

Kyndel Tarziers, PhD, LPC, CPCS, NCC

Curriculum Vitae

Department of Counseling, Higher Ed, and Speech
Language Pathology
College of Education
University of West Georgia
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Updated: 9/5/25

ACADEMIC APPOINTMENTS

June 2024- Present	Assistant Professor (Tenure-Track) Department of Counseling, Higher Ed., and Speech Language Pathology College of Education University of West Georgia
Aug. 2023- May 2024	Assistant Professor (Tenure-Track) Department of Counseling School of Social and Behavioral Sciences University of the Cumberlands
Aug. 2022- July 2023	Assistant Professor (Limited-Term) Department of Counseling, Higher Ed., and Speech Language Pathology College of Education University of West Georgia

EDUCATIONAL BACKGROUND

Ph.D. May 2022	Counselor Education and Practice (CACREP Accredited) Georgia State University: Atlanta, GA
Cognate:	Childhood and Adolescence in School and Mental Health Settings
C.A.S May 2022	Quantitative Research in Education (Advanced Graduate Certificate) Georgia State University: Atlanta, GA
M.S. May 2018	Clinical Mental Health Counseling (CACREP Accredited) University of South Alabama: Mobile, Alabama
B.A. May 2016	Psychology Human Development and Family Studies Minor Auburn University: Auburn, Alabama (<i>graduated Cum laude</i>)

LICENSURE AND CERTIFICATION

Licensed Professional Counselor (LPC), Georgia State Board for Licensed Professional Counselors – LPC013321

National Certified Counselor (NCC), National Board for Certified Counselors - NCC995133
Certified Professional Counselor Supervisor (CPCS), Clinical Certification Association of Licensed Professionals- CPCS4445

TEACHING AND SUPERVISION

COURSES TAUGHT

Master's Level Courses

- COUN530 Introduction to the Counseling Profession
- CEPD 6140 Basic Counseling Skills
- CEPD 6151 Assessment and Appraisal in Counseling
- CEPD 6160 Group Counseling
- CEPD 6182 Internship: Professional Counseling
- CEPD 7112: Career Theory and Intervention
- CEPD 7136: Counseling Children and Adolescents
- CEPD 7152 Research and Program Evaluation
- CPS 7340 Social and Cultural Issues in Counseling

COURSES TAUGHT

Education Specialist (Ed.S) Courses

- CEPD 8156 Designing Effective Programs
- CEPD 8185 Professional Research Writing

COURSES TAUGHT

Doctoral Level Courses

- CEPD 9186: Doctoral Internship
- CEPD 9199: Dissertation

COURSES CO-TAUGHT

Doctoral Level Courses

- CES 734: Quantitative Research Design

Master's Level Courses

- CPS 8420 Medical and Psychological Aspects of Disability II
- CPS 7761 Practicum in School Counseling
- CPS 8400 Introduction to Play Therapy
- CPS 7500 Individual and Family Over the Lifespan
- CPS 7550 Consultation in School Counseling
- CPS 7681 Internship I: School Counseling
- CPS 7450 Educational and Psychological Appraisal

GUEST TEACHING**Master's Level Courses**

- CPS 7500 Individual and Family Over the Lifespan
Georgia State University – Atlanta, GA

INVITED SEMINARS

Tarziers, K. (2024, November). *How to Use Creative Approaches to Engage Youth*. Sponsored by Strengthening the Heartland. Virtual.

Tarziers, K. & Burke, A.M. (2023, August). *Spiritually Integrated Psychotherapy Training*. Sponsored by Samaritan Counseling Center. Atlanta, GA.

Tarziers, K. (2020, March). *Dear God, it's me Counselor... HELP!: A Consultation Model to Support Counselors-in-Training on Religious and Spiritual Client Diversity Concerns*. Sponsored by Chi Sigma Iota Chi Epsilon. Atlanta, GA.

Tarziers, K. (2020, February). *Parenting in the Age of Technology*. Sponsored by First Presbyterian Church of Atlanta. Atlanta, GA.

CLINICAL AND SUPERVISION EXPERIENCE

Root and Blossom Counseling Center

Atlanta, GA: October 2023- Present

- Provides individual counseling services to adolescent and adult clients presenting with various clinical counseling needs.
- Develops community partnerships.

Samaritan Counseling Center of Atlanta

Atlanta, GA: October 2019- October 2023

- Provided counseling services to adolescent and adult clients presenting with various clinical counseling needs.
- Led groups for pre-school children focused on social skills and interpersonal relationship building.

Clinical Supervisor- University of West Georgia

Carrollton, GA: August 2022- December 2022; August 2023- December 2023

- Conducted group supervision with clinical mental health counseling master's students in their internship experience
- Provided structured feedback to clinical mental health counseling master's students regarding skill acquisition, treatment techniques, and applications

Clinical Supervisor – Georgia State University

Atlanta, GA: August 2019 – May 2021

- Conducted individual supervision with school counseling master's students during both their practicum and internship experiences
- Led group supervision for school counseling master's students working with children and adolescents in K-12 schools
- Provided structured feedback to school counseling master's students regarding basic skill acquisition and application

Safepath Children's Advocacy Center- Clinical Counseling Internship

Marietta, GA: August 2018-May 2019

- Provided individual counseling services to childhood trauma victims presenting with concerns of sexual abuse, physical abuse, neglect, and other comorbid mental health disorders
- Attended various specialty trainings to increase skill base related to play therapy, ethics, trauma-focused cognitive behavioral therapy, and neurobiology of trauma
- Conducted family therapy sessions and parent/caregiver consultation sessions

Child Advocacy Center- Clinical Counseling Internship

Mobile, AL: August 2017- May 2018

- Counseled childhood trauma victims presenting with sexual abuse, physical abuse, neglect, and other traumatic experiences.
- Directed group counseling sessions with adolescent females aged 12-18 years, and males aged 8-10 years.
- Participated in case management and team review meetings with law enforcement and assistant district attorney (ADA) concerning legal persecution of cases.
- Utilized Trauma- Focused Cognitive Behavioral Therapy (TF-CBT) (*attended national certification training in January 2018*).
- Conducted family therapy sessions for children and adolescents and their non-offending caretakers.

Child Advocacy Center- Clinical Counseling Practicum

Mobile, AL: May 2017- August 2017

- Counseled childhood trauma victims presenting with sexual abuse, physical abuse, neglect, and other traumatic experiences.
- Conducted intake assessments and psychological assessments (e.g., *DSM 5 Level 1 Cross Cutting Symptom Measure, Outcome Rating Scale, Columbia- Suicide Severity Rating Scale Pediatric (C-SSRS)*).

ADVANCED TRAININGS

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- **Clinical Supervision Workshop (2024).** Glenn Duncan (Facilitator). Advanced Counselor Training (Online)
 - **Dual Diagnoses (2023).** Daniel Morehead, M.D. (Facilitator). Samaritan Counseling Center. Austin, TX.
 - **Ethical and Clinical Considerations for High Conflict Families (2023).** Allison Hill, J.D., Ph.D. Samaritan Counseling Center. Atlanta, GA.
 - **Play Therapy and Attachment: It's All Fun and Games (2021).** Juliet Fortino, MC, LPC, RPT-S (Facilitator). Play Therapy Institute, Georgia State University. Atlanta, GA.
 - **Storytelling and Metaphor Design in Play Therapy (2020).** Terry Kottman, Ph.D., LMHC, RPT-S (Facilitator). Play Therapy Institute, Georgia State University. Atlanta, GA.
 - **ASIST: Applied Suicide Intervention Skills Training (2020).** LivingWorks. Georgia State University. Atlanta, GA.

- ***Trauma Competency Training: The Beliefs, Knowledge, and Skills of the Trauma-Competent Counselor*** (2019). Melinda Paige, Ph.D. (Facilitator). Chi Sigma Iota: Chi Epsilon Chapter, Georgia State University. Atlanta, GA.
- ***Creative and Hopeful Play Therapy Techniques for Child Trauma*** (2019). David A. Crenshaw, Ph.D., ABPP, RPT-S (Facilitator). Safepath Children's Advocacy Center. Marietta, GA.
- ***Utilizing Neurobiologically Informed Play Therapy to Address Complex Trauma*** (2018). Frank Hudspeth, Ph.D., LPC-S, RPT-S (Facilitator). Safepath Children's Advocacy Center. Marietta, GA.
- ***Darkness to Light: Stewards of Children Online Training*** (2018). Darkness to Light (D2L). Online

LEADERSHIP AND SERVICE

- Association for Child and Adolescent Counseling (ACAC): Treasurer, *July 2025- Present*
- Association for Assessment and Research in Counseling (AARC): Assessment Committee Co-Chair, *July 2025- Present*
- Faculty Development Mentoring and Retention (FDMR) Committee- University of West Georgia, August 2025-Present
- Association for Assessment and Research in Counseling (AARC) Assessment Committee Member, *July 2020 – Present*
- Association for Child and Adolescent Counseling: Board Appointed Chair: Emerging Leader Program, *June 2023- June 2025*
- Association for Child and Adolescent Counseling (ACAC): Conference Planning Committee, *October 2022-February 2023*
- Association for Assessment and Research in Counseling (AARC) Podcast Sub-Committee, *January 2021- September 2024*
- Chi Sigma Iota Leadership Fellow, *January 2021- May 2022*
- Association for Child and Adolescent Counseling: Advocacy Committee Co-Chair, *April 2019 – June 2022*
- Association for Assessment and Research in Counseling (AARC) Emerging Leader 2020, *June 2020 - June 2021*
- Chi Sigma Iota (CSI): Research Chair- Georgia State University (Chi Epsilon Chapter), *August 2019 - May 2021*
- Southern Association for Counselor Education and Supervision (SACES) Proposal Reviewer - *February 2020*
- Chi Sigma Iota (CSI): Interim Treasurer- Georgia State University (Chi Epsilon Chapter), *October 2019 - January 2020*
- Community Outreach - Motivational Interviewing Training, *March 2019 - April 2019*
- Chi Sigma Iota (CSI) : Professional Advocacy Chair- Georgia State University (Chi Epsilon Chapter), *August 2018- May 2019*

PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

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| American Counseling Association (ACA) | 2017 - Present |
| ○ Association for Counselor Education and Supervision (ACES) | |

- Southern Association for Counselor Education and Supervision (SACES)
- Association for Assessment and Research in Counseling (AARC)
- Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC)
- Association for Child and Adolescent Counseling (ACAC)

Chi Sigma Iota

2018 – Present

National Board for Certified Counselors (NBCC)

2018 - Present

HONORS & AWARDS

- **Chi Sigma Iota (CSI) International Leadership Fellow**, 2021 – 2022
- **Association for Assessment and Research in Counseling (AARC) Emerging Leader**, 2020-2021
- **Joanna White Play Therapy Scholarship Recipient**, *Georgia State University*, 2020
- **College of Education and Human Development Dean's Doctoral Research Fellowship Recipient**, *Georgia State University*, 2018
- **Clinical Mental Health Counseling Outstanding Student of the Year**, *University of South Alabama*, 2018

SCHOLARSHIP

Research Interests

- Counselor Development and Training (e.g., trauma, social justice, play, lifespan, counseling skill development)
- Childhood and Adolescence in School and Mental Health Settings
- Trauma Across the Lifespan
- Mindfulness and Integrative Wellness Practice
- Quantitative Research Methods and Program Evaluation

Peer Reviewed Journal Publications

Dispenza, F., McElroy-Heltzel, S. E., & **Tarziers, K.** (2020). Relationship adjustment and quality among sexual minority persons with disabilities. *Rehabilitation Psychology*, 66 (1), 65-75. <https://doi.org/10.1037/rep0000362>

Dispenza, F., **Tarziers, K.**, Coleman, J., & Zeligman, M. (2024). Decolonized and trauma-informed pedagogy in religion and spirituality competency training: Perspectives from counselor educators. *Spirituality in Clinical Practice*. <https://doi.org/10.1037/scp0000331>

Lee, Y., Hunter, E., McLaughlin, A.T., Coleman, J., DeBlaere, C., Owen, J., **Tarziers, K.**, & Davis, D. (Under Review). Cultural opportunities involving spiritual, existential, religious, or theological (SERT) themes: Three practical approaches. *Psychotherapy*. <https://doi.org/10.1037/pst0000599>

Rabess, A., **Tarziers, K.**, Coleman, J., Istre, M., Zeligman, M. (2020). Shifting the culture of basic skills courses: Alleviating pervasive anxiety through experiential approaches. *Journal of Counselor Practice*, 11(2), 44-65. <https://doi.org/10.22229/stc1122020>

Manuscripts Under Review

Tarziers, K. (In progress). Creative self-discovery: Enhancing CIT awareness through expressive arts. *Submitted to ACES Teaching Practice Briefs*.

Manuscripts In Progress

Tarziers, K. & Dispenza, F. (In progress) Utilizing the Theory of Event Centrality as a Framework for Understanding Counselor-in-Training (CIT) Burnout During the COVID-19 Pandemic.

Tarziers, K., Zeligman, M., & Dispenza, F. (In progress) Evaluating the Efficacy of Mindfulness Practice in Counselor Training.

Tarziers, K., Coleman, J., Rabess, A., Ray, M. (In progress). Evaluation of the Effectiveness of Implementing a Social Justice Advocacy Workshop for Counselors-in-Training.

Book Chapters

Chamberlin, B., **Tarziers, K.**, & Kovalchick, D. (In progress). Measuring progress and outcomes in spiritual trauma counseling. In *Crisis and Trauma: Strategies for Resilience and Recovery*. Kendall Hunt Publishing Company.

Encyclopedia Entries

Dispenza, F. & **Tarziers, K.** (2021) Psychosexual Therapy. In H. Armstrong (Ed.). *Encyclopedia of Sex and Sexuality: Understanding Biology, Psychology, and Culture*.

External Funding

Tarziers, K., Carter, H., Aminzadeh, C., Garner, P., Sherman, L., & Chang, C. (2020). Utilizing a Mindfulness Practice Group for Stress Reduction and Promoted Wellness during COVID-19. Chi Sigma Iota International Statewide Networking Grant. (**Awarded: \$380**).

Tarziers, K., Coleman, J., Rabess, A., Ray, M., Petion, G. (2019). Evaluation of the Effectiveness of Implementing a Social Justice Advocacy Workshop for Counselors-in-Training. *Chi Sigma Iota International Statewide Networking Grant*. (**Awarded: \$660**)

Newsletter Publications

Whitehead, L., Cross, A., Smith, D., Stretch, L., & **Tarziers, K.** (2024). From anxiety to assurance: How teaching assistant- led labs addresses counseling student's anxiety in

statistics. *Southern Association for Counselor Education and Supervision (SACES) Spring 2024 Newsletter*, 19 (2), 12-14.

Professional Presentations

National

- Tarziers, K.** (2025, September). *Bridging Theory and Practice: Enhancing Research Competency in CES Doctoral Programs*. Association for Assessment and Research in Counseling (AARC) Conference. Daytona Beach, FL.
- Ault, H., & **Tarziers, K.** (2025, September). *From Classroom to Client: Bridging Assessment Training and Practice*. Association for Assessment and Research in Counseling (AARC) Conference. Daytona Beach, FL.
- Tarziers, K.,** & McGee, A. (2025, January). *Let's Play. Using Creative Approaches with Neurodiverse Children*. Association for Child and Adolescent Counseling (ACAC) Conference. Online.
- Coleman, J., Grad, R., **Tarziers, K.,** McLaughlin, A., Davis, D., Lee, Y. J. (2024, November). *Bridging the Gap: A Trainee-Driven Approach to Multicultural Competencies in Counselor Education*. Southern Association for Counselor Education and Supervision (SACES) Conference. Dallas, TX.
- Tarziers, K.,** Coleman, J., (2024, November). *Growth and Gains: Assessing Advanced Trauma Skills Training for CITs Across Delivery Formats*. Southern Association for Counselor Education and Supervision (SACES) Conference. Dallas, TX.
- Tarziers, K.,** Coleman, J., & Dispenza, F. (2024, September). *Demystifying Research Writing in Counseling: Culturally Responsive Approaches for Professional Life Balance*. Association for Assessment and Research in Counseling (AARC) Conference. Pittsburgh, PA.
- Coleman, J., & **Tarziers, K.** (2024, September). *Maximizing Counseling Impact: Transforming Research and Assessment Through Intervention Optimization*. Association for Assessment and Research in Counseling (AARC) Conference. Pittsburgh, PA.
- Tarziers, K.,** & Winburn, A. (2024, February). *Embracing Diversity. A Panel Exploration of Multicultural Considerations*. Association for Child and Adolescent Counseling (AARC) Conference. Online
- Coleman, J., Cashwell, C., **Tarziers, K.,** Davis, D., & Laughlin, A. (2023, October). *Fostering Cultural Humility and Multicultural Competence in Counseling Training Programs: A Counselor-in-Training Approach*. Association for Counselor Education and Supervision (ACES). Denver, CO.
- Qui, Y., March, B., **Tarziers, K.,** & Jacoby, R. (2023, March). *Supporting Youth Experiencing Intergenerational Conflict in Immigrant Families*. American Counseling Association (ACA) Conference. Toronto, ON, Canada.
- Tarziers, K.,** & Coleman, J. (2022, November). *Supporting Counselors-in-Training with Religious and Spiritual Diversity Client Concerns*. Southern Association for Counselor Education and Supervision. Baltimore, MD.

- Tarziers, K., & Coleman, J.** (2022, November). *Conquering COVID: Understanding Counselor-in-Training Burnout During the COVID-19 Pandemic*. Southern Association for Counselor Education and Supervision. Baltimore, MD.
- Tarziers, K., Coleman, J., Dispenza, F., Robertson, A.** (2022, September). *Exploring Hierarchical Regression and Moderation Analysis in Counselor Education Research*. Association for Assessment and Research in Counseling (AARC) Conference. St Louis, MO.
- Coleman, J., **Tarziers, K., Dispenza, F., Robertson, A.** (2022, September). *Using Analogue Research in Counselor Education and Supervision*. Association for Assessment and Research in Counseling (AARC) Conference. St Louis, MO.
- Coleman, J., **Tarziers, K., Dispenza, F., & Zeligman, M.** (2021, October). *Shining the Light: Stress Forgiveness & QOL for Clients Living with HIV and also in Recovery from Substance Use*. Association for Counselor Education and Supervision (ACES) Conference, Atlanta, GA.
- Tarziers, K., Coleman, J., Rabess, A., Ray, M., Finan, R., Dispenza, F., & Chang, C.** (2021, September). *Evaluation and Application: Exploring the Implementation of a Social Justice Advocacy Workshop for Counseling Students*. Association for Assessment and Research in Counseling (AARC) Conference. Cincinnati, Ohio.
- Coleman, J., **Tarziers, K., Wood, A., Dispenza, F., Zeligman, M.** (2021, September). *Research and Evaluation Designs in Community Settings: Adapting and Overcoming During a Pandemic and Alive to Tell the Tales*. Association for Assessment and Research in Counseling (AARC) Conference. Cincinnati, OH.
- Tarziers, K., Coleman, J., Dispenza, F., & Zeligman, M.** (2020, September). *Exploring the Effects of Mindfulness on Counselor-In-Training (CIT) Wellness*. Association for Assessment and Research in Counseling (AARC) Conference (Online)
- Coleman, J., **Tarziers, K., & Zeligman, M.** (2020, September). *Using Qualitative Methods in Researching Recovery from Substance Use*. Association for Assessment and Research in Counseling (AARC) Conference. (Online)
- Bolin, T., Kim, N., Sharma, J., & **Tarziers, K.** (2020, September). *AARC Graduate Student Interest Session*. Association for Assessment and Research in Counseling (AARC) Conference. (Online)
- Bolin, T., Kim, N., Sharma, J., & **Tarziers, K.** (2020, September). *AARC Emerging Scholars Interest Session*. Association for Assessment and Research in Counseling (AARC) Conference. (Online)
- McLaughlin, A., Davis, D.E., **Tarziers, K., Coleman, J., Tobin, G., Breedlove-Mize, M.C., Gilbride, D., & Shannonhouse, L.** (2020, March). *A Peer-Consultation Model for Addressing Spiritual Struggles*. Christian Association for Psychological Studies. Atlanta, GA.
- Rabess, A., **Tarziers, K., Coleman, J., Istre, M., & Zeligman, M.** (2019, October). *Shifting the Culture of Counseling Skills Courses: Alleviating Anxiety through Experiential Approaches*. Association for Counselor Education and Supervision (ACES). Seattle, WA.
- Dispenza, F., Zeligman, M., **Tarziers, K., Coleman, J., & Mason, E.** (2019, September). *Research and Evaluation Designs with Counselors-in-Training: Tears Cried and Electrolytes Lost, but Alive to Tell the Tales*. Association for Assessment and Research in Counseling. San Antonio, Texas.

- Toomey, T., Gellin, A., Istre, M., **Tarziers, K.**, Rabess, A., Coleman, J., Mize, M., & Shannonhouse, L. (2019, March). *Program Evaluation: Exploring the Impact of a CSI Sponsored Wellness Intervention with Counseling Students*. American Counseling Association. New Orleans, LA
- Tarziers, K.**, King, B., & Wood, A. (2016, December). *Terminating Counseling Services with LGBTQIA clients: An Ethical Dilemma*. American Counseling Association (ACA) 2016 Graduate Student Ethics Competition.

Regional

- Robertson, A., **Tarziers, K.**, & Toatley, C. (2020, January). *Trauma: We Think We Know What it is, but How Do We as Counselors Take Action?*. Cobb School Counselor Association (CSCA) Mini Conference. Kennesaw, GA.
- Placeres, V., Coleman, J., & **Tarziers, K.** (2018, October). *Intergroup Forgiveness of Race-Related Offenses and Stigma Associated to Seeking Counseling*. Southern Association for Counselor Education and Supervision. Myrtle Beach, SC.
- Tarziers, K.**, & Steinberg, M. (2017, November). *Evaluating Current Literature Supporting the Efficacy of Trauma-Focused CBT (TF-CBT) and Game-Based CBT (GB-CBT) in Counseling Child Victims of Sexual Abuse*. Alabama Counseling Association, Mobile, AL.
- Tarziers, K.** (2016, November). *Individuals with Intellectual Disabilities and Comorbid Mental Health Disorders: Counseling Applications*. Alabama Counseling Association (ALCA) Conference, Birmingham, AL.

Service Contributions

- Journal of Counselor Preparation and Supervision Editorial Team** – February 2024- present
- Doctoral Comprehensive Review Committee**- University of the Cumberland, August 2023- October 2023
- Graduate Student Professional Development Panel Organizer**- Association for Child and Adolescent Counseling, November 2022, October 2023, February 2024
- Assessment Talks Podcast Series** – Association for Assessment and Research in Counseling, September 2021- September 2024