conceptual Research**

2021 –  
Present

- Worked with team to draft conceptual manuscript on supervision of novice counselors experiencing vicarious trauma, in pursuit of facilitating vicarious post-traumatic growth
- Completed literature review, synthesized findings of relevant literature including gaps in supervisor practices for this population of supervisees
- Provided concrete supervisor techniques, grounded in theory, to assist in facilitating vicarious post-traumatic growth

### **Independent Qualitative Research**

2021

- Conducted qualitative study on graduate students' experiences with instructor dispositions and impacts on their learning
- Received IRB approval for research and conducted semi-structured interviews with participants
- Utilized thematic analysis to individually code and then code together with research team

### **Independent Quantitative Researcher**

2021

- Conducted quantitative analyses to address research questions, including independent samples t-test and linear regression
- Gained author approval for use of scales as well as university IRB approval to conduct research
- Prepared findings comparing supervisor and counseling student spiritual competence, as well as the impact of personal spiritual practice for poster presentation

### **Research Auditor**

2020

- Utilized interpretative phenomenological analysis to code interviews
- Generated concrete and applicable theory-based strategies understanding the needs of novice counselors experiencing vicarious trauma

Denver University Doctoral Counseling Psychology Research, Denver, CO

### **Research Assistant**

Sept 2013 –  
Aug 2014

- Collaborated with team in meetings to explore themes emerging from semi-structured interviews regarding opiate use in chronic pain patients



- Transcribed interviews and coded transcripts utilizing grounded theory

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## **COMMUNITY OUTREACH & SERVICE**

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Parkview Congregational Church, Aurora, CO

**Pastor Parish Relations Co-Chair**

May 2018 –  
Present

- An active member prior to taking on position of co-chair in 2022; working to enhance pastoral and parishioner relationships in the church community
- Confidentially provide mediation and conflict resolution between parishioners and pastors
- Advocate for pastoral self-care and boundaries, helping to advance the pastor's professional growth
- As co-chair, provide training to members regarding communication skills and mediation

University of Northern Colorado, Greeley, CO

**Faculty Search Team Member**

Oct 2021 –  
May 2022

- Student member representing CES for faculty member search team, meeting regularly with team members
- Worked with search team to create posting requirements and screening criteria for candidates
- Conducted initial screenings of candidates, participated in phone interviews and final interviews for candidates
- Participated in hosting in-person interview for final candidates including providing campus tours and hosting teaching and research talks

University of Northern Colorado, Greeley, CO

**Therapeutic Mentor**

Aug 2019 –  
Dec 2019

- Paired one-on-one with a youth from local community referred from community partners to gain prosocial skills
- Built interpersonal relationship with mentee and other mentee participants, modeling appropriate relationship skills

University of Northern Colorado, Greeley, CO

**Doctoral Mentor**

Aug 2020 –  
May 2021

- Facilitated by CSI to pair doctoral student with incoming member of doctoral cohort
- Provided mentee with information regarding the program, resources for next steps, and interpersonal connections with faculty and peers

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## **PROFESSIONAL MEMBERSHIPS**

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American Counseling Association	2012
Association of Counselor Education and Supervision	2019
Rocky Mountain Association for Counselor Education and Supervision (RMACES)	2019
Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC)	2020
Chi Sigma Iota: Rho Epsilon Honor Society	2020
Association for Play Therapy	2022
International Association for Resilience and Trauma Counseling	2023

### **HONORS AND AWARDS**

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Hutchinson-Lahman Research Award 2 <sup>nd</sup> place, Graduate Research Evening	Dec 2022
2022 RMACES Emerging Leader	Oct 2022
UNC Graduate Student Association Conference Grant – Awarded	Nov 2022
UNC Graduate Student Association Attendance Grant – Awarded	Dec 2021