

Paul M. Delaughter

(540) 624-9101
pdvt@vt.edu

891 Canyon Ridge RD, Apt 4
Blacksburg, VA 24060

Education

Virginia Tech (CACREP Accredited)	Blacksburg, VA
Doctor of Philosophy, Counselor Education and Supervision	<i>Expected May 2025</i>
Graduate Certificate, Educational Research and Evaluation	<i>Expected May 2025</i>
Master of Arts in Education, Counselor Education (Clinical Mental Health)	<i>May 2020</i>
Bachelor of Science, Psychology	<i>May 2015</i>
Bachelor of Science, Food Science & Technology	<i>May 2015</i>

Licensure Information

Licensed Professional Counselor	Virginia Board of Counseling
<i>License #0701013353</i>	<i>March 2024-Present</i>

Counseling Experience

Living Well Counseling and Support Services	Christiansburg, VA
<i>Counselor</i>	<i>October 2021-Present</i>

Provide individual and family counseling services for a breadth of presenting problems; Provide in-person and telehealth services; Utilize and integrated counseling approach consisting of evidence-based cognitive-behavioral, person-centered, emotion-focused, solution-focused, motivational interviewing, and system counseling elements; Provide assessment and diagnosis of mental health disorders consistent with the DSM-V, Write individualized treatment plans and progress notes

Virginia Tech, Hokie Wellness	Blacksburg, VA
<i>BASICS Counselor, Resident in Counseling</i>	<i>October 2021-May 2022</i>

Provided individual early-intervention substance use counseling to university students identified as having experienced or are at high risk for alcohol-related problems; utilized the Brief Alcohol Screening and Intervention of College Students (BASICS) program by engaging students through motivational interviewing regarding their substance use, provided psychoeducation on substances and harm reduction techniques, and presenting individualized feedback to students; provided initial assessment and referral to additional university and community services for co-occurring mental health disorders

Mount Regis Center	Salem, VA
<i>Primary Counselor, Resident in Counseling</i>	<i>August 2020-October 2021</i>

Provided individual and group inpatient counseling to individuals with substance use disorders and co-occurring mental health disorders; utilized evidence-based cognitive-behavioral and motivational interviewing techniques; made family contact and provide psychoeducation and resources for family members; developed individualized treatment plans covering the six ASAM dimensions of addiction assessment; authored detailed clinical progress notes; provide psychoeducation to clients regarding MAT options and programs of recovery; presented individualized clinical discharge recommendations to clients

Warm Hearth Village	Blacksburg, VA
<i>Counselor Education Clinical Internship</i>	<i>August 2019-May 2020</i>

Provided in-person counseling and telecounseling services to a diverse client base of older adults; implemented person-centered core conditions and cultural broaching; utilized evidence-based, cognitive-behavioral, solution-focused, and existential techniques; underwent individual, triadic, and classroom supervision; kept detailed notes on client presentation, presenting problem, and progress

Virginia Tech EDCO Clinic & Floyd County Elementary School **Blacksburg, VA**
Counselor Education Practicum *January 2019-May 2019*

Provided counseling services to a diverse client base including children and adults; implemented person-centered core conditions and cultural broaching; utilized evidence-based, cognitive-behavioral, solution-focused, and play therapy techniques; underwent extensive live, triadic, and classroom supervision; recorded session summaries and case conceptualizations for clients

Supervision Experience

Virginia Tech Counselor Education Clinic **Roanoke, VA**
University Doctoral Supervisor *January 2023-Present*

Provide live supervision to first-year master's students at the Counselor Educator Training Clinic, an outpatient clinic that provides pro-bono counseling services to local area residence; assist in the daily operation of the clinic including communicating with clients, students, professors, and fellow supervisors and seeing tasks necessary for daily functioning are completed

Virginia Tech Counselor Education Master's Program **Roanoke, VA**
University Doctoral Supervisor *August 2022-Present*

Provide individual, triadic, and group supervision to first-year master's students in their practicum and second-year master's students in their counseling internship (both school and clinical mental health); review clinical tape, case conceptualizations, diagnostic impressions, and session notes; provide summative and formative evaluations; deliver educational opportunities in class, small group, and individual settings

Research Experience

Virginia Tech, Puzzle Piece Exercise **Blacksburg, VA**
Project Lead *January 2023-Present*

Team lead for a series of studies exploring a group-level cultural broaching exercise and its use in counselor preparation and group counseling; Designed unique group-level cultural broaching exercise; Created project materials, i.e., IRP protocol, interview protocol, questionnaire, recruitment materials, consent form, ect.; Conducted individual interviews with facilitators of the exercise; Currently analyzing both quantitative and qualitative data from

Virginia Tech, Hip-Hop in Counseling **Blacksburg, VA**
Project Lead *January 2023-Present*

Team lead for a mixed-methods study examining exploring a hip-hop based experiential lecture designed for counselors-in-training; Collaborated on the creation of the lecture and experiential learning exercises; Developed feedback questionnaire for lecture

Virginia Tech, School Climate Survey **Blacksburg, VA**
Graduate Research Assistant *August 2022-Present*

Funded by the Virginia Department of Criminal Justice Services (\$997,710)
Member of a team managing the construction, administration, and reporting of the results for a state-wide school climate survey; Co-authoring a manuscript exploring differences in school climate for non-binary students among rural localities

Virginia Tech, Lifelong Learning & Wellness **Blacksburg, VA**
Project Lead *January 2020-Present*

Team lead for a qualitative research project investigating the experiences of older adults enrolled in lifelong learning programming; Coordinated with community partners; Created project materials, i.e., IRP protocol, interview protocol, recruitment materials, consent form, ect.; Conducted and transcribed interviews; Actively leading data analysis on interview transcripts

Virginia Tech, AgeWell Lab*Graduate Research Assistant***Blacksburg, VA***August 2019-Present*

Funding supported by the Mather Foundation (\$75,000)

Team member of a research-to-practice counseling lab focused on wellness and mental health for older adults; transcribed individual interviews and focus groups; collected quantitative data; coded, analyzed, and interpreted qualitative data; co-authored manuscripts; developed social media content; draft IRB protocols and study materials; presented in local, state, and national conferences

Virginia Tech, Counselor Education Program*Volunteer Graduate Research Assistant***Blacksburg, VA***August 2019-May 2020*

Collaborated with a program faculty and students on an ongoing empirical research study by collecting contact information for CACREP accredited programs nation-wide, survey review, and manuscript preparation through collecting and reviewing articles for the literature review

Bowman Andros Products, LLC*Food Technologist***Mt. Jackson, VA***June 2015-June 2018*

Led the development of food products from concept brainstorming to production for numerous unique product launches; responsible for recipe formulation, benchtop samples, and production trials

Virginia Tech, THIRD Lab*Research Assistant***Blacksburg, VA***August 2014-December 2014*

Assisted in a study on human-computer interaction and the development of an application software; reviewed and assessed past studies and literature; offered consultation on study direction and procedure

Bowman Andros Products, LLC*Research Quality and Innovation Intern***Mt. Jackson, VA***May 2014-September 2014*

Assisted in the development of products through brainstorming and the creation benchtop samples; reformulated recipes and recommended improvements to manufacturing processes for quality improvement and cost-savings; conducted testing and authored reports and Certificates of Analysis

Bowman Andros Products, LLC*Research Quality and Innovation Intern***Mt. Jackson, VA***May 2013-September 2013*

Conducted testing and recorded data on products; revised SOPs; documented procedures in conformance to BRC standards; authored reports on annual gluten-free testing and validity of in-house brix to density conversion chart

Publications

Westcott, J. B., Fullen, M. C., Tomlin, C., Eikenberg, K., Delaughter, P. M., Mize, M. C. B., & Shannonhouse, L. R. (2023). "We all have a stake in this": A phenomenological inquiry into integrating suicide intervention in home-delivered meal contexts. *Aging and Mental Health*, 1-9.

Westcott, J. B., Fullen, M. C., Tomlin, C., Eikenberg, K., Delaughter, P. M., Mize, M. C., & Shannonhouse, L. R. (2022). "Listen closer": Home-delivered meal volunteers' understanding of their role in suicide prevention. *Ageing & Society*, 1-19.

Fullen, M. C., Wiley, J. D., Delaughter, P. M., Tomlin, C., Jordan, J. R., & Sharma, J. (2020). Resident perspectives on the integration of a university-sponsored counseling program within a life plan community. *Seniors Housing & Care Journal*, 28, 49-66.

Invited Presentations

Delaughter, P. M., & Loury, J. A. (2023, January). *Straight outta counselin': Clinical interventions featuring hip-hop* [Presentation]. Roanoke Area Counselors Association, Roanoke, VA.

Grimes, T. O., Delaughter, P. M., Heasley, C., Herbert, C., & Tomlin, C. (2021, December). *Facilitating group work during COVID-19: Perspectives from the field* [60-minute panel discussion session]. Virginia Association for Specialists in Group Work Webinar Series, Yorktown, VA.

Delaughter, P. M., & Tomlin, C. (2020, January). *Mental Health and Older Adults* [Presentation]. South Western Virginia Association of Activity Professionals, Blacksburg, VA.

Presentations

Delaughter, P. M., Melendez, E. L., Fontaine, H. G., & Hoak, A. L. (2023, November). *Remixing the counselor's toolbox: The use of music in counseling and supervision* [Conference session]. Virginia Counselors Association, Hot Springs, VA.

Loury, J. A., & Delaughter, P. M. (2023, November). *Consoling: A counselor's guide to gaming culture* [Conference session]. Virginia Counselors Association, Hot Springs, VA.

Grimes, T. O., Westcott, J. B., Delaughter, P. D., Heasley, C., & Loury, J. (2023, October). *Getting in the game: Tips for conducting research and publishing as a counselor education doctoral student* [80-minute panel discussion session]. Association for Counselor Education and Supervision Conference, Denver, Colorado.

Westcott, J. B., Ellington, B., Grimes, T. O., Delaughter, P. M., & Lawson, G. (2023, October). *School climate factors as contributors to gender minority stress for non-binary high school students* [Conference session]. Society for Sexual, Affectional, Intersex, and Gender Expansive Identities, Virtual.

Delaughter, P. M., Grimes, T. O., Ellington, E., & Heasley, C. (2023, September). *Rurality in research: understanding definitions and determining rurality* [Roundtable]. Association for Assessment and Research in Counseling, Nashville, TN.

Sharma, J., Wiley, J., & Delaughter, P. M. (2023, September). *Designing interpretative phenomenological analysis for methodological coherence* [Conference session]. Association for Assessment and Research in Counseling, Nashville, TN.

Delaughter, P. M., & Loury, J. A. (2022, November). *Counselor's delight: Hip-hop utilization in the counseling field* [Conference session]. Virginia Counselors Association, Williamsburg, VA.

Westcott, J. B., Fullen, M. C., Shannonhouse, L. R., Delaughter, P. M., & Mize, M. C. (2021, September). *Community-engaged scholarship: Finding interdisciplinary solutions to systemic problems* [Conference session]. Association for Assessment and Research in Counseling Conference, Cincinnati, OH.

Delaughter, P. M. (2020, November). *Counseling Implications for Police Officers and Their Romantic Partners* [Conference session]. Virginia Counselors Association, Virtual.

Delaughter, P. M. (2019, November). *Group Therapy Plan for First Responders with Trauma- and Stressor- Related Symptoms* [Poster session]. Virginia Counselors Association, Hot Springs, VA.

Wiley, J., Jordan, J. R., Delaughter, P. M., & Fullen, M. C. (2019, November). *Counseling Older Adults in Rural Communities: Implications for Practice and Advocacy* [Conference session]. Virginia Counselors Association, Hot Springs, VA.

Teaching Experience

Co-Facilitator

Counseling Internship, Virginia Tech

Fall 2023

DSM Applications in Counseling, Virginia Tech

Summer II 2021

Graduate Teaching Assistant

<i>Lifespan Development</i>	<i>Spring 2024</i>
<i>Appraisal in Counseling, Virginia Tech</i>	<i>Fall 2023</i>
<i>Crisis Prevention, Preparedness, and Response, Virginia Tech</i>	<i>Fall 2023</i>
<i>Addictions Counseling, Virginia Tech</i>	<i>Spring 2023</i>
<i>Group Counseling, Virginia Tech</i>	<i>Spring 2024</i>
	<i>Spring 2023</i>
<i>Counseling Techniques, Virginia Tech</i>	<i>Fall 2022</i>
<i>Theories of Counseling and Consultation, Virginia Tech</i>	<i>Fall 2022</i>

Invited Guest Speaker

<i>Experiential and Expressive Techniques, Virginia Tech</i>	<i>Spring 2024</i>
	<i>Spring 2023</i>
<i>Clinical Mental Health Counseling, The University of Tennessee, Knoxville</i>	<i>Spring 2022</i>

Admissions

<i>Doctoral Admissions</i>	<i>Fall 2022-Present</i>
Involved as a doctoral student during interview day for prospective doctoral students and offered feedback to faculty	
<i>Master's Admissions</i>	<i>Spring 2020-Present</i>
Involved as a master's student during interview day for prospective students; As a doctoral student, conducted and observed interviews of prospective master's students and offered feedback to faculty	

Honors and Awards

Virginia Counselors Association Foundation Pete Warren Student Fellowship	<i>2020</i>
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Affiliations and Organizations

American Counselor Association (ACA)
Association for Assessment and Research in Counseling (AARC)
Association for Counselor Educators and Supervisors (ACES)
Southern Association for Counselor Educators and Supervisors (SACES)
Virginia Counselors Association (VCA)
New River Valley Counselors Association (NRVCA)
Virginia Association of Addiction Counselors (VAAC)
Chi Sigma Iota (CSI) International Counseling Honor Society
Boy Scouts of America (BSA)