

CURRICULUM VITAE

Tina Lott EdD, LCPC, CADC, ACS, NCC, BC-TMH

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FORMAL EDUCATION

Doctorate-Counselor Education and Supervision. Department of Counseling, Governors State University, University Park, Illinois. CACREP Accredited. May 2018.

Dissertation Title: *The Impact of Rational Emotive Behavior Therapy on Self-Stigma Attitudes within an African American Male Living with Schizophrenia: A Case Study*

Concentrations: Clinical Mental Health, Supervision, Counseling Education, Addictions

M.A. Community Counseling with Honors. Governors State University, Chicago, Illinois. CACREP Accredited. August 2011.

B.A. Psychology, College of Arts and Sciences. **Minor in Addictions** (CADC certification). Chicago State University, Chicago, Illinois. CACREP Accredited. December 2008.

LICENSES AND CERTIFICATIONS

Licensed Clinical Professional Counselor (LCPC) #180.009195 ILLINOIS

Counselor of Alcohol and other Drugs (CADC) # 29064 ILLINOIS

Advanced Clinical Supervisor (ACS) # ACS02534

National Certified Counselor (NCC) #282797

Board Certified Tele Mental Health Provide (BC-TMH) # 3141

PROFESSIONAL EXPERIENCE

Walden University- Core Faculty- Mental Health Counseling (Virtual) April 2021-Present

Primary Responsibilities

- Facilitate and lead assigned online clinical mental health courses for master's level students in School of Counseling Program
- Provide written and verbal feedback on clinical assignments aimed to increase counselor development
- Participate in and attend pre-practica residencies
- Serve on and/or lead dissertation/thesis committees

- Provide clinical supervision to assigned students

MADO Healthcare-Executive Director, Chicago, IL. May 2018- July 2021

Primary Responsibilities

- Directed all operations of mental health residential facility to ensure city, state and federal rules and regulations were met
- Supervised the overall business operations of the Nursing, Mental Health, Therapeutic Recreation, Dietary, Security and Maintenance departments
- Supervised Department Heads in the hiring of staff
- Developed quality improvement plans with committee members
- Developed and directed implementation of facility policies, procedures and programs
- Functioned in a problem-solving capacity with regard to client and staff dilemmas
- Ensured conformance with annual budget; evaluates, reviews and adjusts to revenue sources
- Oversaw/conducted investigations of alleged mistreatment of clients by others (peers, staff, visitors, doctors, vendors, etc.) according to facility policy and IDPH regulations
- Managed safekeeping and tracking of the facility's petty cash
- Addressed clients' grievances, concerns and questions in a timely fashion
- Arranged for facility supervisory personnel to annually attend appropriate educational programs

MADO Healthcare-Clinical Director-Chicago, IL. November 2017-May-2018

Primary Responsibilities

- Provided case management for up to 10 clients.
- Completed client assessments upon admission and quarterly thereafter in terms of orientation, risk, anger, substance use/abuse, physical aggression, symptomatology, smoking risk, community readiness, etc
- Helped clients identify and work toward specific goals (Care Plan) and documented progress made toward those goals quarterly or as needed
- Attended meeting for Care Conference Meetings in conjunction with the interdisciplinary team
- Counseled clients (including crisis counseling/intervention).
- Utilized quick and effective de-escalation skills to diffuse conflict with clients
- Ran therapeutic skills groups
- Communicated with psychiatrists about client behavior and mood changes
- Developed and maintained incentive program
- Developed and implemented behavior contracts for clients with high-risk behaviors such as substance use disorders, criminal behavior, panhandling, etc.
- Clinically documented and addressed problematic client behaviors

Supervisory Responsibilities:

- Acted as liaison between mental health professionals (MHP) and management/consultants
- Coordinated the admissions process, including approving and signing each admission progress note
- Maintained/Updated Complaint Log
- Regularly audited charts to ensure they are in compliance with IDPH regulations
- Maintained compliance with IDPH regulations related to the Identified Offender Program
- Completed quality assurance projects as requested by Executive Director.
- Entered hospitalization data into FOIDs system
- Assisted MHP's with mental health assessments, individual treatment plans and challenging client behaviors
- Educated on and assisted with crisis intervention and debriefing
- Coordinated Substance Use Programming
- Assisted Business Office with providing DHS or other government agencies with appropriate psychological assessments to get funding approval
- Participated in Safety Committee, Quality Assurance Committee, and other management meetings
- Supervised all non-licensed staff that performs Part 132 services for at least one hour per week
- Conducted a written utilization review (UR) plan and ongoing activities to assess the appropriateness of Medicaid community mental health services, intensity/level of services, and continued services for clients

Betterhelp Online Counseling- July 2018-Present**Primary Responsibilities**

- Provide teletherapy to clients
- Collaborate with other counselors on effective and evidenced based treatments
- Participate and contribute to discussions on ethical, legal and evidenced based practices for client issues
- Abide by guidelines of online counseling regulations according to Illinois law

Thresholds Psychiatric Center- Clinical Team Leader, Chicago, Illinois. September 2011-November 2017**Primary Responsibilities**

- Provided supervision and direction to staff who conducted outreach services for mental health clients
- Conducted assessments to determine level of eligibility for services
- Evaluated clients' mood and level of severity of symptomatology
- Collaborate with multi-disciplinary team to discuss member's progress toward treatment goals

- Taught and implemented Rational Emotive Behavioral techniques to help staff teach members to negate irrational and unproductive thinking patterns and behaviors
- Provided clinical supervision and training to staff and peers

Governors State University – Adjunct Lecturer in the Division of Psychology and Counseling in the College of Education, COUN 6690: PRACTICUM I & II, University Park, IL. May 2016 – August 2016.

Primary Responsibilities

- Clinically supervised master’s level students in clinical cases
- Fostered interpersonal and intrapersonal development by utilizing experiential and collaborative learning strategies
- Evaluated and assessed clinical development to provide grades and feedback
- Provided educational knowledge and application to enhance applicability of counseling skills in profession
- Addressed issues in development that impact student’s ability to effectively counsel

The Family Institute at Northwestern University- Reflective Practitioner Supervisor Extension, Evanston, IL (On-line) September 2018- June 2019

Primary Responsibilities

- Provided supervision of MA level students in need of additional supports in Practicum
- Provided emotional and academic supports in an effort to help students meet Practicum requirements
- Communicated with Clinical Training Director (CTD) regarding site issues that were presented during RPX classes
- Provided ongoing feedback to students and CTD on student’s professionalism, group engagement and self-reflection
- Participated in 1:1 supervision around student professional and personal development with CTD
- Fostered personal and professional growth within students through weekly interactive supervision

The Family Institute at Northwestern University- Reflective Practitioner Supervisor, Evanston, IL (Online) September 2016- May 2017

Primary Responsibilities

- Provided supervision of master’s level students in clinical issues
- Evaluated clinical readiness for providing counseling services
- Provided written feedback on reflective essays regarding clinical and personal issues
- Participated in group supervision around student professional and personal development with multidisciplinary team
- Fostered personal and professional growth within students through weekly interactive supervision

The Family Institute at Northwestern University- Case Conference Supervisor
Evanston, IL (Online) December 2016- June 2017

Primary Responsibilities

- Provided clinical supervision for master's in counseling students
- Reviewed and offered consultation on challenging clinical cases
- Assisted students in learning how to assess their own therapeutic effectiveness and articulate areas of growth
- Provided both verbal and written feedback on diagnosing and treatment planning cases

Governors State University- Graduate Assistant, University Park, IL January 2009-2011

Primary Responsibilities

- Assisted senior faculty with student placement in academic courses
- Organized and maintained clinical files and documents to meet HIPAA regulations
- Effectively communicated verbal and written administrative directives to students and colleagues
- Trained new graduate assistants on procedures and guidelines of department

Governors State University-Intern, University Park, IL September 2016- May 2017

Primary Responsibilities

- Co-taught master's level students in assessment and treatment planning
- Co-taught master's level students in Gottman therapy and Emotion Focused Therapy modalities
- Evaluated clinical development of counseling students
- Assessed and graded clinical paperwork and written/oral assignments
- Lectured course material on diagnoses of severe chronic mental illness
- Lead group discussions on clinical cases and offer interventions for treatment approaches

Thresholds Psychiatric Center- Intern, Chicago, IL September 2016- May 2017

Primary Responsibilities

- Facilitated "Hearing Voices" group that taught coping mechanisms for voice hearers
- Provided one to one clinical counseling sessions guided by rational emotive behavioral therapy principles
- Developed and completed clinical progress notes to coincide with services provided
- Participated in weekly supervision to increase clinical development

PROFESSIONAL DEVELOPMENT

Conferences

National Board for Certified Counselors Annual Conference (NBCC) February 2021 Virtual
National Board for Certified Counselors Annual Conference (NBCC) February 2020 Virtual
The Illinois Counseling Association: The Dynamic of Shared Experiences in and Around Professional Counseling (Skokie, IL)
The Kennedy Forum: Working Well, Innovative Strategies in Workplace Well-Being (2019) (Chicago, IL)
Elderwerks: Evacuation Planning (2018) (Chicago, IL)
Illinois Health Care Association: Cognitive Behavioral Therapy (CBT) and Psychosis (2018) (Chicago, IL)
The Kennedy Forum: Bending Towards Justice, A Summit for Mental Health Equity (2018) (Chicago, IL)
American Counseling Association Conference and Expo (2017) (San Francisco, CA)
National Board of Certified Counselors 2017 Symposium: Bringing the Gap in Mental health Association for Counselor Education and Supervision Conference (2015) (Philadelphia, Pennsylvania)
Illinois Counseling Association Conference (2015) (Skokie, Illinois)
Governors State Research Day Conference (2015) (University Park, IL)
Adlerian Therapy with Families (2015) Royal College of Medicine (Bangkok, Thailand)

Workshops Attended

“How to Respond to an Active Shooter” July 2018 (Chicago, Illinois)
“Implementing the S.T.A.R.T Assessment” May 2018 (Chicago, IL)
“The History of France” September 2016 (Le Mans, France)
“Utilizing Wellness in the Counseling Profession” September 2016 (Le Mans, France)
“Nurturing Healthy Counselors” September 2016 (Le Mans, France)
“Inter-healing Prayer in Counseling” September 2016 (Le Mans, France)
“Qualitative Research: QCA” November 2015 (Philadelphia, Pennsylvania)
“The Publishing Process” November 2015 (Philadelphia, Pennsylvania)
“Adlerian Therapy: Live Demonstration” December 2014 (Bangkok, Thailand)

PROFESSIONAL MEMBERSHIPS

Board Director for National Board for Certified Counselors (NBCC) July 2020-July 2021
Local School Council (LSC) Chicago 2020
American Counseling Association (ACA)
Association for Counselor Education and Supervision (ACES)
Illinois Counseling Association (ICA)
National Certified Counselor (NCC)

Psi Chi of Psychology (2008)

AWARDS AND HONORS

Leadership Fellow- Walden University 2021- Present
National Board of Certified Counselors (NBCC) Minority Fellowship Award 2016
Dean's List: BA 2005-2008/ MA 2009-2011/Doctoral 2014-2015
Student of the Year Award- MA program 2010

SERVICE

Volunteer Service

Board Director of National Board of Certified Counselor (NBCC) (2020-2021)
Board Chair for Ethics Committee for National Board of Certified Counselor (NBCC) (2020-2021)
National Alliance of Mental Illness Walk (NAMI) (September 2014, 2016, 2018)
Illinois Counseling Association (ICA) (November 2017)
Chronic Homelessness Count (January 2017)
Application Reviewer for NBCC 2017 Fellowship Nominees (November 2016)

TEACHING EXPERIENCE

- **Core Professor**

COUN 6790-9: Assessment and Diagnosing (Graduate)
Walden University, Spring 2021, Summer 2021, Fall 2021, Winter 2021

- **Core Professor**

COUN: Field Experience
Walden University, Summer 2021, Fall 2021, Winter 2021

- **Clinical Supervisor**

PRACTICUM 2018-0925: Supervised Practicum in Counseling (Graduate)
Northwestern University, Fall 2016, 2017, Spring 2016, 2017, Summer 2016, 2017, 2018

- **Instructor**

COUN 8845: Advanced Counseling Theories (Graduate)
Governors State University, Summer 2016

- **Guest Lecturer**

PSYCH 3260: Psychology of Child Abuse (Undergrad)
Chicago State University, Fall 2015

- **Teaching Aide**

COUN 8825: Advanced Family Systems (Graduate)
Governors State University, Fall 2016
COUN 7855: Assessment & Treatment Planning in Research
Governors State University, Fall 2016

- **Clinical Supervisor**

COUN 6690: Practicum I & II

Governors State University, Spring 2016; Summer 2016; Fall, 2016

INTERNATIONAL PRESENTATIONS

Lott-Kamara, T. (January, 2015). *The Cycle of Addiction*. Oral Presentation at Royal College of Medicine Mental Health Conference, Bangkok, Thailand.

STATE PRESENTATIONS

Lott, T. (November, 2019). *The social, emotional, and psychological impact of stigma on persons with schizophrenia: A lesson for professionals*. Poster Presentation at The Illinois Counseling Association, Skokie, IL.

Lott-Kamara, T. (November, 2017). *The impact of rational emotive behavioral therapy on self-stigma attitudes within an African American male living with schizophrenia: A case study*. Poster Presentation at The Illinois Counseling Association, Lisle, IL.

Lott-Kamara, T. (May, 2017). Providing mental health services to individuals living with schizophrenia. *Bringing the gap in mental health*. Symposium conducted at the meeting of the National Board of Certified Counselors, Atlanta, GA.

Lott-Kamara, T. (April, 2016). *How the enabler keeps the addict sick*. Poster Presentation at GSU Research Day, University Park, IL.

Abdullah, J., & **Lott-Kamara, T.** (November, 2015). *The over diagnosing of psychotic disorders among African Americans*. Poster Presentation at the Illinois Counseling Association, Skokie, IL.

Lott-Kamara, T. (October, 2015). *How the enabler keeps the addict sick: What counselors need to know*. Poster Presentation at the Association of Counselor Education and Supervision Conference, Philadelphia, PA.

OTHER PRESENTATIONS

Lott, T. (2019, May). *Working with individuals with severe and persistent mental health diagnoses: A look into the impact of stigma*. MADDO Healthcare Centers, Chicago, IL.

Lott-Kamara, T. (2018, October). *Working in a specialized mental health rehabilitation facility; Modules A-E*. MADDO Healthcare Buena Park, Chicago, IL.

Lott-Kamara, T. (2016, November). *The impact of rational emotive behavior therapy on self-stigma attitudes within an African American male living with schizophrenia*. Governors State University, University Park, IL.

Lott-Kamara, T. (2016, February). *Using the integrated developmental model in clinical supervision*. Governors State University, University Park, IL.

Lott-Kamara, T. (2015, July) *The social, emotional, and cognitive impact of stigma on adults with schizophrenia*. Governors State University, University Park, IL.

Lott-Kamara, T. (2015, September). *The impact of REBT on self-stigma attitudes among persons living with schizophrenia: What counselors need to know*. Governors State University, University Park, IL.

Lott-Kamara, T. (2014, December) *Power over stigma: Unlocking the door*. Governors State University, University Park, IL.

Lott-Kamara, T. (2014, November) *Overview of REBT: Theory & application*. Governors State University, University Park, IL.

Lott-Kamara, T. (2014, August) *Rational emotive behavioral therapy*. Governors State University, University Park, IL.

RESEARCH INTERESTS

- The use of Rational Emotive Behavior Therapy with stigma related issues among persons with schizophrenia
- Developing counselor awareness of the impact of stigma with clients who have co-occurring mental health conditions
- Counselor in Training development in working with severe mental illness
- The experiences of Persons of Color in academia
- The over-diagnosing of severe and chronic mental health conditions within African Americans