

**CHRISTINE J. SCHIMMEL, Ed.D., NCC, LPC**  
**Associate Professor**  
**Program Coordinator**

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West Virginia University  
 College Applied Human Sciences  
 School of Counseling & Well-Being  
 504 Allen Hall  
 PO Box 6122  
 Morgantown, WV 26506  
 (304) 293-2266  
 (304) 293-4082 fax  
 Email: chris.schimmel@mail.wvu.edu

**EDUCATION**

Ed.D.	Marshall University	2008	Curriculum & Instruction (Emphasis in School Counseling)
	<u>Dissertation Title:</u> School Counseling in West Virginia: An Examination of School Counselors and Implementation of WV Policy 2315		
Ed.S.	Marshall University	2005	Curriculum & Instruction
M.A.	West Virginia University	1994	School Counseling
B.A.	Glenville State College	1991	Education

West Virginia Certified School Counselor  
 National Certified Counselor #36646  
 West Virginia Licensed Professional Counselor #1479

**EMPLOYMENT**

**Associate Professor**  
**University Ombudsperson (2022-Present)**  
**Program Coordinator, Counseling (2021-Present)**  
**Coordinator of School Counseling Program (2009-Present)**  
**Associate Department Chair (2016 – 2022)**

*West Virginia University* **August 2009 - Present**  
**Graduate Faculty Fall 2009 – Present**

- Developed New Undergraduate Minor in Human Services (Including Capstone Course)
- Assisted in Writing CACREP Accreditation Report
- Coordinate School Counseling Program
- Coordinate Field Placement Activities for MA students (2017-2020)

- Complete Reviews for School Counseling Certification for all prospective students
- WVU Ombudsperson (2022-Present)

**Instructor**

*Marshall University*

**August 2007 – August 2009**

**August 1998 – August 2006**

**Director of Off-Campus Programming**

*Glennville State College*

**August 2006 – August 2007**

**Therapist**

*WV Youth Advocate Program*

**August 1997 – July 1998**

**School Counselor**

*Kanawha County, WV Schools*

**August 1994 – January 1997**

**Substitute Teacher**

*Monongalia County, WV Schools*

**September 1991 – April 1993**

**PUBLICATIONS**

*Peer Reviewed Journal Articles*

Steen, S., & Schimmel, C. J. (in press). The achieving success everyday (ASE) group counseling model applied in rural schools: Implications for future school counselor training and research. *Journal for Specialists in Group Work*.

Luke, C., & Schimmel, C. J. (2023). Using neuroscience-based group work with children and adolescents affected by the pandemic. *Journal for Specialists in Group Work*. <https://doi.org/10.1080/01933922.2022.2158972>

\*Boulden, R., & Schimmel, C. (2022). Factors that affect school counselor retention in rural Settings-An exploratory study. *The Rural Educator*, 43(4), 1-14. <https://doi.org/10.55533/2643-9662.1334>

**\*Included in *The Rural Educator* “Most Popular Papers” for November 2022**

Boulden, R., & Schimmel, C. J. (2021). More than just an internship: One university’s collaboration with a rural school district to attract, develop, and retain school counselors. *The Rural Educator*, 42(3), 56-62. <https://doi.org/10.35608/ruraled.v42i3.1237>

- Smith, M. L., Mann, M. J., Georgieva, Z., Curtis, R., & Schimmel, C. J. (2016). What counts when it comes to school enjoyment and aspiration in the middle grades. *Research in Middle Level Education*, 39(8), 1-13. <http://dx.doi.org/10.1080/19404476.2016.1226100>
- Schimmel, C. J., Daniels, J. A., Wassif, J., & Jacobs, E. (2016). Learning the ropes: A creative orientation approach for counseling students. *Journal for Creativity in Mental Health*, 11(1), 27-38. <https://doi.org/10.1080/15401383.2015.1095663>
- Springer, S. I., & Schimmel, C. J. (2016). Creative strategies to foster pre-service school counselor group leader self-efficacy. *The Journal for Specialists in Group Work*, 41(1), 2-18. <https://doi.org/10.1080/01933922.2015.1111486>
- Daniels, J. A., Spero, R. A., Leonard, J. M., & Schimmel, C. J. (2015). A content analysis of *Military Psychology: 2002 – 2014*. *Military Psychology*, 27(6), 366-375.
- Connole, I., Shannon, V., Watson, J., Wrisberg, C., & Schimmel, C. J. (2014). NCAA athletic administrators' preferred characteristics for sport psychology positions: A consumer market analysis. *The Sport Psychologist*.
- Schimmel, C. J., & Jacobs, E. (2013). Creative interventions using chairs: Going beyond gestalt. *Journal for Creativity in Mental Health*, 8, 428-443.
- Schimmel, C. J., & Jacobs, E. (2011). Ten creative counseling techniques for helping clients deal with anger. *ACA VISTAS Online*. Retrieved from [http://counselingoutfitters.com/vistas/vistas11/Article\\_53.pdf](http://counselingoutfitters.com/vistas/vistas11/Article_53.pdf)
- \*Schimmel, C. J., & Jacobs, E. (2011). When leaders are challenged: Dealing with involuntary members in groups. *The Journal for Specialists in Group Work*, 36(2), 144-158.
- \**Journal for Specialists in Group Work 2011 Outstanding Article of the Year Award*
- Schimmel, C. J., & Jacobs, E. (2010). Don't just sit there: Engage the brain – using movement, writing, and creativity to increase effectiveness. *ACA VISTAS Online*. Retrieved July 20, 2010 from [http://www.counseling.org/Resources/Library/VISTAS/vistas10/Article\\_48.pdf](http://www.counseling.org/Resources/Library/VISTAS/vistas10/Article_48.pdf).
- Schimmel, C. J. (2007). Seeing is remembering: The impact of using creative props with children in schools and community agencies. *Journal of Creativity in Mental Health*, 2(2), 59-74.

### **Books**

- Schimmel, C. J., Springer, S. I., Grant, K., & Ieva, K. (2022). *#IRLSchoolcounseling: An introduction to the profession*. Cognella.
- Luke, C., & Schimmel, C. J. (2022). *Applying neuroscience to counseling children and adolescents: A guide to brain-based, experiential interventions*. Cognella.

Springer, S. I., Moss, L. J., & Schimmel, C. J. (Eds.). (2022). *A school counselor's guide to small groups: Coordination, leadership, and assessment*. (2nd ed.). Cognella.

Jacobs, E., Schimmel, C. J., Mason, R., & Harvill, R. (2022). *Group counseling: Strategies & skills* (9<sup>th</sup> ed.). Cognella.

Vernon, A., & Schimmel, C. J. (Ed.s.). (2019). *Counseling children & adolescents*. (5<sup>th</sup> ed.). Cognella.

Schimmel, C. J. & Jacobs, E. (2014). *How to select and apply change strategies in Groups*. SAGE.

Jacobs, E. & Schimmel, C. J. (2013). *Impact therapy: The courage to counsel*. Impact Therapy Associates.

Jacobs, E., Mason, R., Harvill, R., & Schimmel, C. J. (2012). *Group counseling: Strategies & skills* (7<sup>th</sup> ed.). Brooks/Cole.

### **Tool Kit**

Schimmel, C. J., & Ingram, A. (2022). *Social emotional learning toolkit: Best Practices to support student mental health*. The Education Alliance.  
<https://drive.google.com/file/d/1RGDseQPpktiEJDGWJQyACajevrJcTZDB/view>

### **Book Chapters**

Luke, C., Diambra, J. F., & Schimmel, C. J. (2023, in press). Neuro-informed group work. In T. Field, L. Jones, & L. Russell-Chapin (Eds.), *Neurocounseling: Brain-Based Clinical Approaches* (3<sup>rd</sup> ed.). pp. ?. American Counseling Association.

Schimmel, C. J., & Jacobs, E. (2022). Uniquely school counseling: Overcoming challenges to group work. In S. I. Springer, L. Moss, & C. J. Schimmel, (Eds.) *A School Counselor's Guide to Small Groups: Coordination, Leadership, & Assessment*. Cognella.

Schimmel, C. J., & Jacobs, E. (2019). Small group counseling. In A. Vernon, & C. J. Schimmel, (Ed.S.), *Counseling Children & Adolescents* (5<sup>th</sup> ed., pp. 418-456). Cognella.

Leppma, M., & Schimmel, C. J. (2019). Children and challenges: Counseling from a growth mindset perspective. In A. Vernon, & C. J. Schimmel, (Eds.), *Counseling Children & Adolescents* (5<sup>th</sup> ed., pp. 338-379). Cognella.

Randall, J. E., Schimmel, C. J., & Jacobs, E. (2019). All buttoned up. In *Experiential Activities for Teaching Social Justice and Advocacy Competence in Counseling*. Pope, M., Gonzalez, M., Cameron, E. R. N., & Pangelinan, J. S. (Eds.). Taylor & Francis.

- Jacobs, E., & Schimmel, C. J. (2018). Adlerian Lifestyle Questions. In Jordan, J., Perkins, B., & Lee, R. (Eds.) *Handbook of Experiential Teaching in Counselor Education: A Resource Guide for Counselor Educators*. Charleston, SC: CreateSpace Independent Publishing.
- Jacobs, E., & Schimmel, C. J. (2018). Back-to-Back Crisis Counseling Practice. In Jordan, J., Perkins, B., & Lee, R. (Eds.) *Handbook of Experiential Teaching in Counselor Education: A Resource Guide for Counselor Educators*. Charleston, SC: CreateSpace Independent Publishing.
- Schimmel, C. J., & Jacobs, E. (2018). Group Class--Practice Beginning, Closing, Use of Theories in Group. In Jordan, J., Perkins, B., & Lee, R. (Eds.) *Handbook of Experiential Teaching in Counselor Education: A Resource Guide for Counselor Educators*. CreateSpace Independent Publishing.
- Jacobs, E., & Schimmel, C. J. (2018). Mass Crisis Counseling—Dealing with a Major Disaster. In Jordan, J., Perkins, B., & Lee, R. (Eds.) *Handbook of Experiential Teaching in Counselor Education: A Resource Guide for Counselor Educators*. CreateSpace Independent Publishing.
- Schimmel, C. J., & Jacobs, E. (2018). Uniquely school counseling: Overcoming challenges to group work. In Springer, S. I., Moss, L., Manavizadeh, N., Pugliese, A., (Eds.) *A School Counselor's Guide to Small Groups: Coordination, Leadership, & Assessment*. Association for Specialists in Group Work.
- Randall, J. E., Schimmel, C. J., Barnewitz, E. (2017). Adolescence & early adulthood. In Jill E. Schwarz (Ed.), *Counseling Women Across the Lifespan: Empowerment, Advocacy, & Intervention* (1st ed., pp. 113-131). Springer Publishing Company.
- Schimmel, C. J., & Jacobs, E. (2015). Introduction: Expressive/Creative arts in supervision. In M. Luke & K. M. Goodrich (Eds.) *Group experts share their favorite activities for supervision: Volume One*. (pp. 244-246). Association for Specialists in Group Work.
- Schimmel, C. J., & Jacobs, E. (2015). Group counseling as therapeutic intervention for substance use. In C. S. Bhat, Y. Pillay, & P. R. Selvaraj (Eds.) *Group Work Experts Share Their Favorite Activities for the Prevention and Treatment of Substance Use Disorders*. (pp. 26-35). Association for Specialists in Group Work.
- Schimmel, C. J., & Jacobs, E. (2015). Top three priorities in life activity. In C. S. Bhat, Y. Pillay, & P. R. Selvaraj (Eds.) *Group Work Experts Share Their Favorite Activities for the Prevention and Treatment of Substance Use Disorders*. (pp. 117-118). Association for Specialists in Group Work.
- Schimmel, C. J., & Jacobs, E. (2015). The value of AA. In C. S. Bhat, Y. Pillay, & P. R. Selvaraj (Eds.) *Group Work Experts Share Their Favorite Activities for the Prevention and Treatment of Substance Use Disorders*. (pp. 128-130). Association for Specialists in Group Work.

Schimmel, C. J., & Jacobs, E. (2015). Empty beer case activity. In C. S. Bhat, Y. Pillay, & P. R. Selvaraj (Eds.) *Group Work Experts Share Their Favorite Activities for the Prevention and Treatment of Substance Use Disorders*. (pp. 183-184). Association for Specialists in Group Work.

Jacobs, E., & Schimmel, C.J. (2009). Processing activities to facilitate the transfer of learning outside the group. In C. Salazar (Ed.). *Group work experts share their favorite multicultural activities: A guide to diversity-competent choosing, planning, conducting, and processing*. (pp. 35-44). Association for Specialists in Group Work.

Schimmel, C. J., Jacobs, E., & Adams, J. (2008). Involuntary members in a group. In I. Marini & M. Stebnicki (Eds.), *The Professional Counselors Desk Reference* (pp.615-622). Springer.

Jacobs, E., & Schimmel, C. J. (2008). Working with individuals in groups. In I. Marini & M. Stebnicki (Eds.). *The Professional Counselors Desk Reference* (pp. 605-614). Springer.

Jacobs, E. & Schimmel, C. J. (2004). Small group counseling. In C. Sink (Ed.), *Contemporary school counseling: Theory, research, and practice* (pp. 82-115). Houghton Mifflin.

### ***Invited Articles***

Schimmel, C. J. & Jacobs, E. (2014). The toughest kinds of groups. *Counseling Today*, 56(9), 48-53. (Circulation 50,000)

Schimmel, C. J. (2014). Voice from the field: 7.2. In Sheperis, D. S., & Sheperis, C. J. (Eds.), *Clinical Mental Health Counseling: Fundamentals of Applied Practice* (p. 144). Upper Saddle River, NJ: Pearson.

Schimmel, C. J., & Jacobs, E. (2013). When is a chair not a chair? *ASCA School Counselor*, 51(1), 18-22. (Circulation 30,000+)

Schimmel, C. J. (2013). What's in a name? Guidance counselor vs. professional school counselor. *West Virginia Counselor*, 7.

Schimmel, C. J., & Jacobs, E. (2011). Creative tools for focusing couples and families. *Association for Creativity in Counseling Newsletter*, 2, 5-7.

Schimmel, C. J. & Jacobs, E. (2010). Using multisensory techniques in counseling. *Association for Creativity in Counseling Newsletter*, 1(1), 13-15.

## MEDIA PROJECTS

- Schimmel, C. J., & Vernon, A. (2022). *Counseling children and adolescents*. Support videos for 6<sup>th</sup> edition of the text. Cognella.
- Jacobs, E., & Schimmel, C. J. (2015). *Creative group counseling for adults*. DVD Project funded by the Association for Specialists in Group Work.
- Schimmel, C. J., & Jacobs, E. (2014). *Group counseling: Strategies & skills DVD: Advanced integrative skills* (8th ed). Belmont, CA: Brooks/Cole.
- Jacobs, E., Mason, R., Harvill, R., & Schimmel, C. J. (2012). *Group counseling: Strategies & skills DVD* (7<sup>th</sup> ed). Belmont, CA: Brooks/Cole.

## SUBMITTED PUBLICATIONS

### *Peer Reviewed Journal Articles*

- Schimmel, C. J., Curtis, R., Georgieva, Z., & Smith, M. (2014, submitted). Making use of state-wide needs assessment: What rural schools need. *Journal of School Counseling*.
- Leonard, J., & Schimmel, C. J. (2014, submitted). Theory of work adjustment and student-athletes transition out of sport. *Journal of Career Development*.

## FUNDING

- Boulden, R., **Schimmel, C. J.**, & Floyd, K. (2022, **pending**). *Mountaineer school-based mental health fellows program*. U.S. Department of Education. Requesting \$2.218 million over five years.
- Boulden, R., **Schimmel, C. J.**, & Floyd, K. (2022, unfunded). *Addressing the impact of COVID-19 and Adverse Childhood Experiences in Rural Elementary Schools: An Exploratory Study*. Spencer Foundation.
- Boulden, R., & **Schimmel, C. J.** (2021, **funded**). *Youth mental health first aide training in West Virginia public schools* (\$500,000). United States Department of Health & Human Resources, SAMHSA, Projects of Regional and National Significance.
- *Grant will provide Youth Mental Health First Aid training to 625 WV Public school employees over five years.*

Boulden, R., & **Schimmel, C. J.** (2021, **funded**). *Youth mental health first aide training in Monongalia county schools* (\$8,354.00). West Virginia University Office of the Provost, Community Engagement Grant.

- *Grant will provide Youth Mental Health First Aid training to 100 Monongalia County school employees.*

Krasta, K., Kolbert, J., Crothers, L., **Schimmel, C. J.**, & Hilts, D. (not funded, 2020). *Student-to-school counselor ratio meta-analysis: An ecological-systems examination of the impact of student-to-school counselor ratio on students' academic, social-emotional, and career outcomes and school counselors' engagement in American School Counselor Association (ASCA: 2019) National Model delivery*. American Counseling Association, Alexandria, VA.

Abhik, R., Curtis, R., Moore, L. C., Moilanen, K. L., Troilo, J. E., Anderson, S., Root, A. E., Hernandez, P., **Schimmel, C. J.** (not funded, 2017). *A study of the effectiveness of the Second Stepchild Protection Unit*.

**Schimmel, C. J.**, & Curtis, R. (2017, **funded**). *Americorp on the frontline of school success* (\$15,000). Education Alliance in partnership with the Program Evaluation and Research Center at West Virginia University. Role: Principal Investigator.

**Schimmel, C. J.**, & Curtis, R. (2016, **funded**). *Americorp on the frontline of school success* (\$15,000). Education Alliance in partnership with the Program Evaluation and Research Center at West Virginia University. Role: Principal Investigator.

**Schimmel, C. J.**, & Curtis, R. (2015). *Americorp on the frontline of school success* (\$15,000). Education Alliance in partnership with the Program Evaluation and Research Center at West Virginia University. Role: Principal Investigator.

Curtis, R., & Schimmel, C. J. (2014). *Americorp on the frontline of school success*. (\$15,000). Education Alliance in partnership with the Program Evaluation and Research Center at West Virginia University. Role: Co-Principal Investigator.

Schimmel, C. J., & Curtis, R. (2014). *PERC evaluation of the Education Elevators program* (\$6,000). Education Alliance in partnership with the Program Evaluation and Research Center at West Virginia University. Role: Principal Investigator.

Schimmel, C. J., & Curtis, R. (2013). *Americorp on the frontlines of education* (\$20,000). Educational Alliance in partnership with the Program Evaluation and Research Center at West Virginia University. Role: Principal Investigator.

Curtis, R., & Schimmel, C. J. (2012). *AmeriCorp on the frontlines of education* (\$20,000). Educational Alliance in partnership with the Program Evaluation and Research Center at West Virginia University. Role: Co-Principal Investigator.



**PUBLICATION AWARDS****\*Association for Specialists in Group Work**

2011 Outstanding Article Award

March 2012

**INVITED INTERVIEW**

Long, J. (2014). Thought leader insights: A conversation with Dr. Ed Jacobs & Dr. Christine Schimmel. *Career Developments*, 30(1), 3.

**PRESENTATIONS*****Invited International***

Boulden, R., & Schimmel, C. J. (October, 2020). *School counselors chat (#scchat): Twitter moderated chat with domestic and international school counselors*. Virtual Asynchronous Discussion on Twitter.

***Peer Reviewed National***

Boulden, R., & Schimmel, C. J. (2023). *Addressing the youth mental health crisis through youth mental health first aide*. Evidence-Based School Counseling Conference, Columbus, OH.

Jacobs, E., & Schimmel, C. J. (2022, February). *Group counseling: Giving students what they need*. Presented at the Association for Specialists in Group Work conference, Atlantic Beach, FL.

Schimmel, C. J., & Jacobs, E. (2021, July). *Create, engage, teach group counseling*. Presented at American School Counselor Association (ASCA) conference, Las Vegas, NV.

Schimmel, C. J., & Jacobs, E. (2021, July). *Not the same ole' orientation: An orientation to retain school counseling graduate students*. Presented at American School Counselor Association (ASCA) conference, Las Vegas, NV.

Leppma, M., Hutchinson, T., & Schimmel, C. J. (2019, October,). *The role of self-compassion in counselor education*. Presented at Association for Counselor Education and Supervision (ACES) conference in Seattle, WA.

Dansby, G., Schimmel, C. J.....et al. (2019, October). *Why attend an ACES women's retreat?* Presented at Association for Counselor Education and Supervision (ACES) conference in Seattle, WA.

Schimmel, C. J., & Jacobs, E. (2019, June). *The art of teaching group leading to school counselors*. American School Counselor Association, Boston, MA.

- Schimmel, C. J., & Jacobs, E. E. (2018, July). *The art of group counseling in schools: Engage, get creative*. American School Counselor Association, Los Angeles, CA
- Schimmel, C. J., & Jacobs, E. E. (2018, July). *Fusing REBT & growth mindset: A creative approach*. American School Counselor Association, Los Angeles, CA.
- Schimmel, C. J., & Jacobs, E. (2017, October). *Getting the most out of the group course: A skills based approach*. Educational session presented at the Association for Counselor & Supervision Conference, Chicago, IL.
- Schimmel, C. J., & Jacobs, E. (2017, October). *Admissions, orientation, & retention in graduate counseling programs*. Educational session presented at the Association for Counselor & Supervision Conference, Chicago, IL.
- Schimmel, C. J., & Jacobs, E. (2016). *The recipe for creative groups: 16 leadership skills to make your groups taste great*. Extended breakout Session presented at the American School Counselor Association's Annual Conference, New Orleans, LA.
- Jacobs, E., & Schimmel, C. J. (2016). *Co-leading: What works and what does not work*. Educational Session presented at the Association for Specialists in Group Work Bi-Annual Conference, Alexandria, VA.
- Jacobs, E., & Schimmel, C. J. (2016). *Conducting parenting groups*. Educational Session presented at the Association for Specialists in Group Work Bi-Annual Conference, Alexandria, VA.
- Jacobs, E., & Schimmel, C. J. (2016). *Impact therapy applied to group counseling*. Educational Session presented at the Association for Specialists in Group Work Bi-Annual Conference, Alexandria, VA.
- Jacobs, E., & Schimmel, C. J. (2015). *Counseling should be more than talk/listen*. Roundtable presented at the Association for Counselor Education and Supervision Conference, Philadelphia, PA.
- Jacobs, E., & Schimmel, C. J. (2015). *Why aren't students more excited about leading groups?* Education session presented at the Association for Counselor Education and Supervision Conference, Philadelphia, PA.
- Smith, M. L., Georgiva, Z., Curtis, R., & Schimmel, C. J. (2015, Accepted). *Predicting school enjoyment and aspiration for middle school students: What counts?* Paper accepted to the American Educational Research Association's Annual Meeting, Chicago, IL.
- Schimmel, C. J., & Jacobs, E. (2015, July). *Spice up your group counseling: Strategies and skills to improve small group counseling*. Extended Breakout Session presented at the American School Counselor Association's Annual Conference, Phoenix, AZ.

- Jacobs, E., & Schimmel, C. J. (2015, March). *Advanced counseling skills: Creative and innovative skills with unique, difficult, and resistant clients*. Extended Pre-Conference Breakout Session presented at the American Counseling Associations Annual Conference, Orlando, FL.
- Schimmel, C. J., & Jacobs, E. (2014, June). *Great groups: 15 group leading skills all school counselors should know*. Extended Breakout Session presented at the American School Counselor Association's Annual Conference, Orlando, FL.
- Jacobs, E., & Schimmel, C. J. (2014, February). *Putting theories into practice in group counseling*. Workshop presented at the Association for Specialists in Group Work National Conference, Orlando, FL.
- Jacobs, E., & Schimmel, C. J. (2014, February). *Impact therapy applied to groups*. Workshop presented at the Association for Specialists in Group Work National Conference, Orlando, FL.
- Jacobs, E., & Schimmel, C. J. (2014, February). *Twenty essential group leadership skills*. Workshop presented at the Association for Specialists in Group Work National Conference, Orlando, FL.
- Jacobs, E., & Schimmel, C. J. (2014, February). *Techniques and exercises that create more engagement in members*. Workshop presented at the Association for Specialists in Group Work National Conference, Orlando, FL.
- Jacobs, E., & Schimmel, C. J. (2014, February). *Experiential learning: Personal growth and discussion of skills as they are being utilized*. Pre-Conference workshop presented at the Association for Specialists in Group Work National Conference, Orlando, FL.
- Schimmel, C. J., & Jacobs, E. E. (2013, October). *Teaching counseling in 3-D: How to infuse multisensory techniques into core counseling courses*. Roundtable presented at the Association for Counselor Education and Supervision's Annual Conference, Denver, CO.
- Jacobs, E. E., & Schimmel, C. J. (2013, October). *Group counseling: A dynamic approach to teaching strategies and skills*. Roundtable presented at the Association for Counselor Education and Supervision's Annual Conference, Denver, CO.
- Schimmel, C. J., & Jacobs, E. (2013, July). *Creative counseling interventions for working with parents*. Educational Session presented at the American School Counselor Conference, Philadelphia, PA.
- Jacobs, E., & Schimmel, C. J. (2013, June). *Counseling in the 21<sup>st</sup> century: Creative techniques that all counselors can use*. Webinar sponsored by the American School Counselor Association.

- Jacobs, E. E., & Schimmel, C. J. (2013, March). *When leaders are challenged: Dealing with involuntary members in groups*. Education Session presented at the American Counseling Association's Annual Conference, Cincinnati, OH.
- Jacobs, E. E., & Schimmel, C. J. (2013, March). *Permission to lead: Fifteen skills group leaders need to know*. Education Session presented at the American Counseling Association's Annual Conference, Cincinnati, OH.
- Jacobs, E. E., & Schimmel, C. J. (2013, March). *The art of engagement: Twenty ways to get group members more involved*. Pre-Conference Learning Institute presented at the American Counseling Association's Annual Conference, Cincinnati, OH.
- Jacobs, E. & Schimmel, C. J. (2012, September). *The brain likes novelty: Twenty creative props that will increase your effectiveness*. Content session presented at The Association for Creativity in Counseling, Memphis, TN.
- Jacobs, E., & Schimmel, C. J. (2012, September). *Integrating creative techniques and theories with difficult, resistant clients*. Content session presented at The Association for Creativity in Counseling, Memphis, TN.
- Schimmel, C. J., & Jacobs, E. (2012, June). *Creative counseling techniques that work with difficult students*. Pre-Conference Workshop presented at the American School Counselor Conference, Minneapolis, MN.
- Schimmel, C. J., Daniels, J., & Wassif, J. (2011, October). *Creatively connecting students: The impact of an outdoor orientation program on incoming counseling graduate students*. Educational session presented at Association for Counselor Education and Supervision National Conference, Nashville, TN.
- Jacobs, E., & Schimmel, C. J. (2011, March). *Using theories and creative techniques in group counseling*. Pre-Conference Learning Institute presented at the American Counseling Association Conference, New Orleans, LA.
- Jacobs, E., & Schimmel, C. J. (2011, March). *Creative techniques that work: Using props, chairs, and a whiteboard to access more parts of the brain*. Educational Session presented at the American Counseling Association Conference, New Orleans, LA.
- Schimmel, C. J., Dahir, C., Burnham, J., & Cobb, N. (2010, July). *Obstacles to opportunities: Strategies to help implement comprehensive school counseling programs*. Educational session presented at the American School Counseling Association Conference, Boston, MA.
- Jacobs, E., & Schimmel, C. J. (2010, March). *Don't just sit there: Engage the brain-using movement, writing, and creativity to increase effectiveness*. Educational Session presented at American Counseling Association Conference, Pittsburgh.

- Jacobs, E., & Schimmel, C. J. (2010, March). *Advanced techniques for group leaders: Essential & creative skills for effective group leadership*. Learning Institute presented at American Counseling Association Conference, Pittsburgh.
- Schimmel, C. J., & Jacobs, E. (2008, June). *Groups with impact*. Presented at the American School Counselor Association Annual Conference, Atlanta.
- Schimmel, C. J., & Jacobs, E. (2008, March). *Advanced group skills: Keeping members engaged using theories and creative techniques while working with an individual*. Presented at the annual conference of the American Counseling Association, Honolulu, HI.
- Schimmel, C. J., & Jacobs, E. (2008, March). *Putting theories into practice: Using creative, multisensory techniques with theories to increase depth and impact*. Presented at the pre-conference Learning Institutes at the annual conference of the American Counseling Association, Honolulu, HI.
- Schimmel, C. J., & Myer, C. (2007, February). *Not the same 'ole "Three R's": The need to retreat, rethink and respond theoretically to emerging adolescent behavior from a collaborative perspective of counselor and educator*. Presented at the Association for Teacher Education Conference, San Diego, CA.
- Schimmel, C. J., & Jacobs, E. (2005, October). *Putting theories into practice*. Presented at the national convention of the Association for Counselor Education and Supervision, Pittsburgh, PA.
- Schimmel, C. J., & Jacobs, E. (2005, October). *Teaching active, creative techniques and group courses*. Presented at the national convention of the Association for Counselor Education and Supervision, Pittsburgh, PA.
- Schimmel, C. J., & Jacobs, E. (2005, April). *Group work essentials: Skills, kinds of exercises, common mistakes, creative exercises*. Poster session presented at the annual convention of the American Counseling Association, Atlanta, GA.
- Schimmel, C. J., & Jacobs, E. (2005, April). *Using counseling theories and creative techniques in your groups*. Education session presented at the annual convention of the American Counseling Association, Atlanta.
- Schimmel, C. J., & Jacobs, E. (2005, April). *Using theories and multisensory creative techniques in individual and group counseling*. Presented at the pre-conference Learning Institute at the annual convention of the American Counseling Association, Atlanta.
- Schimmel, C. J., & Jacobs, E. (2004, April). *Making groups work: Ten essential leadership skills and ten creative exercises*. Presented at the world conference of the American Counseling Association, Kansas City, MO.

Schimmel, C. J., & Jacobs, E. (2004, April). *Talk to your client's eyes, not just their ears!*  
Presented at the world conference of the American Counseling Association, Kansas City, MO.

### ***Invited National***

Schimmel, C. J. (2020, February 6). *Impact therapy approach applied to small group counseling in school settings*. Guest Lecture provided to students at Monmouth University, West Long Branch, NJ.

Schimmel, C. J. (2020, February 6). *Impact therapy approach applied to small group counseling*. Guest Lecture provided to students at Monmouth University, West Long Branch, NJ.

Schimmel, C. J., & Jacobs, E. (2015, October 13). *Group counseling: Creative strategies and skills*. Webinar provided for the American School Counselor Association, Alexandria, VA.

Jacobs, E., & Schimmel, C. J. (2012, September). *Think outside the box: Essential, creative techniques for counselors*. Keynote address delivered to The Association for Creativity in Counseling, Memphis, TN.

Jacobs, E., & Schimmel, C. J. (2011, June). Connecting creative techniques with counseling theories. Educational Session presented at the National Conference on Innovative Counseling Strategies, San Antonio, TX.

Jacobs, E., & Schimmel, C. J. (2011, June). Innovative tools for your counseling toolbox (K-12): Creative use of props, writing, drawing & movement. Keynote session presented at the National Conference on Innovative Counseling Strategies, San Antonio, TX.

Jacobs, E., & Schimmel, C. J., (2011, June). *Beyond Gestalt: The many other uses of chairs in counseling sessions*. Educational Session presented at the National Conference on Innovative Counseling Strategies, San Antonio, TX.

Jacobs, E., & Schimmel, C. J., (2011, June). *Impact therapy: An active, creative, multisensory approach to counseling*. Pre-Conference Workshop presented at the National Conference on Innovative Counseling Strategies, San Antonio, TX.

Jacobs, E., & Schimmel, C. J. (2011, February 16). *Cutting off & drawing out*. [Webinar].

### ***Peer Reviewed State***

Schimmel, C. J., & Leppma, M. (2019, November). *Children & challenges: Counseling from a growth mindset perspective (Part 2)*. Educational Session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.

- Schimmel, C. J., & Leppma, M. (2019, November). *Children & challenges: Counseling from a growth mindset perspective (Part 1)*. Educational Session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2019, November). *Essential maps for every counseling session*. Educational Session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2018, November). *Demonstrations of REBT & WDEP: Part II*. Educational Session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2018, November). *Demonstrations of REBT & WDEP: Part I*. Educational Session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2017, November). *Impact therapy: Putting theories into practice*. Educational session provided at the WV Counselor Association's Annual Conference, Flatwoods, WV.
- Schimmel, C. J., & Jacobs, E. (2017, October). *Group counseling: Creative activities for school counselors*. Educational session provided at the WV School Counselor Association's Annual Conference, Charleston, WV.
- Schimmel, C. J., Jacobs, E. E. (2017, April). *Group counseling: Creative strategies & skills for counselors*. Session provided at the WV Licensed Professional Counselor's Association Annual Conference, Charleston, WV.
- Schimmel, C. J. (2016, October). *16 leadership skills for running great small groups in schools*. Educational session presented at the West Virginia School Counselor Association's annual conference, Charleston, WV.
- Leppma, M., & Schimmel, C. J. (2016, October). *A school counselor's guide to using reality therapy*. Educational session presented at the West Virginia School Counselor Association's annual conference, Charleston, WV.
- Jacobs, E., & Schimmel, C. J. (2016, April). *Group counseling*. Educational session presented at the West Virginia Licensed Professional Counselor Conference, Morgantown, WV.
- Leppma, M., & Schimmel, C. J. (2015, November). *Adlerian techniques for school counselors*. Educational session presented at the West Virginia School Counselor Association's annual conference, Charleston, WV.
- Schimmel, C. J. (2015, October). *Creative interventions for working with children & adolescents*. Workshop presented at the Faces of Leadership Annual Conference, Charleston, WV.

- Jacobs, E. & Schimmel, C. J. (2015). *Group counseling*. Educational session provided at the West Virginia Counseling Association's Annual Fall Conference, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2015, October). *Creative counseling techniques*. Educational session provided at the West Virginia Counseling Association's Annual Fall Conference, Flatwoods, WV.
- Leppma, M., & Schimmel, C. J. (2015, February). *What's wrong with this child? A school counselor's guide to the DSM-5*. Educational session provided at the West Virginia School Counselor Association's Annual School Counselor Academy, Charleston, WV.
- Jacobs, E., & Schimmel, C. J. (2013, November). *Counseling in action: Demonstrations of live counseling*. Educational Session presented at the West Virginia Counselor's Associations' Annual Conference, Bridgeport, WV.
- Schimmel, C. J. & Jacobs, E. (2013, May). *Creative counseling techniques for working with parents*. Educational Session presented at the West Virginia Licensed Professional Counselors Association's Annual Conference, Charleston, WV.
- Jacobs, E. & Schimmel, C. J. (2012, November). *Crisis counseling and how it differs from classic counseling*. Educational Session presented at the WV Counselor's Association's Annual Conference, Flatwoods, WV.
- Jacobs, E., Schimmel, C. J., Leppma, M. (2012, April). *Using counseling theories in innovative ways*. Workshop presented at the Spring Continuing Education Conference for Social Workers, Charleston, WV.
- Jacobs, E., Schimmel, C. J., Leppma, M. (2012, April). *Creative techniques with difficult couples and families*. Workshop presented at the Spring Continuing Education Conference for Social Workers, Charleston, WV.
- Schimmel, C. J., Jacobs, E., Leppma, M. (2012, February). *Creative counseling techniques, REBT, and mindfulness meditation: Techniques for test stress and anxiety reduction*. Educational Session presented at the West Virginia School Counselor's Association Spring Conference, Charleston, WV.
- Jacobs, E., & Schimmel, C. J. (2011, October). *Creative techniques and transactional analysis: Basics and beyond*. Education Session presented at the West Virginia Counselor's Association Fall Conference, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2011, October). *Working with difficult clients*. Education Session presented at the West Virginia Counselor's Association Fall Conference, Flatwoods, WV.



- Jacobs, E., & Schimmel, C. J., (2011, April). *The counseling relationship*. Educational session presented at the West Virginia Licensed Professional Counselor's Association annual conference, Charleston, WV.
- Jacobs, E., & Schimmel, C. J. (2011, April). *Innovative, creative and essential group counseling skills*. Educational Session presented at the West Virginia Social Work Conference, Charleston, WV.
- Jacobs, E., & Schimmel, C. J. (2011, April). *The brain likes novelty: Adding creativity to your clinical practice*. Educational Sessions presented at the West Virginia Social Work Conference, Charleston, WV.
- Schimmel, C. J. (2011, February). *Engaging group techniques: More creative ideas for group counseling*. Educational session presented at the West Virginia School Counselors Association Conference, Charleston, WV.
- Jacobs, E., & Schimmel, C. J. (2010, November). *Use of chairs in counseling*. Educational Session presented at the West Virginia Counselor's Association Conference, Flatwoods, WV.
- Schimmel, C. J. (2010, May). *Good groups: Exciting new ideas for running effective groups*. Educational session presented at the WVLPCA Annual Conference, Charleston, WV.
- Schimmel, C. J. (2010, February). *Getting your group off and running*. Educational session presented to WV School Counselor's Association Spring Conference, Charleston, WV.
- Schimmel, C. J., & Jacobs, E. (2008, October). *Crises counseling*. Presented at the annual conference of the West Virginia Counselor Association, Morgantown, WV.
- Schimmel, C. J., & Jacobs, E. (2008, May). *The importance of the therapeutic relationship and the stage of change: Techniques and strategies*. Presented at the annual conference of the West Virginia Licensed Professional Counselors Association, Charleston, WV.
- Schimmel, C. J., & Jacobs, E. (2005, November). *The brain likes novelty*. Presented at the state conference of the Mountain State Counselor's Alliance, Flatwoods, WV.
- Schimmel, C. J., & Jacobs, E. (2005, November). *Two essentials for working with clients: WDEP & stages of change*. Presented at the state conference of the Mountain State Counselor's Alliance, Flatwoods, WV.
- Schimmel, C. J., & Adams, J. R. (2004, November). *Use of Maslow's hierarchy, Adlerian therapy and reality therapy in counseling*. Presented at the West Virginia Counseling Association Conference, Flatwoods, WV.

Schimmel, C. J., & Jacobs, E. (2004, November). *What advertisers know that counselors should*. Presented at the West Virginia Counseling Association Conference, Flatwoods, WV.

Schimmel, C. J., & Jacobs, E. (2004, March). *Impact counseling and creative counseling techniques*. Presented at the spring conference of the School Counselors Association, Lexington, KY.

Schimmel, C. J., & Jacobs, E. (2004, March). *Impact counseling applied to groups*. Presented at the spring conference of the School Counselors Association, Lexington, KY.

Schimmel, C. J., & Jacobs, E. (2004, March). *Putting theory into practice*. Presented at the spring conference of the School Counselors Association, Lexington, KY.

### ***Invited State***

Schimmel, C. J. (2022, February). SEL 2.0. Workshop presented for the Education Alliance. Charleston, WV. <http://educationalliance.org/sel/>

Schimmel, C. J. (2020, March). *Introduction to basic counseling skills using TA: Handling tough conversations in communications sciences*. Educational session presented at the WV Speech, Language, & Hearing Association State Conference, Bridgeport, WV.

Schimmel, C. J., & Jacobs, E. (2020, March). *Impact therapy: The courage to do counseling in a school setting*. Educational Session provided at the 2020 WV Department of Education School Counselor Conference, Charleston, WV.

Schimmel, C. J., & Jacobs, E. (2020, March). *Impact therapy: The courage to do counseling in a school setting*. Educational Session provided at the 2020 WV Department of Education School Counselor Conference, Charleston, WV.

Schimmel, C. J., & Jacobs, E. (2020, March). *Impact therapy: The courage to run small groups in a school setting*. Educational Session provided at the 2020 WV Department of Education School Counselor Conference, Charleston, WV.

Schimmel, C. J., & Jacobs, E. (2020, March). *Impact therapy: The courage to run small groups in a school setting*. Educational Session provided at the 2020 WV Department of Education School Counselor Conference, Charleston, WV.

Schimmel, C. J., (2019, October). *Growth mindset: Creative mentoring strategies*. Education session presented to Americorp Volunteers, Volunteer West Virginia Conference, Charleston, WV.

Schimmel, C. J., & Jacobs, E. (2017, November). *Basic skills in group therapy*. Regional workshop provided by Highland Hospital Clarksburg, Clarksburg, WV.

- Clay, R., Schimmel, C. J., & Ellison, L. (2017, November). *Understanding the new WV LPC rules & regulations*. Educational session presented at the WV Counselor's Association Annual Conference, Flatwoods, WV.
- Schimmel, C. J. (2017, November). *Group leading styles & group leading basics*. Professional development workshop presented to Americorp Mentoring Project volunteers, Educational Alliance, Charleston, WV.
- Schimmel, C. J. (2017, October). *An impact therapy approach to relationship building*. Professional development workshop presented to Americorp Mentoring Project volunteers, Educational Alliance, Charleston, WV.
- Schimmel, C. J., & Jacobs, E. (2017, September). *How to impact & engage students*. Keynote/Plenary Address, Virginia School Counselor Association Fall Fling, Virginia School Counselor Association, Roanoke, VA.
- Jacobs, E., & Schimmel, C. J. (2017, March). *How to impact & engage students*. Keynote/Plenary Address, Virginia School Counselor Association Spring Fling, Virginia School Counselor Association, Richmond, VA.
- Jacobs, E., & Schimmel, C. J., (2017, March). *Creative, active group leadership*. Workshop provided for Indiana University of Pennsylvania's Spring 2017 Presentation Series, Indiana University of Pennsylvania's Center for Creativity & Change, Monroeville, PA.
- Jacobs, E., & Schimmel, C. J. (2015, October). *Impact therapy: Increasing grit and resiliency*. Keynote provided at the Western Maryland School Counselor Association's Annual Conference, Rocky Gap, MD.
- Schimmel, C. J., & Jacobs, E. (2015, March). *Creative counseling techniques*. Intensive breakout session provided at the West Virginia Department of Education's Regional School Counselor Conference, Morgantown, WV.
- Jacobs, E., & Schimmel, C. J. (2014, December). *Impact therapy applied to groups*. All day professional development session sponsored by the Massachusetts School Counselor Association, Bridgewater, MA.
- Jacobs, E., & Schimmel, C. J. (2014, November). *Theories into practice*. Keynote Session presented at the Tennessee Counseling Association 57<sup>th</sup> Annual Conference, Murfreesboro, TN.
- Jacobs, E., & Schimmel, C. J. (2014, November). *15 essential skills in group counseling*. Pre-Conference Session presented at the Tennessee Counseling Association 57<sup>th</sup> Annual Conference, Murfreesboro, TN.
- Schimmel, C. J. (2014, November). *Building relationships using impact counseling techniques*. In-service provided to AmeriCorps Volunteers, Charleston, WV.

- Schimmel, C. J., & Jacobs, E. (2014, October). *Impact therapy: Creative counseling techniques for school counselors*. Education session provided to the Western Maryland School Counselor's Association, Deep Creek, MD.
- Jacobs, E., & Schimmel, C. J. (2014, October). *Helping clients who are dealing with anger*. Education session provided at the West Virginia Counselor's Association's annual conference, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2014, October). *Advanced Adlerian techniques*. Education session provided at the West Virginia Counselor's Association's annual conference, Flatwoods, WV.
- Schimmel, C. J., & Jacobs, E. (2014, May). *Group counseling: 15 essential skills & strategies*. Educational session provided at the West Virginia Licensed Professional Counselor's Association's Spring Conference, Morgantown, WV.
- Schimmel, C. J., & Jacobs, E. (2014, March). *Building magical futures, think outside the box: Essential creative techniques for school counselors*. Keynote address delivered at the Delaware School Counselors State Conference, Dover, DE.
- Schimmel, C. J. (2013, February). *A summit on WV safe Schools: Preventing violence at school*. Member of panel discussion sponsored by the Office of the United States Attorney, Southern District of West Virginia, Charleston, WV.
- Schimmel, C. J., Clay, R. & Johnson, J. (2012, November). *WVBEC panel: Clinical supervision of counselors and counselors-in-training*. Educational session presented at the WV Counselor's Association's Annual Conference, Flatwoods, WV.
- Rubenstein, R., & Schimmel, C. J. (2012, April). *Ethics: Legal & ethical issues? Integration through a case study approach*. Workshop presented at the WVCA & WVCCA's Annual Spring Counselor's Workshop, Charleston, WV.
- Schimmel, C. J., Ellison, L., Johnson, J. A., & Clay, R. (2012, April). *Clinical supervision*. Workshop presented at the WVCA & WVCCA's Annual Spring Counselor's Workshop, Charleston, WV.
- Schimmel, C. J., & Stankus, S. (2011, December). *Dealing with difficult parents*. Professional Development Sessions delivered at West Virginia Center for Professional Development's New Principals Academy, Charleston, WV.
- Schimmel, C. J. (2011, November). *Group counseling skills refresher*. Educational Session presented at the West Virginia Department of Education's Fall School Counselor Workshops, Morgantown, WV.

- Schimmel, C. J., & Imperial, W. (2011, August). *Dealing with difficult students, parents, & staff*. Professional Development Session presented at the WV Center for Professional Development's Beginning Teacher Academy, Flatwoods, WV.
- Schimmel, C. J., & Elison, L. (2011, May). *WVBEC forum: Know your current ALPS supervision rules*. Educational session presented at the WV Licensed Professional Counselor's Association Annual Conference, Charleston, WV.
- Schimmel, C. J., & Imperial, W. (2011, April). *Leading effective meetings*. Educational session presented at the WV Center for Professional Development's Principal's Leadership Academy, Weston, WV.
- Rubenstein, B., Schimmel, C. J., & Spatafore, D. (2011, February). *Ethics for school counselors- Parts I & II*. Keynote session presented at the West Virginia School Counselors Association Conference, Charleston, WV.
- Schimmel, C. J., & Imperial, W. (2010, December). *Dealing with difficult people: Students, staff and parents*. Educational Session presented at the West Virginia Principals' Leadership Academy for New Principals, Flatwoods, WV.
- Jacobs, E., & Schimmel, C. J. (2010, November). *The brain likes novelty: How to be more creative in your counseling*. Pre-Conference Session presented at the All Ohio Counselors Conference, Columbus, OH.
- Schimmel, C. J., & Jacobs, E. (2010, October). *Group counseling skills refresher*. Educational Session invited for presentation at the WV Department of Education's Regional Fall School Counselor's Meeting, Morgantown, WV.
- Jacobs, E., & Schimmel, C. J. (2010, September). *Impact therapy & creative counseling techniques for school counselors*. Professional Development session presented to Region 3 Education Services School Counselors, Victoria, TX.
- Jacobs, E., & Schimmel, C. J. (2009, November). *How to make groups more meaningful*. Post-Conference training presented to Texas Counseling Association, Dallas, TX.
- Jacobs, E., & Schimmel, C. J. (2009, November). *Multisensory techniques to enhance your counseling*. Educational session presented to Texas Counseling Association, Dallas, TX.
- Jacobs, E., & Schimmel, C. J. (2009, November). *Kick it up a notch: Fulfilling your dreams*. Keynote presented to Texas Counseling Association, Dallas, TX.
- Schimmel, C. J. (2009, September). *Implementing the ASCA national model in institutional educational settings*. Educational session presented at WV Department of Institutional Education Conference, Morgantown, WV.

- Schimmel, C. J. (2008, December). *An overview of school counseling in West Virginia: An examination of counselors and implementation of WV Policy 2315*. Training sponsored by the West Virginia Department of Education and presented to West Virginia school counselor coordinators, Charleston, WV.
- Schimmel, C. J., & Jacobs, E. (2008, October). *Groups with impact: 15 skills and 15 strategies to improve your groups*. Presented at the annual fall meeting of the Virginia School Counselor's Association, Harrisonburg, VA.
- Schimmel, C. J., Mason, R., & Johnson, J. A. (2008, May). *WVBEC Forum-Licensure in WV: Get it, keep it, maintain it, & help others*. Presented at the annual conference of the West Virginia Licensed Professional Counselors Association, Charleston, WV.
- Schimmel, C. J., & Jacobs, E. (2008, February). *Make an impact on your students: Creative strategies you can use on Monday*. Keynote presentation delivered at the School Counselors Association Conference on Youth Culture, Cobb County, GA.
- Schimmel, C. J. (2007, September). *Make an impact on students: More creative strategies for you to use on Monday*. Presented at the Virginia Counselors Association Regional Meeting, Harrisonburg, VA.
- Schimmel, C. J., & Jacobs, Ed. (2007, March). *Make an impact on your students: Creative strategies you can use on Monday*. Keynote presentation delivered at the Virginia School Counselors Association State Conference, Richmond, VA.
- Invited Local***
- Schimmel, C. J. (2022, August). *Understanding self-care, trauma, & resilience*. Professional development presented to Upshur County Schools service personnel.
- Schimmel, C. J. (2022, August). *Trauma & protective factors in students: Strategies and skills*. Professional development presented to Harrison County Schools secondary teachers.
- Schimmel, C. J. (2022, June). *Working with children and adolescents in individual counseling and group counseling*. Invited talk to Counseling Children graduate counseling class at Indiana University of Pennsylvania.
- Schimmel, C. J. (2022, April). *Understanding growth mindset, protective factors, & resilience: Part 1*. Professional development presented to United High School, Clarksburg, WV.
- Schimmel, C. J. (2021, August). *Designing, planning, and implementing a comprehensive school counseling program*. Professional development presented to Kanawha County School Counselors, South Charleston, WV.

- Schimmel, C. J. (2020, January). *Understanding growth mindset, protective factors, & resilience*. Professional Development provided to Bridgeport Middle School, Bridgeport, WV.
- Jacobs, E., & Schimmel, C. J. (2019, December). Two-day professional development provided to Northeast Independent School District (NEISD), San Antonio, TX.
- Schimmel, C. J. (2019, August). *Dealing with challenging students*. Educational talk provided to WVU Extension Agents, WVU Extension Annual Meeting, Jacksons Mills, WV.
- Schimmel, C. J. (2019, August). *Understanding Growth Mind-set, protective factors, & resilience*. Educational Session provided at the 1<sup>st</sup> Annual Upshur County Handle with Care Conference, Buckhannon, WV.
- Schimmel, C. J. (2018, December). *Understanding growth mindset, protective factors, & resilience*. Hodgesville Elementary School, Buckhannon, WV.
- Schimmel, C. J. (2018, October). *Understanding growth mindset, protective factors, & resilience*. French Creek & Rock Cave Elementary Schools, Buckhannon, WV.
- Schimmel, C. J., & Jacobs, E. E. (2018, September). *Impact therapy creative counseling and group techniques for school counselors*. Marion County Schools, Fairmont, WV.
- Schimmel, C. J. (2018, September). *Understanding growth mindset, protective factors, & resilience*. Upshur County, WV School Administrators Monthly Meeting, Buckhannon, WV.
- Jacobs, E., & Schimmel, C. J. (2017, September). *Impact therapy: Putting theories into practice*. Professional development presented to school counselors, Ft. Smith Public Schools, Ft. Smith, AR.
- Schimmel, C. J. (2017, August). *Dealing with challenging students*. Professional Development presented to Nutterfort Elementary School faculty & staff, Nutterfort, WV.
- Schimmel, C. J. (2017, April). *Dealing with challenging students*. Professional Development presented to Wayne County Title I teachers & support staff, Wayne County, WV Board of Education, Crum, WV.
- Jacobs, E., & Schimmel, C. J. (2017, February). *Thinking outside the box: Creative counseling techniques that work*. Keynote/Plenary Address, Fort Bend Independent School District Professional Development Day, Fort Bend Independent School District, Sugarland, TX.
- Jacobs, E., & Schimmel, C. J. (2016, December). *The brain likes novelty: Becoming more creative with your counseling*. Professional development presented to Washington County, MD School Counselors, Hagerstown, MD.

- Jacobs, E., & Schimmel, C. J. (2016, October). *Impact therapy*. Professional Development presented to School and Clinical Mental Health Counselors, Assumption College, Worcester, MA.
- Jacobs, E., & Schimmel, C. J. (2016, September). *Impact therapy for use in schools*. Professional Development presented to Frederick County, VA School Counselors, Winchester, VA.
- Schimmel, C. J., & Jacobs, E. (2016, September). *Impact counseling for use in schools*. Professional Development presented to Kanawha County, WV School Counselors, Charleston, WV.
- Schimmel, C. J., & Jacobs, E. (2016, January). *Impact therapy for use in schools*. Professional Development presented to Harrison County, WV School Counselors, Shinston, WV.
- Schimmel, C. J. (2015, November). *The 4 goals of misbehavior*. Parenting workshop provided at Mylan Park Elementary, Morgantown, WV.
- Schimmel, C. J. (2015, August). *Group therapy and play therapy in the school setting*. Professional development provided to Harrison County, WV School Counselors, Clarksburg, WV.
- Schimmel, C. J., (2014, October). *What is your parenting style?: Giving in, giving orders, giving choices*. Parenting workshop provided at 9<sup>th</sup> grade Parent Night at Morgantown High School, Morgantown, WV.
- Jacobs, E., & Schimmel, C. J. (2014, August). *Kick it up a notch: Using creative counseling techniques and counseling theory in your school counseling practice*. Two-day professional development training provided to Wetzel County School Counselors, New Martinsville, WV.
- Jacobs, E., & Schimmel, C. J. (2014, August). *The brain likes novelty: Becoming more creative with your counseling*. Two-day professional development training provided to Judson Independent School District School Counselors, San Antonio, TX.
- Jacobs, E., & Schimmel, C. J. (2014, January). *Putting theories into practice*. Two-day professional development session provided to Falls Creek, WI School Counselors, Eau Claire, WI.
- Schimmel, C. J. (2013, October). *Dealing with difficult students and parents*. Professional Development session presented at Mary Ingles Elementary, Charleston, WV.
- Schimmel, C. J. (2013, August). *Dealing with difficult students and parents*. Professional Development session presented at Lost Creek Elementary, Jackson's Mills, WV.
- Schimmel, C. J. (2012, November). *Dealing with difficult students: Part II*. Professional Development provided to the staff of Flinn Elementary School, Sissonville, WV.



- Jacobs, E., & Schimmel, C. J. (2012, September). *Putting theory into practice*. Two day in-service provided to the staff of New Horizon's Therapy Services, Charleston, WV.
- Jacobs, E., & Schimmel, C. J. (2012, August). *Putting theory into practice*. Two-day in-service training with Ft. Smith Elementary School Counselors, Ft. Smith, AR.
- Schimmel, C. J. (2012, March). Dealing with difficult people: Students, parents and colleagues. Professional Development session presented to West Hamlin Middle School staff, Roanoke, WV.
- Schimmel, C. J. (2012, February). *Dealing with difficult people: Students and parents*. Professional Development Session delivered to professional teaching staff at Flinn Elementary School, Charleston, WV.
- Schimmel, C. J. (2011, November). *Dealing with difficult students and parents*. Professional Development Sessions delivered to professional teaching staff at Mountainview Elementary, Morgantown, WV.
- Jacobs, E., & Schimmel, C. J. (2011, September). *Creative counseling techniques for use in schools*. Professional Development Session presented for Arlington District School Counselors, Arlington, TX.
- Schimmel, C. J., & Jacobs, E. (2011, September). *Dealing with crisis in the schools*. Professional Development Session presented for Arlington District School Counselors, Arlington, TX.
- Schimmel, C. J., & Imperial, W. (2011, August). *Dealing with difficult students, parents, & staff*. Professional Development Session presented to Crum Elementary/Middle School, Barboursville, WV.
- Schimmel, C. J., & Imperial, W. (2011, April). *Dealing with difficult students, parents, & staff*. Professional Development Session presented for Monongalia County Administrative Assistants, Morgantown, WV.
- Schimmel, C. J., & Jacobs, E. (2011, April). Dealing with stress at work and at home. Professional Development Session presented for Monongalia County Administrative Assistants, Morgantown, WV.
- Schimmel, C. J., & Imperial, W. (2011, January). *Dealing with difficult people: Students, staff and parents*. Professional development Session presented to Monongalia County Administrators, Morgantown, WV.
- Schimmel, C. J., & Imperial, W. (2011, January). *Dealing with difficult students*. Professional Development Session presented to faculty and staff at West Hamlin Elementary School, West Hamlin, WV.

- Schimmel, C. J., & Jacobs, E. (2010, September). *Systematic training for effective parenting*. Professional Development session presented to parents at The Parenting Place Early Childhood Education Center, Morgantown, WV
- Schimmel, C. J. (2010, August). *Understanding and dealing with difficult students: Using TA and Adlerian concepts*. Professional Development session presented to Harrison County, WV Alternative Learning Center teachers and staff, Clarksburg, WV.
- Schimmel, C. J., & Jacobs, E. (2010, April). *Running effective meetings*. WVU College of Human Resources and Education Colloquium Series, Morgantown, WV.
- Schimmel, C. J., & Jacobs, E. (2010, February). *Counseling theories in your life: Ways to reduce stress*. WVU College of Human Resources and Education Colloquium Series, Morgantown, WV.
- Schimmel, C. J. (2009, November). *Professional counselor licensure in West Virginia*. Information session provided to WVU Chapter of Chi Sigma Iota, Morgantown, WV.
- Schimmel, C. J., & Jacobs, E. (2008, December). *Responding to grief and crises in the schools*. Presented to the Fort Smith Public School District, Ft. Smith, AK.
- Schimmel, C. J. (2008, October). *Overview of the ASCA National Model & Beginning Implementation Strategies*. Training presented to Upshur County School Counselors, Buckhannon, WV.
- Schimmel, C. J., & Rubenstein, B. (2008, October). *Legal & ethical issues for school counselors*. Presented to the Hampshire County Board of Education, Romney, WV.
- Schimmel, C. J., & Rubenstein, B. (2008, August). *Legal & ethical issues for counselors*. Training presented for RESA VII Professional Development, Clarksburg, WV.
- Schimmel, C. J. (2007, August). *Stop bullying: A collective, school-wide effort*. In-service training presented to elementary school counselors, Upshur County, WV.
- Schimmel, C. J. (2006, August). *Creative counseling ideas/play therapy introduction*. In-service training presented to elementary school counselors, Harrison County, WV.
- Schimmel, C. J. (2006, April). *Using TA to understand student behavior*. Staff development presentation delivered at Gore Middle School, Harrison County, WV.
- Schimmel, C. J., & Adams, J. R. (2005, February). *Use of Maslow's hierarchy, Adlerian therapy and reality therapy in counseling*. Presented to Wood County School Counselors, Parkersburg, WV.
- Schimmel, C. J. (2004, November). *Managing stress at home and work*. Youth Health Services training provided for home daycare providers, Elkins, WV.

## **SERVICE ACTIVITIES**

### ***National Service***

Journal Reviewer, *Journal for Specialists in Group Work*, (Selected June, 2018 - Present).

Coordinator, Association for Counselor Education & Supervision Women's Retreat (Selected, January 2016 - 2021).

Co-Chair, Association for Counselor Education & Supervision's Women's Mentoring Interest Network (2013-2017).

### ***State Service***

Member, West Virginia School Counselor Association Conference Planning Committee (2022, July – Present)

Member, West Virginia Department of Education, Committee to revise, rewrite WV School Counseling Model (2021-2022)

Coordinator, West Virginia School Counselor Association (on-site coordinator for 2020 Conference, Cancelled due to COVID-19)

Member, West Virginia Board of Examiners in Counseling (Re-Appointed by Governor Earl Ray Tomblin, 2015-August 2018 – served total of 13 years)

Secretary, West Virginia Board of Examiners in Counseling, (appointed by Governor Joe Manchin, 2006-2016)

Member, Taskforce to Revise WV Department of Education Policy 2315: School Guidance and Counseling (2012).

Member (2009). WV Department of Education Committee to develop WV School Counselor protocols.

Member (2009). WV Department of Education Committee to develop WV School Counselor Performance Standards.

Co-Chair, WV Department of Education Taskforce to develop WV School Counseling Model (2009-2011). Co-chair all taskforce meetings and serve as lead author on WV School Counseling Model Manual.

### ***University Service***

WVU Faculty Ombudsperson, (Hired August 12, 2022 - present).

Member, WVU Faculty Senate (Elected Spring 2016 – Term Ended June, 2022).

Member, WVU Student Rights and Responsibilities Committee (Appointed September 2016)

Member, University Committee, Professional Education Coordinating Council (PECC) (2009-Present).

Member, Faculty Search Committee, College of Physical Activity & Sport (2014). Resulted in hiring of new Assistant Professor in the Department of Sport & Exercise Science.

### ***College Service***

Chair, Academic Affairs Committee, College of Education and Human Services (2015-2016).

Member, Associate Dean for Research for the College of Education & Human Services Search Committee (2013). Resulted in new hire.

Member, Associate Dean for Research for the College of Human Resources & Education Search Committee (2012). Failed Search.

Member, Promotion & Tenure Committee, College of Education and Human Services (2011-2013).

Member, Associate Dean for the College of Human Resources & Education Search Committee (2011). Resulted in Failed Search.

Member, Taskforce within the College of Human Resources and Education to implement LiveText assessment system throughout the College

### ***Department Service***

Program Coordinator, Counseling (August 2021 – Present)

Associate Chair, Department of Counseling & Learning Sciences (July 2020 – Present)

Member, Search Committee, Chair of CRCCP (December 10, 2019 – May 15, 2020)

Chair, Faculty Search Committee, Assistant Professor of Counseling, School Counseling (July 1, 2019 – February 1, 2020)

Chair, Departmental Peer Review Committee (December 2018 – June 2020)

Field Placement Coordinator, MA in Counseling Program, Department of Counseling, Rehabilitation Counseling, & Counseling Psychology (2017 – 2021)

Associate Chair, Department of Counseling, Rehabilitation Counseling, & Counseling Psychology (2016 – 2020)

School Counseling Program Coordinator, Department of Counseling, Rehabilitation Counseling, & Counseling Psychology/ Department of Counseling & Learning Sciences (2009 – Present)

Chair, Department of Counseling, Rehabilitation Counseling, & Counseling Psychology Peer Review (Fall 2016-Spring 2017)

Member, Department of Counseling, Rehabilitation Counseling, & Counseling Psychology Peer Review (Fall 2015-Spring 2016)

Chair, Counseling Faculty Search Committee (School Counseling Emphasis) (2015-2016).

Member, Counseling/Counseling Psychology Faculty Search Committee (2012-2013). Resulted in new hire.

Member, Counseling Faculty Search Committee (2011). Resulted in new hire.

Member, Department of Counseling, Rehabilitation Counseling, & Counseling Psychology Peer Review Committee (2010-2011)

Member, Department of Counseling, Rehabilitation Counseling, & Counseling Psychology, Counseling program, Admissions Committee (2010-present)

Co-writer, WVU Department of Counseling, Rehabilitation Counseling & Counseling Psychology, assisted in writing the CACREP interim report which resulted in extension of accreditation for the counseling program within the department until 2016.

### ***Local Service***

Consultant. (2019-2020). Serve as on-going consultant for Upshur County, WV Schools. Hold monthly meetings with Buckhannon-Upshur High School counselors to discuss building new and improved school counseling program. Also lead monthly parent support group at Buckhannon Upshur Middle School for parents whose children attend the alternative learning program there.

Consultant. (2014). Serve as on-going consultant for Upshur County, WV School Counselors. Hold bi-monthly meetings with both elementary and secondary school counselors to discuss issues with implementing WV Policy 2315 in the county schools.

Consultant. (2013-2014). Serve as on-going consultant for Lost Creek Elementary School (Lost Creek, WV) in their attempt to improve classroom behavior for some of their more difficult students. Provided classroom professional development as well as observation and feedback on mitigating student behaviors in the classroom from a counseling perspective.

Consultant. (2008-2011). Serve as an on-going consultant for Fayette County Schools (Fayetteville, WV) in their attempt to implement the ASCA National Model at the county level. Meet once each month with Curriculum Director, coordinator of Fayette County school counselors, and Fayette County counselors at all programmatic levels to implement the standards-based comprehensive model.

## **AWARDS & RECOGNITION**

2022 Nominee, WVU College of Education & Human Services, Laddie R. Beall Service Award  
 2018 Nominee, WVU College of Education & Human Services Outstanding Teaching Award  
 2017 Winner, West Virginia School Counselor Association's School Counselor Educator of the Year  
 2017 Nominee, WVU College of Education & Human Services Outstanding Teaching Award  
 2014 Nominee, WVU College of Education & Human Services, Outstanding Teaching Award  
 2014 Nominee, WVU College of Education & Human Services, Laddie R. Bell Service Award  
 2013 Winner, West Virginia School Counselor Association's School Counselor Educator of the Year  
 2013 Nominee, WVU College of Education and Human Services, Outstanding Teaching Award  
 2011 Nominee, WVU College of Human Resources and Education, Outstanding Teaching Award  
 2010 Nominee, WVU College of Human Resources and Education, Laddie R. Bell Service Award

## **CURRENT PROFESSIONAL MEMBERSHIPS**

Member, American School Counselor Association  
 Member, American Counseling Association  
 Member, Association for Counselor Education and Supervision  
 Member, Association for Specialists in Group Work  
 Member, WV School Counselor Association  
 Member, WV Counseling Association