

CLAIRE CRITCHLOW PHD, LPC, NCC

Assistant Professor/Program Director
School of Mental and Behavioral Health
Regis University

ccritchlow@regis.edu

Education

PhD Counselor Education and Supervision

University of Northern Colorado (CACREP accredited) August 2016-May 2023

501 W 20th St, Greeley, CO 80639

Dissertation: A Moustakas Phenomenological Analysis of How Counseling Masters Students Experience

Instructor Use of Humor in the Classroom

Advisor: Dr. Jennifer Fulling-Smith

Certificate: Gerontology

Minor: Applied Research and Statistical Methods

Emphasis Area: Gerontological Counseling

EdS Counselor Education and Supervision

Southeast Missouri State University (CACREP accredited) August 2014-December 2015

1 University Plaza, Cape Girardeau, MO 63701

MA Mental Counseling

Southeast Missouri State University (CACREP accredited) August 2012-December 2014

1 University Plaza, Cape Girardeau, MO 63701

BA in Psychology

University of Missouri: Kansas City August 2009-December 2011

5000 Holmes St, Kansas City, MO 64110

University of Missouri: Columbia August 2006-May 2009

409 Conley Ave, Columbia, MO 65201

Licensure and Certification

Licensed Professional Counselor Active as of 2016: Colorado License LPC.0013627

Licensed Professional Counselor Active as of 2015: Missouri License 2015006041

National Certified Counselor Active as of 2014: Certificate #347596

Teaching and Administrative Experience

Regis University

Counselor Education and Supervision PhD Internship Coordinator: June 2025-Current

Responsibilities include writing Internship Handbook, creating internship forms and procedures, creating internship syllabus, overseeing external placements, and serving as course lead for the internship course.

Counselor Education and Supervision PhD Program Director: August 2024-Current

Responsibilities include writing doctoral handbook, developing and leading doctoral admissions, organizing and leading doctoral orientation, managing course sequence and scheduling, developing dissertation policies and procedures, advising all doctoral students, overseeing course creation, collaboration with Learning Mate in course creation, collaboration with Nursing on shared courses.

Assistant Professor: May 2024-Current

Responsibilities include teaching, service, and scholarship.

Adjunct Faculty: Practicum I January 2024-May 2024

Responsibilities include supervising Masters students live with clients, giving feedback, and engaging in individual and triadic supervision.

University of Northern Colorado

Adjunct Faculty: Practicum I January 2024-May 2024

Responsibilities included teaching counseling skills, supervising Masters students live with clients, giving feedback, supervising Doctoral students in their supervision, grading, maintaining Canvas shells, classroom management, and lesson planning.

Metropolitan State University of Denver

Non-Tenure Track Faculty (Category II Lecturer) June 2021-December 2023

Responsibilities included instruction in both undergraduate and graduate courses within the Department of Human Services and Counseling, building course content in accordance with CACREP and NAADAC standards, holding office hours, advising students, grading, classroom management, as well as maintaining online Canvas shells for each course. Additionally, I mentored several students conducting research as well as submitting conference proposals and presenting at conferences. While service was not part of my contract as a non-tenure track faculty member I did serve on many program and university wide committees, as well as chaired committees within the department.

Clinical Director June 2021-December 2023

Responsibilities pertained to building, developing, and maintaining the counseling training clinic for the Department of Human Services and Counseling Masters program in Clinical Behavioral Health with an Emphasis in Addictions Studies: securing a location for the build of the clinic, coordinating with outside vendors regarding the construction of the clinic and acquisition of furniture, developing all clinic policies and procedures, developing all clinic paperwork, securing HIPAA compliant audio/visual software for the purpose of live supervision as well as recording sessions, securing HIPAA compliant electronic medical records software, securing client and counselor assessment tools, developing a student clinic work study program, training and supervising clinic work studies, developing and implementing client recruitment procedures, developing and implementing all client screening and onboarding procedures, overseeing all clinic processes, and supervising students within the training clinic. In addition to the above responsibilities, I was also responsible for procedures associated with securing CACREP accreditation.

Interim Graduate Program Director July 2022-December 2022

Responsibilities pertained to overall leadership of the graduate program. Duties included program marketing, budget management, strategic planning, recruitment, admissions, hiring and overseeing of affiliate faculty, chairing the professional review team, creation of over half of all program syllabi, as well as representing the graduate program at all graduate level committee meetings (such as Graduate Council).

Courses Taught

Regis University:

Fall 2026

CES 801 Doctoral Seminar: Pedagogy

CES 810 Internship in CES

Summer 2026

CES 810 Internship in CES

Spring 2026

MCPY 698 Internship

MCPY 635 Counseling Techniques I

Fall 2025

CES 801 Doctoral Seminar: Pedagogy

MCPY 698 Internship

Summer 2025

MCPY 636 Counseling Techniques II (overload)

Spring 2025

MCPY 635 Counseling Techniques I (2 sections)

Fall 2024

MCPY 635 Counseling Techniques I (2 sections)

Spring 2024

MCPY 692 Practicum supervisor

Summer 2024

MCPY 692 Practicum instructor

MCPY 635 Techniques I Instructor

Spring 2024

MCPY 692 Practicum supervisor

Metropolitan State University:

Introduction to Health Professions

Practicum I

Practicum II

Internship

University of Northern Colorado:

Practicum Spring 2023

University 101: two sections each semester between August 2018 and December 2020

Courses Designed

Regis University

Doctoral:

CES 801 Doctoral Seminar: Pedagogy

CES 810 Internship in CES

CES 818E Creativity in Counselor Education and Supervision

Masters:

MCPY 635 Techniques I

MCPY 636 Pre Practicum

MCPY 643F Creativity in Counseling

Metropolitan State University

Masters:

BHAM: 5003 – Development across the Lifespan

BHAM: 5005– Theories and techniques in helping relationships

BHAM: 5006 – Group counseling theory and technique

BHAM: 5008 – Research and Evaluation

BHAM: 5009– Development across the Lifespan

BHAM: 5011 – Clinical Supervision

BHAM: 5012 – Diagnosis and Treatment Planning

BHAM: 5013 – Statistical Analysis

BHAM: 5020– Practicum I

BHAM: 5021– Practicum II

BHAM: 5031 – Internship

Co-Teaching

University of Northern Colorado: Lowry Spring 2018

APCE 612: Practicum I

Teaching and Supervision

University of Northern Colorado: Greeley Fall 2017

APCE 612: Practicum I

Teaching and Supervision

University of Northern Colorado: Lowry Spring 2017

APCE 650 Orientation to Clinical Counseling

Southeast Missouri State University Fall 2015

CP 614: Counseling Skills

Guest Lecture

Metropolitan State University of Denver Spring 2021

HSP 2030: Theory and Practice of Counseling

Person Centered Counseling

Regis University Summer 2020
Lifespan and Development
Human Sexuality Across the Lifespan

University of Northern Colorado: Greeley Spring 2020
APCE 723: Advanced Multicultural Perspectives
Social Justice Supervision

University of Northern Colorado: Greeley Spring 2020
APCE 716: Research Seminar
Developing a Research Agenda
Researcher-Practitioner Partnerships
Developing a Conceptual Manuscript

University of Northern Colorado: Greeley Summer 2019
APCE 623: Understanding and Counseling Diverse Populations
Sexism
Classism
Ageism
Ableism
Broaching

University of Northern Colorado: Lowry Summer 2019
APCE 623: Understanding and Counseling Diverse Populations
Sexism
Classism
Ageism
Ableism
Broaching

University of Northern Colorado: Lowry Spring 2019
APCE 650: Orientation to Clinical Counseling
History of the Counseling Profession
Risk Assessment

University of Northern Colorado: Greeley Spring 2018
APCE 612: Practicum I
Humor in Counseling

Clinical and Supervisory Experience

Owner/Counselor at Alpenglow Counseling and Wellness, LLC May 2017-Current

Contract Counselor/Supervisor Divergent Mental Health Group September 2023-May 2025

Contract Counselor/Supervisor Queer Asterisk January 2021-May 2021

Group Facilitator MSU Denver Spring 2021

Practicum I Supervisor Virtual March 2020-August 2020 UNCO Lowry

Practicum II Supervisor May-July 2019 UNCO Lowry

Practicum II Supervisor August-November 2018 UNCO Lowry

Practicum I Supervisor January 2018- 2019 UNCO Lowry

Practicum I Supervisor August 2017-December 2018 UNCO Greeley

Clinician at Tender Hearts Child Therapy Center: March 2015-May 2016

Skills Course Supervisor August 2015-December 2015

Southeast Missouri State University Training Clinic Cofounder August 2014-May 2015

Outpatient Intern at Community Counseling Center July 2013-July 2014

Honors and Awards

RHCHP Faculty Emerging Scholar Award Spring 2026

The RHCHP Faculty Emerging Scholar Award is intended to recognize a ranked faculty member with experience for excellence in scholarship, research, and creative works.

2023 Qualitative Article of the Year

The article "The Impact of Oppression and Contextual Factors on Transgender and Gender Expansive Youth" was selected by the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) Research and Scholarship Committee as the recipient of the 2023 Qualitative Article of the Year Award for the *Journal of LGBTQ Issues in Counseling*.

Teaching Excellence Award MSU Denver Fall 2022

The Faculty Senate Teaching Excellence Awards are intended to honor individuals who demonstrate excellence in teaching by: Exhibiting knowledge of their subject matter, Showing enthusiasm for their subject matter and for imparting that enthusiasm to students, maintaining rigorous academic standards, having a positive impact on students' learning and professional development, showing a commitment to teaching, and cultivating accessibility and open rapport with students.

Instructor Excellence Award UNCO University 101 Fall 2020

Each year, one University 101 instructor of record is chosen to receive the Instructor Excellence Award by the director of the University 101 program.

Hutchinson-Lahman Research Award Fall 2019

The purpose of the award is to support graduate students' dissemination of their research at a national or regional conference. Award winners receive travel funding to present at a professional conference. Award winners are chosen during the annual Graduate Research Symposium at the University of Northern Colorado. Received \$500 travel grant for poster: Navigating transitions through sand: Using narrative inquiry to explore transitions and identity development in CITs.

Scholarly Activities: Publications

Publications in a Refereed Journal

- Critchlow, C.**, Rose, J.S., Blevens, M. (under review) Exploring experiences of instructor use of humor with counseling students using Moustakas phenomenological analysis: Suggestions and implications. *Counselor Education and Supervision*
- Saltis, M., **Critchlow, C.**, & Cheung, R. (2023). Using sandtray to understand the professional identity development of counselors in training. *Journal of Creativity in Mental Health*, 20(1), 15–29. <https://doi.org/10.1080/15401383.2023.2270905>
- Dissertation: **Critchlow, C.** (2023) A Moustakas phenomenological analysis of how counseling masters students experience instructor use of humor in the classroom
- Saltis, M. N., **Critchlow, C.**, & Fulling-Smith, J. (2023) The Impact of Oppression and Contextual Factors on Transgender and Gender Expansive Youth, *Journal of LGBTQ Issues in Counseling*, 17:2, 112-129
- Saltis, M. N., **Critchlow, C.**, & Fulling-Smith, J. (2023) How transgender and gender expansive youth cope with oppression: Making sense of experiences and resiliency factors, *Journal of LGBTQ Issues in Counseling*, 17(1), 2-21, DOI: [10.1080/26924951.2022.2093308](https://doi.org/10.1080/26924951.2022.2093308)
- Saltis, M. N., **Critchlow, C.**, & Smith, J. A. (2022). Discovering gender and coming out: the Genderidentity journeys and coming out stories of transgender and gender expansive youth. *Journal of LGBTQ Issues in Counseling*, 16(3), 226-245.
- Ward, C. J., Ohde, K., Rose, J., **Critchlow, C.**, Park, J., Vaughan, A. L. (2020) First-year seminars: Supporting STEM and college student academic success and persistence. *Journal of the First Year Experience & Students in Transition*, 32(2), 45-58
- Nelson, T., Kagan, N., **Critchlow, C.**, Hillard, A., & Hsu, A. (2020). The Danger of Misinformation in the COVID 19 Crisis. *Missouri Medicine*, 117(6), 510.
- Article republished in *Journal of the Oklahoma State Medical Association*. 2021 Jan-Feb; pp 16-18 <<https://www.bluetoad.com/publication/?m=24761&i=694478&p=2>>
- Article republished in *Utah Physician*. 2021 Feb-Mar; pp 8-12 <[Utah Physician February / March 2021 by Mills Publishing Inc. - issuu](#)>
- Saltis, M. N., **Critchlow, C.**, & Smith, J. A. (2019). Teaching through sand: Creative applications of sandtray within constructivist pedagogy. *Journal of Creativity in Mental Health*, 1-10. doi:10.1080/15401383.2019.1624995
- Smith, J. A., McCullough, R., **Critchlow, C.**, & Luke, M. (2017). Proposing an Initiative Research Methodology for LGBTQ Youth: Photo-Elicitation and Thematic Analysis. *Journal of LGBTQ Issues in Counseling*, 11(4), 271-284. doi:10.1080/15538605.2017.1380557

Publications in a Non-Refereed Journal (articles, papers, reports, multimedia)

- Critchlow, C.** (2021) Textbook or figure number and name. In M.K.E. Lahman, Writing and representing qualitative research (pp.). Sage. DOI

Presentations

Refereed Presentations

- Sayre-Adona, A., Tessmer, A., **Critchlow, C.**, White, S. (2026) *Creatively taking care of yourself: A space of queer affirming intentionality*. Colorado Counseling Association Annual Conference, Denver, CO. Oral Presentation
- Kraft, E., **Critchlow, C.** (2026) *Ethically counseling polyamorous clients: Addressing mononormative bias*. Colorado Counseling Association Annual Conference, Denver, CO. Oral Presentation
- Rose, J. S., **Critchlow, C.** (2026). *The Shadow Beneath: Unmasking Death Anxiety as a Catalyst for Nationalism and Violence and the Counselor's Responsibility*. CSI Speaker Series, Thornton, CO. Oral Presentation
- Critchlow, C.**, & Rose, J.S. (2026) *Laughing together: Exploring the transformative role of humor in counselor education*. Existential Therapy Fourth World Congress Conference, Denver, CO. Oral Presentation

- Critchlow, C., Kraft, E., Rose, J.S.** (2026) *Ethically counseling polyamorous clients: Addressing mononormative bias*. Existential Therapy Fourth World Congress Conference, Denver, CO. Oral Presentation
- Rose, J. S., **Critchlow, C.**, Hardaway, E., & Pharr, Z (2026). *The Shadow Beneath: Unmasking Death Anxiety as a Catalyst for Nationalism and Violence and the Counselor's Responsibility*. The 4th World Congress of Existential Therapy, International Conference, Denver, CO. Oral Presentation
- Rose, J. S., **Critchlow, C.**, & Hardaway, E. (2026). *We might cheat death if we worship it: The Impact of Death Anxiety on Counselors'-in-Training Efficacy with Substance Use Populations*. The 4th World Congress of Existential Therapy, International Conference, Denver, CO. Oral Presentation
- Kraft, E., & **Critchlow, C.** (2026) *Ethically counseling polyamorous clients: Addressing mononormative bias*. Association for Humanistic Counseling (AHC) Conference, New Orleans, LA. Oral Presentation
- Lukas, K., **Critchlow, C.**, Wimmer, L. (2026) *The hourglass case conceptualization model: A conceptual developmental framework*. Association for Humanistic Counseling (AHC) Conference, New Orleans, LA. Oral Presentation
- Critchlow, C.**, Rose, J., & Lukas, K. (2026). *Laughing together: Exploring the transformative role of humor in counselor education*. Association for Humanistic Counseling (AHC) Conference, New Orleans, LA., Oral Presentation
- Kraft, E., & **Critchlow, C.** (2026) *Ethically counseling polyamorous clients: Addressing mononormative bias*. Chi Sigma Iota Speaker Series, Regis University, Thornton CO, Oral Presentation
- Kraft, E., & **Critchlow, C.** (2026) *Ethically counseling polyamorous clients: Addressing mononormative bias* [Accepted]. American Counseling Association (ACA) Conference,
- Critchlow, C.**, & Rose, J. (2025, October). *Laughing together: Exploring the transformative role of humor in counselor education* [Round table]. Association for Counselor Education and Supervision (ACES) Conference.
- Rose, J.S., & **Critchlow, C.** (2025, October). *Transforming counselor education: Enhancing professional competency and promoting equity through performance-based approaches to admissions* [Poster presentation]. Association for Counselor Education and Supervision (ACES) Conference.
- Critchlow, C.**, Gibson, A., Hart, D., & Ennis, M. (2025, August) *Smarter, not harder: Practical AI uses for faculty* [Education Session]. Academic Excellence Workshop Regis University
- Critchlow, C.** (2024, September). *Laughing with Students How Humor Impacts Student Learning* [Poster Presentation]. Rocky Mountain Association for Counselor Education and Supervision (RMACES)
- Rose, J.S., **Critchlow, C.** (2024, August) *We Might Cheat Death if we Worship it: The Impact of Death Anxiety on Counselors in Training Efficacy with Substance Use Population* [Education Session], Colorado Counseling Association
- Critchlow, C.**, Rose, J.S. (2023, October). *Laughing with students: How humor impacts the instructor-student relationship* [Poster presentation]. Association for Counselor Education and Supervision Conference.
- Critchlow, C.**, Keller, C. (2023, August). *Laughing with students: How humor impacts the instructor-student relationship* [Education session]. Colorado Counseling Association Conference.
- Keller, C., **Critchlow, C.** (2023, August). *Allyship: Language matters, actions speak louder* [Education session]. Colorado Counseling Association Conference.
- Critchlow, C.**, Rose, J.S. (2022, October). *A phenomenological analysis of counseling students' experience of instructor use of humor* [Poster presentation]. Rocky Mountain Association for Counselor Education and Supervision Conference, Idaho.
- Saltis, M., **Critchlow, C.** (2022, October). *How trans youth cope with oppression: Making sense of experiences and resiliency factors** [Education session]. Rocky Mountain Association for Counselor Education and Supervision Conference, Idaho.
- Saltis, M., **Critchlow, C.** (2021, May). *How transgender and gender expansive youth experience their gender identities: A 3-part series, part 3* [Training]. Queer Asterisk Training.
- Saltis, M., **Critchlow, C.** (2021, April). *How transgender and gender expansive youth experience their gender identities: A 3-part series, part 2* [Training]. Queer Asterisk Training.
- Saltis, M., **Critchlow, C.** (2021, April). *How transgender and gender expansive youth experience their gender identities: A 3-part series, part 1* [Training]. Queer Asterisk Training.
- Critchlow, C.** (2021, April). *The appropriate use of humor in counseling* [Training]. Queer Asterisk Training.

- Rose, J.S., **Critchlow, C.** (2020, October). *The impact of death anxiety on counselor-in-training's efficacy in substance use populations* [Education session]. Rocky Mountain Association for Counselor Education and Supervision Conference.
- Saltis, M., **Critchlow, C.** (2020, October). *Navigating transitions through sand: Using narrative inquiry to explore identity development in CITs* [Education session]. Rocky Mountain Association for Counselor Education and Supervision Conference.
- Saltis, M., **Critchlow, C.** (2019, December). *Navigating transitions through sand: Using narrative inquiry to explore transitions and identity development in CITs* [Poster presentation]. Research Night, University of Northern Colorado.
- Saltis, M., **Critchlow, C.** (2019, October). *Creative applications of sandtray in CES pedagogy* [Education session]. Association for Counselor Education and Supervision Annual Conference, Seattle, WA, United States.
- Rose, J.S., **Critchlow, C.** (2019). *Exploring English as a second language international students' experience of the GRE as a gatekeeping tool* [Poster presentation]. Rocky Mountain Association for Counselor Education and Supervision Conference, Denver, CO, United States.
- Critchlow, C.** (2019, February). *The appropriate use of humor in counseling* [Education session]. Colorado Counseling Association Student Conference, Lakewood, CO, United States.
- Vaughan, A., Hauck, A., **Critchlow, C.** (2019, February). *First year seminar curriculum promoting college engagement, academic self-efficacy, and achievement* [Poster presentation]. First-Year Experience Conference, Las Vegas, NV, United States.
- Rose, J.S., **Critchlow, C.** (2018, December). *The participation of NREUP program and STEM careers* [Education session]. Research Night, University of Northern Colorado.
- Weingartner, A., **Critchlow, C.** (2018, October). *Outside-the-box remediation: Using creative strategies to facilitate difficult conversations* [Roundtable discussion]. Rocky Mountain Association for Counselor Education and Supervision Conference, Utah, United States.
- Saltis, M., **Critchlow, C.** (2018, October). *Teaching through sand: Creative applications of sandtray within a constructivist pedagogy* [Education session]. Rocky Mountain Association for Counselor Education and Supervision Conference, Utah, United States.
- Critchlow, C.** (2018, February). *Being fully human through appropriate use of humor in counseling* [Education session]. Rocky Mountain Humanistic Counseling and Psychological Association Conference, Boulder, CO, United States.
- Saltis, M., **Critchlow, C.** (2017, October). *Gender nonconformity in youth and safety: Utilizing photo-elicitation and thematic analysis* [Poster presentation]. Association for Counselor Education and Supervision Conference, Chicago, IL, United States.
- Smith, J., **Critchlow, C.** (2017, October). *Qualitative interpretive meta-synthesis: Implications for counseling research* [Poster presentation]. Association for Counselor Education and Supervision Conference, Chicago, IL, United States.
- Bailey, D., **Critchlow, C.** (2014, September). *Operation welcome back* [Conference presentation]. Annual Suicide Prevention Conference, Cape Girardeau, MO, United States.

Some of early presentations listed may not include all presenters, due to previous lack of record keeping

Non-Refereed Presentations

- Critchlow, C.**, Johnston, L. (2014, August). *Conflict management workshop* [Workshop]. Southeast Missouri State University.
- Johnston, L., **Critchlow, C.** (2014, January). *Conflict management workshop* [Workshop]. Southeast Missouri State University.
- Critchlow, C.**, Johnston, L. (2014, January). *Confrontation skills workshop* [Workshop]. Southeast Missouri State University.

Current Research Activities

Critchlow, C. (in progress). Laughing with students: An exploration of counselor in training experience with instructor use of humor

Critchlow, C. (in progress). Laughing with students: How instructor use of humor impacts counselor in training learning

Critchlow, C. (in progress) Laughing with students: How counselors in training define humor

Professional, Scientific, Honorary Associations or Societies

Colorado Counseling Association 2019-present

- 30806166
- CO-SAIGE

American Counseling Association 2013-Present

- 6367488
- ACES
- RMACES
- SAIGE

Phi Kappa Phi (chapter #260) 2014-2015

Chi Sigma Iota (Sigma Epsilon Sigma chapter) 2013-2015

Service to the Profession

CO-SAIGE Secretary January 2026-present

Responsibilities include setting up meeting times, communication across members, developing meeting schedules, keeping track of meeting minutes, and developing a strategic plan.

CCA Grant Reviewer Spring 2026

Reviewed student grant proposals for 2026 Colorado Counseling Association annual conference

CCA Conference Proposal Reviewer Spring 2026

Reviewed conference proposals for 2026 Colorado Counseling Association annual conference

CCA 2025 Conference Proposal Reviewer April 2025

Reviewed conference proposals for 2025 Colorado Counseling Association annual conference