

**Sheri Collinsworth Cobarruvias, MS, LPC-S (TX, VA), NCC**

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**EDUCATION**

Ph.D. Candidate ( <i>in progress</i> )	<i>Counselor Education and Supervision</i> , Liberty University (CACREP Accredited), Lynchburg, Virginia
M.S. December 2004	<i>Psychology: Marriage and Family Therapy</i> , Our Lady of the Lake University of San Antonio, Texas
B.A. May 2001	<i>Psychology</i> , Our Lady of the Lake University of San Antonio, Texas

**PROFESSIONAL EXPERIENCE****TEACHING**

Teaching Assistant, Liberty University, Lynchburg, VA

<i>Clinical Internship 1 &amp; 2</i>	2022
<i>Clinical Practicum</i>	2021
<i>Assessment Techniques in Counseling</i>	2021
<i>Biological Aspects of Addiction and Recovery</i>	2021 & 2022
<i>Crisis Counseling</i>	2021, 2022, & 2023
<i>Counseling Techniques &amp; The Helping Relationship</i>	2021
<i>Psychopathology</i>	2021

Teaching Intern, Liberty University, Lynchburg, VA

<i>Clinical Practicum</i>	2021
<i>Ethical and Legal Issues in Counseling</i>	2020
<i>Theories of Counseling</i>	2020
<i>Group Counseling</i>	2020

**COUNSELING**Sheri Collinsworth Cobarruvias, MS, LPC-S, NCC, Universal City, TX*Mental Health Counselor/Supervisor – Owner* 2013 – PresentSheri Collinsworth, MS, LPC, NCC, San Antonio, Texas & Universal City, TX*Mental Health Counselor – Owner* 2009 – 2011New Life Children’s Residential Treatment Center, Canyon Lake, TX*Therapist/Case Manager* 2013 – 2015  
2007 – 2009Laurel Ridge Treatment Center, San Antonio, TX*Therapist/ Case Manager* 2009 – 2014Treatment Associates, San Antonio, TX*Therapist Intern/ Case Manager* 2005 – 2007

**SUPERVISION**Liberty University*Doctoral Supervision Intern*

2021

*Doctoral Clinical Supervision Intern*

2019

*Masters/Doctoral Practicum/Internship: Supervisor*

2017 – Present

LPC-Supervisor*Virginia*

2021 – Present

*Texas*

2013 – Present

**SCHOLARSHIP****PRESENTATIONS****National**

Cobarruvias, S. C. & Heckler Cheyne, S. (2023, March 27). *Personal and Professional Self-Care and Wellness: Advocacy for Clinical Mental Health Counselors* [Poster session]. Poster presentation at the CSI Days 2022-2023 Virtual Event, United States (virtual). [https://www.csi-net.org/page/professional\\_development](https://www.csi-net.org/page/professional_development)

Cobarruvias, S. C. & Heckler Cheyne, S. (2023, January 31). *Self-Care as a clinical necessity because you matter!* [Conference session]. Presentation at the 8th Annual Law and Ethics in Counseling Conference, New Orleans, LA, United States (virtual). <https://uhcno.edu/academics/continuing-studies/>

Cobarruvias, S. C. (2021, October 5-10). *It's time we started talking about it! Teaching specific issues concerning women's mental health during menopause* [Conference session]. Proposal submitted for presentation at the Association for Counselor Education and Supervision (ACES) 2021 Conference, Atlanta, GA, United States. <http://aces2021.net>

Cobarruvias, S. C. & Braboy, D. A. (2021, March 5-7). *Tele-Supervision in the midst of a pandemic: The effects of technology-based supervision during the COVID-19 pandemic* [Conference session]. Presentation at the 6th Annual Law and Ethics in Counseling Virtual Conference, New Orleans, LA, United States (virtual). <https://www.uhcno.edu/academics/docs/resources/Announcement-100820-Sixth-Annual-Law-and-Ethics-in-Counseling-Conference-2021.pdf>

**State**

Cobarruvias, S. C. (2022, November 10-12). *Women's mental health and spirituality during perimenopause: Bringing awareness to a growing international mental health issue* [Conference session]. Proposal accepted for presentation at the 2022 VCA Annual Convention, Williamsburg, VA, United States. <https://www.vcacounselors.org/page/5>

Cobarruvias, S. C. (2022, March 25-26). *Human growth & development: Women's mental health and spirituality during mid-life* [Conference session]. Proposal accepted for presentation at the Virginia Association for Counselor Education and Supervision, Graduate Student Conference,

Richmond, VA, United States. Unable to present due to personal reasons.

<https://vaces.org/vaces-2022-conference/>

Cobarruvias, S. C. & Braboy, D. A. (2021, November 3-5). *The changing face of supervision: How the COVID-19 pandemic changed the way we conduct clinical supervision* [Conference session]. Proposal submitted for presentation at The 65th Annual Texas Counseling Association (TCA) Professional Growth Conference, Galveston, TX, United States.

Cobarruvias, S. C. (2021, November 3-5). *Help! What is happening to me?: Women's mental health during menopause* [Conference session]. Proposal submitted for presentation at The 65th Annual Texas Counseling Association (TCA) Professional Growth Conference, Galveston, TX, United States.

Cobarruvias, S. C. (2021, February 27). *Inspiring hope for the future: Expanding career exploration with female adolescents using Social Cognitive Career Theory (SCCT)* [Conference session]. Presentation at the Virginia Association for Counselor Education and Supervision (VACES) Graduate Student Conference, Farmville, VA, United States (virtual).

<https://www.vcacounselors.org/event/2021VACESGradConf>

## Local

Heckler Cheyne, S. & Cobarruvias, S. C. (2022, August 5). *Self-Care: A clinical imperative* [Conference session]. Presentation at the 4th Annual Central Virginia Counselor Development Symposium—Fan the Flame: Rekindling the Passion to Serve, Lynchburg, VA, United States (virtual).

<https://www.liberty.edu/behavioral-sciences/counselor-ed/wp-content/uploads/sites/43/2022/07/Symposium-Program.pdf>

Cobarruvias, S. C. (2022, April 11-15). *Coping with the loss of a beloved pet: A different type of grief* [Conference session]. Presentation at Liberty University Research Week 2022, Lynchburg, VA, United States (virtual). <https://www.liberty.edu/center-for-research-scholarship/wp-content/uploads/sites/80/2022/04/Research-Week-2022-Program-Edited-1.pdf>

Cobarruvias, S. C. (2021, April 12-16). *Human growth and development: Women's physical, mental and spiritual health in mid-life* [Conference session]. Presentation at Liberty University Research Week 2021, Lynchburg, VA, United States (virtual).

[https://digitalcommons.liberty.edu/research\\_symp/2021/research\\_week\\_program\\_2021.pdf](https://digitalcommons.liberty.edu/research_symp/2021/research_week_program_2021.pdf)

Cobarruvias, S. C. & Braboy, D. A. (2021, April 7-9). *Tele-Supervision and the COVID-19 pandemic: How technology has affected clinical supervision* [Conference session]. Presentation at The Chicago School for Professional Psychology 4th Annual Virtual Conference Clinical Mental Health and Beyond, Chicago, IL, United States (virtual). <https://tcsppofficeofce.com/event/save-the-date-4th-annual-virtual-conference/>

## TRAININGS

Heckler Cheyne, S. & Cobarruvias, S. C. (2023, March 22). *Self-Care as a clinical necessity: Because you matter!*. [Training]. Presentation for Chi Sigma Iota-Rho Eta Sigma Epsilon Chapter at Liberty University.

Heckler Cheyne, S. & Cobarruvias, S. C. (2022). *Self-Care a clinical imperative: You matter!*. [Continuing education training]. Liberty University – Counselor Education and Family Studies Faculty Professional Development Center Site Supervisor Training 2022-2023.  
<https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwatch.liberty.edu%2Fmedia%2Ft%2F1Ifu893ky&data=05%7C01%7Cscobarruvias%40liberty.edu%7C8fc794d903f2444ae85208da7aec1994%7Cbaf8218eb3024465a9934a39c97251b2%7C0%7C0%7C637957451716936989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6IklhaWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=141eDD75wzVM%2FQIobtN86tnQsJwsyyZDmrjf2DscaIU%3D&reserved=0>

## LICENSURE AND CERTIFICATION

*Certified Clinical Trauma Professional (CCTP)*, PESI, May 1, 2023  
*Licensed Professional Counselor Supervisor (LPC-S)*, #0701010607, Virginia, July 2, 2021  
*Disaster Mental Health: Introduction Disaster Cycle Services*, American Red Cross, December 2, 2020  
*Licensed Professional Counselor Supervisor (LPC-S)*, #61420, Texas, November 13, 2013  
*National Certified Counselor (NCC)*, #254407, March 27, 2009  
*Licensed Professional Counselor (LPC)*, #61420, Texas, May 11, 2007

## PROFESSIONAL MEMBERSHIPS

American Association of Christian Counselors  
 American Counseling Association  
     Association for Counselor Education and Supervision  
     Counselors for Social Justice  
     Southern Association for Counselor Education and Supervision  
 Chi Sigma Iota, Counseling Academic and Professional Honor Society International  
     Rho Eta Chapter, Liberty University  
 Texas Counseling Association  
     Texas Alamo Region  
     Texas Association for Counselor Education and Supervision  
     Texas Mental Health Counselors Association  
 Virginia Counseling Association  
     Virginia Association for Counselor Education and Supervision

## SERVICE

### **Chi Sigma Iota, Counseling Academic and Professional Honor Society International**

*Member, Wellness Counseling Practice and Research Committee* 2023 – 2024

### **Liberty University**

Chi Sigma Iota, Counseling Academic and Professional Honor Society International, Rho Eta Chapter

*Chair, Membership Committee* 2022 – 2023

*Chair, Membership/Mentorship Committee* 2021 – 2022

*Co-Chair, Membership/Mentorship Committee* 2020 – 2021

Counselor Education and Supervision Program

*Peer Mentor* 2019 – Present

### **PositiveWord.org**

<i>Mentor</i>	2021
<b>Southern Association for Counselor Education and Supervision</b>	
<i>Proposal Reviewer, SACES Graduate Student Lounge:</i>	
<i>ACES 2021 Conference</i>	2021
<i>Graduate Representative Committee Member</i>	2021
<b>Texas Counseling Association (TCA)</b>	
<i>Member, Program Review Committee</i>	2023 – 2024
<i>Proposal Reviewer, 66th Annual Professional Growth Conference</i>	2022
<i>Member, Graduate Student Committee</i>	2021 – 2022
<i>Proposal Reviewer, 65th Annual Professional Growth Conference</i>	2021
<i>Member, Wellness Committee</i>	2020 – 2021
<b>The Chicago School of Professional Psychology</b>	
<i>Proposal Reviewer, 4th Annual Virtual Conference:</i>	
<i>Clinical Mental Health and Beyond</i>	2021
<b>Virginia Association for Counselor Education and Supervision (VACES)</b>	
<i>Co-Chair Graduate Student Conference Committee</i>	2021
<b>Virginia Counselors Association (VCA)</b>	
<i>Co-Chair Graduate Student Committee</i>	2021 – present

#### **AWARDS AND HONORS**

Inducted: Chi Sigma Iota, Counseling Academic & Professional Honor Society International,  
Liberty University, 2018 – Present

*Outstanding Service to the Chapter Award, 2021*

Inducted: Alpha Kappa Delta, International Sociology Honor Society, Our Lady of the Lake  
University of San Antonio, Texas, 2001 (Lifetime)

Dean's List, Our Lady of the Lake University of San Antonio, 2000 – 2001

Inducted: Psi Chi, The National Honor Society in Psychology, Our Lady of the Lake University of San  
Antonio, Texas, 2000 (Lifetime)