

ALLISON K. ARNEKRANS

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Mt. Pleasant, MI 48859
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EDUCATION

- Oct 2025- Dec 2025 The Chicago School of Psychology (Chicago, IL)
Microcertificate in Human Sexuality (Level I)
- Jan 2019- June 2021 Central Michigan University (Mt. Pleasant, MI)
Certificate in Leadership
- Aug 2011-May 2014 The University of Toledo (Toledo, OH)
**Doctor of Philosophy in Counselor Education &
Supervision**
CACREP Accredited Program
- Aug 2008-May 2010 The University of Toledo (Toledo, OH)
Master of Arts in Counseling
Clinical Mental Health Counseling Concentration
CACREP Accredited Program
- Aug 2004-May 2008 Bowling Green State University (Bowling Green, OH)
Bachelor of Arts in Communication
Focus in Social Services

LICENSES/CERTIFICATIONS

Licensed Professional Clinical Counselor- Supervisor (LPCC-S) E.0900455-
SUPV
Board
State of Ohio Counselor, Social Worker, Marriage and Family Therapist

Licensed Professional Counselor #6401014401
State of Michigan Department of Licensing and Regulatory Affairs
Eligible to Supervise

National Certified Counselor (NCC)- Active

Approved Clinical Supervisor (ACS)- Active

Board Certified Telemental Health Provider (BC-TMH)- Active

**Certified Myers-Briggs Type Indicator (MBTI) & Strong Interest Inventory (SII)
Interpreter- 2016 - present**

Central Michigan University Institutional Review Board CITI Certification

PROFESSIONAL EXPERIENCE

November 2023 – Present
PLLC; Mt. Pleasant, MI

Assist & Accelerate Counseling and Consulting,

Owner & Professional Counselor

- Prevention, diagnosis, and treatment of mental and emotional disorders for children, adolescents, and adults
- Provide individual therapy and maintain business practices for a small caseload in a private practice setting.

November 2022 –
November 2023

Inspire Counseling & Wellness; Mt. Pleasant, Michigan
Counselor

- Prevention, diagnosis, and treatment of mental and emotional disorders for children, adolescents, and adults
- Provide individual therapy to a small caseload in a private practice setting.

Higher Education
August 2018 – Present
July 2014 - August 2018
July 2023 – Present

Central Michigan University; Mount Pleasant, Michigan
Department of Counseling, Educational Leadership, and

Associate Professor **Assistant Professor** **Professor**

- Teach graduate level counseling courses to addition, clinical mental health, and school counseling students
- Advise students on programmatic and professional components
- Conduct research according to interests and university needs
- Participate in department, college, and university committees
- Assist with CACREP accreditation maintenance

November 2015 – July 2017
Michigan

Mid-Michigan Medical Center- Gratiot; Alma,

Casual Therapist, Partial Hospitalization Program

- Facilitated four intensive group therapy psychoeducational sessions per day in an intensive outpatient program
- Utilized evidence-based practices to design and implement group counseling curriculum

- Documented patient progress and participated in case consultation meetings with referring physician and treatment team

October 2013- June 2014 Workplace Resources; Toledo, Ohio

Employee Assistance Program (EAP) Counselor

- Completed individual, couples, and family counseling related to work-place issues (e.g. substance abuse, relational, conduct etc.)

September 2009- July 2014 Harbor; Toledo, OH

Clinical Therapist/ Community-Based Clinical Therapist

- Prevention, diagnosis, and treatment of mental and emotional disorders for children, adolescents, and adults
- Provided individual, couples, family, and group therapy
- Completed advanced training for ADHD clients, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Parent-Child Interaction Therapy (PCIT)

LEADERSHIP EXPERIENCE

COUNSELING PROGRAM LEADERSHIP

Approved Continuing Education Provider (ACEP) Status Administrator
(October 2021 – Present)

- Created an original application to gain status that was approved.
- Maintains event documentation and completes annual recertification process.

Awards Process Coordinator (2018 – Present)

- Prepares annual individual and programmatic awards applications at the university, state, regional, and national level.
- Efforts have resulted in
 - o Six national awards (e.g., unsung heros, mentorship, advocacy, etc.).
 - o Three regional awards (e.g., outstanding supervisor, innovative program, etc.)
 - o Eight university awards (e.g., EHS Learning & Leading Award for students, staff excellence, excellence in teaching, etc.)

Acting Program Director for the Counseling Unit (January 2025 – May 2025)

Hooding Ceremony Coordinator (January 2023 – Present)

- Leads a year-long planning committee to focus on event logistics (e.g., parking, catering, invitations, awards/engraving, RSVPs, decorations, etc.).
- Coordinates with graduates to receive and display their information in a slideshow
- Serves as the ceremony coordinator and main speaker.

65th Anniversary Alumni Celebration Coordinator (October 2023 – May 2024)

Counseling Program Marketing & Recruitment Coordinator (August 2023-Present)

Counseling Program Advisory Committee Liaison (August 2020 – Present)

Connecting All Faculty Efficaciously (CAFÉ) Liaison (August 2022 – May 2024)

Practicum & Internship Coordinator (August 2019 – December 2022)

Professional Development Coordinator (August 2019 – December 2022)

Clinical Mental Health Counseling Program Coordinator (August 2017 – May 2022)

Counseling Program Unit Coordinator (May 2016 – August 2019)

Admissions Review Process Participant (August 2015 – Present)

CACREP Accreditation Committee (August 2014 - Present)

Chi Sigma Iota (July 2014 - Present)- *Primary Chapter Faculty Advisor*

Counseling Faculty Search Committees (13 searches total, 4 as Search Committee Chair)

DEPARTMENT LEADERSHIP

Dissertation Committee Member

- Johnson, E. (2023). *Finding the impact of utilizing a campus food pantry on college student retention, graduation, and academic success*. Doctoral Candidate in the Educational Leadership Program.
- Robb, E. (2024). Doctoral Candidate in the Educational Leadership Program.

CEH FUEL (Faculty Understanding Engagement & WeLLness) (August 2022 – Present)
Creator/Facilitator

Global Education Experiences Committee (August 2015 – June 2016)

COLLEGE OF EDUCATION & HUMAN SERVICES (EHS) LEADERSHIP

EHS Learning & Leading Award Selection Committee (December 2017 – May 2022)

Grade Grievance Committee (November 2020 – August 2021)

Interdisciplinary Network for Understanding Student Engagement (INFUSE) Committee (May 2015 – May 2021)

CENTRAL MICHIGAN UNIVERSITY (CMU) LEADERSHIP

CMU Faculty Association (FA)

College of Education & Human Services Representative (April 2025 – May 2026)

- *Counseling, Education Leadership, & Higher Education (CEH) Department Representative (August 2025 – Present)*
- *Nominations Committee (February 2026 – May 2026)*
- *Communications Committee (August 2026 – Present)*

Excellent in Teaching Award Committee (ETAC) (August 2023 – May 2026)

- *Member (May 2023 – April 2025)*
- *Committee Chairperson (May 2025 – May 2026)*

Faculty Search Committee- Diversity Advocate (November 2022- November 2024)

University Grievance Review Committee (August 2019 – July 2022)

Dean of the College of Education & Human Services Search Committee (Sept 2019 – Dec 2019)

Director of Instructional Development Search Committee (February 2019-April 2019)

Center for Excellence in Teaching and Learning Advisory Committee (August 2015- August 2018)

COMMUNITY LEADERSHIP

Vowles & Fancher Elementary Schools (March 2022 – Present)

*Parent/Teacher Organization (PTO), Member
Staff Appreciation Week Coordinator (2023-2026)*

Batson Dr. Neighborhood Association Board (January 2023 – July 2026)

Board Member

President 2025-2026

Ten16 Recovery Network (May 2021 – July 2025)

Board of Directors

PROFESSIONAL ASSOCIATION INVOLVEMENT & LEADERSHIP

American Counseling Association (ACA) (2009-present), Member

Association for Counselor Educators & Supervisors (ACES), Member

- o ACES Supervision Initiative Committee Member (August 2014 – February 2016)
- o ACES Conference Proposal Review Committee (February 2017, March 2019)

- **North Central Association for Counselor Educators & Supervisors (NCACES)**

- o NCACES Conference Proposal Reviewer & Doctoral Student Reviewer Mentor (April 2016)
- o NCACES Secretary (January 2020 – July 2021)
- o NCACES Parliamentarian (July 2021- July 2022)

Michigan Counseling Association (MCA) (2014-2019), Member

- o *Professional Advocacy Committee Member (2017 – 2018)*

DIVISIONS:

- **Michigan Mental Health Counselors Association (MMHCA)** (2014 - present), Member
- **Michigan Counseling Association (MCA)** (2014 – present), Member
- **Michigan Association of Counselor Education & Supervision (MACES)**
Secretary (August 2014 – June 2016)
Secretary/President-Elect (July 2016- June 2017)
President (July 2017- June 2018)
Past-President (July 2018-June 2019)

Ohio Counseling Association (OCA) (2008-2015)

DIVISIONS:

- **Ohio Association for Specialists in Group Work (OASGW)**
Secretary (2010-2011)
Vice President (2011-2012)
President (2012-2013)
- **Ohio Association of Counselor Educators & Supervisors (OACES)**
Secretary (2013-2014)

Chi Sigma Iota International (CSI) (2009 – Present), Member

Chapter Development Committee (CDC)- Member (2019 – 2022)
Chapter Faculty Advisor Committee (CFA)- Member (2023 – 2026), Committee
Chairperson (2026-2029)

Mu Kappa Chapter, Central Michigan University (2014 - Present)
Primary Chapter Faculty Advisor

Alpha Omega Chapter, The University of Toledo (2009 - 2014)
Secretary (2009-2010)
Treasurer (2012-2013)

SCHOLARSHIPS, AWARDS, GRANTS,

SCHOLARSHIPS

- ASGW Emerging Scholar Conference Award; \$150 (2014)
- ASGW Conference Volunteer; \$100 (2014)
- Chi Sigma Iota Student Scholarship to attend Ohio Counselor Conference; \$100 (2013)
- NWOCA Student Scholarship to attend ACA; \$300 (2013)
- Health Science & Human Services College Scholarship (2009)
- Shew Counseling Scholarship (2009)
- N.A.C.A Student Leadership Scholarship (2007)
- Abby Lynn Hettel Leadership Scholarship (2006)

AWARDS

- NCACES Innovative Counseling Program (2023)- Nominator
- Mu Kappa Chapter of Chi Sigma Iota, *Outstanding Chapter Faculty Advisor* (2022)
- CMU Excellence in Teaching Award (2022)
- CMU President and Provost's Innovation Award (2019)
- CMU Provost Assessment Award (March, 2019)
- Chi Sigma Iota, Mu Kappa Chapter, *Outstanding Newsletter Award Recipient* (2016)
- ACES Emerging Leader (October, 2015)
- ACA Ethics Competition- *2nd Place in the Doctoral Category* (2014)
- Association for Specialists in Group Work, *Emerging Scholar* (2014)
- University of Toledo, *Graduate Student of the Year* (November, 2013)
- American Counseling Association, *Graduate Ethics Competition Team*, Awarded 2nd place (2013)
- Chi Sigma Iota International, *Outstanding Chapter Newsletter Award* (2012-2013)
Alpha Omega Chapter
- Ohio Association for Specialists in Group Work, *Outstanding Chapter Award* (2011-2012)
- Chi Sigma Iota, *3rd Place in Leadership Essay Contest* (2010)
- Chi Sigma Iota, Alpha Omega Chapter, *Graduate Student of the Year Award* (2010)
- *BGSU Student Life Award* (2008)
- "Who's Who Among American College Students and Universities" (2007)

- *JoAnne Brunning Outstanding Contribution Award (2007)*
- *Outstanding Community Service Award (2007)*

GRANTS

- Pickover, S., Arnekrans, A., Armbruster, E., & Russell, T. (2024). *Transformative care: Specialized training for working with youth*. Health Resources & Services Administration (HRSA) Workforce Development Grant.
 - Amount Requested \$2.4 million over four years (July 2025-June 2029); Not awarded.
- Arnekrans, A. (2024). *Making your rounds: Professional identity development roundtable discussions for counseling graduate students*. Presented at the Michigan Counseling Conference. Statewide Networking Grant sponsored by Chi Sigma Iota International.
 - Amount Requested: \$500; **Amount Received: \$700**
- Pickover, S., Arnekrans, A., Armbruster, E., & Mwangi, R. (2020). *TeleMental health counseling services in Michigan: Enhancing training and addressing critical needs into the northern Lower Peninsula*. President's and Provost's Fund for Program Innovation and Excellence.
 - Amount Requested: \$80,264; **Amount Received: \$80,264**
- Arnekrans, A. (2018, November). *Chi Sigma Iota Chapter Development Grant*.
 - Amount Requested: \$250; **Amount Received: \$250**
- Arnekrans, A. (2015, November). Michigan CSI chapter state networking grant. Chapter Statewide Networking Grant sponsored by Chi Sigma Iota International.
 - Amount Requested: \$400; Amount Received: \$400. Event Cancelled due to lack of collaborative efforts with other institutions.
- Arnekrans, A. (2015, August). *Online education in counselor education programs: Student and educator perceptions of effectiveness*. EHS Faculty Scholarship Grant.
 - Amount Requested: \$1,000; **Amount Received: \$1,000**
- Armbruster, E., Pehrsson, D. E., Arnekrans, A., & McGlasson, T. (2015, December). *Michigan College Access Network: Planning Grant*.
 - Amount Requested: \$10,000, **Amount Received: \$10,000**
- Arnekrans, A. (2014, November). *Chi Sigma Iota Chapter Development Grant*.
 - Amount Requested: \$250, **Amount Received: \$250**

TEACHING EXPERIENCE

Digital Learning & Leadership Faculty Fellows Program (2025-2026)

- Selected as an inaugural member of this program designed to develop and implement a tailored digital learning assignment for a course of choice, with a special focus on incorporating digital literacies in the counseling profession using Adobe Express.

Central Michigan University (Mount Pleasant, Michigan)

Instructor of Record for Traditional Face-to-Face & Online Graduate Courses:

- CED 503: *Introduction to Community Agency Counseling*

- CED 580a: *Crisis & Trauma Counseling*
- CED 603 *Introduction to Clinical Mental Health Counseling: Service-Learning Designation*
- CED 603: *Introduction to Clinical Mental Health Counseling*
- CED 611: *Career Counseling*
 - Certified interpreter for two career assessments students complete in the course: Myers Briggs Type Indicator and Strong Interest Inventory (2016)
- CED 630: *Counseling Ethics and Professional Issues*
- CED 630: *Professional Orientation & Ethics*
- CED 641: *Introduction to Addiction Counseling*
- CED 650: *Theories and Techniques of Group Counseling*
- CED 682: *Human Sexuality in Counseling*
- CED 686: *Psychopathology*
- CED 691: *Internship*
- CED 695: *Research in Counseling*
- CED 699: *Diagnosis & Treatment Planning*

Creator of Online or Online/Weekend Hybrid Courses

Contracted by CMU to create these courses into 8-week online versions from the traditional 16-week face-to-face format. Completed Instructional Design 4-week course to be certified to teach online (December 2014).

- CED 555: *Human Relations Skills*
- CED 610: *Career Counseling*
- CED 603: *Introduction to Clinical Mental Health Counseling*
- CED 617: *The Counseling Supervisor*
- CED 630: *Professional Orientation & Ethics*
- CED 695: *Research in Counseling* (revision)
- CED 699: *Diagnosis & Treatment Planning*
- CED 691: *Internship*

EDITORIAL EXPERIENCE

ACES Teaching Practice Briefs (2024- 2025)
Editorial Review Board Member

Journal of Counseling Leadership and Advocacy (2015 – 2023)
Ad-hoc Peer Reviewer

The Professional Counselor (TPC Journal) (2018 – 2019)
Editorial Review Board Member

Journal for Specialists in Group Work (2013 - 2015)
Ad-hoc Peer Reviewer

PUBLICATIONS

Arnekrans, A., Neyland-Brown, L., & DuFresne, R., Wright, M. K. (In progress). *Engaging affiliate/adjunct faculty in counselor education programs*. Drafting manuscript.

Pickover, S., **Arnekrans, A.,** Sickinger, P., & Wright, M. K. (2025). Intentional innovation: Strategies to increase administrative consistency and engagement for a hybrid faculty group. *Journal of Technology in Counselor Education and Supervision, 6(1), 1-13.*

Arnekrans, A., & Armbruster, E., Neyland-Brown, L., & DuFresne, R. (2025). *Counseling advisory committees: A structural recommendation. The Journal of Counselor Preparation & Leadership, 19(2), 1-18.* Retrieved from <https://research.library.kutztown.edu/jcps/voll9/iss2/2>

Pickover, S., **Arnekrans, A.,** & Sickinger, P. (2024). Intentional innovation: Strategies to increase administrative consistency and engagement for a hybrid faculty group. Conference Proceeding in the *Journal of Technology in Counselor Education and Supervision, 5(1), Article 8.* <https://doi.org/10.61888/2692-4129.1105>

Arnekrans, A., Norris, E., Sano, K., Demezier, D., Gilfillan, B., Park, J., & Shannon, J. (2024). *Best practices manual for Chapter Faculty Advisors in online and/or hybrid programs*. Chi Sigma Iota International Chapter Faculty Advisors Committee. Retrieved at: https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/committee_documents/2024_-_Best_Practices_for_CF.pdf

VanDeusen, E., Rouech, K., Otteman, T., Deschaine, M., **Arnekrans, A.,** & Angera, J. (2023). Reflecting on faculty connections through poetic representation. *Journal of Faculty Development.*

Rouech, K. E., VanDeusen, B. A., Angera, J. J., **Arnekrans, A. K.,** Majorana, J. C., & Brown, J. L. (2022) Read all about it: Faculty book clubs in action to support student engagement. *The Clearing House: A Journal of Educational Strategies, Issues and Ideas, 95(6), 242-249.*

Rose, J. S., Dufresne, R., **Arnekrans, A.,** & Neyland, L. (2020). Social Media Policy for Counselor Education Programs. *The Journal of Counselor Preparation and Supervision, 13(2).*

Arnekrans, A., Armbruster, E., Shindelar, L., & Feehery, S. (2018). Required personal counseling experiences in graduate programs: A policy recommendation. *The Journal for Counseling Leadership & Advocacy, 5(2), 170-180.*

Angera, J., **Arnekrans, A.,** Deschaine, M. E., Rouech, K., VanDeusen, B., & Otteman, T. (2018). Launching an interdisciplinary network for understanding student engagement (INFUSE). *Student Engagement in Higher Education, 2(1), 93-98.*

Arnekrans, A., Calmes, S., Laux, J., Roseman, C., Piazza, N., Reynolds, J., Harmening, D., & Scott, H. (2018). College students' experiences of childhood

developmental traumatic stress: Resilience, first-year academic performance, and substance use. *The Journal of College Counseling*, 21, 2-14.

Laux, J., DuFresne, R., Arnekrans, A., Lindinger-Sternart, S., Roseman, C., Wertenberger, A., Calmes, S., Love, D., & Burck, A. (2016). Assessing the accuracy of the Substance Abuse Subtle Screening Inventory-3 using DSM-5 criteria. *The Professional Counselor*, 6(2), 121-133.

Arnekrans, A. (2016). Female criminality. In N. Naples (Series Ed.), *The Wiley-Blackwell Encyclopedia of Gender and Sexuality Studies: Vol 1.* (pp. 1-4). doi: 10.1002/9781118663219.wbegs533

Arnekrans, A. (2014). *Tinto's Student Integration Model & Diathesis Stress Model: Adverse childhood events, resilience, & retention in a first year university population.* (Doctoral Dissertation, The University of Toledo). Retrieved from: https://etd.ohiolink.edu/etd.send_file?accession=toledo1396182197&disposition=inline

Arnekrans, A. (2014, February). Giving & thanks. *Group Work Experts Share Their Favorite Activities: A Guide to Choosing, Planning, Conducting, and Processing.* Edited by K. Fineran, A. Nitza, B. Houlberg, H. Reynolds, and J. McCoy.

PUBLIC MEDIA CONTRIBUTIONS

Arnekrans, A. (2026, April 1). *What does a healthy relationship look like?* CMU Today. Retrieved at: https://www.cmich.edu/news/details/what-does-a-healthy-relationship-look-like?utm_campaign=newsletter_ourcmu&utm_source=mes&utm_medium=email

Howard, O. (2025, May 29). *From the classroom to the community, Allison Arnekrans finds purpose in building a culture of care.* Epicenter-Second Wave Media Group. Retrieved at: <https://www.secondwavemedia.com/epicenter/features/from-the-classroom-to-the-community-allison-arnekrans-finds-purpose-in-building-a-culture-of-ca.aspx>

Arnekrans, A. (2023, November 2). *CMU counseling program wins Midwest innovation award.* Epicenter-Second Wave Media Group. Retrieved at: https://www.secondwavemedia.com/epicenter/features/cmu_counseling_program.aspx

DuFresne, R., & Arnekrans, A. (2020). Creating successful home visits in community-based counseling. *Counseling Today*, 62(9), 40-45.

Rose, J. S., & Arnekrans, A. (2013, December). Ohio's professional counseling associations respond to the counseling needs of the LGBTQ community. *ALGBTIC Newsletter*, 11-12.

Sandrock, A. (2012, March). Working with the bereaved. Resource Review in *Counseling Today*, 26.

PRESENTATIONS

INTERNATIONAL PRESENTATIONS

Arnekrans, A., & Pickover, S. (2021, July). *So you want to be a counseling supervisor?: Constructing an intentional toolkit for supervision success*. Presented at the International Interdisciplinary Conference on Clinical Supervision's Virtual Conference.

Rouech, K.E., VanDeusen, B., Angera, J., Arnekrans, A., Deschaine, M., & Otteman, T. (2019, October). *Brokering borders with books*. Presented at the International Society for the Scholarship of Teaching and Learning Annual Conference in Atlanta, GA.

VanDeusen, B., Angera, J., & Rouech, K.E., Arnekrans, A., Deschaine, M., & Otteman, T. (2019, October). *A funny thing happened on the way to improving student engagement*. Presented at the International Society for the Scholarship of Teaching and Learning Annual Conference in Atlanta, GA.

NATIONAL PRESENTATIONS

Arnekrans, A., Neyland-Brown, L., & DuFresne, R. (2025, October). *Counseling program advisory committees: A structural recommendation*. Presented at the Association for Counselor Education & Supervision in Philadelphia, PA.

Arnekrans, A., & DuFresne, R. (2025, October). *Quick we need an adjunct: Strategies for recruiting, onboarding, and retaining adjunct faculty*. Presented at the Association for Counselor Education & Supervision in Philadelphia, PA.

Pickover, S., Arnekrans, A., & Sickinger, P. (2024, February). *Intentional innovation: Strategies to increase administrative consistency and engagement for a hybrid faculty group*. Presented for the Counselor Education Distance Learning Conference (CEDL) sponsored by Palo Alto University.

Pickover, S., Erber-LaPierre, N., & Arnekrans, A. (2022, March). *Telehealth supervisor toolkit*. Presented at the Telemental Health Summit Virtual Conference 2022.

Arnekrans, A., & Verona, M. (2022, February). *When we trust too much: Balancing supervisee growth with client safety*. Presented at the Law & Ethics in Counseling Virtual Conference.

Arnekrans, A., & DuFresne, R. (2021, November). *Tales from the trenches: Building productive site relationships*. Presented at the Association for the Counselor Education & Supervision (ACES) Virtual Conference.

Arnekrans, A., & Verona, M. (2021, March). *Clinical supervision and role diffusion: The effect of "non-counselor" supervision on professional identity development.* Presented at the Law & Ethics in Counseling Virtual Conference.

Arnekrans, A. (2019, October). *Pieces of the pie: Slicing through the major components of the application and interview process.* Presented at the Association for Counselor Education & Supervision in Seattle, WA.

Armbruster, E., & Arnekrans, A. (2019, October). *Service learning as a teaching technique: Deepening the counselor trainee experience.* Presented at the Association for Counselor Education & Supervision in Seattle, WA.

Arnekrans, A., & DuFresne, R. (2018, March). *Navigating home-based therapy: Creating successful home visits.* Presented at the American Counseling Association in Atlanta, GA.

Arnekrans, A., & Armbruster, E. (2017, October). *Required counseling experiences in graduate programs: Considerations for counselor educators.* Presented at the Association for Counselor Education & Supervision Conference in Chicago, IL.

Arnekrans, A., DuFresne, R., Neyland, L., Rose, J. S., & Laux, J. (2017, October). *My student has become a colleague: Best practices & examples in counselor educator mentorship.* Presented at the Association for Counselor Education & Supervision Conference in Chicago, IL.

Armbruster, E., Chen, S. Y., & Arnekrans, A. (2017, March). *Attachment in the supervisory relationship: An exploration of critical issues.* Presented at the American Counseling Association in San Francisco, CA.

Arnekrans, A., Neyland, L., Rose, J. S., & DuFresne, R. (2016, March). *Appropriate advocacy: Promoting social justice through social media.* Presented at the American Counseling Association in Montreal, Canada.

Arnekrans, A., & Armbruster, E. (2016, March). *Personal counseling experiences for practicing professionals: A must or a maybe?* Presented at the American Counseling Association in Montreal, Canada.

Arnekrans, A., & Armbruster, E. (2015, October). *Creating a culture of professional excellence in a counselor education program: The nuts & bolts of remodeling.* Presented at the Association for Counselor Education & Supervision Conference in Philadelphia, PA.

Arnekrans, A., DuFresne, R., Neyland, L., Rose, J. S. (2015, October). *Inclusion of technology in supervision: Ethical pitfalls and best practices.* Presented at the Association for Counselor Education & Supervision Conference in Philadelphia, PA.

Rose, J. S., Arnekrans, A., DuFresne, R., & Neyland, L. (2015, July). *Inclusion of technology in supervision: Ethical pitfalls and best practices*. Presented at the American Mental Health Counselors Association Annual Conference in Philadelphia, PA.

DuFresne, R., Rose, J. S., Arnekrans, A., & Neyland, L. (2014, March). *Facebooking, tweeting, & poking, oh my! The 'how-to' & 'what-not' of social media for supervisors and counselor educators*. Poster presented at the American Counseling Association Conference in Honolulu, HI.

Rose, J. S., Arnekrans, A., DuFresne, R., & Neyland, L. (2013, October). *Facebooking, tweeting, & poking, oh my! The 'how-to' & 'what-not' of social media for supervisors and counselor educators*. Poster presented at the Association for Counselor Educators & Supervisors (ACES) in Denver, CO.

NATIONAL WEBINARS

Arnekrans, A. (2022, April). *NCACES Regional Chapter Networking Summit*. [Webinar]. Presented as a representative of the Chi Sigma Iota Chapter Development Committee.

Fisher, A., McMullen, J., Messinger, E., LaFever, C., Arnekrans, A., Dardis, K., Suggs, B.G., (2022, March). *Connection with chapters and professional members in creative ways*. [Webinar]. Presented as a representative of the Chi Sigma Iota Chapter Development Committee.

Arnekrans, A. (2021, November). *Regional Chapter Networking Summit*. [Webinar]. Presented as a representative of the Chi Sigma Iota Chapter Development Committee.

Fisher, A., McMullen, J., Rhinehart, A., Arnekrans, A., & Campbell, J. (2021, March). *Chapter leaders training: Developing a chapter awards program*. [Webinar]. Presented as a committee member of the Chi Sigma Iota Chapter Development Committee.

Arnekrans, A., Edelman, R., Fisher, A., McMullen, J., & Kennedy, S. (2020, November). *Chi Sigma Iota chapter leaders training* [Webinar]. Presented as a committee member of the Chi Sigma Iota Chapter Development Committee.

Ausloos, C., McMullen, J., & Arnekrans, A. (2019, November). *Resources for enhancing chapter productivity & organization* [Webinar]. Presented as a committee member of the Chi Sigma Iota Chapter Development Committee.

REGIONAL PRESENTATIONS

DuFresne, R., Neyland-Brown, L., & Arnekrans, A., (2026, October). *Counseling program advisory committees: A structural recommendation*. Presented at the North Central Association for Counselor Education & Supervision in Des Moines, Iowa.

Arnekrans, A., Wright, M. K., & Bellinger, J. (2026, October). *Planning for the unexpected: Ethical preparedness through a professional will.* Presented at the North Central Association for Counselor Education & Supervision in Des Moines, Iowa.

Arnekrans, A. (2024, October). *Caring & preparing counselors-in-training through an intentionally designed clinical experience.* Presented at the North Central Association for Counselor Education & Supervision in Rosemont, IL.

DuFresne, R., & Arnekrans, A. (2024, October). *Quick we need an adjunct: Strategies for recruiting, onboarding, and retaining adjunct faculty.* Presented at the North Central Association for Counselor Education & Supervision in Rosemont, IL.

DuFresne, R., & Arnekrans, A. (2022, October). *Tales from the trenches: Building productive site relationships.* Presented at the North Central Association for Counselor Education & Supervision in Omaha, NB.

Arnekrans, A., & Verona, M. (2022, October). *When we trust too much: Balancing supervisee growth with client safety.* Presented at the North Central Association for Counselor Education & Supervision in Omaha, NB.

Arnekrans, A., & DuFresne, R. (2020, October). *Tales from the trenches: Building productive site relationships.* Accepted, but not presented due to COVID-19. North Central Association for Counselor Education & Supervision.

Pickover, S., & Arnekrans, A. (2020, October). *The resilient supervisor: Recognizing and responding to intergenerational differences in supervision.* Accepted, but not presented due to COVID-19. North Central Association for Counselor Education & Supervision.

Arnekrans, A., & DuFresne, R. (2018, October). *The glam-ification of a career counseling online course: Solid foundation with a layered flare.* Presented at the North Central Association for Counselor Education and Supervision Conference in Cleveland, OH.

Arnekrans, A., Armbruster, E. (2018, October). *Responding to service learning in counselor education: Strengths, limitations, and takeaways.* Presented at the North Central Association for Counselor Education and Supervision Conference in Cleveland, OH.

Angera, J., Arnekrans, A., Deschaine, M. E., Otteman, T., Rouech, K., & VanDeusen, E. (2017, October). *Creating a culture of engagement: The INFUSE model.* Presented at the Lilly Conference- Traverse City, Traverse City, MI.

Arnekrans, A., Hennig, J., Keene, B., & DuFresne, R. (2016, October). *Online education in counselor education programs: Student & educator perceptions of effectiveness.* Presented at the North Central Association for Counselor Educators & Supervision Conference in Minneapolis, MN.

Neyland, L., Arnekrans, A., DuFresne, R., & Rose, J. S. (2014, October). *Appropriate advocacy: Empowering faculty and practitioners through social media*. Presented at the North Central Association for Counselor Education and Supervision Conference in St. Louis, MI.

STATE PRESENTATIONS

Arnekrans, A., Wright, M. K., & Bellinger, J. (2026, March). *Planning for the unexpected: Ethical preparedness through a professional will*. Presented at the All-Michigan Counseling Conference in Rochester Hills, Michigan.

Arnekrans, A., & Bellinger, J. (2025, April). *Caring & preparing counselors-in-training through an intentionally designed clinical experience*. Presented at the All-Michigan Counseling Conference in Ypsilanti, Michigan.

Nieddu, L., Bargo, E., & Arnekrans, A. (2022, July). *Reclaiming our wellness: Burnout reduction and maintenance for counselors*. Presented for the Michigan Counseling Association's Virtual Summer 2022 Webinar Series.

Angera, J., Arnekrans, A., Deschaine, M., Rouech, K., Otteman, T., Shurr, J., & VanDeusen, B. (2016, April). *Creating a culture of engagement: The INFUSE Model*. Presented at the Great Lakes Conference on Teaching and Learning in Mt. Pleasant, MI.

Arnekrans, A., Rose, J. S., DuFresne, R., & Neyland, L. (2014, November). *Inclusion of technology in supervision: Ethical pitfalls and best practices*. Presented at the Ohio Counselor Association's All-Ohio Counselor Conference (AOCC) in Columbus, OH.

Arnekrans, A., & Neyland, L. (2014, November). *The Discrimination Model of Supervision: Could it work for school counseling supervisors?* Presented at the Ohio Counselor Association's All-Ohio Counselor Conference (AOCC) in Columbus, OH.

Arnekrans, A., & Speck, S. (2014, November). *A myth busters exclusive: Taking counseling out of the office setting and into the community*. Presented at the Ohio Counselor Association's All-Ohio Counselor Conference (AOCC) in Columbus, OH.

Arnekrans, A., & McFarland, B. (2014, November). *Treating trauma in the child & adolescent population: The who, the what, and the what now?* Presented at the Ohio Counselor Association's All-Ohio Counselor Conference (AOCC) in Columbus, OH.

Neyland, L., & Arnekrans, A. (2014, April). *The Discrimination Model of Supervision: Could it work for school counselors?* Presented at the Ohio Association for Counselor Educators and Supervisors (OACES) Spring Conference in Columbus, OH.

Arnekrans, A., DuFresne, R., Neyland, L., & Rose, J. S. (2014, January). *Inclusion of technology in supervision: Ethical pitfalls and best practices*. Presented at the Ohio Association for Counselor Educators and Supervisors (OACES) Winter Conference in Columbus, OH

Rose, J. S., **Arnekrans, A., DuFresne, R., & Neyland, L.** (2013, November). *Facebooking, tweeting, & poking, oh my! The 'how-to' & 'what-not' of social media for school & clinical counselors*. Presented at the Ohio Counselor Association's All-Ohio Counselor Conference (AOCC) in Columbus, OH.

Rose, J. S., **Arnekrans, A., DuFresne, R., & Neyland, L.** (2013, April). *Facebooking, tweeting, & poking, oh my! The 'how-to' & 'what-not' of social media for school & clinical counselors*. Presented at the Ohio Association for Counselor Educators and Supervisors (OACES) Spring Conference in Columbus, OH

LOCAL PRESENTATIONS

Arnekrans, A. (2024, October). *Ins and outs of imposter syndrome*. Central Michigan University's The

Search Bar Podcast facilitated by Adam Sparkes. Retrieved at:

https://www.cmich.edu/podcast/episode/from-self-doubt-to-self-belief-strategies-to-beat-imposter-syndrome?utm_campaign=newsletter_ourcmu&utm_source=mes&utm_medium=email

Arnekrans, A., Smith, M., & Bellinger, J. (2023, December). *Caring for your clinical student*. Presented on behalf of the Central Michigan University Counseling Program to Current and Interested Supervisors, per accreditation requirements.

Arnekrans, A. (2022, September). *Reclaiming our wellness: Burnout reduction and wellness maintenance for educational leaders*. Invited presentation for the Leadership Forum Network: CMU Center for Charter Schools.

Bargo, E., Nieddu, L., & **Arnekrans, A.** (2022, August). *Your mental health matters*. Presented to 1200 freshmen/transfer students at Central Michigan University's Leadership Safari Program, Mt. Pleasant, MI.

Verona, M., & **Arnekrans, A.** (2022, January). *Strengthening your professional portfolio: Tips for improving your cover letter and resume*. Presented to CMU Counseling Program students [virtual].

Arnekrans, A. (2019, October). *Early childhood parenting experiences*. Guest lecturer presentation for Dr. Holly Hoffman's EDU 104 course.

Arnekrans, A. (2018, October). *Early childhood parenting experiences*. Guest lecturer presentation for Dr. Holly Hoffman's EDU 104 course.

Arnekrans, A. (2017, October). *Early childhood parenting experiences*. Guest lecturer presentation for Dr. Holly Hoffman's EDU 104 course.

Arnekrans, A., DuFresne, R., Hairston, T., & Laux, J. (2013, August & 2013, July). *DSM-5 changes*. Invited presentation to the Zepf Center for staff training in Toledo, OH.

Sandrock, A. & Calmes, S. (2010, April). *A Guide to Trichotillomania: For Clinicians and School Counselors*. Invited presentation at the Northwest Ohio Student Counseling Conference in Toledo, OH