

Sheri Collinsworth Cobarruvias, Ph.D., LPC-S (TX, VA), NCC

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EDUCATION

Ph.D. May 2024 *Counselor Education and Supervision*, Liberty University
(CACREP Accredited), Lynchburg, Virginia

Dissertation:

“The Lived Experiences of Perimenopausal Christian Women: A Phenomenological Qualitative Study.” This dissertation examined the bio-psycho-social-spiritual lived experiences of perimenopausal Christian women through the lens of feminist theory to build awareness, offer practical solutions, and destigmatize a natural biological phenomenon. Dissertation Committee Chair: Dr. Deborah Braboy, Ph.D., LPC-S, NCC; Committee Members: Dr. Sonya Heckler Cheyne, Ph.D. LPC-S, NCC; Dr. Joy Maweu Mwendwa, Ph.D., LPC, LPC-S (VA), NCC, ACS

M.S. December 2004 *Psychology: Marriage and Family Therapy*,
Our Lady of the Lake University of San Antonio, Texas

B.A. May 2001 *Psychology*,
Our Lady of the Lake University of San Antonio, Texas

PROFESSIONAL EXPERIENCE

TEACHING

Adjunct Professor of Behavioral Science, Houston Christian University, Houston, TX

<i>Counseling Internship 1</i>	2025 (2)
<i>Counseling Internship 2</i>	2025 (3)
<i>Counseling Practicum</i>	2025 (2)
<i>Counseling Skills & Techniques</i>	2025
<i>Counselor Professional Identity & Function</i>	2025
<i>Multicultural Counseling</i>	2025

Teaching Assistant, Liberty University, Lynchburg, VA

<i>Clinical Internship 1 & 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 & 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

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

SUPERVISION

<u>Liberty University</u> <i>Doctoral Supervision Intern</i>	2021
<i>Doctoral Clinical Supervision Intern</i>	2019
<i>Masters/Doctoral Practicum/Internship: Supervisor</i>	2017 – Present
<u>LPC-Supervisor</u> <i>Virginia</i>	2021 – Present
<i>Texas</i>	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 Chi Sigma Iota (CSI) Days 2022-2023 Virtual Event, United States (virtual). 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://uheno.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. & Lamb, I. J. (2025, February 27-28). *The perimenopausal mystique: The problem that isn't discussed* [Conference session]. Proposal accepted for presentation at the 2025 TACES (Texas Association for Counselor Education and Supervision) Mid-Winter Conference, Austin, TX, United States.

Cobarruvias, S. C. (2024, October 30-November 1). *Perimenopause or The Menopausal Transition: Whatever You Call It, It's Still A Mystery to Many Women* [Conference session]. Presentation at the 68th Annual Texas Counseling Association (TCA) Professional Growth Conference, Dallas, TX, United States. https://pgc.txca.org/scheduled_programs_and_learnin.php

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]. Presentation at the 2022 Virginia Counselors Association (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 (VACES), 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

Cobarruvias, S. C. (2025, July 12). *Mental health in perimenopause and menopause* [Panel Discussion]. In S. Maxie (Moderator), *The Pause: Demystifying the Realities of Menopause*, Houston, TX, United States.

Brinkley, M., Cicalo, N., **Cobarruvias, S. C.**, Kimonyi, D., McKinnon, J., Smith, M., Strivings, A.,

Taylor, N., & Vaile, S. (2024, April). *Exploring the counselor education and supervision doctoral program* [Virtual panel presentation]. Rho Eta Sigma Chapter of Chi Sigma Iota Honor Society at Liberty University, Lynchburg, VA, United States (virtual).

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

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

Cobarruvias, S. C. (2025, April 2). *Help! “I’m losing my mind & my body is falling apart”:* How mental health counselors can help their perimenopausal clients. [Continuing education training]. Healthy Foundations Group Monthly Peer Supervision Meeting, Bethesda, MD, United States (virtual).

Cobarruvias, S. C., Locane, J., McAllister, C., Washington, D., & Wynn, M. (2024, December 17). *Building community relationships among counselors to manage conflict and prevent burnout.* [Continuing education training]. Chi Sigma Iota’s 2024-2025 Webinar Series, United States (virtual). https://www.csi-net.org/page/webinars_scheduled

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. Lynchburg, VA, United States (virtual).

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%2F1_lfu893ky&data=05%7C01%7Cscobarruvias%40liberty.edu%7C8fc794d903f2444ae85208da7aec1994%7Cba8218eb3024465a9934a39c97251b2%7C0%7C0%7C637957451716936989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6IklhaWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=141eDD75wzVM%2FQlobtN86tnQsJwsyyZDmrjf2DscaIU%3D&reserved=0

LICENSURE AND CERTIFICATION

Certified Clinical Trauma Professional (CCTP), PESI, May 1, 2023-May 1, 2024
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
 Rho Eta Sigma Chapter, Liberty University
 Texas Counseling Association
 Houston Counseling Association
 South Central Region Counseling Association
 Texas Association for Counselor Education and Supervision
 Texas Mental Health Counselors Association
 Virginia Counseling Association
 Virginia Association for Counselor Education and Supervision

SERVICE

Association for Specialists in Group Work

Proposal Reviewer, ASGW 2024 Biennial Conference,
Stronger Together: Research, Reinvention, Reconnection 2023

Chi Sigma Iota, Counseling Academic and Professional Honor Society International

Member, Wellness Counseling Practice and Research Committee 2023 – 2026

Liberty University

Chi Sigma Iota, Counseling Academic and Professional Honor Society International, Rho Eta Sigma Chapter
Chair, Membership Committee 2023 – 2025

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

Doctoral Clinical Instructor – Counseling Skills Development Resource 2023 – 2024

Peer Mentor 2019 – 2024

PositiveWord.org

<i>Mentor</i>	2021
Southern Association for Counselor Education and Supervision	
<i>Proposal Reviewer, SACES Graduate Student Lounge: ACES 2021 Conference</i>	2021
<i>Member, Graduate Representative Committee</i>	2021
Texas Association for Counselor Education and Supervision	
<i>Member, Membership Committee</i>	2025 – 2026
Texas Counseling Association (TCA)	
<i>Proposal Reviewer, 69th Annual Professional Growth Conference</i>	2025
<i>Member, Communications Committee</i>	2024 – 2026
<i>Proposal Reviewer, 68th Annual Professional Growth Conference</i>	2024
<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
The Chicago School of Professional Psychology	
<i>Proposal Reviewer, 4th Annual Virtual Conference: Clinical Mental Health and Beyond</i>	2021
Virginia Association for Counselor Education and Supervision (VACES)	
<i>Co-Chair Graduate Student Conference Committee</i>	2021
Virginia Counselors Association (VCA)	
<i>Co-Chair Graduate Student Committee</i>	2021 – 2024

AWARDS AND HONORS

Graduate with High Distinction (4.0 GPA): Liberty University, Counselor Education and Supervision Program (CACREP Accredited), Lynchburg, VA – May 2024

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)