

# *Alaina Schrader, LPC, NCC, MA, PMH-C, ADHD-CCSP, NTP-C*

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[Psychology Today Page & Bio](#) - [Linkedin](#)

## EDUCATION

### **Masters in Counseling**

West Virginia University, Morgantown, WV

GPA: 4.0/4.0

### **Bachelor of Music in Music Education**

West Virginia University, Morgantown, WV

Minor concentration in Psychology

Overall GPA: 3.66, *Magna Cum Laude*

## PROFESSIONAL & WORK EXPERIENCE

- **Faculty Lecturer, West Virginia University, School of Education & Counseling, August 2025-Current**
  - Teaching 4 courses per semester within the Masters Level Counseling Program
- **Adjunct Teaching Faculty, West Virginia Wesleyan College, January 2025-May 2025**
  - Teaching courses in the School of Counseling and Psychology
- **Adjunct Teaching Faculty, West Virginia University, August 2024-Current**
  - Teaching courses in the Masters Counseling Program: School Counseling Services, Group Counseling Techniques, Theories of Human Development, Internship, and Theories & Techniques II
- **Part Time Adjunct Teaching Faculty, Community College of Beaver County, November 2022-Current**
  - Teaching various courses within the Psychology, Sociology, Human Development, and Education departments
- **Social Media Content Creator & Facilitator Coach, ROX (Ruling Our Experiences), January 2022-Current**
  - Support ROX Facilitators through coaching, training, and social media content.
  - ROX is an organization that utilizes research and evidence-based programming to simultaneously impact girls, educate and support the adult influencers in girls' lives and improve the societal conditions that have the potential to negatively impact girls.
- **Speaker & Trainer, Independent Contractor, January 2022-Current**
  - Provides dynamic and engaging professional learning experiences for contracted [school districts](#), [organizations](#), and [corporations](#), both virtually and in person around the country.
- **Therapist / Counselor, MK Counseling Services, June 2021-Current**
  - Provide individual therapy, group therapy, consultation and speaking.
  - Specialization in women's issues, perinatal mental health, and adult ADHD
- **President, Allegheny County School Counselors Association, March 2016- July 1, 2020**
  - Served on a three-year term. Responsible for organizing and planning several meetings and professional development sessions per year for the members of the organization.
- **School Counselor, Avonworth Elementary School, Pittsburgh, PA August 2016- January 2022**
  - Responsible for designing and implementing a comprehensive, three-tiered Counseling Program for the 600+ students in 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> Grade. Program followed the American School Counselor Associated National Model and included Individual Counseling, Small Group Counseling, Classroom Guidance, and school-wide specialized programming.
  - Served as the Coordinator for the Student Assistance Program. Responsible for designing, implementing, and reviewing behavioral, academic, and social or emotional supports and/or interventions for students in need. Served as Avonworth

School District's Crisis Prevention Intervention trainer, & provided other professional development training for the district.

- **School Counselor, Azalea Middle School, St. Petersburg, FL August 2015- June 2016**
  - Responsible for designing and implementing an inclusive, three-tiered Counseling Program for the 413 students in 7<sup>th</sup> and 8<sup>th</sup> Grade.
  - Program followed the American School Counselor Associated National Model and included Individual Counseling, Small Group Counseling, Classroom Guidance, and specialized programming.
  - Served as primary investigator and program leader of SAFE TEAMS Bullying, Harassment, and TDVA Program and am the 504 Coordinator for my caseload. I serve on the School Based Learning Team, Multi-Tiered System of Supports Team, Child Study Team, and Positive Behavior Support planning team.
- **School Counselor Substitute, East Fairmont Middle School, Fairmont, WV January 2015- June 2015**
  - I assumed the position of a full-time substitute counselor, responsible for designing and implementing an inclusive, three-tiered Counseling Program for the 398 students in 5<sup>th</sup> and 6<sup>th</sup> Grade.
  - My program followed the American School Counselor Associated National Model and included Individual Counseling, Small Group Counseling, Classroom Guidance, and specialized programming.
  - I used evidence based practices of Counseling along with a theoretic model of neuroscience and development to provide effective and efficient social, emotional, academic, and career growth opportunities for all students on the caseload.
- **Psychology 101 Instructor, West Virginia University Psychology Department, August 2013- May 2015**
  - Responsible for teaching a section of Psychology 101 each semester, and communicating with 100+ students, while maintaining the online worksite and grading and uploading scored papers

## SKILLS & CERTIFICATIONS

- Neuropsychotherapist Certification (NTP-C), December 2024
- Perinatal Mental Health Certification (PMH-C), July 2023
- ADHD Certified Clinical Services Provider, June 2023
- Safe and Sound Protocol (Polyvagal theory auditory therapy) Certified, Oct. 2022
- Licensed Professional Counselor, October 2021
- Google Certified Educator- Level 1
- Presenter for PSCA State Conference in 2017, 2018, 2019, 2020, 2021
- SCUTA School Counseling software ambassador
- Face behind the *Cutting Edge Conversation Podcast* for school counselors
- ASCA Legal and Ethical Specialist
- CPI Nonviolent Crisis Prevention Instructor
- WHYTRY Program Certified Instructor
- Love & Logic Parenting Course Instructor
- Trained on and familiar with the Marzano Evaluation System
- Trained on the topic of Competency Based Learning Implementation
- National Certified Counselor, NBCC September 2015 to current
- Certified Professional School Counselor in Florida, West Virginia, and Pennsylvania
- Passed the PRAXIS Professional School Counselor's Exam, February 2015
- Building Level Coordinator for the 2015 WV Summative Assessment version of the Smarter Balanced Standardized Achievement Test, for the 2016 Florida Summative Assessment, and for multiple Pennsylvania System of School Assessments.
- Level 1 Certified with Mindfulness in Schools, January 2015
- Trained as a School Trauma Specialist, The National Institute for Trauma and Loss in Children, Lansing, MI, July 2014
- Trained in Families Coping w/ Change Grief & Chronic Sorrow Counseling from WV Family Grief Center, 2013
- Trained & Certified in Crisis Prevention and Intervention, 2011

## REFERENCES

- Jonathan Blair, Former Supervisor of School Counseling, PCS (813) 748-3477, [blair.jon@gmail.com](mailto:blair.jon@gmail.com)
- Mrs. Tommie Guess, Former Supervisor & Principal, (814) 232-0622, [tgness@northallegheny.org](mailto:tgness@northallegheny.org)
- Dr. Connie Kolosey, Former Principal, Azalea Middle School, (727) 215-4374, [koloseyc@pcsb.org](mailto:koloseyc@pcsb.org)