**Esther Lynch**

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931-933-1395

EDUCATION

**Doctor of Philosophy, Counseling Psychology** August 2017

Tennessee State University, Nashville TN

**Master of Science in Counseling Psychology**  May 2013

Tennessee State University, Nashville TN

**Bachelor of Science in Health Studies/minor in Psychology** May 2009

Utica College of Syracuse University, Utica NY

HIGHER EDUCATION EXPERIENCE

**Tennessee State University August 2018-Present**

*Adjunct Professor*

* Serve graduate students in a historically black university
* Teach practicum course at the master’s level
* Teach Assessment, Theory, and Intervention of Individuals at the doctoral level
* Meet with students as needed to assist with assigned work and concerns
* Incorporate multiculturalism into lessons while implementing strategies that enhance learning

**Fisk University** **August 2017- May 2019**

*Adjunct Professor*

* Teach Psychology courses to undergraduate and graduate students in a historically black university
* Courses taught include General Psychology and Theories of personality
* Meet with students as needed to assist with assigned work and exams
* Use CANVAS and BLACKBOARD to create and implement curriculum/lesson plans that include exams, readings, assignments, and other relevant tasks.
* Use innovative ways to engage students in learning

**Tennessee State University**  **August 2014- July 2016**

*Graduate Assistant in the Title III/ O.I.E.R. Office*

* Assumed the role of IRB administrator
* Assisted in research of Title III Grants in the University
* Administered program evaluations using Qualtrics and generate report with evaluation results
* Assisted in completing any major task or projects as needed

**Tennessee State University**  **August 2011-May 2014**

*Graduate Assistant to the Dean of the College of Education*

* Handled important and confidential documents containing information regarding to student test scores, faculty/staff personnel records, sensitive material related to the dean’s job responsibilities, etc.
* Utilized and organized both paper and electronic forms and paperwork
* Interacted with various levels of professionals in the academic setting
* Ensured privacy and confidentiality of important documents
* Managed departmental concerns in absence of supervisor
* Assisted in completing any major projects or tasks as needed
* Supervised and trained other graduate assistants

CLINICAL EXPERIENCE

**Southern Illinois University: Counseling and Psychological Services August 2016-July 2017**

*Doctoral Intern (Psychology Intern)*

* Carried a diverse individual caseload of 13-15 clients ranging from moderate to severe presentations
* Completed 2 intakes per week
* Co-lead a process group
* Acted as counselor-on-duty one day per week to triage students’ mental health concerns
* Collaborated with healthcare providers in an integrated healthcare system
* Received 3 hours of weekly supervision
* Provided 1 hour of weekly clinical supervision to a graduate level practicum student
* Provided approximately 25 hours of outreach service per semester
* Provided consultation/liaison services to various organizations on campus, such as:
  + The Hispanic/Latino Resource Center
  + West Campus (Consisted of 12 University Residence Halls)
  + The School of Science and Engineering
  + The Financial Aid Office
* Attended weekly seminars focused on trauma therapy, emotion-focused therapy, psychopathology, and professional development issues
* Concentration in Alcohol and Drug
  + Received training in the delivery of a Alcohol and Drug treatment
  + Participated in weekly consultation team
  + Provided individual therapy to alcohol and drug mandated clients
* Concentration in Integrative Behavioral Health
  + Attended bi-monthly meeting with Medical Providers to discuss ways of improving integration and quality of care using a holistic approach while reviewing cases
  + Collaborated with medical providers to provide integrated care to clients
  + Provided two CME training for health-care providers on mental health issues
  + Provided counselor-on-duty services one day per week to triage students’ mental health concerns in medical clinic
* Sexual Assault Treatment Team
  + Worked with other health professionals to improve quality of care for sexual assault survivors
  + Co-lead a Sexual Assault Survivors group
  + Attended meetings with medical providers to improve treatment, staff cases, and improve the process of providing services to students who have experienced a sexual assault

**Vanderbilt University: Psychological & Counseling Center August 2015-May 2016**

*Practicum Student (Counselor)*

* Co-facilitated process, support, and psychoeducational groups
* Meet with clients of various backgrounds and a wide variety of concerns including trauma, depression, anxiety, grief, and other acute disorders
* Attend weekly supervision and seminar
* Conduct intakes and treatment plans using DSM-V diagnostic criteria and complete notes as required by the University using Star Panel and Titanium
* Work in a clinical setting with an inter-professional team

**Fisk University Counseling Center August 2014- May 2015**

*Practicum Student (Counselor)*

* Interviewed and train peer counselors to administer outreach activities
* Lead weekly women groups focusing on mental health and other relevant topics.
* Met with clients of various backgrounds and a wide variety of concerns including trauma, depression, anxiety, grief, and other acute disorders
* Attended weekly supervision and monthly group supervision
* Created treatment plans using DSM-V diagnostic criteria for each client and complete notes as required by the University
* Participated in outreach activities where mental health awareness and counseling center services are promoted

**Tennessee State University Counseling Center August 2012-May 2013**

*Practicum Student (Counselor)*

* Administered presentations on mental health topics and counseling services within the University
* Met with clients to assist in improving their mental health
* Served over 275 hours of direct contact with clients and over 550 total hours of work in the counseling center
* Worked with client with a wide range of concerns and mental health related issues such as anxiety, depression, PTSD, relationship issues, suicide, etc.
* Conducted individual, couple, and group counseling

RELATED EXPERIENCE

**Oak Plains Academy** **January 2010-September 2010**

*Mental Health Associate*

* Provided routine non-acute physical care, participatory supervision, education, and evaluation of program services under direction of licensed staff
* Followed program guidelines and ensured patient compliance with minimum supervision
* Ensured the safety and supervision of residents, ranging from age 7-17 with behavior and emotional disorders, in all daily activities
* Planned, developed, and facilitated therapeutic patient group sessions daily
* Completed documentation of each assigned resident on the corresponded unit where it was clearly communicated (both verbal and written) with treatment team
* Identified and creatively resolved stressful emergency situations with clients and provided crisis intervention when necessary

**Tree house Afterschool Program February 2008-May 2009**

*Group Leader/Mentor*

* Designed weekly curriculum
* Trained incoming staff on rules and regulations
* Tutored students between elementary and high school in Math, English, Spanish, and History
* Supervised and implemented curriculum with students who attended the afterschool program

MEMBERSHIPS

* American Psychology Association (APA)
* Tennessee Counseling Association (TCA)
* Active Minds Inc.
* Graduate Psychology Student Organization (GPSO)

LANGUAGES

* Fluent in writing, speaking and reading Spanish

RESEARCH EXPERIENCE

* Lee, J. & **Mendez, E.** (2013). *Legal and ethical clinical record-keeping and responding to court demands: Continuing education for licensed professional counselors.* Paper presented at the Middle Tennessee Counseling Association’s Annual CEU Conference, Nashville, TN.
* **Mendez, E.** & Hunter, E. (2014). *Desirable qualities in marital partners based on ethnicity, class, and relationship status*. Paper Presented at the 2014 University-Wide Research Symposium in Tennessee State University, Nashville, TN
* Craig-Wittwer, M., Adams, T., Bailey-Days, R., Buchanan, G., Carmichael-Joyce, T., Jones, M, & **Mendez, E**. (2014). *What is Response to Intervention (RTI)? An Evaluation of a Fourth Grade RTI Program.* Paper Presented at the Tennessee Counseling Association 57th Annual Conference, Murfreesboro, TN
* **Mendez, E.** (2017). Why you? Why me? The influence of resilience and perceived barriers on mate selection. Dissertation defended at Tennessee State University, Nashville, TN

WORKSHOP AND PRESENTATIONS

* **Mendez, E.** & Staba, E. (2017) *Trauma Informed Care*. Presented at Southern Illinois University Health Center as a CME for medical provider
* **Mendez, E.** & Staba, E. (2017) *Achieving Medical Integration: Where are we now*? Presented at Southern Illinois University Health Center to mental health providers
* Lee, J. & **Mendez, E.** (2013). *Legal and ethical clinical record-keeping and responding to court demands: Continuing education for licensed professional counselors.* Paper presented at the Middle Tennessee Counseling Association’s Annual CEU Conference, Nashville, TN.
* **Mendez, E.** & Faulkner, R. (2012). *Conflict resolutions.* Presented to different classes throughout the Tennessee State University campus, Nashville, TN
* **Mendez, E.** & Faulkner, R. (2012). Relationships 101 and counseling services. Perform presentation to different classes throughout the Tennessee State University campus, Nashville, TN

VOLUNTEER EXPERIENCES

**Active Minds, Carbondale, IL**

Title: Volunteer

Supervisor: Dr. Richard Scott

April 2017

* Aided in the annual suicide prevented walk
* Discussed the importance of mental health awareness and provided resources to those who attended the event

**Hands On Nashville, Nashville, TN**

Title: Volunteer

Supervisor: Dr. Robin Oatis-Ballew

June 2015

Responsibilities:

* Volunteered gardening food that is used to manage the Nashville Food Project

**Tennessee Counseling Association, Nashville, TN**

Title: Volunteer

Supervisor: Dr. Roosevelt Faulkner; Mary Brignole

November 2012

Responsibilities:

* Volunteered hosting, pre-registering, and setting up the 2012 Tennessee Counseling Association Conference

**Mohawk Valley Resource Center, Utica, NY**

Title: SHINE Volunteer

Supervisor: Darlene Heian

September 2007-December 2007; February 2008- May 2008

Responsibilities:

* Volunteered in collaboration with “Students Helping in theNaturalization of Elders”, also known as the SHINE project
* Tutored refugees in reading, writing, and speaking English
* Introduced American culture to promote cultural adjustment and understanding

HONORS & AWARDS

* Outstanding Graduate Student; 2013 Psychology Research Symposium at Tennessee State University, Nashville, TN
* Students with Academic Greatness; 2014 College of Education. Nashville, TN