

CURRICULUM VITA

**Valerie G. Balog**

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College of Education  
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**Education**

August 2001-May 2004	Doctorate of Philosophy Counselor Education and Supervision University of Virginia; Charlottesville, VA
May 1998-December 2000	Master of Education in Community Counseling Winthrop University; Rock Hill, SC
August 1989-August 1993	Bachelor of Science in Social Work California University of Pennsylvania; California, PA

**Current Professional Experience:**

August 2005-Present	University of North Carolina at Charlotte
<b>Clinical Assistant Professor</b> <b>MA Program Coordinator</b> <b>Department of Counseling</b> <b>College of Education</b>	
	Responsible for teaching, supervising, and advising Master's Level students in both the Clinical Mental Health and School Counseling track. Courses include: Counseling Techniques, Advanced Techniques, Creativity in Counseling, Crisis Counseling, Introduction to Clinical Mental Health Counseling, DSM-IV-TR, Practicum, and Internship.
October 2010-Present	Frontier Counseling and Professional Services
<b>Professional Counselor and Approved LPC Supervisor</b>	
	Provide individual therapy to enhance emotional wellness and stability as well as provide LPCA supervision as required by the North Carolina LPC Board.

**Additional Academic Work Experience:**

September 2004-June 2006	University of North Carolina at Chapel Hill
<b>Consultant/Contract Faculty</b> <b>Center for Aging Research and Educational Services (C.A.R.E.S.)</b> <b>Jordan Institute for Families</b>	
	Responsibilities include facilitating training programs for helping professionals working with an adult population. Training courses include: Introduction to Aging, Geriatric Mental Health, Termination, Supervision, Counseling, Ethics, Family Centered Practice, and Substance Abuse and Older Adults. Other responsibilities include curriculum development, networking with state and local agencies, serving as the Area Health Education Centers (AHEC) liaison, and serving in various work groups.

January 2005-May 2008

Winthrop University

**Adjunct Faculty**

Instructor for Master's level courses in: Marriage and Family Therapy, DSM-IV TR, and Psychopathology.

January 2004-May 2004

University of Virginia

**Practicum Supervisor**

**Mental Health Practicum (EDHS 869)**

Responsible for providing clinical supervision to three students completing their practicum requirement for the Mental Health Counseling curriculum. Supervisory duties include meeting with each student on a weekly basis, assisting in the delivery of counseling services, and providing group supervision for a psycho-educational group on stress management.

August 2003-December 2003

University of Virginia

**Co-Instructor**

**Essential Helping Skills (EDHS 729)**

Co-instructor for a Master's Level course that focuses on the fundamental attitudes and knowledge necessary for developing an effective helping relationship. Responsible for course development and organization, lecture and discussion, and individual and group supervision.

December 2002-May 2003

University of Virginia

**Test Proctor**

**Career Services**

Responsible for proctoring tests being administered to individuals through the University of Virginia Career Services Department. Tests include: LSAT, MCAT, PRAXIS, and GRE.

Fall 2002

University of Virginia

**Group Facilitator**

**Advanced Group Practicum**

Facilitated a T group for Master's Level students completing a group counseling course.

Fall 2002

University of Virginia

**Co-Instructor**

**Marriage and Family Dynamics (EDHS 828)**

Co-instructor of a Master's Level course that addressed the major traditional family therapy theories, counseling skills needed for effective family therapy, and recent advances in the field. Responsibilities included: formulating the course syllabus, identifying course requirements, assisting in student grading (assignments, papers, and exams), conducting course lectures, and facilitating classroom discussions and activities

Summer 2002

University of Virginia

**Teaching Intern**

**Theories and Techniques of Counseling (EDHS 723)**

Teaching assistant to the course instructor of a Master's Level course on the theories and techniques of counseling. Responsibilities included: assisting with the course syllabus, identifying course requirements, assisting in student grading (assignments, papers, and exams), conducting course lectures, and facilitating classroom discussions and activities.

August 2001-June 2002 University of Virginia

**Graduate Assistant**  
**Dr. Harriet Glosoff, Ph.D.**

Responsibilities included: providing ongoing clerical support, assisting in securing toolkit documentation/materials, and organization of Institutional Review Board (IRB) documentation. Additional support for specific projects: 2001 Southern Association for Counselor Education and Supervision (SACES) Research Grants Committee, Virginia Association for Multicultural Counseling and Development (VAMCD) survey of current members, and Association for Counselor Education and Supervision (ACES) Ethics Guidelines Task Force Review and Revision Project.

January 2002-March 2002 University of Virginia

**Graduate Assistant**  
**Master's Level Admissions Committee**

Assisted in the development of the assessment tool utilized to rate the applications received for Master's level admission in the Counselor Education program. Responsibilities also included: completion of general information for each applicant (N=132) on the rating sheet, and tracking of individuals offered and declined admission into their desired program of study.

**Additional Professional Clinical Experiences:**

August 2007-March 2011 United Family Services- Charlotte, NC

**Professional Counselor**

Provide individual, couples, and family therapy to enhance emotional wellness and family stability.

April 2006- May 2008 North Carolina ALS Association

**Support Group Facilitator**

Responsible for facilitating a monthly support group for the primary caregivers of Individuals' diagnosed with Amyotrophic Lateral Sclerosis (ALS).

June 2004-August 2004

June 2003-August 2003

Johns Hopkins University

**Academic Counselor-Administrative Team Member**  
**Center for Talented Youth Summer Program**  
**Bristol, Rhode Island**

Responsibilities included providing Solution Focused and Brief Therapy to students participating in the Center for Talented Youth Summer Program. This included, but was not limited to: running educational groups for students and staff members, completing consultations with parents, and providing individual and group counseling.

June 2002-June 2003

University of Virginia Women's Center

**Counseling Services**  
**Coordinator of Counseling Services**  
**On-Site Supervisor**

Responsibilities include: Supervision of three Master's Level Mental Health Counseling Interns, coordination of services through provision of individual counseling services, group counseling facilitation, consultation with university

and community agencies, completion of staff evaluation, and assistance with center-wide activities and decision making.

June 2002-October 2002

University of Virginia Medical Center

**Cancer Center**

**Telephone Support Group Co-facilitator**

Responsible for assisting in the facilitation of a psycho-educational telephone support group for individuals diagnosed with lung cancer. Other responsibilities included: establishing funding, group treatment plan, topic presentation, and assessment of group members prior to the beginning of the group.

April 2002-June 2002

University of Virginia Medical Center

**Cancer Center**

**Group Co-facilitator**

Responsible for assisting in the facilitation of a psycho-educational support group for individuals living with advanced cancer.

September 2001-June 2002

University of Virginia

**Personal and Career Development Center**

**Advanced Practicum Student**

Provide individual counseling regarding personal and career issues to students from the University of Virginia and members of the local community.

January 2001-August 2001

Three Rivers Family Hospice

**Bereavement Coordinator**

Responsible for providing grief support services to family and friends of deceased patients for thirteen months after the patient's death. Services included both individual and group counseling. Additional responsibilities included: providing counseling services to active patients and families and facilitation of in-services and outreach educational services on loss and grief to community organizations and area healthcare providers.

March 2000-December 2000

Catawba Care Coalition

**Group Facilitator-Master's Level Intern**

Facilitated a psycho-educational support group for individuals diagnosed with H.I.V.

August 2000-December 2000

Southeastern Psychological Services

**Child Psychology Assistant-Master's Level Intern**

Role included the assessment, diagnosis, and therapeutic treatment of adolescents and children with multiple psychological, social, and behavioral issues. Treatment provided through both group and individual approaches.

August 2000-December 2000

Northwestern High School

**Guidance Counselor-Master's Level Intern**

Provided counseling services on a variety of issues to high school students through individual and group work.

August 1999-May 2000

Hazel Pittman Center

**Substance Abuse Counselor-Master's Level Intern**

Responsible for the completion of a Multi-Axis assessment, therapeutic evaluation, and treatment plan for individuals seeking services for substance abuse and other mental health diagnosis. Counseling role also included: hospital

and educational consultation, facilitation of the Intensive Outpatient Program, and group counseling.

February 1998-September 2000

Mecklenburg County Government

**Adult Social Worker**

Responsible for completing a psychosocial assessment and establishing additional resources for individuals in the community requesting one of three services: Senior Nutrition, Adult Day Care, and In Home Aide Services. Professional role included providing supportive counseling to individuals and their families.

January 1994-August 1996

Hospice of Chesterfield County

**Medical Social Worker**

**Bereavement Coordinator**

Responsible for providing supportive services to terminally ill individuals and their families by assessing social, emotional, and economic needs in relation to the impact of the illness. Other responsibilities included: organizing and coordinating the bereavement program and providing community support related to grief counseling and recovery.

**Professional Credentials**

- Licensed Professional Counselor-North Carolina ID#4554, March 2004
- Approved Supervisor for LPCA- North Carolina ID#4554S, December 2010
- National Certified Counselor ID# 66010, October 2000
- American Red Cross HIV/AIDS Fundamental Educator Certification, Nov. 2000
- South Carolina Licensed Bachelor of Social Work #5165 June 1994-June 2000

**Professional Awards**

- Nominee, UNC-Charlotte College of Education Teacher of the Year Award, April 2010
- Recipient of the UNC-Charlotte College of Education Award for Sustained Service to Public Schools, April 2009
- Recipient of the Magical Mentor Award, UNC-Charlotte, January 2007.
- Recipient of the Curry School of Education the University of Virginia Outstanding Graduate Teaching Assistant Award-Human Services, April 2004
- Recipient of the Chi Sigma Iota-Rho Beta Chapter Outstanding Service to the Chapter Award, March 2004
- Recipient of the William Van Hoose Memorial Award for Outstanding Student in the field of Counselor Education, May 2003

**Professional Affiliations**

- Member of the American Counseling Association
- Member of the North Carolina Counselors Association
- Member of Chi Sigma Iota International- Mu Tau Beta Chapter
- Member of the Licensed Professional Counselors Association of North Carolina
- Member of the Raven Society- University of Virginia
- Member of the Association for Counselor Education and Supervision
- Member of the Southern Association for Counselor Education and Supervision

**Professional Service:**

March 2002-June 2003

Virginia Counselors Association- Jefferson Chapter

April 2002-May 2003	Secretary Elect Chi Sigma Iota International- Rho Beta Chapter President-Elect
Fall 2002	Chi Sigma Iota International- Rho Beta Chapter Awards Committee Chair
May 2003-May 2004	Chi Sigma Iota International- Rho Beta Chapter President
August 2005-July 2007	Chi Sigma Iota International- Mu Tau Beta Chapter Faculty Advisor

### **Presentations:**

Sanders, J., Balog, V., McIntire, H., Atkinson, L., & Green, P. (2000, October) *How to Make the Most of your Internship Experience*. Presentation at the regional conference of the Southern Association for Counselor Education and Supervision, Greensboro, NC.

Glossoff, H., May, K., Balog, V., Brown, S., & Sturdivant, M. (2002, October) *Preparing Future Counselor Educators to Manage Multiple Roles with Students Without Losing Professional Boundaries*. Poster presentation at the national conference for the Association of Counselor Education and Supervision, Park City, Utah.

Armstrong, K., Balog, V., & May, K. (2003, September) *Are We Ready For Diversity?: Multisexual Expression in Counseling*. Presentation at the regional conference of the Southern Association for Counselor Education and Supervision, Chattanooga, TN.

Armstrong, K., Balog, V., & May, K. (2004, February) *Kinky Sex: Multisexual Expression in Counseling*. Presentation at the national conference of the Association of Women in Psychology, Philadelphia, PA.

Balog, V. & Lowe, K. (2004, September) *The Invisible Epidemic: Substance Abuse and Older Adults*, Presentation at the 83<sup>rd</sup> Annual North Carolina Social Service Institute Conference, New Bern, NC.

Balog, V. (2005, April) *A Qualitative Analysis of Marriage, Caregiving, and Loss from the Male's Perspective*, Poster Presentation at the national conference of the American Counseling Association, Atlanta, GA.

Balog, V. & Lowe, K. (2005, October) *The Swan: Giving a Facelift to How We Define and Work with the 'Ugly Ducklings' of Our Caseload*, Presentation at the 84<sup>th</sup> Annual North Carolina Social Service Institute Conference, Hickory, NC.

Balog, V. & Weis, M. (2007, October) *The Landmines of Advocacy: Preparing Counselors in Training to Navigate the Field*, Poster Presentation at the national conference for the Association for Counselor Education and Supervision, Columbus, OH.

Balog, V. & Rapisarda, C. (2007, October) *The Road Less Traveled: Incorporating Creativity and Advocacy in the Group Supervision Experience*, Poster Presentation at the national conference for the Association for Counselor Education and Supervision, Columbus, OH.

Balog, V., Rapisarda, C. & Gilpin, M. (2009, March) *The Essential Quilt: Knitting Creativity and Advocacy into the Fabric of Supervision*, 90 minute presentation at the national conference for the American Counseling Association, Charlotte, NC.