

Leigh de Armas DeLorenzi, Ph.D., LMHC, LMFT, NCC

CURRICULUM VITAE

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ACADEMIC BACKGROUND

Ph.D. Counselor Education, CACREP-Accredited

University of Central Florida, Orlando, FL – (May, 2012)

Specialization Areas: Physician Wellbeing, Counselor Trainee Wellbeing, Gatekeeping in Counselor Education, Child Sexual Abuse, Intimate Partner Violence, Trauma Therapies, Child & Family Counselor Education.

Dissertation Title: The relationship between caregiver intimate partner violence, posttraumatic stress, child cognitive self-development, and treatment attrition among child sexual abuse victims.

Chair: Andrew P. Daire, Ph.D.

Master of Arts in Mental Health Counseling, CACREP-Accredited (With Honors, May 2009)

Certificate in Couple and Relationship Therapy

Rollins College, Winter Park, FL

Bachelor of Science in Communication

Double Major: English/Creative Writing and Journalism (May, 2003)

University of Miami, Coral Gables, FL

LICENSING, CERTIFICATIONS, & ADDITIONAL TRAINING

Licensed Mental Health Counselor # MH 13983

Licensed Marriage and Family Therapist # MT3643

National Certified Counselor # 1203472

Qualified Supervisor MHC and MFT

Completed Levels 1 and 2 Training in Gottman Method Couples Therapy

Eye Movement Desensitization Reprocessing (EMDR) Trained

Emotion-Focused Couples Therapy Externship

EMDR and Attachment-Focused Trauma Therapy for Adults

Internal Family Systems Level 1 Training

Prepare/Enrich Facilitator Training

Registered Domestic Violence Advocate for the State of Florida

Certificate: Three-Stage Model for Treating Victims of Sexual Trauma

PROFESSIONAL AFFILIATIONS

American Counseling Association – Member

Association for Counselor Education and Supervision – Member

Southern Association for Counselor Education and Supervision – Member

Central Florida Association for Marriage and Family Therapists – Member

American Association of Marriage and Family Therapists – Clinical Fellow

HONORS

- Central Florida Association of Marriage and Family Therapists – Distinguished Service Award (2025)

- The Association for Counselor Educators and Supervisors "Outstanding Article for *Counselor Education and Supervision Award*" (2014)
- The UCF Excellence in Service and Leadership Award (2011)
- University of Central Florida Dean's Fellowship Recipient (2009-2012)
- Nomination: Rollins College Institutional Review Board (2008-2009)
- Writing Award --Association of Alternative Newsweeklies (AAN) Award: 2006 Media Reporting/Criticism: *Orlando Weekly* - "Feeding Frenzy"
- Rotary International Paul Harris Fellow Award: Bahamian Children's Project, Winter Park, FL (Summer 2005)

SERVICE

- **National:**
 - Association of Counselor Educators and Supervisors (ACES) Teaching Practice Briefs (TPB) **Editorial Board Member (2022-Present)**
 - This editorial board reviews TPBs with a centralized focus on antiracist, socially just teaching and learning practices.
 - ACES **Conference Session Reviewer** (2019)
- **Regional:**
 - Southern Association of Counselor Educators and Supervisors (SACES) **Diversity and Social Justice Committee Member (2025-2028)**
 - This committee partners with conference, webinar, and newsletter teams to implement diversity and social justice initiatives, conduct member surveys and focus groups, and develop inclusive programming and community-building opportunities.
 - **Consulting psychotherapist** for on-site crisis counselors providing services to medical staff working in COVID-19 critical care units (pro-bono) (2021)
 - The Center for Physician Wellbeing- Co-founder of the "Flourish" Resident Wellbeing Initiative; "Flourish" **Advisory Board Member** (Present)
- **College:**
 - Rollins College **Wellness Integration Team** (2023-Present)
 - Rollins College **Faculty Affairs Committee**, Secretary (2019-2022)
 - Rollins College **Postvention Committee**- Campus Re-entry Plan (2020)
- **Department:**
 - **CACREP Liaison**, Rollins College Graduate Studies in Counseling Department (Present)

CURRENT RESEARCH

- The Wellbeing of Professional Helpers (Mental Health Trainees and Physicians)
- Gatekeeping Practices in Counselor Education

PUBLICATIONS

DeLorenzi, L. & Henderson, K. (Eds). (In Progress). *Gatekeeping in the mental health professions* (2nd ed.) American Counseling Association. (Book proposal accepted).

DeLorenzi, L., Thomas, M., & Figueroa, M. (Under Review). Internal Family Systems (IFS)-informed supervision: A mixed-methods pilot study. *Counseling and Values*.

- DeLorenzi, L. (Under Review). Flourishing: A mixed methods evaluation of wellness curriculum. *Journal of Counselor Development*.
- DeLorenzi, L. & Gonzalez, J. (In Press). Ethics in brief counseling. In D. Paladino & C. Bennett (Eds) *Brief Counseling: Principles and Practice*. American Counseling Association.
- Bennett, C., DeLorenzi, L. & Keen, A. (In Press). Brief emotion-focused couple therapy. In D. Paladino & C. Bennett (Eds) *Brief Counseling: Principles and Practice*. American Counseling Association.
- DeLorenzi, L., & Homrich, A. (2024). An ethical decision-making model for gatekeeping. In N. Hurless & L. Davis (Eds) *Cases on Trauma-Informed Gatekeeping in Counselor Education*. IGI Global.
- DeLorenzi, L. (2023). Voices from the field: Challenges and strategies for addressing problematic trainees. In G. F. Corey, M. S. Corey, and C. Corey (Eds) *Issues and Ethics in the Helping Professions, Eleventh edition*. Cengage Learning.
- DeLorenzi, L., & Paladino, D. (2023). Counseling with older adolescents. In S.L. Smith-Adcock (Ed), *Counseling Children and Adolescents, Second Edition*. Thousand Oaks, CA: Sage Publications
- Paladino, D. & DeLorenzi, L. (2021). The other side. In J. Swank & C. Barrio Minton (Eds) *Critical Incidents in Counselor Education: Teaching, Supervision, Research, and Leadership and Advocacy*. Alexandria, VA: American Counseling Association
- Sanabria, S. & DeLorenzi, L. (2019). Social justice pre-practicum: Enhancing social justice identity through experiential learning. *Journal for Social Action in Counseling and Psychology*. 11(2), 35-53.
- DeLorenzi, L. (2018). Measuring and evaluating personal and professional conduct. In A.M. Homrich & K.L. Henderson (Eds.) *Gatekeeping in the Mental Health Professions: Best Practices for Graduate Faculty and Clinical Supervisors*. Alexandria, VA: American Counseling Association.
- DeLorenzi, L. (2018). Addressing problematic behavior of students and supervisees. In A.M. Homrich & K.L. Henderson (Eds.) *Gatekeeping in the Mental Health Professions: Best Practices for Graduate Faculty and Clinical Supervisors*. Alexandria, VA: American Counseling Association.
- DeLorenzi, L., Roach, L., Burnett, J., Thanasiu, P., & Jacobsen, L. (2017). *CACREP self-study report: 2016 standards*.
- DeLorenzi, L., Daire, A. P., & Bloom, Z. D. (2016). Predicting treatment attrition for child sexual abuse victims: the role of child trauma and co-occurring caregiver intimate partner violence. *Counseling outcome research and evaluation*, 7(1), 40-52.
- Musangali, M., Daire, A. P., & DeLorenzi, L. (2016). The impact of caregiver coping strategies and patient level of functioning on perception of caregiver burden among caregivers of persons living with HIV/ AIDS in Kenya. *Journal of HIV/AIDS & Social Services*, 15(4), 450-463.
- Homrich, A., DeLorenzi, L., Godbee, B., & Bloom, Z. (2014). Making the case for standards of conduct clinical training. *Counselor Education and Supervision*, 53(2), 136-144. (10% acceptance rate per editor)
- de Armas DeLorenzi, L. (2012). Teaching school counselors to work with English Language Learners effectively. In J. Nutta (Ed), *Preparing every teacher to reach English learners: A practical guide for teacher educators*. Boston, MA: Harvard Education Press.
- Young, M., de Armas, L. & Cunningham, L. (2011). Using meditation in addiction counseling. *Journal of Addiction and Offender Counseling*, 32(1-2), 58-71.
- de Armas, L. & Bailey, A. (2009) The balancing act of counseling multi-heritage families. In R.C. Henriksen & D.A. Paladino(Eds.) *Counseling Individuals, Couples, and Families with Multiple Heritages*. Alexandria, VA: American Counseling Association.

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- DeLorenzi, L. (2026, January).** A trauma-informed ethical decision-making model for gatekeeping. Council of University Directors of Clinical Psychology Programs. Invited Speaker.
- DeLorenzi, L. & Thomas, M. (2025, October).** Enhancing counselor development through IFS-informed supervision: A mixed-methods pilot study. Association of Counselor Education and Supervision. Philadelphia, PA.
- Bennett, C., Paladino, D. & DeLorenzi, L. (2025, October).** Bringing brief counseling into the curriculum and classroom: The what, the why, and the how. Association of Counselor Education and Supervision. Philadelphia, PA.
- Bennett, C., Paladino, D. & DeLorenzi, L. (2025, March).** The principles and practice of brief therapy: The what, the why, and the how. American Counseling Association. Orlando, FL.
- DeLorenzi, L. (2025, November).** Keeping your license: Legal and ethical practice guidelines. Central Florida Association of Marriage and Family Therapist. Winter Park, FL
- DeLorenzi, L. & Dunn, S. (2023, August).** Faculty wellbeing. Post-Faculty Retreat Session. Rollins College, Winter Park, FL.
- DeLorenzi, L. & Page, N. (2021, October).** Beyond the burnout lecture: How to infuse curricular experiences that increase student wellbeing. Association of Counselor Educators and Supervisors. Atlanta
- DeLorenzi, L. & Page, N. (2020, September).** Florida laws and rules: Update. Central Florida Association of Marriage and Family Therapist. Winter Park, FL
- Homrich, A., DeLorenzi, L. and Henderson, K. (2020, May).** Gatekeeping workshop: Best practices for graduate faculty and clinical supervisors. University of South Maine via Zoom.
- Sanabria, S., DeLorenzi, L., & Walsh, C. (2020, February).** "Get over it": How past cultural traumas get handed down to children. Cross-Cultural Counseling and Education Conference for Research, Action, And Change. Savannah, GA
- Baldwin, K. & DeLorenzi, L. (2019, October).** Faculty and supervisors: Do you know your essential responsibilities as gatekeepers? Association of Counselor Educators and Supervisors. Seattle.
- Homrich, A., Hendersen, K., DeLorenzi, L. (2019, March).** American Counseling Association pre-conference institute: Gatekeeping from A to Z: Best Practices for graduate faculty and clinical supervisors. American Counseling Association. New Orleans.
- Hendersen, K., Homrich, A., DeLorenzi, L., & Baldwin, K. (2019, March).** Gatekeeping and ethics: Navigating challenges in counselor education and supervision. American Counseling Association. New Orleans
- DeLorenzi, L., Thanasiu, P. & Roach, L. (2015, October).** The ABC's of treating childhood trauma. Association of Counselor Educators and Supervisors. Philadelphia, PA.
- DeLorenzi, L., & Roach, L. (2015).** The science of happiness. Stetson University Values Day. DeLand, FL.
- DeLorenzi, L. (2015, January).** The influence of trauma therapies on the brain of the traumatized child. Florida Mental Health Counseling Association. Lake Mary, FL.

TEACHING EXPERIENCE

ROLLINS COLLEGE- GRADUATE STUDIES IN CLINICAL MENTAL HEALTH COUNSELING

Associate Professor	2023-Present
Assistant Professor (Tenure Track)	2018-2023
Visiting Assistant Professor	Fall/Spring 2012-2013 and Spring 2014
Adjunct Instructor	2010-2014

- M.A. courses:
 - CPY 510: Foundations in Clinical Mental Health Counseling
 - CPY 562: Child and Adolescent Counseling
 - PSY 680 & 695: Practicum/Internship

- CPY 535: Career and Lifestyle Development
- CPY 510: Counseling Process and Skills
- CPY 557: Couple and Marriage Therapy – Theory and Techniques
- CPY 550: Dynamics of Marriage, Family, and Relationship Counseling

STETSON UNIVERSITY – DEPARTMENT OF GRADUATE COUNSELOR EDUCATION

Assistant Professor (Tenure Track)2014-2017

- M.S. courses:
 - COUN 501: Assessment and Evaluation
 - COUN 506: Human Growth and Development
 - COUN 504: Group Counseling
 - COUN 503: Human Relations, Methods, and Skills
 - COUN 505: Counseling Theories
 - COUN 507: Career Counseling
 - COUN 515: Multicultural Counseling
 - COUN 517 Practicum in Counselor Education

CLINICAL EXPERIENCE

DELORENZI COUNSELING AND CONSULTING, LLC

Owner, Psychotherapist, and Qualified SupervisorPresent

- As a dually licensed mental health counselor and marriage and family therapist, I offer counseling support to professional helpers (i.e., counselors, physicians, nurses, or any kind of professional caregiver) trying to navigate the stressors of life while balancing the unique professional demands of caring for others.
- As a qualified supervisor, I provide weekly supervision to registered mental health counseling interns and registered marriage and family therapy interns in the state of Florida.

ADVENT HEALTH CENTER FOR PHYSICIAN WELLBEING

Consulting Psychotherapist for Crisis Counselors Servicing Medical Staff2021

- Provided regular consultation to on-site counseling departments rounding on the COVID-19 units who were providing crisis counseling, psychological first aid, and resources to all medical staff seeking support.

Consulting Psychotherapist & Researcher2017-2020

- Developed research initiatives designed to measure physician burnout and enhance resiliency.
- Managed a caseload of Advent Health physicians, nurse practitioners and physician assistants.
- Rounded with physicians seeking consultation and feedback about patient encounters and communication styles.

KIDS HOUSE OF SEMINOLE WAYNE DENSCH CHILDREN’S ADVOCACY CENTER

Researcher & Psychotherapist2009-2016

- Managed a caseload of up to 20 weekly clients for child victims of sexual abuse, physical abuse, and neglect who are exhibiting active trauma symptoms.
- Conducted research on client retention and participate in the construction of a trauma-focused treatment model emphasizing triage decision-making.