

# Jennifer L. Cannon

PhD, LCPC, NCC, ACS

## EDUCATION

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- Ph.D.**    **The University of North Carolina at Greensboro**, Greensboro, NC  
Counseling and Counselor Education, 2018  
Supporting Areas: Clinical Mental Health Counseling, Couple and Family Counseling, and Women & Gender Studies Cognate  
Dissertation: Attachment anxiety and avoidance and counseling self-efficacy among counseling students: examining the moderating role of mindfulness
- M.Ed.**    **Southern Illinois University-Carbondale**, Carbondale, IL  
Marriage, Couple, and Family Counseling, 2013
- B.A.**    **Southern Illinois University-Carbondale**, Carbondale, IL  
Psychology, Minor: Women's Studies, 2009
- A.A.**    **John A. Logan College**, Carterville, IL  
American Sign Language and Deaf Studies

## LICENSES AND CERTIFICATIONS

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- Licensed Clinical Professional Counselor (LCPC)**, # 180011490 Illinois Dept. of Financial & Prof. Regulation
- National Certified Counselor (NCC)**, #331807, National Board of Certified Counselors
- Approved Clinical Supervisor (ACS)**, #3309, Center for Credentialing and Education

## ACADEMIC EXPERIENCE

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- Assistant Clinical Professor** (Sept 2023-Present)  
**Seattle University: Online Clinical Mental Health Counseling**
- Teach core CACREP courses within the Graduate program
- Core Faculty & Clinician** (Sept 2022-Aug 2023)  
**The Family Institute at Northwestern University**
- Taught core CACREP courses within the Graduate program
  - Supervised Masters' level counselors-in-training
  - Academic Advisor
  - Courses Taught:
    - *Methods I*
    - *Methods II*
    - *Methods III*

**Clinical Assistant Professor and Clinic Director** (August 2020-June 2022)

**Doctoral Student Teacher** (August 2015-May 2018)

**Department of Counseling and Educational Development**

**University of North Carolina at Greensboro**

*Students: Undergraduate, Masters' and Doctoral level, Environment: Traditional & Online*

- Taught core CACREP courses and elective/specialty courses within the Graduate program of the Department of Counseling and Educational Development
- Direct the Nicholas A. Vacc Counseling and Consulting Clinic, including administrative and clinical supervision of up to 12 Graduate Assistants and Clinic Interns (Master's and Doctoral Levels)
- Various service roles for the Department, School of Education, University, and profession
  - Courses Taught:
    - *Professional Orientation to The Nicholas A. Vacc Clinic*
    - *Counseling Internship*
    - *Research Apprenticeship*
    - *Love, Sex, & Healthy Relationships*
    - *Career Counseling (online)*
    - *Practicum in Helping Relationships*
    - *Practicum in Counseling Theories*
    - *Counseling the Sexually Abused Client (online)*
    - *Group Counseling*

**Assistant Professor Tenure Track** (July 2018-June 2020)

**Department of Counseling and Special Education**

**DePaul University**

*Students: Masters' Level, Environment: Traditional*

- Taught core CACREP courses and elective/specialty courses within the Graduate program of the Department of Counseling and Special Education
- College Counseling and Student Affairs (CCSA) Program Coordinator and Faculty advisor to all CCSA track counselor trainees
- Various service roles for the Department, School of Education, and profession
  - Courses Taught:
    - *Introduction to College Counseling*
    - *Couple and Family Counseling*
    - *Practicum in Counseling*
    - *Group counseling*
    - *Contextual Dimensions of College Student Development*
    - *Program Development in Student Affairs*

**Adjunct Professor** (December 2019-December 2021)

**Counseling Program**

**Walden University**

*Students: Masters' Level, Environment: Online*

- Taught two core CACREP courses each term within the Graduate Counseling Program
  - Courses Taught:
    - *Introduction to Counseling*

**Adjunct Professor** (May 2018-July 2018)  
**Department of Educational Psychology**  
**California State University-East Bay**  
*Students: Masters' Level, Environment: Online*

- Taught elective courses
  - Courses Taught:
    - *Counseling the Sexually Abused Client*

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## **RELATED PROFESSIONAL EXPERIENCE**

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### **Clinical Counselor, Wellness Coach, and Consultant**

#### **Thrive Counseling, Coaching, & Consulting**

**Private Practice, Tinley Park, IL** (November 2019-Present)

- Provide individual, group, couple and/or family therapy for clients, wellness and life coaching, workplace wellness consultations and workshops, and counseling licensure supervision fee-for-services

### **Crisis Counselor & Consultant**

**UNCG Nicholas A. Vacc Clinic, Greensboro, NC, August 2020-July 2022 & January 2016-July 2018**

- Provided clinical crisis consultations for masters' and doctoral level counselor trainees
- Provided counseling services to ensure client safety and welfare

### **Mental Health Counselor**

**UNCG Anna Gove Health Center, Greensboro, NC, January 2016- May 2016**

- Provided individual, group, crisis, couple, and family therapy for UNCG students

### **Dialectical Behavioral Therapy (DBT) Specialist**

**Timberline Knolls Residential Treatment Center, May 2014- June 2015**

- Provided individual and group DBT sessions
- Provided in-house DBT presentations and workshops to interdisciplinary teams

### **Behavioral Health Specialist**

**Timberline Knolls Residential Treatment Center, March 2014- May 2014**

- Provided crisis intervention and group counseling in the milieu setting

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## **PUBLICATIONS**

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(\*Denotes data-based publication; underline indicates student/former student co-author)

### Published Refereed Articles

- \* Murray, C. E., Ross, R., & Cannon, J. (2021). The happy, healthy, safe relationships continuum: Conceptualizing a spectrum of relationship quality to guide community-based healthy relationship promotion programming. *The Family Journal*, 29(1), 50–59. <https://doi.org/10.1177/1066480720960416> Word count:7555
- \* Cannon, J. L. & Murray, C. E. (2019). Promoting healthy relationships and families: An exploratory study of the perceptions of resources and information and skill needs among couples, single adults, and parents. *The Family Journal*, 27(3): 309-318. <https://doi.org/10.1177/1066480719852357> Word count:8316

Cannon, J.L., & Boccone, P. J. (2019). Attachment injuries with bisexual clients and their monosexual partners during the coming out process. *Journal of Bisexuality*. 19(1), 120-127.  
<https://doi.org/10.1080/15299716.2019.1567434> Word count:3361

\* Cannon, J. L., & Umstead, L. K. (2018). Applying dialectical behavior therapy to self-harm in college-age men: A case study. *Journal of College Counseling*, 21(1), 87-96. <https://doi.org/10.1002/jocc.12089> Word count:5106

#### In-Review

\* Whitbeck, M, & Cannon, J. (2023): Mindfully coping: Examining trainees' mindfulness and covid-19 related anxiety and depression. [Manuscript submitted for publication]. *Counselor Education and Supervision Journal*

#### Non-Refereed Publications

Cannon, J. L. (2017) Promoting organizational wellness: A servant leader's perspective. *CSI-net.org*

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### PROFESSIONAL PRESENTATIONS

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(\*Denotes data-based presentations; underline indicates current/former student co-presenter)

#### a. National

Bailey, S.W. & Cannon, J. L. (2021). *Whose syllabus is this, anyway? The "pedagogical purgatory" of early career faculty*. Association of Counselor Education and Supervision Conference, Atlanta, GA.

\*Cannon, J.L. & Whitbeck, M (2021). *Mindfully coping with COVID-19: Using mindfulness practices to support counselor trainee wellness*. Association of Counsel Education and Supervision Conference, Atlanta, GA.

Cannon, J. L. & Bailey, S.W. (2019). *Mindful narratives: Rewriting adult clients' ageist narratives to promote efficacy and self-compassion*. Association for Adult Development and Aging Conference, Chicago, IL.

Cannon, J. L. (2019). *Mindfully aware of how supervisors' attachment strategies impact trainees*. Association of Counselor Education and Supervision Conference, Seattle, WA.

Cannon, J. L. & Bailey, S.W. (2019). *Combating ageist messages by increasing ones' attention and compassion through mindfulness*. Association of Counselor Education and Supervision Conference, Seattle, WA.

Cannon, J. L. (2017). *Preparing trainees: Utilizing dbt radical acceptance with lgb clients during the coming out process*. Association of Counselor Education and Supervision Conference, Chicago, IL

\*Cannon, J. L. (2017). *Mindfully moving towards security: Examining how mindfulness moderates the relationship between attachment strategies and counselor self-efficacy*. Association of Counselor Education and Supervision Conference, Chicago, IL

#### b. Regional

Cannon, J. L. (2016). *Coming out: Using dbt and radical acceptance with lgbt clients during sexual identity enactment*. Southern Association of Counselor Education and Supervision Conference, New Orleans, LA.

Cannon, J. L. & Umstead, L. K. (2016). *Training counselors to use dbt to treat self-harm in college men to increase resiliency*. Southern Association of Counselor Education and Supervision Conference, New Orleans, LA.

c. Local

Cannon, J.L (2022). *Mindfully coping with covid-19: Using mindfulness practices to support counselor trainee wellness*. The Family Institute at Northwestern, Evanston, IL.

Cannon, J.L (2020). *Effective telehealth practices for counselor trainees*. Lynchburg University, Lynchburg, VA.

Cannon, J.L & Mathews, R. (2020). *Effective Telehealth Practices*. Rockingham Country School System-wide training, 3-hour workshop Greensboro, NC

Cannon, J. L. (2020) *Making the most of your marriage: A couples' retreat*. St. Clement Church Sponsored 3-hour workshop, Chicago, IL.

Cannon, J. L. (2019) *College interests and career options for developmentally delayed individuals*. DePaul University Education and Counseling Center Sponsored 2-hour Workshop, Chicago, IL.

Cannon, J. L. (2019) *Using dialectical behavior theory (dbt) skills and mindfulness with clients who have experienced trauma*, The University of North Georgia: Clinical Trauma Competency Training. Dahlonga, GA.

Cannon, J.L (2017). *Using mindfulness practices to support counselor trainee mental health*. Lynchburg College, Lynchburg, VA.

Cannon, J. L. (2017) *Using DBT to provide trauma informed care to clients of abuse*, Appalachian State University, Boone, NC.

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### PROFESSIONAL SERVICE AND LEADERSHIP

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- Editorial Board Member, *Counseling and Values Journal*, (2017-2021)
- Assistant Editor, *Counseling and Values Journal*, (2017-2018)
- Ad Hoc Reviewer, The Clinical Supervisor (2017-2019)
- Ad Hoc Reviewer, Journal of College Counseling (2017-2018)
- President (including elect and past), Chi Sigma Iota, Upsilon Nu Chi Chapter, UNCG, (2015-2018)
- Co-President (including elect and past), Chi Sigma Iota, Delta Chapter, SIUC, (2011-2013)

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### UNIVERSITY SERVICE AND LEADERSHIP (Selected)

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#### Counseling@Northwestern at The Family Institute

- Member, Student Remediation Committee (2022-2023)
- Coordinator, Faculty Wellness Committee (2022-2023)
- Emerging Scholar Faculty Mentor (2022-2023)

#### UNCG

- Member, Health Promotion and Wellness Advisory Committee (2020-2022)
- CED Graduation Celebration Coordinator (2021)
- Graduate Student Association Senator (2015-2018)

### DePaul University

- Member, Dispositions Committee (2018-2020)
- CCSA Track Academic Advisor (2018-2020)
- Member Faculty Search Committee three tenure positions (2019-2020)
- CSL Internship & Graduation Celebration Coordinator (2020)
- Member Faculty Search Committee three term positions (2019)
- CSL Welcome Back Celebration Coordinator (2019)

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## PROFESSIONAL MEMBERSHIPS

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- American Counseling Association:
  - Association for Counselor Education and Supervision
    - Southern Association for Counselor Education and Supervision
  - American College Counseling Association
- Illinois Counseling Association
- Chi Sigma Iota

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## GRANTS & FUNDING

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### *Internal*

- **Healthy Relationships Initiative (HRI) Researcher** (2018-2021), The University of North Carolina at Greensboro, HRI: \$6000. Status: Funded.
- **QIC-Summer Stipend Program** (2019), DePaul University Amount \$3000. Status: Funded.
- **Professional Development Fund** (2016 & 2017), The University of North Carolina at Greensboro, Graduate Student Association Amount: \$1000. Status: Funded.

### *External*

- **Approved Clinical Supervisor Continuing Education Creator** (2021), CCE-Global: \$1000. Status: Funded.

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## AWARDS & RECOGNITION

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- Outstanding Doctoral Student Award, Department of Counseling and Educational Development, UNCG, 2017
- CSI & CACREP Leadership Essay Award, Third Place, (2016-2017)
- Outstanding Service to CSI Chapter, Southern Illinois University-Carbondale (2012)
- Outstanding Entry-Level Master's Student, Southern Illinois University-Carbondale (2012)