

# Harris Ty Leonard, Ph.D. LPC-S

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## EDUCATION

2004 St. Mary's University - San Antonio, TX

### **Ph.D. of Counselor Education and Supervision**

- Dissertation Title: Evaluating The Effectiveness of Consumer Education in Preventing Sexual Dual Relationships Between Clients and Their Therapists

1999 St. Mary's University - San Antonio, TX

### **M.A. of Community Counseling**

- Distinguished Graduate

1996 University of Incarnate Word – San Antonio, TX

### **B.A. of Philosophy**

- Minor in Business Administration

## ACADEMIC AND TEACHING EXPERIENCE

2004-Present University of Mary Hardin Baylor - Belton, TX

Professional Counseling Program;  
Clinical Mental Health Counseling Program &  
Marriage Family and Child Counseling Program

### **Professor 2016-Present**

### **Associate Professor (Tenured) 2009-2016**

### **Assistant Professor 2004-2009**

Interim Director, Professional Counseling Program (2019-Present)

Interim Director, Graduate Counseling Program (2014-2015)

Coordinator, Clinical Mental Health Counseling Program (2011-Present)

- Course Scheduling for both the Clinical Mental Health Counseling Program and the Marriage, Family and Child Counseling Program.
- Management of the Professional Counseling Program
- CACREP Liaison
- Assisted in consultation and orientation of new full-time Clinical Director of the Community Life Center.
- Assist in Client recruitment for the Community Life Center
- Recruit and Interview Graduate Students
- Update Professional Counseling Program Student Handbook
- Co-update of Practicum and Internship Handbook
- Co-update of Practicum and Internship Site Supervisors Orientation Manual
- Coordinate and lead student visits to Ethics Complaint Hearing for the State Licensing Board for Licensed Marriage and Family Therapist and/or Licensed Professional Counselors each semester.

- Selected and acquired software to transition from hard copy to digital clinical files.
- Consultation
- Remedial supervision for all students deficient in skills for practicum Coordinate curriculum planning and program development
- Design and administrate program evaluations
- Recruit and retain students for the program
- Advise and monitor students' degree process
- Composed CACREP Mid-Cycle Report
- Assisted in writing, final revisions, and response for 2013 CACREP Accreditation of Marriage Family and Children Counseling Program
- Co-composed CACREP self-study for the Marriage, Family, and Children Counseling Program 2013.
- CACREP reaccreditation liaison for the Clinical Mental Health Counseling Program 2010
- Attended CACREP self-study training 2010
- Administer Comprehensive Examinations
- Faculty Advisor for Chi Sigma Iota

#### Clinical Director. UMHB Community Life Center (2005-2013)

- Developed and Opened the UMHB Community Life Center in August 2015.
- Developed, audited, and maintain clinical paperwork and records
- Developed and maintained policies to guide service
- Developed Daily Operational Guide
- Supervise two PhD level clinical supervisors
- Supervise two staff administrative assistants
- Provide oversight for all students providing service at the facility
- Serve as a consultant for faculty supervisors regarding clinical issues and emergencies at the community life center
- Marketing and client recruitment
- File Management
- Community Correspondence
- Address all legal and organizational requests for records

#### Coordinator of Clinical Instruction (2004-2012)

- Developed the Practicum/Internship Handbook
- Coordinated and approve Practicum and Internship off-site placements
- Coordinated offsite supervisor's training and co-created the curriculum for training
- Coordinated student supervision documentation records
- Storage and maintenance of records
- Oversight and facilitation of issues related to supervised experiences
- Composition of the Section III, Clinical Instruction, self-study report reaccreditation with the Council for Accreditation of Counseling and Related Educational Programs 2010

#### Director of the Community Counseling Program (2008-2009)

- Coordinate curriculum planning and program development
- Design and administrate program evaluations
- Recruit and retain students for the program
- Advise and monitor students' degree process

### Graduate Courses Taught

- Advanced Treatment Planning
- Applied Techniques of Counseling (Theories and Skills)
- Research Methods of Counseling
- CMHC & MFCC Practicum
- CMHC & MFCC Internship
- Supervision and Consultation
- Problems and Issues in Counseling
- Legal and Ethical Issues in Clinical Mental Health Counseling
- Advanced Psychopathology and Treatment Planning
- Gender and Human Sexuality
- Trauma and Crisis Counseling
- Clinical Mental Health Counseling

### Undergraduate Courses Taught

- Professions of Psychology
- Helping and Human Relationships
- Substance Abuse and Addictions

### University Committee Involvement

- Professional Growth and Recognition Committee (Chair)
- University Faculty Council (at-large member)
- Tenure and Promotion Committee
- Cultural Diversity Committee (Chair)
- University Research Committee
  - Scholars Day Judge
- Co-developed the Institutional Review Board for Human Subjects Research and Policy and Procedural Guidelines for the University
- Chair of the Institutional Review Board Committee Member and Chair of the Cultural Diversity Committee
- Served Counseling departmental representative member of the Special Sessions Advising Committee to the University Strategic Planning Committee
- Faculty Search Committees
  - Professional Counseling Program's Director Position
  - Clinical Mental Health Counseling Program (4 search committees since 2004)
  - Marriage Family and Children Counseling Program (2 search committees since 2004)

### Community Committee

- Aware Central Texas: Child Abuse Prevention Center. Executive Board Member

### Additional Faculty Duties

- Faculty advisor for Chi Sigma Iota- International Counseling Honor Society  
2006-2019

2000-2002 St. Mary's University – San Antonio, TX Department of  
Counseling and Human Services

### **Undergraduate Adjunct Instructor**

### Instructor's Duties

- Instruct Undergraduate Counseling classes
- Prepare lectures

### Courses

- Helping and Human Relationships
- Substance Abuse
- Substance Abuse and Society

## **PUBLICATIONS**

Garrett, M., **Leonard, H.T.**, Martin, J., Eary, C.R. & Benner, W. (2015). Lessons from developing a community-based counseling training center. *Psychology Research*, (3)5, 179-188. doi:10.17265/2159-5542/2015.03.001

Garrett, M., **Leonard, H.T.**, Martin, J., Eary, C.R., and Benner, W. (2015). Community Life Counseling Center: The evolution of a counselor training facility. Proceedings from Hawaii International Conference on Education (HICE), Honolulu, HI. Retrieved from: [http://www.hiceducation.org/proceedings\\_edu.php](http://www.hiceducation.org/proceedings_edu.php)

**Leonard, H.T.**, Austin, J., Austin, J., & Price, M. (2014). Initial exploration on use of Heartmath© in affecting college baseball player's focus and performance. *International Journal of Psychology and Counseling*. ISSN 2278-5833 Volume 4, Number 1 (2014), pp.43-54.

Chou, W., Wooten, R., & **Leonard, H.T.** (2008) Breathwork and Couple Relationship: A qualitative investigation. *Journal of Heart Centered Therapies*. 11 (1). 91-112.

Chou, W., & **Leonard, H.T.**(2006). Fix my kids – Working with strong minded Asian parents. In G. Walze, J. Bleuer, & R. Yep (Ed) *VISTAS: Compelling Perspectives on Counseling 2006*. (pp. 81-84) Alexandria, VA: American Counseling Association.

**Leonard, H.T.**, (2004). Evaluating the effectiveness of consumer education in preventing sexual dual relationships between clients and their therapists. Dissertation Abstracts International: Section B: The Sciences and Engineering, Vol 65 (1-B), pp. 480.

## **CURRENT RESEARCH**

Chou, W., **Leonard, H.T.**, Turner, R., and Mika, S. (in progress) Counselors' clinical experience with Integral Breath Therapy.

Engelke, J., Turner, R., Gresham, B., & **Leonard, H. T.** (2018) HeartRate Variability Biofeedback Training to reduce anxiety and stress levels in DPT students

## **GRANT**

University of Mary Hardin-Baylor Faculty Development Grant. \$3285 for HeartMath Certification to advance experiential research.

## **CONFERENCE PRESENTATIONS & AWARDS**

### **AWARDS**

1. Outstanding Counselor Educator for 2017. Texas Association of Counseling Education and Supervision.
2. Excellence in Teaching Award for 2017. University of Mary Hardin-Baylor

### **PRESENTATIONS (Present-2008)**

## **Referred Content Presentations at National Conference Proceedings**

1. Chou, W., and **Leonard H.T.** Counselors' clinical experience with Integral Breath Therapy. American Counseling Association (ACA) annual conference. New Orleans, LA. 2019
2. Chou, W., and **Leonard H.T.** Using Breathing as a Tool in Relational Counseling Supervision. International Association of Marriage and Family Counselors' World Conference. New Orleans, LA. February 2018.
3. Turner, R., Engelke, Gresham, B., **Leonard, H. T.**, & Schreiner, T. The effects of mindfulness on first-year Doctor of Physical Therapy students. Lilly Conference, Austin, TX. 2018
4. Chou, W., **Leonard. H.T.**, and Turner, R. The effects of Integral Breath Therapy on Marital Relationships. International Association of Marriage and Family Counselors' World Conference in New Orleans February, 3-4, 2017.
2. Chou, W. & **Leonard, H.T.** Counselor Educators and Supervisor Role- Modeling as it Relates to Trainee's Growth and Development, Association of Counseling Education and Supervision (ACES) annual conference. Denver, CO. 2013
3. **Leonard H. T.**, Chou, W., & Tell, F. Bullying that occurs amongst faculty in counselor education programs: How do I cope with it and not join the game? American Counselor Education and Supervision (ACES) annual conference. Nashville, TN. 2011
4. Farmer S., Kinsey, L., Chou, W., & **Leonard H. T.** When Religious Values Collide with Empathy for Sexual Minority Clients: Facilitating Growth of Supervisees. American Counselor Education and Supervision (ACES) annual conference. Nashville, TN. 2011
5. The Effects of Breathwork Process on Individual Changes. American Counseling Association (ACA) annual conference. Detroit, MI. 2007
6. Chou, W., and **Leonard. H.T.** Fix My kids – Working with Strong Minded Asian Parents. American Counseling Association (ACA) annual conference. Montréal, Canada 2006

## **Referred Poster Presentations at National Conference Proceedings**

1. Carbonell, N.J., Chou, W., & **Leonard. H.T.** Integrate Spirituality in Therapy – It Is Time! American Psychological Association (APA) annual conference, Washington, DC, 2011
2. Chou, W., **Leonard, H.T.**, and **Wooten, R.** Breathing Life Back into Body, Mind, and Spirit. American Counseling Association (ACA) annual conference. Detroit, MI. 2007

## **Referred Content Presentations at Regional/State-Level Conference Proceedings**

1. Chou, W., **Leonard, H.T.**, and Smith, M., Counselors' clinical experience with Integral Breath Therapy. Texas Counseling Association (TCA) annual conference. Dallas Texas. 2018
2. **Leonard, H. T.** and Capriglione, R. Critical Incidents in Supervision: The Development of Spiritual Identity and Ethical Practice for Counselors-in-Training. Texas Association of Counselor Education and Supervision. Austin TX, 2017
3. **Leonard, H.T.**, Cade, R., & Chou, W. Appropriate and Effective Self-Disclosure in Supervision. Southern Association of Counselor Education and Supervision, New Orleans, Louisiana. 2016
4. **Leonard, H.T.**, Cade, R., & Chou, W. Self of the Supervisor: Appropriate and Effective Self-Disclosure in Supervision, Texas Counseling Association Annual Conference Dallas, TX. (2014)

5. Garrett, M., **Leonard, H.T.**, and Martin, J. The evolution of a counselor training facility. Texas Association of Counselor Education and Supervision Annual Conference. Austin, TX (2014)
6. Chou, W. & **Leonard, H.T.** Promoting Counselor Educators' and Supervisors' Healthy Role-Modeling in Training Counselors, Texas Counseling Association (TCA) annual conference, San Antonio, TX. 2013
7. Chou, W., & **Leonard, H.T.** Counselor Educators' and Supervisors' Wellness and Fitness as it Relates to Students' and Supervisees' Growth and Development, Texas Associate of Counseling Education and Supervision (TACES) annual conference. Austin, Texas. 2013
8. Chou, W., **Leonard, H.T.**, & Collier, N., Counselors' Ego Strength Development and Supervision. Texas Counseling Association (TCA) Annual Conference, Galveston, TX 2012
9. Chou, W., **Leonard, H.T.**, Farmer, S. & Collier, N., Counselors' Ego Strength Development and Supervision. Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference, Austin, TX, 2012
10. Farmer S., **Leonard H. T.**, & Kinsey L. Building empathy when values conflict between the counselor and the client. Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference, Austin, TX 2011
11. **Leonard. H.T.**, Chou, W., & Teel, F. Bullying in counselor education programs: How do I cope with it and not join the game? Texas Association for Counselor Education and Supervision (TACES) Mid-Winter Conference, Austin, TX, 2011.
12. Chou, W., **Leonard, H.T.**, & Bermender, P., Integrating Spirituality in Counseling Training -Students' perspectives. Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) annual conference. Myrtle Beach, SC. 2010
13. Chou, W., Bermender, P., **Leonard, H.T.** & VanRy, S. Addressing Spirituality in Counseling. Southern Association for Counselor Education and Supervision (SACES) annual conference, Williamsburg, VA. 2010
14. Chou, W., and **Leonard. H.T.** Human Connection in the Midst of Chaos. Texas Counseling Association School Counselor annual conference, Galveston, TX, 2010
15. Chou, W., and **Leonard. H.T.**, & Farmer, S. Addressing Spirituality and Religion in Counselor Education and Supervision. Southern Association for Counselor Education and Supervision (SACES) annual conference, Houston, TX. 2008
16. Farmer, S., Chou, W., **Leonard. H.T.**, & Wooten, R., Addressing Spirituality and Religion in Counselor Education and Supervision. Texas Association for Counselor Education and Supervision (TACES) Mid-Winter conference, Austin, TX. 2008
17. Chou, W., and **Leonard. H.T.**, Working with Strong Minded Asian Parents. Texas Counseling Association Conference. San Antonio, TX 2006
18. Chou, W., and **Leonard. H.T.**, Breath-therapy-Breathing life back into self and relationships. Texas Counseling Association Conference. San Antonio, TX 2006
19. **Leonard. H.T.**, Farmer, S. and Chou, W. Counselor Development, The Missing Piece. Texas Counseling Association Conference., TX 2005
20. **Leonard, H.T.**, Preventing Sexual Dual Relationships Through Consumer Education. Texas Association of Marriage and Family Therapists Conference. Houston, TX 2004
21. **Leonard, H.T.**, Preventing Sexual Dual Relationships Through Consumer Education. Southern Association of Counselor Education and Supervision Conference. Athens, GA. 2004
22. **Leonard. H.T.**, Farmer, S. and Chou, W. Counselor Development, The Missing Piece. Southern Association of Counselor Education and Supervision Conference. Athens, GA. 2004

## **Referred Poster Presentations at Regional/State-Level Conference Proceedings**

1. Chou, W., & **Leonard, H.T.** Seeking Social Justice; The untold Story. Southern Association for Counselor Education and Supervision (SACES) annual conference, Williamsburg, VA. 2010

## **Invited Lectures and Workshops in Asia (2012-2008)**

1. Chou, W., **Leonard, H.T.**, Young Adult Transition (18 to 22 years old):Self-Understanding and Support. Invited Lecture, Department of Social Welfare and Social Work, Hsuan Chuang University, Taiwan, 2013
2. Chou, W., **Leonard, H.T.**, Breath Workshop - Encounter your Inner child; PsyGarden Publishing Company, Tapei, Taiwan, 2013
3. **Leonard, H.T.** Substance Abuse Counseling Skills, Shoochow University, Taipei, Taiwan, 2011
4. Chou, W., & **Leonard, H.T.** Counselor Education and Licensure Process in the United States, Chung-Ha Normal University, Chung-Hu, Taiwan, 2008

## **Invited Lectures and Workshops in United States**

1. Lampman C., **Leonard, H.T.**, & Barnes, B. Integral Breath Work- 4 modules (5 days each) Masters Level Training. Chicago, IL, Cleveland, OH & Tucson, AZ 2013-2014

## Invited Lectures and Workshops in Texas

1. **Leonard, H.T.**, Chou, W., Muppa, S., & Eary, R. Changes to ethics and law in the counseling profession. Mid Texas Counseling Association (MTCA): Growth and Renewal Spring Conference. Hosted by Ci Sigma Iota, Mu Eta Beta at University of Mary Hardin-Baylor, Belton, TX. 2015
2. **Leonard, H.T.** & Eary, R. Handling crisis calls at a counseling center. Counselor Education & Supervision Pedagogy Forum, Graduate Counseling Program, UMHB, Belton, TX.
3. **Leonard, H.T.** & Chou, W. An introduction to Breath Therapy in Counseling and Supervision. Counselor Education & Supervision Pedagogy Forum, Graduate Counseling Program, UMHB, Belton, TX. 2015
4. **Leonard, H.T.**, Developing Counseling skills with counseling students and counseling supervisees. Counselor Education & Supervision Pedagogy Forum, Graduate Counseling Program, UMHB, Belton, TX. 2014
5. **Leonard, H.T.**, Components of a treatment plan. Counselor Education & Supervision Pedagogy Forum, Graduate Counseling Program, UMHB, Belton, TX. 2014
6. **Leonard, H.T.** & Chou, W. Ethical Practice in Assessment and Clinical Documentation. Mental Health Services- Gatesville Prison System, University of Texas Medical Branch, Gatesville, Texas 2012
7. Chou, W., **Leonard, H.T.** The Breath and the Spirit in Counseling, Christian Counselor of Texas Association, Austin, TX. 2010
8. Chou, W., & **Leonard, H.T.** Introduction of the Effectiveness of Breathwork Therapy. Heart of Texas Counseling Association conference, Waco, TX, 2008

## BUSINESS PRESENTATIONS

**2005 Taiwan Academy of Business of Banking and Finance – Taipei, Taiwan** Communication Styles, Stress Management and Self Hypnosis in The Workplace.

**2005 Citi Bank, Taipei Branch - Taipei, Taiwan**

Performance Enhancement and Stress Management: Achievement oriented performance.

## COUNSELING EXPERIENCE

**2013-2018 Private practice private office in Temple, Texas**

- Supervision for LPC-Interns.
- Pro Bono Individual Counseling.

**2004-2007 Private practice private office in Temple, Texas**

*Counselor & Consultant - Georgetown, Texas & Temple, Texas*

- Depression, Anxiety, PTSD, trauma, Couples, and Family Counseling.
- Performance Anxiety and Performance Enhancement Counseling

**2003 La Paz Day Treatment Facility**



*Contract Therapist - San Antonio, TX*

- Develop group therapy curriculum treatment and skills groups
- Provide group therapy for patients with chronic mental health disorders

**2002-03 John H. Woods Jr, Charter Schools System**

Juvenile Justice Alternative Education Program

*Treatment Director/Coordinator - San Antonio, TX*

- Director of behavioral & treatment services for the Juvenile Justice Alternative Education Program
- Manage and supervise six social workers, directly
- Manage and supervise services provide by four external counseling /social work agencies- 8 to 12 counselors/social workers
- Develop contracts for services from outside agencies
- Supervise and analyze data for educational assessment testing
- Develop treatment curriculum
- Coordinate treatment for students at the charter school
- Provide group and individual therapy
- Administration of program

**1999-01 St. Mary's University, Human Services and Counseling Dept.**

*Program Recruiter & Continuing Education Presenter – San Antonio, TX*

- Attend graduate fairs at various universities and colleges
- Correspond with potential master's and doctoral students
- Facilitate application process for potential students
- Continuing education presentation for Communities in Schools

**2002 Holy Crest**

*Clinical Development Consultant-San Antonio Texas*

- Developed clinical curriculum and policy and procedures for outpatient and residential counseling facilities.
  - Secured funding for outpatient clinics
  - Assisted in operational startup

**2001-02 The Center for Health Care Services**

*Counseling Intern – San Antonio, TX*

- Mental health and chemical dependency individual counseling.
- Mental health and chemical dependency group counseling
- Group development for reintegration issues for adolescents with juvenile offenses, post placement

**1999-01 San Antonio's Kids Exchange**

*Counseling Intern and Visitation Supervisor – San Antonio, TX*

- Counseling for family members coping with issues related to divorce
- Mental health counseling
- Supervision for visitation between parents and children
- Training of new visitation supervisors

**1998-99 Treatment Associates, San Antonio, TX.**

*Counseling Intern – San Antonio, TX*

- Individual and group chemical dependency counseling
- Mental health counseling
- Continuing education presentations on ethics for counselors
- Case and client management

**CLINICAL TRAINING**

2012 Breath Work Masters Level Training 2008

Breathwork Therapy Level II

2005 Breathwork Therapy Level I

2005 Eye Movement Desensitization and Reprocessing

2001 Heart Centered Hypnotherapy

**COMMUNITY and PROFESSIONAL ADVOCACY**

**Community**

2018- Present. Volunteer Counselor for Feed My Sheep-

Children's Mobile Medical Clinic- Provide mental health screenings for children and family members. In addition, facilitate children and family members in connecting and referral to needed services.

2018-Present. Volunteer Counselor for Vista Community Church. Provide Mental Health Checks for family and individuals seeking financial and social support.

**2018 VISTA COMMUNITY CHURCH**

Provided Mental Health First Aid training to the primary pastoral staff at a community church that is heavily involved in community outreach locally and internationally.

2012-2016 Aware Central Texas: Child Abuse Prevention Center.

Executive Board Member

2009 KWTX, Channel 10, Waco TX

Television interview regarding the effects of the economic recession on the mental health of the general population and steps people could take to buffer such effects.

2007 KWTX, Channel 10, Waco TX

Television interview regarding the psychological effects of media coverage of traumatic incidents (Virginia Tech University shooting) on the individuals psyche.

2005 KWTX, Channel 10, Waco TX

Television interview regarding the development and opening of the community mental health clinic and public education regarding mental health treatment at The University of Mary Hardin-Baylor

### **Professional**

2010-Present. Take first semester students to the Texas Board of Licensed Professional Counselors or Texas State Board of Examiners of Licensed Marriage and Family Therapists' Ethics Complaint Hearing.

2015 and 2017 Hosted with Chi Sigma Iota, Mu Eta Beta, Texas State Board of Examiners of Licensed Marriage and Family Therapists' Board Meeting. 2015 was the first time the State Board had held their meeting on a university campus.

2007-2010 Bell County Family Violence Taskforce

2015 President for the Mid Texas Counseling Association

2014 President-Elect for the Mid Texas Counseling Association

2012-2013 Web manager for Texas Association of Counselor Educators and Supervisors

2007-Present Chi Sigma Iota- International Counseling Honor Society  
Faculty Advisor

2012- 2017 Aware Central Texas: Child Abuse Prevention Center. Executive Board Member

1998-2000 Chi Sigma Iota,  
*President (2000), Secretary (1998-1999)*

*2000 Chi Sigma Iota national officers meeting co-host at the American Counseling Association Annual Conference.*

2000 American College Counseling Association Onsite national conference coordinator for 2000.

### **Professional Organizations Memberships**

#### **Professional**

American Counseling Association

2019, 2007, 2006, and 2000

American Association of Counselor Education and Supervision

2013 and 2011

Association for Spiritual, Ethical, and Religious Values in Counseling

2019 and 2010

Chi Sigma Iota- International Counseling Honor Society

1998-Present.

Heart of Texas Counseling Association

2008

International Association of Marriage and Family Counseling

2018 and 2017

Mid-Texas Counseling Association

2015, 2014

Southern Association of Counselor Education and Supervision

2015, 2010, 2006, and 2004

Texas Association of Counselor Education and Supervision

2017, 2016, 2014, 2013, and 2012

Texas Counseling Association

2018, 2015, 2014, 2012, 2010, 2006, and 2005