

LAUREN K. CHAPMAN

lauren-chapman.com • laurenkchapman1@gmail.com • 469.400.7598

Curriculum Vitae

EDUCATION

May 2031 **The University of Houston, Houston, TX**
(Anticipated) **Ph.D. in School Psychology**

May 2025 **The University of Houston, Houston, TX**
M.Ed. Clinical Mental Health Counseling

Dec. 2021 **Texas A&M University, College Station, TX**
B.S. in Psychology
Psychology in Diversity Certificate
Minor in Human Resource Development

CLINICAL EXPERIENCE

May 2025 - Present **Licensed Professional Counselor Associate**
Psychology Works, LLC.
Clinical Supervisor: Audrey Zatopek PhD, LPC-S, NCC, LCDC
Responsibilities:

- Provide individual and group counseling using CBT, Person-Centered, Solution-Focused, and Trauma-Informed approaches to address trauma, anxiety, depression, grief, relational concerns.
- Conduct comprehensive assessments, establish DSM-5 diagnoses, and develop measurable treatment plans aligned with client goals and evidence-based best practices.
- Manage a dynamic caseload with precision, ensuring ethical documentation, confidentiality, and adherence to HIPAA and Texas state licensing standards.
- Perform suicide risk evaluations, create crisis intervention and safety plans, and facilitate access to community resources to ensure client stabilization.
- Engage in ongoing clinical supervision, advanced training, and continuing education to refine therapeutic expertise and strengthen intervention outcomes.

June 2024 - May 2025 **Clinical Mental Health Counseling Intern**
Psychology Works, LLC.
Supervisor: Krystal Simmons PhD, LSSP, LP, NCSP
Responsibilities:

- Completed 700 hours of supervised field experience, providing direct and indirect care across a diverse caseload. Conducted comprehensive assessments, diagnoses, and treatment plans using integrative methods grounded in CBT, Person-Centered Therapy, Solution-Focused Therapy, and Trauma-Informed Care.
- Tailored evidence-based interventions to support client goals and promote meaningful progress. Participated in triadic, individual, and group supervision, as well as case consultations and didactic training.

RESEARCH EXPERIENCE

Aug 2025 - Present

Ethnicity, Culture, & Health Outcomes Lab (ECHO), Graduate Research Assistant

Department of Psychological, Health, and Learning Sciences, University of Houston

Principal Investigator: Elizabeth Jelsma, PhD

Responsibilities:

- Support research examining how cultural identity, family dynamics, and systemic contexts influence mental health trajectories and developmental outcomes for youth and families.
- Apply a family-systems and relational-cultural lens to explore the parent-child dyad, intergenerational resilience, and culturally rooted protective factors.
- Assist with data collection, coding, and statistical analysis for projects investigating contextual stressors, coping, and identity development within underrepresented populations.
- Contribute to manuscripts and conference presentations addressing culturally responsive assessment, intervention, and community-based approaches to mental health equity.
- Collaborate with interdisciplinary teams to translate empirical findings into frameworks that strengthen family connection, belonging, and psychological well-being

June 2021 - July 2022

National Alliance of Mental Illness (NAMI) Community Research & Outreach Liaison

Brazos Valley Chapter-Bryan, TX

Executive Director & President: Angela Bates

Responsibilities:

- Established the first Women of Color Wellness Workshop in Brazos County (evidence-based)
- Analyzed the population in Brazos Valley broken down by minority group, incorporated data to produce program initiative/report which sparked awareness amongst board members
- Presented intervention ideas for board approval along with proposed research analysis team
- Advised support group leaders while serving as a mental health ambassador in community and on Texas A&M's campus

Dec 2019 - Dec 2022

Challenging Health Inequity & Nurturing Global Empowerment Lab, Research Assistant

Department of Psychological and Brain Sciences, Texas A&M University

Principal Investigator: Idia Thurston, PhD

***Parenting Through Hardships (PaTH) Project, Undergraduate Researcher (Texas Representative)**

Responsibilities:

- Performed qualitative data analysis on multiple projects examining the relationship between youth resilience and maternal hardships; focused on protective factors and psychoeducation
- Utilized the Consensual Qualitative Research Framework (CQR) to code for themes in data collection concerning a child's ability to handle adversity and maternal hardships

***Community Partners Assessment, Community Liaison**

Responsibilities:

- Initiated professional connections with minority-centered organizations and health clinics in the Houston metropolitan area & Brazos Valley; Created related digital designs and flyers
- Conducted interviews with community leaders; created lasting relationships with non-profits serving Black & Latinx youth and their families

RESEARCH EXPERIENCE cont.

*Mental Health Coping Toolkit Project (CHANGE Lab)

Responsibilities:

- Researched and synthesized evidence-based, digitally accessible strategies to enhance adolescent mental health literacy and holistic wellness in underserved communities.
- Evaluated current literature and technology-based interventions to design engaging, culturally responsive, and media-informed approaches for youth and families in low-income areas.
- Developed a Digital Mental Health Coping Toolkit integrating interactive resources, psychoeducational content, and community-informed coping strategies to expand access and engagement.

May 2020 - Dec. 2020 **The Bergman Laboratory, Research Assistant**

Department of Psychological & Brain Sciences, Texas A&M University

Principal Investigator: Mindy Bergman, PhD

*Strong Black Woman Research Project (SBW), Research Assistant

Responsibilities:

- Conducted data cleaning, management, and statistical analysis for the *Strong Black Woman Stereotype and Street Harassment* manuscript, contributing to interpretation, writing, and scholarly editing.
- Collaborated on survey development to assess occupational and psychosocial outcomes, ensuring cultural validity and methodological rigor.
- Assisted in preparing IRB and grant support documents, advancing research initiatives centered on Black women's identity, resilience, and workplace experiences.

CONFERENCE PRESENTATIONS

Wang, J., Kebbeh, N., **Chapman, L.**, Mei, F., & Jelsma, E. (2026, March). *Understanding the relationships among ethnic-racial group connection, resilience, and life satisfaction in Asian American adults*. Department of Psychological, Health, and Learning Sciences, University of Houston. Manuscript submitted for publication to Journal of Immigrant & Minority Health.

Simmons, K., Douglas, D., & **Chapman, L.** (2025, November). *Supervisor Series – From awareness to action: Championing mental health advocacy for the next generation of school psychologists*. **Presentation** at the Texas Association of School Psychologists (TASP) Annual Conference, Sugar Land, TX.

Howie, W. C., Rose, K., Porter, D. V., **Chapman, L. K.**, & Thurston, I. B. (2022, August). *"We always have this joke that it feels like hairdressers are therapists": Exploring Hairdressers and Barbers reception to discussing mental health*. **Poster** presented at the American Psychological Association annual convention, Minneapolis, MN.

Porter, D.V., Thurston, I. B., Howell, K. H., Napier, T. N., **Chapman, L. K.**, Howie, W. C., & Martin, V. T. (2021, December). *Resilience among Black Mothers Experiencing SAVA Syndemics: A Qualitative Exploration*. **Paper** presented at the Psychology of Black Women Conference, Virtual.

Chapman, L. K., Thurston, I. B., Bates, A. (2021, December). *Breaking barriers: Developing an Inaugural Women of Color Outreach Workshop in the Brazos Valley*. The Psychology of Black Women Conference, Virtual.

Porter, D.V., Thurston, I.B., Marks, L.R., Philip, S.R., & **Chapman, L. K.** *Commitment to Ethnic Identity Among Multiracial Young Adults: The Role of Interpersonal and Community Factors.* **Poster** presented at the Texas Psychological Association Convention, Austin, TX.

Porter, D.V., Thurston, I.B., Marks, L.R., Philip, S.R., & **Chapman, L. K.** (2021, August) *Multilevel Factors Associated with Traumatic Stress Among Multiracial Young Adults.* **Poster** presented at the American Psychological Association Annual Convention, Virtual.

Chapman, L. K., Hemby, E (2018, May). *A Feasibility Study: "Healing Hearts" Teens Experiencing Grief After Losing a Loved One.* **Poster** presented for Frisco Independent School District for Independent Study & Mentorship Conference, Frisco, TX.

INVITED TALKS & PRESENTATIONS

Chapman, L. K. (2026, January). *Applied counseling methods: Clinical skill development for master's-level trainees.* Training Workshop presented at the University of Houston, Houston, TX.

Chapman, L. K. (2025, August). *Afternoon of Encouragement: Coping skill development workshop for teen girls in the community.* Psychoeducational workshop presented at the University of Houston, Gonzales, TX.

Chapman, L. K. (2025, July). *Ride free, Live empowered:* Psychoeducational workshop on self esteem. presented at the National Women's Bikers Convention. Gonzales, TX

Chapman, L. K. (2025, July). *Behind the screen for teens: Cyberbullying and emotional distress.* Psychoeducational workshop presented at Psychology Works, Lake Jackson, TX.

Chapman, L. K. (2024, October). *Relearning confidence.* Invited keynote presentation for Southern Doll Organization, Angleton, TX.

Chapman, L. K. (2021, November). *Women of color and help-seeking behaviors.* Guest lecture presented for Texas A&M University Black Psychology course, College Station, TX.

Chapman, L. K. (2021, September). *Campus Connect: Supporting peers experiencing suicidal ideation and mental health crises.* Presentation for Suicide Prevention Week, Texas A&M Counseling & Psychological Services, College Station, TX.

Chapman, L. K. (2021, April). *Quest for the ring pilot program: Mental Health in College Students.* Student presenter/panelist. Virtual.

Chapman, L. K. (2021, March). *The community impact of mass shootings in American cities.* Presentation at CHANGE Lab meeting.

TEACHING EXPERIENCE

June 2024 - Dec 2025

Graduate Teaching Assistant, University of Houston

Courses: Human Growth & Development/ Marriage & Family Counseling/Methods

Faculty Mentor: Rachael Whitaker, PhD

Responsibilities:

- Build and deliver engaging lectures and guided discussions on cognitive, emotional, and social development across the lifespan to deepen student comprehension and application.
- Create and enhance curriculum content by integrating culturally responsive frameworks, inclusive pedagogy, and current research in human development.
- Design and implement assessment strategies, providing detailed, growth-oriented feedback that strengthens critical thinking and theoretical integration.

August 2022 - July 2025

Secondary Education Teacher

Houston Independent School District

Principal: Marie Adams

Responsibilities:

- Restarted fine arts department from scratch with little resources, designed a comprehensive curriculum conducive to social emotional learning for high school students of all skill levels and backgrounds, resulting in improved behavior and student involvement
- Establishing community engagement with students, parents, and supporters, serving as a liaison and advocate for the fine arts program through a culturally competent lens
- Providing individualized coaching and feedback to students, fostering their growth mentally and physically as they navigate the psychological and physiological challenges of adolescence

August 2021 - Dec 2021

Aggies Reaching Aggies Peer Educator

Texas A&M University Counseling and Psychological Services

Faculty Supervisor: Santana Simple, PhD

Responsibilities:

- Served as a liaison to the Texas A&M Counseling Center & Suicide Prevention Office; advocated for suicide awareness on Texas A&M campus and in the community
- Delivered evidence-based, interactive, presentations to faculty & students on specific statistics regarding warning signs of suicide awareness, community resources, and training on empathy
- Facilitated gatekeeper sessions to educate peers on the concept of intersectionality, challenges that marginalized populations face, and the impact of grief in college students

May 2021 - Dec 2021

Psychology Teaching Scholar, Texas A&M University

Course: Black Psychology

Faculty Supervisor: Whitney Howie, PhD

Responsibilities:

- Led dynamic instruction for 50+ college students, leveraging Canvas, Blackboard, and modern learning technologies to maximize engagement and performance.
- Designed and delivered transformative lectures exploring the minority experience through a psychological lens, advancing inclusive and critical scholarship.
- Utilized data analytics to assess performance trends, drive instructional decisions, and significantly strengthen student outcomes.

March 2019 - April 2021 **Excellence uniting Culture, Education, and Leadership (EXCEL), Program Mentor**
Faculty Supervisor: Leann Smith, PhD (School Psychology)

Responsibilities:

- Selected to mentor freshmen in their academic/social transition by orienting them to academic advisors, the career center, and the counseling center (CAPS)
- Advocated for the retention of Black students by guiding freshmen and perspective students through mini workshops which provided tangible resources on ways to maintain physical and mental health while in college

COMMUNITY ENGAGEMENT & PROGRAM DEVELOPMENT

May 2019 - May 2025 **Executive Director of Programs**
The Crown Within, Inc. 501(c)(3)

Responsibilities:

- Create psychoeducational programs centered around self-esteem, cultural identity, leadership development, & mental health coping strategies for girls of color; utilize community-based research methodologies to inform interventions for adolescent girls
- Accountable for overall organizational performance to ensure the impact of serving and empowering girls in Texas; collaborating with stakeholders to sponsor non-profit initiatives
- Demonstrate strong leadership skills to mobilize resources, build consensus, and advocate for the psychological needs of minority girls in urban areas

June 2020 **Founder of the Women of Color Outreach Workshop**
NAMI Brazos Valley

Responsibilities:

- Designed and implemented an original workshop series from concept to execution, developing curriculum, securing funding, and coordinating event logistics.
- Led all marketing and digital outreach efforts, creating branded materials and managing online sign-ups to maximize community engagement and attendance.
- Co-presented and collaborated with educators, community leaders, and psychologists to deliver evidence-based sessions. (*Mental Health at Work, Self-Care 101, and Stress & Anxiety*) tailored to empower women of color across seven counties in central Texas (Brazos Valley)

September 2020 **Founder of the “The Cost of Royalty” Virtual Project**
Texas A&M National Pan-Hellenic Council
Faculty Advisor: Tonya Driver EdD

Responsibilities:

- Created the curriculum and outline for psychoeducational, virtual-based series with former Miss America, Nia I. Franklin, which catered to African American college-aged women
- Facilitated impactful and interactive discussions about beauty standards, mental health, and self-worth; interacted with viewers through a hybrid model on a monthly basis

April 2021 **Community Health Panelist**
Texas A&M Mental Health Promotion Services
Faculty Invitation from: Laurell King, MEd

Responsibilities:

- Selected for university wide panel; presented statistics on binge drinking on college campuses
- Led presentation efforts concerning the psychological effects of substance abuse while educating peers on the benefits of utilizing campus mental health resources, coping skills, and mindfulness techniques

HONORS & AWARDS

Apr. 2026 Graduate Student Appreciation Award, The University of Houston
July 2024 The Outstanding Graduate Inspire Service Award, The University of Houston
May 2023 Houston Independent School District Beginning Teacher of the Year
Aug. 2022 Teacher of the Year, North Forest High School
Dec. 2022 Volunteer of the Year, National Alliance on Mental Illness (Brazos Valley)
Aug. 2021 Texas A&M Endowment Scholarship Recipient
Apr. 2021 Texas A&M Buck Weirus Spirit Award Recipient
Nov. 2020 Psi Chi, International Honor Society in Psychology
June 2020 Society of Pediatric Psychology Newsletter Selection - Racial Trauma & Justice
Mar. 2019 National Society of Collegiate Scholars Honor Society (NSCS)
Mar. 2019 National Society of Leadership and Success (NSLS)
Feb. 2019 Texas Council of Alpha Chapters Miss Black Pageant Scholarship Winner
Feb. 2019 Miss Black & Gold Pageant Scholarship Winner
Apr. 2018 Frisco Education Foundation Scholarship

PSYCHOLOGICAL ASSESSMENT EXPERIENCE

Cognitive / Intellectual Assessment: WISC-V, WAIS-IV, KABC-II

Academic Achievement: WIAT-4, Woodcock-Johnson V

Behavioral & Emotional Functioning: BASC-3, Conners-3, Vanderbilt

Clinical Screening Measures: PHQ-9, GAD-7, BDI-II, Y-BOCS

Experience includes administration, scoring, interpretation, and writing comprehensive psychological reports to inform diagnosis, treatment planning, and educational recommendations under supervision.

LEADERSHIP EXPERIENCE

President, *The Xi Psi Chapter of Alpha Kappa Alpha Sorority, Inc. (2019-2021)*

- Responsible for designing bi-weekly COVID 19 compliant programs to educate students on women's mental & physical health
- Constructed virtual service campaigns about voting and racial injustice highlighting the importance of minority students using their voice
- Executed an impact program livestream with Miss America creating a global presence for Texas A&M and Xi Psi; with invitations distributed to congresswomen, keynote leaders, and college students across the country

President, *Texas A&M Psychology Club/Psi Chi (2019-2021)*

- Led meetings for Texas A&M students monthly; increasing membership retention by 10%
- Created everlasting connections between students and psychologists around the community
- Advocated for campus-wide messages to destigmatize mental health through programs and resources

Vice President, *National Pan Hellenic Council, Vice President (2020-2021)*

- Assisted in creating the governing documents that set the expectation for the entire Greek council of fraternities/sororities; enforced the bylaws to aid in fostering conformity and engagement across the council
- Collaborated with five executive board members to plan monthly community outreach events in the BCS area

Board Member, *Texas A&M Psychology Dept. Diversity & Inclusion Committee (2018-2021)*

- Interpreted data on Texas A&M's Psychology Department's diversity efforts in order to invent more inclusive initiatives and projects among students & staff; showcased initiatives on bulletin boards monthly

- Worked closely with Dr. Isaac Sabat (Associate Head of Diversity, Equity and Inclusion) and board members to implement projects, seminars, and professional panels

Executive Officer, Uniting Divine Sistahs Program, Executive Officer (2020-2021)

- Developed culturally adapted lesson plans catered to African American girls and women in the community
- Encouraged critical thinking competencies to create service projects and educational curriculum for the Pretty Brown Girls Organization based in Bryan, TX
- Cultivated activities which values, beliefs, norms, and ideals are embedded in culture and gender which affect leadership behavior, strategies of organizations, and education

TRAININGS AND CERTIFICATES

- Cognitive Processing Therapy Certificate (National Crime Victims Research & Treatment Center)
- Consensual Qualitative Methods Training Certificate (Thematic analysis)
- Student Research Participation Systems (SONA)
- Proficient in SPSS, Mplus experience
- Qualtrics

PROFESSIONAL MEMBERSHIPS

Texas Association of School Psychologists-Student Membership

American Psychological Association

Society for Community Research and Action (*APA Division 47*)

Society for the Psychological Study of Culture, Ethnicity and Race (*APA Division 45*)

Association of Black Psychologists (ABPsi)

SERVICE EXPERIENCE

Mar. 2021-Present	National Alliance on Mental Illness, <i>Volunteer</i>
Feb. 2020-Present	Pretty Brown Girls Organization, <i>Volunteer</i>
July 2018-Dec. 2021	EXCEL Mentorship Program, <i>Volunteer</i>
Sep. 2019-Sep. 2020	Special Olympics of Texas, <i>Volunteer</i>
Jan. 2019-April 2020	Crestview Nursing Home, <i>Volunteer</i>
Aug. 2018-Jan. 2019	Walk to End Alzheimer's, <i>Volunteer</i>
Dec. 2018-May 2019	Kids Shouldn't Have Cancer Foundation, <i>Volunteer</i>