

LINDSAY M. WOODBRIDGE

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EDUCATION

Ph.D., University of Iowa, 2023. Counselor Education and Supervision.

M.S., University of Wisconsin-Whitewater, 2015. Community Counseling.

B.A., University of Wisconsin-Madison, 2007. English and History.

PROFESSIONAL LICENSES & CERTIFICATION

Licensed Professional Counselor, State of Wisconsin

License No. 6959-125, issued June 7, 2018

Valid through February 28, 2025

Licensed Mental Health Counselor, State of Iowa

License No. 097754, issued December 6, 2019

Valid through September 30, 2024

National Certified Counselor (NCC)

Identification No. 632120

Valid through May 31, 2024

ACADEMIC EXPERIENCE

University of Wisconsin-Stout

Counseling, Rehabilitation & Human Services Department

Assistant Professor. (Fall 2023-present).

University of Iowa

Graduate College

Ballard & Seashore Dissertation Fellow. (Spring 2023).

Department of Counselor Education

Teaching Assistant. (Fall 2020-Fall 2022).

Graduate Assistant to the Department Executive Officer. (Summer 2022).

Research Assistant. (Fall 2019-Spring 2020).

TEACHING AND UNIVERSITY SUPERVISION EXPERIENCE

University of Wisconsin-Stout

Counseling Theory. (Spring 2024, Fall 2023).

Pre-practicum in Clinical Mental Health Counseling. (Spring 2024).

Psychological Testing and Assessment in Counseling and Rehabilitation. (Spring 2024, Fall 2023).

Internship in Clinical Mental Health Counseling. (Spring 2024).

Advanced Topics in Compulsive Behavior Disorders. (Fall 2023).

Practicum in Clinical Mental Health Counseling. (Fall 2023).

University of Iowa

Core courses in clinical mental health and rehabilitation counseling

Practicum in Clinical Mental Health Counseling. (Instructor of record). (Fall 2022).

Pre-Practicum & Case Management in Counseling. (Second skills course.) (Spring 2022 [face-to-face], Spring 2021 [online]).

Applied Microcounseling. (First skills course.) (Fall 2021 [face-to-face], Fall 2020 [online]).

Online courses developed for counseling master's and counseling psychology doctoral students in a HRSA-funded opioid workforce expansion training program

Introduction to Substance Misuse and the Opioid Epidemic. (Fall 2022, Fall 2021, Fall 2020, Spring 2020).

Systemic Barriers to Rehabilitation. (Fall 2022, Fall 2021).

Substance Misuse Treatment and Prevention. (Fall 2022, Fall 2021).

Special Populations at Risk for Substance Misuse. (Spring 2022).

Co-occurring Disorders. (Spring 2022).

Interprofessional Collaboration and Telehealth. (Spring 2022, Spring 2021).

PUBLICATIONS

Peer-Reviewed Journal Articles

Woodbridge, L. M. (2023). The power of language: A call to critically analyze the discourse of the human service professions. *Journal for Social Action in Counseling and Psychology*, 15(2), 36-49. <https://doi.org/10.33043/JSACP.15.2.36-49>

Um, B., **Woodbridge, L. M.**, & Wood, S. M. (2023). Research on international counseling students in selected counseling journals: A 16-year content analysis. *The Professional Counselor*, 13(3), 254-268. <https://doi.org/10.15241/bu.13.3.25>

Woodbridge, L. M. (2022). Many loves: Preparing counselors to work with polyamorous clients. *Journal of LGBTQ Issues in Counseling*, 16(4), 390-405. <https://doi.org/10.1080/26924951.2022.2057390>

Woodbridge, L. M., Um, B., & Duys, D. K. (2021). Women's experiences navigating caregiving and paid employment during the COVID-19 pandemic. *The Career Development Quarterly*, 69(4), 284-298. <https://doi.org/10.1002/cdq.12274>

Woodbridge, L. M. & O’Beirne, B. R. (2017). Counseling students’ perceptions of journaling as a tool for developing reflective thinking. *Journal of Counselor Preparation and Supervision*, 9(2), 285-310. <https://doi.org/10.7729/92.1198>

Book Chapter

Anderton, C. L. & **Woodbridge, L. M.** (2017). Counseling lesbian clients. In M. M. Ginicola, C. Smith, & J. M. Filmore (Eds.), *Affirmative Counseling with LGBTQI+ People* (pp. 129-150). American Counseling Association.

Other Publication

Woodbridge, L. M. (2021). Ethical considerations of telehealth after COVID-19. *NCACES Newsletter*, Issue 2, 4-5. <http://ncaces.org/resources/NCACES-Fall-Newsletter-2021.pdf>

Article Under Review

Woodbridge, L. M. Addressing the spirituality of the religiously unaffiliated. Under review at the *Wisconsin Counseling Journal*.

Articles In Development

Woodbridge, L. M. Adjunct instructors and the professionalization of counseling.

Woodbridge, L. M., Kemp, K. M., Duys, D. K., & Simon, T. J. L. Lived experiences of master’s counseling student-caregivers during the COVID-19 pandemic.

Um, B., **Woodbridge, L. M.,** & Li, H. The impact of sociodemographic factors on undergraduate students’ career plans during the COVID-19 pandemic.

Duys, D. K. Storlie, C. A., Martin, G., & **Woodbridge, L. M.** Cognitive developmental integration: A model for counselor education.

PRESENTATIONS

Refereed – National

Woodbridge, L. M. (2023, October). *Stimulated recall: A research technique to access participants’ inner worlds* [Education session]. Association for Counselor Education and Supervision Conference, Denver, CO.

Woodbridge, L. M., Duys, D. K., & Anderton, C. A. (2021, October). *Evaluating journal assignments: How to assess counseling students’ reflective writing* [Education session]. Association for Counselor Education and Supervision Conference, Atlanta, GA.

Han, E., **Woodbridge, L. M.,** & Barnes, E. (2021, February). *Importance of learning style of counselors-in-training for online microskills learning: An exploratory study* [Symposium session]. Counselor Education Distance Learning Conference, virtual.

Sánchez, J., Pan, D., **Woodbridge, L. M.,** & Kim, J. (2020, July). *Addressing the opioid epidemic via interprofessional education and practice in behavioral health care*

[Conference session]. National Council on Rehabilitation Education Spring Conference, virtual.

Refereed – Regional

Woodbridge, L. M., Simon, T., Duys, D. K., & Wilbert, C. (2022, October). *Increasing programs' responsiveness to the needs of counseling master's students who are caregivers* [Conference session]. North Central Association for Counselor Education and Supervision Conference, Omaha, NE.

Barnes, E. F., & **Woodbridge, L. M.** (2022, October). *Clinical placements: Reflection-based process improvements* [Conference session]. North Central Association for Counselor Education and Supervision Conference, Omaha, NE.

Woodbridge, L. M., & Duys, D. (2020, October). *The Reflective Thinking Matrix: A new tool for assessing counseling students' reflective writing* [Conference session]. North Central Association for Counselor Education and Supervision Conference. (Conference cancelled).

O'Beirne, B. R., **Woodbridge, L. M.,** & Saginak, K. (2014, October). *Journaling: An effective tool for developing reflective thinking?* [Conference session]. North Central Association for Counselor Education and Supervision Conference, St. Louis, MO.

Bettters-Bubon, J., O'Beirne, B. R., & **Woodbridge, L. M.** (2014, October). *Intentional interviewing: Facilitating a comprehensive admissions experience* [Roundtable]. North Central Association for Counselor Education and Supervision, St. Louis, MO.

Refereed – State

Simon, T., & **Woodbridge, L. M.** (2022, September). *Racial identity development: Adapting and connecting through the gap* [Conference session]. American Counseling Association of Iowa Annual Symposium. (Conference cancelled).

Woodbridge, L. M. (2017, September). *Partnering with consumers to address first-episode psychosis* [Conference session]. Now is the Time: Improving Supports for Wisconsin's Youth and Young Adults Conference, Whitewater, WI.

Woodbridge, L. M. (2014, November). *Master's-level counseling students' perceptions of journaling as a tool for developing reflective thinking and self-awareness* [Poster presentation]. Wisconsin Counseling Association Annual Summit, Madison, WI.

Cook, J. D., **Woodbridge, L. M.,** & Walmer, M. T. (2014, February). *Spirituality in school counseling* [Conference session]. Wisconsin School Counselor Association Conference, Madison, WI.

Cook, J. D. & **Woodbridge, L. M.** (2013, February). *Crisis and conflict in the family system* [Conference session]. Wisconsin School Counseling Association Conference, Madison, WI.

Invited, Non-Refereed Talks

- Karkhanis, S., Um, B., & **Woodbridge, L. M.** (2023, April). *Doctoral student panel*. Informational panel discussion for doctoral counseling students at the University of Iowa.
- Martin, M., Bruzek, A., Barnes, E. F., & **Woodbridge, L. M.** (2021, May). *Critical topics in counseling*. Educational presentation for counseling students at the University of Iowa.
- Woodbridge, L. M.** (2019, March) *Smoking and vaping in a college mental health population*. Professional development presentation given for mental health services staff at the University of Wisconsin-Madison.
- Bettters-Bubon, J., Ratas, L., Walmer, M. T., & **Woodbridge, L. M.** (2018, July). *New professional panel*. Panel discussion held during a class session of a counseling ethics course at University of Wisconsin-Whitewater.
- Woodbridge, L. M.** (2016, November). *Childhood maltreatment and smoking: Continuing the conversation*. Brown bag talk given at the University of Wisconsin-Madison Center for Tobacco Research and Intervention
- Woodbridge, L. M.** (2015, July). *Self-care for peer advisors*. Two-part workshop given at the University of Wisconsin-Madison.

GRANTS & AWARDS

External – Funded

Research Grant, North Central Association for Counselor Education and Supervision. (2023). *Power to Help or to Hinder: Doctoral Students' Experiences with Faculty Advisors in Counselor Education and Supervision*. Co-PI: Dr. Byeolbee Um. \$745.00

Internal – Funded

Ballard and Seashore Dissertation Fellowship, University of Iowa Graduate College. (2022). *How Counselor Educators Respond to Students' Reflective Writing*. A protected and supported semester to complete dissertation research. \$10,500.00.

Graduate Student Research Award, University of Iowa College of Education. (2022). *Counselor Educators' Experiences of Giving Feedback on Students' Reflective Work*. Funding for dissertation research. \$1,000.00.

Audrey Qualls Travel Award & Office of the Dean Graduate Student Travel Award, University of Iowa College of Education. (2022). *Increasing Programs' Responsiveness to the Needs of Counseling Students Who Are Caregivers*. Funding to present at and attend the NCACES conference. \$600.00.

Audrey Qualls Travel Award & Office of the Dean Graduate Student Travel Award, University of Iowa College of Education. (2021). *Evaluating Journal Assignments: How to Assess Counseling Students' Reflective Writing*. Funding to present at and attend the ACES conference. \$600.00.

Graduate Student Research Award, University of Iowa College of Education. (2020). *Women's Experiences Navigating Paid Work and Caregiving During the COVID-19 Pandemic*. Funding for a research project. \$500.00.

Office of the Dean Graduate Student Travel Award, University of Iowa College of Education. (2020). *Addressing the Opioid Epidemic via Interprofessional Education and Practice in Behavioral Health Care*. Funding to present at the National Council on Rehabilitation Education conference. \$265.00.

Academic Staff Professional Development Grant, University of Wisconsin-Madison. (2016). *American Counseling Association 2017 Conference*. Travel funding. \$485.00.

Graduate Research Grant, University of Wisconsin-Whitewater School of Graduate Studies. (2014). *Journaling: An Effective Tool for Developing Reflective Thinking?* Funding to present at and attend the NCACES conference. \$750.00.

Harris Gibson Professional Development Grant, University of Wisconsin-Whitewater College of Education and Professional Studies. (2014). *Journaling: An Effective Tool for Developing Reflective Thinking?* Funding to present at and attend the NCACES conference. \$265.00.

Graduate Research Grant, University of Wisconsin-Whitewater School of Graduate Studies. (2013). *The Value of Journaling*. Research funding for master's thesis project. \$750.00.

External – Applied, Not Funded

Association for Counselor Education and Supervision Student Research Award, ACES. (2022). *Significant relationships: Counselor Education Doctoral Students' Experiences with Faculty Advisors*. Research funding. \$500.00

Association for Counselor Education and Supervision Research Grant, ACES. (2022). *How Counselor Educators Respond to Students' Reflective Writing*. Funding for dissertation research. \$1,350.00.

American Counseling Association Foundation Grant, ACA Foundation. (2021). *Counseling Master's Students' Experiences as Caregivers and Learners During the COVID-19 Pandemic*. Funding for a research project. \$500.00.

RESEARCH EXPERIENCE

Workgroup member. University of Iowa Critical Discourse Analysis Summer Workgroup. (Summer 2023, Summer 2022).

Cohort member. University of Iowa Teaching-as-Research Program. (Summer 2020).

SERVICE

Profession

Ad hoc reviewer, *Adultspan Journal*. (2023-present).

Reviewer, Association for Counselor Education and Supervision research grants. (2023).

Department, College, and University

Search committee member.

Social work faculty/lecturer position, University of Wisconsin-Stout Department of Counseling, Rehabilitation, and Human Services (2023-2024).

Clinical mental health counseling open rank faculty position, University of Iowa Department of Counselor Education. (2021-2022).

Graduate student assistance specialist position, University of Wisconsin-Madison Division of Student Life. (2018).

Assistant dean position, University of Wisconsin-Whitewater College of Education and Professional Studies. (2015).

Committee member. Selection committee for the President and Provost Award for Teaching Excellence, University of Iowa College of Education. (2022).

Community

Group co-facilitator. Rape Victim Advocacy Program, Iowa City, IA. (October 2020-March 2021).

Group leader. Camp STAR, STAR Children's Bereavement Services, Marquette, MI. (August 2019).

COUNSELING EXPERIENCE

Counselor, BetterHelp. (May 2020-Jan 2024). Maintained a small caseload on the service's online platform.

Mental Health Access Specialist, University Health Services, University of Wisconsin-Madison. (March 2018-August 2019). Completed a high volume of access consultations and provided care management services. Co-facilitated psychoeducational and process groups, provided on-call services, and conducted outreach on and off campus.

Recovery Coach and Interim Program Coordinator, Promoting Recovery from the Onset of Psychosis Program, Journey Mental Health Center, Portage, WI. (May 2017-February 2018). Provided case management, skills training, and psychoeducation to 15- to 25-year-olds who had experienced a first episode of psychosis. Coordinated day-to-day program operations for several months.

Health Counselor, Center for Tobacco Research and Intervention, University of Wisconsin-Madison. (August 2015-April 2017). Provided protocol-based counseling to research participants with goals of reducing or stopping cigarette smoking.

Counseling Intern, University Health and Counseling Services, University of Wisconsin-Whitewater. (August 2014-May 2015). Provided individual mental health counseling to undergraduate and graduate students. Co-facilitated a process group.

PROFESSIONAL MEMBERSHIPS

American Counseling Association

Association for Counselor Education and Supervision

Counselors for Social Justice

Chi Sigma Iota

North Central Association for Counselor Education and Supervision

Iowa Counseling Association

Wisconsin Counseling Association