**Alexandra Cecelia Contreras**

Doctoral Student

Department of Counseling

The University of Texas at San Antonio

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**Executive Summary**

Empathic communicator with strong skills in data analysis and behavioral pattern identification. Experienced in fostering self-awareness and maintaining poise under pressure, ensuring effective decision-making and performance in high-stress environments. Proven ability to combine empathy, analytical thinking, and emotional resilience to excel in diverse professional settings

**Educational Background**

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| *Anticipated May 2027* | Doctor of Philosophy in Counselor Education and Supervision, University of Texas, San Antonio (CACREP-accredited) |
| May 2024 | Master of Science, Clinical Mental Health Counseling, The University of Texas at San Antonio, 4.0 GPA (CACREP-accredited) |
| May 2020 | Bachelor of Arts, General Psychology, University of the Incarnate Word, 3.78 GPA Magna Cum Laude with University Honors  |

**Licensure and Certification**

Licensed Professional Counselor Associate, Texas, #95714, 2024 - Present

Supervised By Dr. Kevin Milligan, PhD, LPC-Supervisor

National Certified Counselor (NCC), #1734697, 2024 - Present

**Professional Employment History**

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| January 2025- May2025 | Doctoral Internship, University of the Incarnate Word, *San Antonio, Texas** I provide individual counseling to college students at UIW, supporting them through a range of academic, emotional, and personal concerns.
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| August 2024 - Present  | LPC-Associate, PsychPlus, *San Antonio, Texas* * Providing counseling services to individuals surrounding their mental health issues. Case load consists of clients from 7 to adults. Surrounding a variety of mental health issues.
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| January 2024-May 2024 | Masters Internship, University of the Incarnate Word, *San Antonio, Texas* * I offer one-on-one counseling to college students at UIW, helping them navigate academic challenges, emotional well-being, and personal development.
 |
| August 2023-December 2023 | Masters Internship, University of Texas at San Antonio Student Success Center, *San Antonio, Texas* * I supported student-athletes in managing the unique challenges of balancing academic responsibilities, athletic commitments, and personal growth throughout their college experience.
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| August 2023-December 2023 | Masters Internship, Anew Family Counseling, *San Antonio, Texas** I provided counseling support to young students across different school districts, addressing their emotional, behavioral, and academic needs in developmentally appropriate ways.
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| January 2023- May 2023  | Masters Practicum, Sarabia Center, San Antonio, Texas* I worked with undergraduate students at UTSA, guiding them through academic challenges and supporting their overall adjustment to college life.
 |
| June 2022 -October 2024  | Coach/Field Support Specialist, *D1 San Antonio, San Antonio, Texas** Recruited individuals, and encouraged membership to support fitness goals, and managed all social media platforms for the business.
 |
| August 2020 -May 2021  | Graduate Research Assistant, *Texas State University*, *San Marcos, Texas** Graduate Research Assistant in the Social, Cultural, and Cognitive Approaches to Examining Risky and Addictive Behaviors Lab (SCCAERAB). In this lab, we explored the links between broad sociocultural processes (e.g., acculturation, gender role socialization) and hazardous drinking among Latinx young adults. I gained skills through SPSS, and data collection.
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**Awards and Honors**

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| May 2024 - Present | Gamma Phi Chapter of Delta Alpha Pi, University of Texas at San Antonio  |
| May 2022 - Present | Sigma Alpha Chi Chapter of Chi Sigma Iota, University of Texas at San Antonio  |
| May 2020 | Nominated for the Amy Freeman Lee Scholastic Achievement and Service Recognition Award, University of the Incarnate Word  |
| August 2016 - May 2020 | Dean’s List, University of the Incarnate Word  |
| August 2016 -August 2020 | University Honors Program, University of the Incarnate Word  |
| May 2020 | Kappa Gamma Phi, University of the Incarnate Word |
| June 2019 | University of Texas S.U.R.E Summer Research Program |
| May 2019 | All Win a Less Violent World, Essay Contest Winner, University of the Incarnate Word  |
| May 2017 | Psi Chi International Honor Society in Psychology, University of the Incarnate Word  |
| August 2017 | **Golden Key International Honor Society, University of the Incarnate Word**  |
| August 2017 | **Society of Leadership and Success, University of the Incarnate Word**  |
| August 2016 | **National Honor Society of Collegiate Scholars, University of the Incarnate Word**  |

**Research/Scholarly/Creative Activities Summary**

(\**denotes data-based)*

***Research Interests***

My research interests are in the intersection of mental health, athletics, and counseling interventions, specifically addressing eating disorders and supporting collegiate student-athletes in their transition to life beyond sports. I am also interested in exploring the use of AI in counseling to develop innovative strategies that enhance support during these critical periods and improve mental health outcomes.

***Research Labs***

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| March 2022 - Present | **Research Assistant, Strengths & Wellbeing Innovation Research Lab, (SW-IRL), University of Texas at San Antonio** * Currently conducting a systematic review to explore the impact of artificial intelligence on counseling sessions.
 |
| August 2020 -May2021  | Research Assistant, Learning in Context Lab (Lin C) Texas State University* Investigated regression rates by interviewing students at risk of dropping out to identify strategies the university could implement to improve retention.
 |
| August 2020 - May 2021  | Research Assistant, Social Cognition Cross Development Lab (SCAD), Texas State University* We explored how children develop learning habits through interactions with their parents, focusing on how parental behavior, communication, and cultural practices shape children's social cognition and motivation
 |
| May 2018 - June 2020  | **Research Assistant, Minority Issues Research Lab (MIRL), University of the Incarnate Word*** Contributed to multiple research projects exploring diverse topics:
	+ Analyzed parental coping strategies in families with children diagnosed with autism.
	+ Transcribed interviews and focus groups for these studies.
	+ Evaluated whether incorporating writing exercises in statistics courses improved student learning outcomes.
	+ Assisted with data sorting for a project examining the relationship between students’ religious orientations and their knowledge of sexuality.
 |
| May 2019 - May 2020  | Research Assistant, Dr. Lisa Lockhart Research Lab, University of the Incarnate Word* Conducted literature searches and organized articles related to social learning across universities and colleges to assess various aspects of social learning in higher education settings.
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***Manuscripts in Progress***

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| [IP1] | Prasath, P, Gilmore, E., & **Contreras, A,** (2025, *writing*). Generative ai in counseling tasks.\* |
| [IP2] | **Contreras, A**., & McVay, K. (2025, *writing*). Relational Disconnection and Mental Health in Collegiate Athletes: A Relational-Cultural Perspective \* |
| [IP3] | Bloomfield, M. E., **Contreras, A.**, Daou C., & Prasath, P. (2025, *data collection*). Scrolling Through Symptoms: A Scoping Review of Professional Mental Health Content on TikTok \* |
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***Newsletter Entries***

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| [IP1] | Bloomfield, M. E., **Contreras, A**., & Harrichand, J. J. S. (2024, Fall, accepted). Navigating AI in counselor education: Ethical integration and emerging frontiers. *Southern Association for Counselor Education and Supervision (SACES) Fall 2024 Newsletter,* 20(1). |

***Scholarly Presentations***

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| [SP7] | **Contreras, A.** (2025, April 4). *Twirl into hope: Shirley’s closet empowering teens one dress at a time. Trauma and Thriving Symposium*; San Antonio , TX, U.S. |
| [SP6] | Prasath, P., Reyna-Ortega, G., & **Contreras, A**. (2023, November). El HERO que lleva dentro–Translation and validation of the Spanish version of the revised Compound PsyCap Scale(CPC-12). Texas Counseling Association; Houston, TX, U.S. \* |
| [SP5] | Shrestha, N., Perrotte,J., Ali, Y., Ximenes, M., & **Contreras, A**. (April 2021). *Alcohol use, Alcohol expectancies, and Acculturation: A bi-dimensional and bi-domain framework.* Annual Southwestern Psychological Association; San Antonio, TX, U.S. \* |
| [SP4] | Ali, Y., Ximenes, M., Perrotte. J., **Contreras, A**., & Shrestha, N. (April 2021). *Feminine Norms and Risk Perception in Alcohol Use among U.S. Women. Annual Southwestern Psychological Association (SWPA)*; San Antonio, TX, U.S. \*  |
| [SP3] | **Contreras, A.** (Summer 2019*). Ethnic Differences of Helicopter Parenting Among Students.* Project was presented at the UT S.U.R.E Program. |
| [SP2] | Macias, K., Martinez, L., **Contreras, A**., & Cisneros, C. (April 2019). *Autism Spectrum Disorder: Treatment Complications and Outcomes Facing San Antonio Families.* Poster was presented at the Annual UIW Research Week, April 8-12, 2019.\* |
| [SP1] | Macias, K., & **Contreras, A.** (Principle Investigator: Martinez, L.). (April 2019). *Autism Spectrum Disorder: Treatment Complications and Outcomes Facing San Antonio Families.* Project was presented at the UIW Honors Project Symposium. |

**Teaching Activities**

***Courses Taught***

The University of Texas at San Antonio

COU 6153 Career Counseling (2025, Co-instructor)

COU 5393 Developing: Counseling Skills (2023, Co-instructor)

**Professional Development Training**

Certified in The Collaborative IRB Training Initiative Program (CITI) for Human Research Social and Behavioral Research (2023), University of Texas at San Antonio.

**Service Activities**

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| 2024 - Present | Shirley’s Closet, San Antonio, TX * Shirley's Closet is the prom dress drive I initiated to give underprivileged individuals a chance to feel beautiful at their prom. It reflects your goal of making a positive impact by helping students who may not have the financial means to access formal attire for this significant event.
 |
| 2024 - Present | Canines for Christ, San Antonio, TX * I began training my dog to pass the American Kennel Club Canine Good Citizen Exam. After successfully completing the exam, we now volunteer at various schools across San Antonio, providing emotional support.
 |
| 2023 - 2024 | Initiation Planning Committee Member, Sigma Alpha Chi Chapter of Chi Sigma Iota, University of Texas at San Antonio Chi Sigma Iota, San Antonio, TX* During the spring of 2023, I had a wonderful opportunity to assist with the spring initiation. I contributed wherever I was needed, including sending out award notifications and reading during the initiation ceremony, and was grateful to be a part of its success.
 |
| 2020 - Present | Spay Neuter Inject Project of San Antonio (SNIPSA), San Antonio, TX* Dedicate my time giving to the animals in the community. Helping with adoption events and taking care of the dogs at the office during the week. Walking dogs, cleaning out creates, and making sure they are comfortable, and ready to go to their forever homes.

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| 2017 - 2022 | Lupus Foundation of America, San Antonio, TX* Meet up with women affected by lupus and plan events, such as the Annual Lupus Walk. Help with the “Coloring Station,” by doing face-painting, balloon making, and poster creation for the walk.
* Organized a team with several members to walk in favor of my mother, who suffers from lupus, the *Marias Lupus Warriors*.
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| 2016 - 2022 | Food Donation, Sisters of St. John Bosco. St. Vincent de Paul, San Antonio, TX* Weekly pickup of bread from local grocery stores across San Antonio to donate to the Salesian Sisters of St. John Bosco. I also help distribute the food around the community.
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| 2006 - 2018 | Altar Server, St. Timothy’s Catholic Church, San Antonio, TX* Assist priests in performing ceremonial duties, such as setting the alter before and after the mass.
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**Professional Memberships**

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| 2024 - Present | Texas Counseling Association (TCA) |
| 2022 - Present | American Counseling Association (ACA) |
| 2022 - Present | Chi Sigma Iota (CSI) |