

Kathryn Linich, Ph.D, LPC
Clinical Assistant Professor – Counselor Education
Duquesne University
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Education

PhD in Counselor Education and Supervision (August 2021)

University of South Carolina (CACREP accredited)

Ed.S in Counselor Education (May 2016)

Emphasis: Marriage, Couples, and Family Counseling (MCFC)

University of South Carolina (CACREP accredited)

BA in Psychology (May 2013)

Minor in Business

Clemson University

Licensure

Licensed Professional Counselor in the State of South Carolina (#6960)

Academic Experience

Duquesne University - August 2021 – Present

Clinical Assistant Professor

- Taught a course load of eight courses per year

Clinical Experience

Thriveworks, Inc. – December 2018 – August 2021

Outpatient Therapist

- Worked with all ages and populations including adults, adolescents, children, couples, and families
- Provided narrative, CBT, ACT, systemic, and mindfulness therapies to treat a wide variety of DSM 5 diagnoses
- Helped clients to set and achieve goals through active participation in the therapeutic process

Carolina Family Services, Inc. - September 2016 – September 2018

Outpatient Therapist

- Worked with children ages 4-18 and their families, providing individual, couples, and family therapy
- Worked with children on behavioral modification, emotional regulation, and correcting negative thought patterns
- Worked with parents on parenting skills, understanding family dynamics, resolving issues within spousal unit, and setting realistic expectations for children

- Worked with a variety of diagnoses, including (but not limited to): Autism Spectrum Disorder, Oppositional Defiant Disorder, Post-traumatic Stress Disorder, Generalized Anxiety Disorder, Attention-Deficit Hyperactivity Disorder, Major Depressive Disorder, Intermittent Explosive Disorder, and Early-Onset Bipolar Disorder

South Carolina Commission for the Blind - August 2015 – June 2016

Mental Health Counselor Intern

- Met with consumers on an individual basis to provide mental health counseling as a part of the “Adjustment to Blindness” program
- Assisted with Summer Teen program, running FEEDS (Future, Explore, Empower, Develop, Succeed) group, chaperoning group outings, and assisting with day-to-day tasks as needed
- Provided couples/marriage therapy to consumers who were interested
- Facilitated psychodynamic and psychoeducational groups once a week for all consumers
- Stayed informed on up-and-coming research and issues relevant to the disabled community
- Advocated for people with disabilities in the community

Richland County School District 2- Family Intervention Services - August 2015 - December 2015

Practicum Student

- Met with students who were referred by school or recommended for expulsion
- Worked with them and their families to get to the core of behavioral issues
- Worked in a co-therapy environment
- Participated in individual and group supervision
- Operated from an experiential theoretical perspective using the teachings of Virginia Satir and Carl Whitaker

Epworth Children’s Home - January 2015 – May 2015

Practicum Student

- Worked with children who were taken from their home by the Department of Social Services, privately placed, or are up for adoption
- Met with them and their relevant family members to help work on family relationships and improve behavior
- Worked in a co-therapy environment
- Participated in group supervision
- Operated from a structural theoretical perspective

Research and Scholarship Experience

Publications

Wallace, D., Limberg, D., Moore, C., **Linich, K.** (Submitted). "I never thought about self-care": A interpretive phenomenological analysis of wellness among strong Black women. *Journal of Humanistic Counseling*.

- Deaton, J.D., Ohrt, J.H., **Linich, K.**, McCartney, E., Glascoe, G. (Submitted). Vicarious posttraumatic growth: A systematic review and thematic synthesis across helping professions. *Traumatology*.
- Lewis, O., Ohrt, J. H., Toomey, T. M., **Linich, K.**, Wymer Ellis, B., Newton, T. (In review). A systematic review of nature-based counseling interventions to promote client mental health and wellness. *Journal of Mental Health Counseling*.
- Deaton, J.D., Ohrt, J.H., **Linich, K.**, Wymer, B., Toomey, T.M., Lewis, O., & Guest, J.D. (In review). Teachers' experiences with K-12 students' mental health. *Psychology in the Schools*.
- Ohrt, J. H., Deaton, J. D., **Linich, K.**, Guest, J. D., Wymer, B., & Sandonato, B. (2020). Teacher training in K–12 student mental health: A systematic review. *Psychology in the Schools*, 57(5), 833-846.

Research

Graduate Assistantship: August 2018-May 2021; Counselor Education and Supervision, Dr. Jonathan Ohrt, University of South Carolina

- Participating in and leading meetings for “Wellness Enhancement Lab” Research Team: faculty-led research team to provide support and lead various research projects concurrently. The current research team focus is developing an intervention for teachers, school counselors, and administrators to help create trauma-informed classrooms.

Research Assistant: November 2019-February 2020; Independent Project led by Dr. Andrea Fleming, Counselor Education and Supervision, University of South Carolina

- Acted as a coder in a grounded theory study on the development of an exemplar model of dual-role supervisors as a part of a doctoral dissertation.

Research Assistant: April 2019; Independent Project led by Dr. Jennifer Deaton, Counselor Education and Supervision, University of South Carolina

- Assisted with a thematic analysis of research on vicarious post-traumatic growth (VPTG) as a part of a doctoral dissertation study to develop a measure for VPTG in professionals who work with trauma victims.

Research Assistant: August 2018-November 2018; Independent Project led by Dr. Donya Wallace, Counselor Education and Supervision, University of South Carolina

- Acted as a coder in a phenomenological study on perceptions of wellness among women who fit the archetype of the “Strong Black Woman” as a part of a doctoral dissertation study.

Presentations

- Longanecker, G., Phillips, S., **Linich, K.**, Baker, M., Feather, K. (2016, March). “*Mentorship without Borders*”: Enhancing Professional Identity Development Through Community Engagement. Poster presented at American Counseling Association National Conference and Expo. Montreal, QC, Canada.
- Deaton, J., Carr, A., **Linich, K.**, McCartney, E. (2018, October). *Best Practice Guidelines to Facilitate Post Traumatic Growth Among Trauma Counselors*. Poster presented at

- Southern Association of Counselor Education and Supervision Conference. Myrtle Beach, SC.
- Deaton, J., **Linich, K.**, Moore, C., McCartney, E. (2019, March). *Integration of Expressive Arts in Multisystemic Therapy: A Retrospective Case Analysis*. Poster presented at the American Counseling Association National Conference and Expo. New Orleans, LA.
- Ohrt, J.H., Wymer, B.C., Guest, J.D., Limberg, D.H., Carlson, R.G., **Linich, K.**, Deaton, J.D. (2019, March). *Preparing Counselors to Work Effectively With At-Risk Populations*. Poster presented at the American Counseling Association National Conference and Expo. New Orleans, LA.
- Guest, J. D., Wymer, B.C., Deaton, J., **Linich, K.**, Sandonato, B., Ohrt, J. (2019, April). *Mental Health Training for Teachers: A Systematic Review*. Poster presented at the Southeastern School Behavioral Health Conference. Myrtle Beach, SC.
- Guest, J. D., Wymer, B.C., Deaton, J., **Linich, K.**, Sandonato, B., Ohrt, J. (2019, April). *Collaborative Strategies to Address Childhood Trauma in the Classroom*. Content session presented at the Southeastern School Behavioral Health Conference. Myrtle Beach, SC.
- Wymer, B., Guest, J.D., Deaton, J.D., **Linich, K.**, Gonzales, S.K. (2019, October). *Investigation of the Impact of a Supervision Intervention on Secondary Traumatic Stress Responses Among Counselors Treating Child Survivors of Sexual Abuse*. Poster presented at the Association for Assessment and Research in Counseling Conference. San Antonio, TX.
- Guest, J.D., Wymer, B., Toomey, T.M., **Linich, K.**, Gonzales, S.K. (2019, October). *Managing Negative Countertransference Utilizing an Integrated Counselor Mindfulness Training for Counselors Working with Children Who Exhibit Externalized Behaviors in Session*. Poster presented at the Association for Assessment and Research in Counseling Conference. San Antonio, TX.
- Feather, K., Bordonada, T., **Linich, K.** (2019, October). *An Initial Investigation of Individual Instructors' Self-Perceived Competence and Incorporating Disability Content Into CACREP Accredited Programs: Rethinking Training in Counselor Education*. Poster presented at the Association for Counselor Education and Supervision Conference. Seattle, WA.
- Wymer, B., **Linich, K.** (2019, October). *An Investigation of the Impact of a Supervision Intervention on Secondary Traumatic Stress Responses Among Counselors Treating Child Survivors of Sexual Abuse*. Poster presented at the Association for Counselor Education and Supervision Conference. Seattle, WA.
- Linich, K.**, Newton, T.L. (2020, April). *Recognizing Adjustment to Disability as a Grief Event: a Review of Counselor Competency*. Poster at American Counseling Association National Conference. San Diego, CA. (Conference canceled due to COVID-19).
- Linich, K.**, Ohrt, J.H. (2020, September). *The Feasibility of a Wellness-Focused Grief Counseling Lesson for Counseling Students*. Poster presented at European Branch of the American Counseling Association Conference. Virtual Conference.
- Guest, J., Wymer, B., Ohrt, J.H., Newton, T., **Linich, K.**, Lewis, O. (2021, April). *Communication Strategies for Working with Children Exhibiting Externalized Behaviors*. Content session presented at the Southeastern School Behavioral Health Conference. Myrtle Beach, SC.
- Deaton, J.D., Ohrt, J.H., **Linich, K.**, Wymer, B.C., Toomey, T.M., Lewis, O., Guest, J.D., Newton, T.L. (2021, April). *Teachers' Experiences with K-12 Students' Mental Health*.

Poster presented at the Southeastern School Behavioral Health Conference. Myrtle Beach, SC.

- Linich, K.** (2021, July). *Recognizing the Impacts of Non-Death Losses on Students and Growth*. Content presentation at the Project NURTURE Summer Research Symposium. Macon, GA.
- Linich, K.,** Ohrt, J.H., Fields, A.M., Guest, J. (2021, September). *The Effects of Holistic Grief Counseling Training on Master's Level Counseling Students' Grief and Loss Counseling Competency*. Poster at the Association for Assessment and Research in Counseling Conference. Cincinnati, OH.
- Fields, A. M., **Linich, K.,** & Thompson, C. M. (2021, September). *Synthesis of CACREP training strategies for integrated care through the use of a systematic review*. Poster at the Association for Assessment and Research in Counseling Conference. Cincinnati, OH.

Grants

Linich, K., Ohrt, J. (2020-2021). *Grief counseling and the Indivisible Self: A curriculum for students in counselor education to increase holistic grief counseling competency*. Chi Sigma Iota Counseling Academic and Professional Honor Society International. Funded amount: \$1400.

Teaching Experience

Teaching Assistant (Summer 2018)- EDCE 707: Career Development
Instructor: Dr. Jonathan Ohrt

Instructor (Spring 2019)- EDCE 600: Communication Skills in Counseling

Teaching Assistant (Spring 2019)- EDCE 721: Advanced Techniques in School Counseling
Instructor: Dr. Jonathan Ohrt

Teaching Assistant (Summer 2019)- EDCE 707: Career Development
Instructor: Dr. Jonathan Ohrt

Instructor (Fall 2019)- EDCE 600: Communication Skills in Counseling

Instructor (Fall 2019)- EDCE 802E- Practicum in Elementary School Counseling

Teaching Assistant (Spring 2020)- EDCE 721: Advanced Techniques in School Counseling
Instructor: Dr. Jonathan Ohrt

Teaching Assistant (Summer 2020)- EDCE 600: Communication Skills in Counseling
Instructor: Dr. Jonathan Ohrt

Instructor (Fall 2020)- EDCE 570: Seminar in Counseling

Teaching Assistant (Spring 2021)- EDCE 722: Procedures in Group Counseling
Instructor: Dr. Russell Haber

Instructor (Summer 2021)- EDCE 600: Communication Skills in Counseling

Instructor (Summer 2021)- EDCE 720: Theories of Counseling

Instructor (Summer 2021)- EDCE 702: Counselor as Consultant

Guest Lectures

Fall 2018- EDCE 714: Clinical Mental Health Counseling

Instructor: Dr. Ryan Carlson

Topic: Program Development and Assessment

Spring 2019- EDCE 724: Techniques of Clinical Mental Health Counseling

Instructor: Dr. Dodie Limberg

Topic: Body Scan Meditations in Mindfulness

Summer 2019- EDCE 501: Introduction to Counseling

Instructor: Dr. Dodie Limberg

Topic: Professional Identity Development

Fall 2019- EDCE 570: Seminar in Counseling

Instructor: Anthony Carr

Topic: Professional Identity Development

Spring 2020- EDCE 724: Techniques of Clinical Mental Health Counseling

Instructor: Dr. Dodie Limberg

Topic: Grief Counseling

Spring 2020- EDCE 721: Advanced Techniques in School Counseling

Instructor: Dr. Jonathan Ohrt

Topic: Grief Counseling

Spring 2020- EDCE 855: Internship in Counseling

Instructor: Dr. Moody Crews

Topic: Grief Counseling

Fall 2020- EDCE 705: Educational Measurement

Instructor: Dr. Dodie Limberg

Topic: Quasi-Experimental and Pilot Research Design

Spring 2021- Chi Sigma Iota Professional Table Talk

Topic: SC Licensure Process

Professional Organizations

Chi Sigma Iota International Honors Society – Upsilon Sigma Chi

President: 2020-2021

PhD Student-At-Large: 2019-2020

MCFC Student-At-Large: 2015-2016
American Counseling Association
Association for Counselor Education and Supervision
Southern Association for Counselor Education and Supervision