



## Education

PhD, Counselor Education and Supervision (Child and Adolescent Emphasis) University of Northern Colorado	Aug. 2013 - May 2017
MS, Clinical Mental Health Counseling Loyola University New Orleans	Aug. 2010 - May 2013
BA, Political Science and American Studies (cum laude) Tulane University - Newcomb College for Women	Aug. 2003 - Dec. 2006

## Licensure, Certifications, and Selected Trainings

Licensed Professional Counselor in Colorado (#LPC.0012707; exp. 8/31/2025)  
Registered Play Therapist (#T5746; exp. 4/30/2024)  
Eye Movement Desensitization and Reprocessing (EMDR Provider #4154)  
Cognitive Behavior Therapy for Weight Loss and Maintenance (Beck Institute for Cognitive Behavior Therapy)  
ASIST: Applied Suicide Intervention Skills Training

## Professional Experience

Assistant Professor at Regis University Starting August 2024

- Teaching group counseling, practicum, and play therapy courses, in addition to other core curriculum courses as needed; supporting the Department's development and direction as a committee member on the Clinical Committee, the Curriculum Committee, and the Child and Adolescent Certificate Committee; conducting research related to comedy therapy, attachment, play therapy, and counselor education

Play Therapist, Mental Health Counselor, and Supervisor May 2012 - present

- Treating numerous clients facing a wide variety of issues; using advanced training in play therapy, group counseling, and the supervision of counseling students/interns
- Specific clinics and locations have included: Beacon Behavioral Health in Metairie, LA (May 2012 - May 2013; counseling intern); UNC's Psychological Services Clinic in Greeley, CO (August 2013 - May 2016; counselor and supervisor); Griffith Centers for Children in Weld County, CO (July 2013 - May 2016; play and family therapist); UNC's Group Lab Experience in Greeley, Colorado Springs, and Denver, CO (January 2018 - present; group therapist); Comedy Is Therapy (August 2019 - present; play therapist and group therapist; [www.comedyistherapy.com](http://www.comedyistherapy.com))

Staff Researcher and External Projects Coordinator  
at the Colorado Evaluation and Action Lab at the University of Denver May 2018 - May 2020

- Evaluating, writing, editing, and supporting the publication of empirical research generated by the Colorado Lab's internal and external projects, including designing a randomized control trial and process evaluation for CO Dept. of Human Services - Division of Child Support Services (note: this project was previously housed within the Education Innovation Institute at the University of Northern Colorado, where I was employed from October 2017 - May 2018)



- Managing day-to-day operations for all external projects from start to finish (beginning October 2019 - May 2020)
- Working with state officials to evaluate public policies, design improvements to existing programs, and pilot new interventions intended to benefit Colorado residents through a partnership with the Governor's Office

Prevention Data and Reports Specialist at the CO Dept. of Public Health & Env't. (Temp.) Dec. 2017 - June 2018

- Synthesizing empirical research on a variety of important topics within the Violence and Injury Prevention - Mental Health Promotion Branch, including the opioid epidemic
- Writing an evidence-based community-level interventions manual for Communities That Care, a community-based adolescent substance abuse prevention program (and engaging in similar work from Jan. 2017 - May 2017, prior to maternity leave)

Graduate Assistant at the UNC Dept. of Applied Psychology and Counselor Ed. Aug. 2013 - May 2016

- Supporting research and writing for the project Educational Outcomes for Youth in Foster Care, involving a historic data-sharing agreement between the Colorado Department of Education and the Colorado Department of Human Services
- Contributing to reports that have informed public policy directly affecting foster care students in Colorado
- Analyzing large data sets of foster student education information using SPSS, STATA, and R programs

Constituent Services Rep. and Field Coordinator for U.S. Senator Mary L. Landrieu July 2008 - Aug. 2010

- Facilitating citizens' access to various federal, state, and city programs and serving as a link between citizens and Senator
- Gaining an insider understanding of the political challenges that must be navigated when formulating public policy

## Teaching and Clinical Supervision Experience

Comedy Therapy Foundations Course for clinicians, online and asynchronous (developed 2023):

<https://www.comedyistherapy.com/enroll>

### Visiting Assistant Professor

Group Counseling, Regis University (Fall 2023; Spring 2024)

Practicum, Regis University (Fall 2023; Spring 2024)

Play in Family Therapy, Regis University (Spring 2024)

### Adjunct Professor

Practicum II, University of Northern Colorado (Fall 2019)

Group Therapy Experience, University of Northern Colorado (January 2018 - present)

School-Based Play Therapy, Adams State University (online, Fall 2018)

### Doctoral Instructor/Supervisor

Play Therapy: Theory and Practice (APCE 609; Summer 2015)

Supervision of Play Therapy in Play Therapy Theory and Practicum (APCE 617; Spring 2016)

Understanding Children, Adolescents, and Their Systems (APCE 603; Spring 2015)

Practicum II (APCE 619; Summer 2015 and Fall 2015)

Practicum in Individual Counseling (APCE 612; Fall 2014, Spring 2015, and Fall 2015)



## Publications

**Sheesley, A. P.**, Jones, S., & Ochoa, S. (in progress). *Comedy Therapy Treatment Manual for Clinicians*.

**Sheesley, A. P.** (2020). Social justice scenes. In M. Pope, M. Gonzalez, E. Cameron, & J. Pangelianan (Eds.), *Social justice and advocacy in counseling: Experiential activities for teaching* (pp. 148-152). New York, NY: Routledge.

Lalonde, T., Tsai, Chia-Lin, Clemens, E., Myers, K., Sheesley, A., Tolliver, L., McElhinney, C. (2020). *Flattening the college curve: Lessons learned from foster care to improve postsecondary participation for all youth*. Denver, CO: Colorado Evaluation and Action Lab at the University of Denver. Retrieved from <https://coloradolab.org/wp-content/uploads/2020/09/Postsecondary-Foster-Care-Report.pdf>

Clemens, E. V., Lalonde, T., **Sheesley, A. P.**, & Klopfenstein, K. (2019). Early warning indicators of dropping out of schools for teens who experienced foster care. *Child Welfare*, 97(5), 65-88.

Clemens, E. V., **Sheesley, A. P.**, Moses, S., & Davis, L. (December 2019). *Transforming Colorado's Child Support Services to a two-generation approach: Lessons learned and impact results from implementing an 11-county randomized controlled study* (Report No. 104C.V2). Denver, CO: Colorado Evaluation and Action Lab at the University of Denver. Retrieved from <https://coloradolab.org/projects/2019-projects/#2gen>

Clemens, E. V., & **Sheesley, A. P.** (2019). *Fostering Opportunities program manual: Middle and high school version* (Report No. 105A, Version 1). Denver, CO: Colorado Evaluation and Action Lab at the University of Denver. Retrieved from <https://coloradolab.org/wp-content/uploads/2019/07/Fostering-Opportunities-Manual.pdf>

Cureton, J., & **Sheesley, A. P.** (2019). Suicide competencies: Stories from counseling interns. *Journal of Professional Counseling: Practice, Theory, & Research*, 44(2), 14-31. <https://doi.org/10.1080/15566382.2017.12069188>

Clemens, E. V., Lalonde, T. L., & **Sheesley, A. P.** (2018). *Insight into the 2017 drop in foster care graduation rates: An examination of trends in dropout events, academic proficiency, school mobility, and child welfare placement changes for the foster care classes of 2014 to 2017* (Report No. 103). Denver, CO: Colorado Evaluation and Action Lab at the University of Denver. Retrieved from <https://coloradolab.org/wp-content/uploads/2018/10/8-31-18-foster-care-grad-rate-report.pdf>

Clemens, E. V., & **Sheesley, A. P.** (2018). *Educational success of Colorado students in foster care: What we have learned and future directions for actionable research* (Report No. 102). Denver, CO: Colorado Evaluation and Action Lab at the University of Denver. Retrieved from <https://coloradolab.org/wp-content/uploads/2018/10/8-6-18-foster-care-research-agenda-report.pdf>

**Sheesley, A. P.** (2017). *Medicaid expansion, Medicaid reimbursement methodologies, and counselor employment at Federally Qualified Health Centers* (Doctoral dissertation). Retrieved from University of Northern Colorado <https://digscholarship.unco.edu/dissertations/418/>



- Sheesley, A.**, Pfeffer, M., & Barish, B. (2017). Comedic improv therapy for the treatment of social anxiety disorder. In N. Mazza (Ed.), *Expressive therapies: Major themes in mental health*. London, UK: Psychology Press.
- Clemens, E. V., Lalonde, T. L., & **Sheesley, A. P.** (2016). The relationship between school mobility and students in foster care earning a high school credential. *Children and Youth Services Review*, 68, 193-201.
- Clemens, E. V., & **Sheesley, A. P.** (2016). *Every transition counts: Educational stability of Colorado's students in foster care, 2007-08 to 2013-14*. Greeley, CO: University of Northern Colorado. Retrieved from [http://www.unco.edu/cebs/foster-care-research/pdf/reports/Every\\_Transition\\_Counts\\_V.1\\_Interactive.pdf](http://www.unco.edu/cebs/foster-care-research/pdf/reports/Every_Transition_Counts_V.1_Interactive.pdf)
- Sheesley, A. P.** (2016). Counselors within the Chronic Care Model: Supporting weight management. *Journal of Counseling & Development*, 94(2), 234-245. doi:10.1002/jcad.12079
- Sheesley, A.**, Pfeffer, M., & Barish, B. (2016). Comedic improv therapy for the treatment of social anxiety disorder. *Journal of Creativity in Mental Health*, 11(2), 157-169. doi:10.1080/15401383.2016.1182880
- Evans, A., Ebrahim, C., **Phillips, A.**, & Foster, T. (2016). Constructivism as pedagogy: An analysis of master's level students' experiences. *Wisconsin Counseling Journal*, 29, 49-60.

## Professional Presentations

Sheesley, A., & Jones, S. (2023, October 13). Improv for Occupational Therapists [interactive workshop]. Occupational Therapy Association of Colorado Annual Conference. Denver, CO, United States.

### *Presentations to Colorado State Agencies*

**Sheesley, A. P.**, & Moses, S. (2019). *Impact Evaluation Findings of the 2Gen Transformation Project*. Presented to the Colorado Department of Human Services Division of Child Support Services 2Gen Leadership Team.

**Sheesley, A. P.** (2019). *Implementation Evaluation Findings of the 2Gen Transformation Project*. Presented to the Colorado Department of Human Services Division of Child Support Services 2Gen Leadership Team.

**Sheesley, A. P.** (2018). *Randomization Procedures for the 2Gen Transformation Project*. Presented to Colorado Department of Human Services Division of Child Support Services caseworkers from 11 pilot counties participating in the 2Gen Transformation Project.

### *National (Juried)*

**Sheesley, A. P.** *Counselors Within the Chronic Care Model: Supporting Weight Management*. (October, 2015). Presented at the Association for Counselor Education and Supervision Biennial Conference, Philadelphia, PA.

Spiegelhoff, S., **Sheesley, A. P.**, Hooper, L., Cole, J., & Brown-Smythe, C. *Incorporating Integrated Care into Counselor Education Curriculum*. Presented at the Association for Counselor Education and Supervision Biennial Conference, Philadelphia, PA.



Evans, A., Ebrahim, C., & **Phillips, A.** (October, 2013). *Recognizing and Addressing Group Dynamics in Classroom and Supervision Settings: Applications for Counselor Educators and Supervisors*. Presented at the Association for Counselor Education and Supervision Biennial Conference, Denver, CO.

## **Honors and Awards**

Association for Counselor Education and Supervision Conference 2015 Emerging Leader  
University of Northern Colorado Graduate Dean Scholarship  
Loyola University New Orleans Counseling Department Excellence in Research Award  
Loyola University New Orleans LaNasa-Greco Scholarship  
Tulane University Presidential Scholarship