

CURRICULUM VITA

KARA L. CARNES-HOLT, Ph.D., LPC, RPT-S
 Department of Professional Studies-Counseling
 University of Wyoming
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 Laramie, WY 82071
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EDUCATION

Ph.D., Counseling: May 2010

University of North Texas, Denton, Texas (CACREP Accredited)

Specialty: Community Counseling; play therapy

Dissertation: Child-Parent Relationship Therapy (CPRT) with Adoptive Families: Effects on Child Behavior, Parent-Child Relationship Stress, and Parental Empathy

M.S.Ed., Educational Psychology (2003)

Baylor University, Waco, Texas

Emphasis: Community Counseling

M.Div., Master of Divinity (2003)

Truett Theological Seminary, Waco, Texas

B.A., Behavioral Sciences (2000)

East Texas Baptist University, Marshall, Texas

AWARDS and HONORS

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|-----------|---|
| 2016-2017 | David Bauer Grant Fellowship |
| 2015 | American Counseling Association Best Practice Award (International Award) |
| 2014 | Evan B. Donaldson Institute recognized Carnes-Holt's research as an evidenced based approach for working with foster/adoptive families with the most robust empirical support |
| 2013-2014 | ACES Presidential Fellow, Association for Counselor Education and Supervision |

- 2013-2014 ACES Emerging Leader, Association for Counselor Education and Supervision
- 2011 Outstanding Humanistic Dissertation Award, Association for Humanistic Counseling, Division of American Counseling Association
- 2008-2009 Outstanding Practitioner Award, Chi Sigma Iota, Rho Kappa Chapter.

Professional Experience

- 7/16-present **Associate Professor**, University of Wyoming
Tenured: 65% teaching, 25% research, 5% service, and 5% advising
- 08/2010-07/2016 **Assistant Professor, University of Wyoming**
Tenure track position: 65% teaching, 25% research, 5% service, and 5% advising
- 06/2008-05/2010 **Assistant Director, Center for Play Therapy**
Center for Play Therapy, University of North Texas, Denton, Texas
Supervise Graduate Assistants employed by the Center for Play Therapy.
- Coordinate the annual Summer Institute and Intensive Supervision (ten days of play therapy workshops and training) and the Fall Play Therapy Conference (one-day play therapy workshop). Design marketing materials and advertisements. Work collaboratively with the University of North Texas Printing Services Department in distributing brochures worldwide. Oversee marketing strategies to publicize annual conferences at the local, state, and national level. Respond to inquiries sent to Center for Play Therapy's website.
- 06/2007-05/2010 **Graduate Assistant**
University of North Texas Counseling Program, Denton, Texas
- Responsible for teaching and coordinating services for the program and community.
- 06/2007-06/2008 **Training and Professional Development Coordinator**
Center for Play Therapy, University of North Texas, Denton, Texas
- Responsible for developing and promoting online CEU program. Assisted in organizing and promoting annual Summer Institute and

Annual Fall Conference. Coordinated registration for program offering graduate credit in conjunction with Summer Institute.

06/2007-
06/2009

Graduate Counselor

Counseling and Human Development Center
Child and Family Resource Clinic
University of North Texas, Denton, Texas

Facilitated individual, group, and family counseling with community and university clients. Provided play therapy, group activity therapy, parent consultations, and filial therapy. Conducted full psycho-educational battery of assessments for child clients presenting to clinic with academic and behavioral health needs. Participated in an interdisciplinary assessment team. Provided individualized recommendations based on assessments results for parents and school staff.

06/2007-
05/2008

School Based Counselor

Denton, Texas

Provide play therapy services for preschool-aged children at local Head Start School.

10/2006-
04/2007

School Based Counselor

Perspectives Behavioral Health Management, Fort Smith, Arkansas

Served as self-employed contract therapist at elementary school in Fort Smith for kindergarten–sixth grade students and their families. Provided individual and family therapeutic services for children in high-risk environments who are exhibiting struggles in the home and school. Maintained appropriate documentation and communication to school and mental health agency.

10/2003-
10/2006

Mental Health Professional

Ozark Guidance Center, Springdale, Arkansas

Provided individual therapy sessions for preschool aged children in therapeutic day treatment at the early childhood center primarily using child centered play therapy techniques. Implemented therapeutic interventions that focus on assisting children with trauma and attachment struggles. Conducted weekly family therapy sessions for clients. Offered support and information to parents in regards to therapeutic interventions to use with their children in order to foster healthy interactions and appropriate behavior. Facilitated group therapy sessions for preschool aged children to address treatment issues and objectives. Maintained and

completed proper documentation on all clients including but not limited to Medicaid paperwork/billing, diagnosis, and additional administrative duties.

PUBLICATIONS

Books and Chapters

Carnes-Holt, K. L., Meany-Walen, K. Ceballos, P., (2015) Child-parent relationship therapy with pre-adolescents. In C. Schaefer & A. Drewes. (Eds.). *Play Therapy in Middle Childhood*. Washington, DC: American Psychological Association.

Bratton, S. & **Carnes-Holt, K.**, and Ceballos, P. (2011). Integrative humanistic play therapy approach to treating adopted children with a history of attachment disruptions. In A. Drewes, S. Bratton, & C. Schaeffer, (Eds.). *Integrated play therapy approaches*. Hoboken, NJ: John Wiley & Sons.

Jones, E. & **Carnes-Holt, K.**, (2010). The efficacy of intensive individual play therapy for chronically ill children. In J. Baggerly, D. Ray, & S. Bratton (Eds.). *Child centered play therapy research: The evidence base for effective practice*. Hoboken, NJ: John Wiley & Sons.

Refereed Articles Published

Carnes-Holt, K. L., Maddox, R. P. ,Warren, J., & Morgan, M., Noor, S. B., (2016). Using bookmarks: An approach to illustrate ethical challenges in play therapy. *International Journal of Play Therapy*. 25(4), 176-185. doi:10.1037/pla0040380

Meany-Walen, K., **Carnes-Holt, K. L.**, Ceballos, P., and Michero, E., (2014). Child-parent relationship therapy: A model for pre-adolescents. *British Journal of Play Therapy*. 10, 6-19.

Carnes-Holt, K. L. Meany-Walen, K., & Felton, A. (2014). Utilizing sandtray within the discrimination model of counselor supervision. *The Journal of Creativity in Mental Health*. 9, 497-510, doi:10.1080/15401383.2014.909298

Carnes-Holt, K. L. (2014). Attachment concerns within adoptive families. *American Counseling Association Practice Brief*.

Carnes-Holt, K. L. & Bratton, S. C. (2014). The efficacy of child parent relationship therapy for adopted children with attachment disruptions. *Journal of Counseling and Development*. 92, 328-337. doi:10.1002/j.1556-6676.2014.00160.x

- Carnes-Holt, K. L.** (2014). An interview with Garry Landreth: Play therapy, humanism, and the future of counseling. *Journal of Humanistic Counseling*. 53, 47-62. doi:10.1002/j.2161-1939.2014.00049x
- Carnes-Holt, K. L.,** & Weatherford, J. (2013). Intensive play therapy training for rural mental health counselors. *The Family Journal*. 21(1), 80-86. doi:10.1177/1066480712456825
- Meany-Walen, K., **Carnes-Holt, K. L.,** Barrio Minton, C., Purswell, K., and Pronchenko-Jain, Y. (2013). An exploration of counselors' professional leadership development. *Journal of Counseling and Development*. 91(2), 206-215. doi:10.1002/j.1556-6676.2013.00087.x
- Ray, D. C, Lee, K. R., Meany-Walen, K. K., Carlson, S. E., **Carnes-Holt, K. L.,** & Ware, J. (2013). Uses of toys in child-centered play therapy. *International Journal of Play Therapy*. 22(1), 43-57. doi:10.1037/a0031430
- Range, B. G., **Carnes-Holt, K. L.,** & Bruce, M. A. (2013). Engaging middle grades students to learn in a caring community. *The Clearinghouse: A Journal of Educational Strategies, Issues, and Ideas*. 86, 48-52. doi:10.1080/00098655.2012.738438
- Carnes-Holt, K. L.,** Range, B. G., and Cisler, M. (2012). Teaching about the principal and school counselor relationship: ELCC 2.1A. *International Journal of Educational Leadership Preparation*. 7(2), 1-11.
- Carnes-Holt, K. L.** (2012). Child-parent relationship therapy with adoptive families. *The Family Journal: Special issue: Adoption and foster care*. 20(4), 419-426. doi:10.1177/1066480712451242

Refereed Works in Press

- Coggins, K.** Opiola, K., & Carnes-Holt, K. (in press). Consultation strategies for working with professionals supporting foster families. In R. L. Steen (Ed.). *Emerging Research in Play Therapy, Child Counseling, and Consultation*. Hershey, PA: IGI Global.
- Bennett, M. & **Carnes-Holt, K. L.** (under review). Child-parent relationship therapy: A model for families with toddlers.
- Carnes-Holt, K. L.** & Opiola, K. (under review). Child-parent relationship therapy: A model for adoptive families.
- Ceballos, P., Meany-Walen, K. & **Carnes-Holt, K. L.** (under review). Child-parent relationship therapy: A model for families with pre-adolescents.

Bennett, M. & **Carnes-Holt, K. L.** (under review). Child-parent relationship therapy: A model for families with toddlers: treatment manual.

Opiola, K. & Carnes-Holt, K. L. (under review). Child-parent relationship therapy: A model for adoptive families: treatment manual.

Ceballos, P., Meany-Walen, K. & **Carnes-Holt, K. L.** (under review). Child-parent relationship therapy: A model for families with pre-adolescents: treatment manual.

Non-refereed Publications Published

Rudow, H. (2012). *Counseling adopted clients: A Q & A with Kara Holt*. Counseling Today, American Counseling association, <http://ct.counseling.org/2012/12/counseling-adopted-clients-a-q-a-with-karaholt/>

Bratton, S., & **Carnes-Holt, K.** (2009). *Involving caregivers as therapeutic agents in their children's therapy: Empirically supported play therapy models*. Association for Play Therapy July Mining Report, <http://www.a4pt.org/download.cfm?ID=28111>.

Works in Progress

Carnes-Holt, K. L., Bratton, S. C. Opiola, K., & Swan, A. (in progress). A parent-child intervention for young adopted children with a history of interpersonal trauma.

Carnes-Holt, K. L., Coggins, K., Morgan, M. M., Heuer, A., & Holt, E., & (in progress). Investigation of an early mental health intervention for developmental preschools: Effects of child teacher relationship training on children's behavior problems, teacher self-efficacy and teacher stress.

Maddox, R.P., **Carnes-Holt, K. L.** (in progress). Efficacy of an intensive play therapy workshop for school counselors: A mixed methods study.

Carnes-Holt, K. L., Maddox, R. P., Hinman, A., & Perkins, D. (in progress). The impact of play therapy training for professionals working with children and families.

Carnes-Holt, K. L., Maddox, R. P., Haines, C., and Holt, E., & Weatherford, J. (in progress). Impact of play therapy training on students in counseling preparation programs.

CONFERENCE PRESENTATIONS

National/International Refereed Presentations

Bratton, S., Opiola, K. & **Carnes-Holt, K.** *Healing relational trauma: Helping families connect and repair attachment difficulties through child-parent relationship therapy (CPRT)*. International Association for Play Therapy Conference, Louisville, October 2016. (3 hour, refereed presentation)

Morrison-Bennett, M. & **Carnes-Holt, K.** *Child parent relationship therapy for toddlers*. International Association for Play Therapy Conference, Louisville, October 2016. (2.5 hour, refereed presentation)

Meany- Walen, K. & **Carnes-Holt, K.** *Applying ethical decision making in play therapy practice*. International Association for Play Therapy Conference, Atlanta, October 2015. (3 hour, refereed presentation)

Carnes-Holt, K. & Felton, A. Utilizing sandtray within the discrimination model of counselor supervision. Association for Counselor Education and Supervision, Philadelphia, PA, October 2015. (50 minute, refereed roundtable session)

Morgan, M., **Carnes-Holt, K.**, Nekesa, M., Faimon, K., & Meggitt, D. *Getting comfortable at the gate: Navigating the challenges of gatekeeping*. Association for Counselor Education and Supervision, Philadelphia, PA, October 2015. (50 minute, refereed roundtable session)

Carnes-Holt, K., Meany-Walen, K., & Felton, A. *Express yourself: Creative strategies for counseling supervision*. American Counseling Association World Conference, Orlando, Florida, March 2015. (1 hour refereed educational session).

Meany-Walen, K., Kottman, T., **Carnes-Holt, K.**, & Ceballos, P. *Difficult moments: Adlerian and child centered play therapists respond*. International Association for Play Therapy Conference, Houston, TX, October 2014. (6 hour, refereed panel presentation)

Carnes-Holt, K., Maddox, R. P., & Steiner, K. *The benefits of teaching child centered play therapy skills counselors in training*. Association for Counselor Education and Supervision, Denver, CO, October 2013. (poster presentation)

Carnes-Holt, K., Mack, A., & Steiner, K. *Family time: Using family art assessments to address relationship dynamics in the classroom*. Association for Counselor Education and Supervision, Denver, CO, October 2013. (50 minute, educational session)

Carnes-Holt, K., Meany-Walen, K., & Ceballos, P. *Meeting the unique needs of*

pre-adolescents: Child parent relationship therapy. International Association for Play Therapy Conference, Palm Springs, CA, October 2013. (3 hour, refereed presentation)

Meany-Walen, K., **Carnes-Holt, K.**, & Ceballos, P. *Meeting the unique needs of pre-adolescents: Child parent relationship therapy.* American Counseling Association World Conference, Cincinnati, Ohio, March 2013. (1.5 hour refereed educational session)

Carnes-Holt, K., Covello, C., Bruce, M.A., Nees, N., & Hindman, T. *Best practices regarding the challenges of informed consent, ethics, and diversity when counseling minors.* American Counseling Association World Conference, San Francisco, CA, March 2012. (1.5 hour, educational session)

Bruce, M.A., **Carnes-Holt, K.**, & Range, B. *Teaching teachers how to use group work skills in their classroom community.* American Counseling Association World Conference, San Francisco, CA, March 2012. (poster presentation)

Carnes-Holt, K., Covello, C., & Bruce, M.A. *Counseling minors: Ethical and developmental implications for educating, supervising, and training practices in counselor preparation programs.* Association for Counselor Education and Supervision, Nashville, TN, October 2011. (1 hour, refereed round table presentation)

Cisler, M., **Carnes-Holt, K.**, Steiner, K., & McGee, J. *Gate keeping in counselor preparation programs: Implementing preventative measures to lead the future of the counseling profession.* Association for Counselor Education and Supervision, Nashville, TN, October 2011. (1 hour, refereed round table presentation)

Carnes-Holt, K., Ceballos, P., & Meany-Walen, K. *Child-parent relationship therapy with pre-adolescents and adolescents.* International Association for Play Therapy, Sacramento, CA, October 2011. (3 hour, refereed presentation)

Carnes-Holt, K. & Bratton, S. *Child-parent relationship therapy: An evidenced-based approach to meeting the needs of adoptive and foster families.* American Counseling Association, New Orleans, LA, March 2011. (poster presentation)

Bratton, S., **Carnes-Holt, K.**, & Meany-Walen, K. *Helping adoptive/foster families connect through play.* International Association for Play Therapy, Louisville, KY, October 2010. (3 hour, refereed presentation)

Carnes-Holt, K., Purswell, K., & Bratton, S. *A preliminary investigation of child-parent relationship therapy with adoptive families: Effects on child behavior, parent-child relationship stress, and parental empathy.* International Association

for Play Therapy, Louisville, KY, October 2010. (1 hour, refereed poster presentation)

Meany-Walen, K., **Carnes-Holt, K.**, Pronchenko, Y., & Barrio Minton, C. *Leading the way: Factors prompting counselors to assume leadership roles in professional organizations.* American Counseling Association Annual Conference, Pittsburg, PA, March 2010. (30 minute, refereed poster presentation)

Bratton, S. & **Carnes-Holt, K.** *Strengthening the Family: Child-Parent Relationship Training (CPRT).* Annual International Conference on Parent Education & Parenting, University of North Texas, Denton, TX, February 2010. (1 hour, refereed presentation)

Carnes-Holt, K., Meany-Walen, K., & Bratton, S. *Exploring New Dimension: Utilizing Expressive Arts Within the Discrimination Model of Counseling Supervision.* Association for Counselor Education and Supervision Conference, San Diego, October 2009. (1 hour, refereed poster presentation)

International, National Invited Presentations

Carnes-Holt, K., Bratton, S. C., Taylor, D. T., & Dafoe, E. *Child counseling and play therapy training.* Kampala, Uganda, August 2013. (3 day intensive training)

Carnes-Holt, K., Bratton, S. C., Taylor, D. T., & Dafoe, E. *Counseling supervision institute.* Kampala, Uganda, August 2013. (3 day intensive training)

Meany-Walen, K. K., Barrio Minton, C., Pronchenko, Y., & **Carnes-Holt, K.** *CSI chapter showcase: Rho Kappa.* American Counseling Association Annual Conference, Pittsburg, PA, March 2010 (showcase presentation)

State/Regional/Local Refereed Presentations

Carnes-Holt, K., Dafoe, E., Smith, E., Canady-Flatt, N. *Let's Play Nice Together: Expanding Play Therapy Training Across the Region.* Rocky Mountain Association for Counselor Education and Supervision, Steamboat Springs, CO, September 2016. (1 hour refereed presentation)

Wilson, M., **Carnes-Holt, K.**, & Kostrey, J. *Play therapy through a feminist lens.* Rocky Mountain Association for Counselor Education and Supervision, Steamboat Springs, CO, September 2016. (1 hour refereed presentation)

Warren, J, **Carnes-Holt, K.**, Maddox, R. P. & Morgan, M. *Using bookmarks: An approach to illustrate ethical challenges in play therapy.* College of Education Research Symposium. Laramie, Wy, March 2015. (15 minute refereed presentation)

Coggins, K., Heuer, A., **Carnes-Holt, K.**, Morgan, M. *Child's play: Investigation of an early mental health intervention for developmental preschools*. College of Education Research Symposium. Laramie, WY, March 2015. (15 minute refereed presentation)

Morgan, M., **Carnes-Holt, K.**, Meggitt, D., Coggins, K. *Professional gatekeeping: An introduction and key guidelines*. College of Education Research Symposium. Laramie, WY, March 2015. (15 minute refereed presentation)

Carnes-Holt, K., Meany-Walen, K., Maddox, R. P., Coggins, K. *Growing core counseling skills: Teaching child centered play therapy skills to beginning counseling students*. Rocky Mountain Association for Counselor Education and Supervision, Jackson, WY, October 2014. (1 hour, refereed presentation)

Carnes-Holt, K., Meany-Walen, K., Felton, A. *Express yourself: Creative strategies for counseling supervision*. Rocky Mountain Association for Counselor Education and Supervision, Jackson, WY, October 2014. (1 hour, refereed presentation)

Carnes-Holt, K., McKim, C. *Play therapy attitude, knowledge, and skills of graduate students trained in play therapy*. Professional Studies Research Symposium. Laramie, WY, March 2013. (15 minute refereed presentation)

Carnes-Holt, K., Steiner, K., Maddox, R. P., & Asfaw, A. *Integrating expressive arts within the discrimination model of supervision*. Rocky Mountain Association for Counselor Education and Supervision, Park City, UT, October 2012. (1 hour, refereed presentation)

Carnes-Holt, K. & Holt, E. *Sandtray therapy with adolescents in residential treatment: A single case design*. Professional Studies Research Symposium. Laramie, WY, March 2012. (15 minute refereed presentation)

Carnes-Holt, K. & Meany-Walen, K. *Created to connect: Meeting the needs of adoptive and foster families through play therapy*. Texas Association for Play Therapy, Corpus, Christi, TX, April 2011. (1.5 hour, refereed presentation)

Meany-Walen, K. & **Carnes-Holt, K.** *Adlerian play therapy: Effectiveness of disruptive behaviors of elementary ages children*. Texas Association for Play Therapy, Corpus, Christi, TX, April 2011. (1.5 hour, refereed presentation)

Carnes-Holt, K., Covello, C., & Bruce, M. A. *Counseling minors: Implications and limitations of confidentiality and informed consent*. Wyoming Counseling Association, Casper, WY, October 2010. (1.5 hour, refereed presentation)

Carnes-Holt, K. *Child-parent relationship therapy (CPRT): Sustaining and healing families through the power of play.* Wyoming Counseling Association, Casper, WY, October 2010. (1.5 hour, refereed presentation)

Carnes-Holt, K., Covello, C., & Cisler, M. *Leading the way: Factors prompting counselors to assume leadership roles in professional organizations.* Rocky Mountain Association for Counselor Education and Supervision, Jackson, WY, October 2010. (1.5 hour, refereed presentation)

Bruce, M. A., Daniels, H., Gressard, R., Engles, D., & **Carnes-Holt, K.** *Assessment practices incorporating student learning outcomes: What to do and how to do it!* Rocky Mountain Association for Counselor Education and Supervision, Jackson, WY, October 2010. (1.5 hour, refereed presentation)

Carnes-Holt, K. & Meany-Walen, K. *Prioritizing parents: Communication strategies for parent consultations during the play therapy process.* Texas Association for Play Therapy Annual Conference, Houston, TX, March 2010. (1.5 hour, refereed presentation)

Bratton, S., **Carnes-Holt, K.,** & Meany-Walen, K. *Child parent relationship therapy (CPRT): Cultural and developmental considerations,* Texas Counseling Association, Annual Professional Growth Conference, Dallas, November 2009. (3 hour, refereed presentation)

Carnes-Holt, K. *What parents want to know: Strategies for communicating with parents during consultations.* Arkansas Association for Play Therapy, Annual Conference, April 2009. (3 hour, refereed presentation)

Bratton, S., **Carnes-Holt, K.,** Meany-Walen, K., & Lin, Y. *Child parent relationship therapy (CPRT): Healing the heart of families.* Texas Association for Play Therapy Annual Conference San Antonio, April 2009. (3 hour, refereed presentation)

Meany-Walen, K. & **Carnes-Holt, K.** *Gay men and body dissatisfaction: A cultural phenomenon.* Texas Counseling Association, Annual Professional Growth Conference, Houston, November 2008. (1.5 hour, refereed presentation)

Bratton, S., **Carnes-Holt, K.,** Meany-Walen, K., Edwards, N., & Carlson, S. *Child parent relationship therapy (CPRT): A culturally responsive & empirically supported intervention for at-risk children.* Texas Counseling Association, Annual Professional Growth Conference, Houston, November 2008. (3 hour, refereed presentation)

Carnes-Holt, K. & Meany-Walen, K. *What parents need in parent consultations: Points for preventing F.I.T.'s.* Texas Counseling Association, Annual Professional

Growth Conference, Houston, TX, November 2008. (1.5 hour, refereed presentation)

Meany-Walen, K. & **Carnes-Holt, K.** *Balancing two worlds: Surviving a doctoral program and being a parent.* Doctoral Student Association, University of North Texas, September 2008. (1 hour, refereed presentation)

Local/State/Regional Invited Presentations

Carnes-Holt & Coggins, K. *Child-parent relationship therapy: A play therapy based parenting program.* University of Wyoming, Laramie Wy, April 2016. (2 day invited workshop).

Carnes-Holt, Coggins, K., Morgan, M., Holt, E., Hueur, A. *Child-teacher relationship training.* Developmental Preschool Services and Early Childhood Intervention, Laramie, WY, August 2014. (2 days invited presentation, offered 2 times in August)

Bratton, S. C. & **Carnes-Holt, K.** *Child-parent relationship therapy: An evidenced-based filial play therapy method for empowering caregivers.* Wyoming Association for Play Therapy, Lander, WY, June 2014. (2-day invited workshop)

Carnes-Holt, K., Holt, E. *Personality priorities: Linking the classroom and home.* Developmental Preschool Services and Early Childhood Intervention, Laramie, WY, December 2013. (3 hour, invited presentation)

Carnes-Holt, K., Holt, E. *Playful partners: Emotional responsiveness in the classroom.* Developmental Preschool Services and Early Childhood Intervention, Laramie, WY, December 2013. (3 hour, invited presentation)

Carnes-Holt, K. *Executive functioning and emotional development for preschoolers.* Albany County Headstart, Laramie, WY, December 2012. (3 hour, invited presentation)

Carnes-Holt, K. *Creating connections: The power of teacher-child Relationships.* Albany County Headstart, Laramie, WY, January 2012. (2 hour, invited presentation)

Carnes-Holt, K. *Entering the child's world: The basics of child-centered play therapy.* Wyoming Counseling Association, Casper, WY, October 2011. (1.5 hour, invited presentation)

Carnes-Holt, K. *Engaging caregivers in the play therapy process.* Wyoming Institute for Play Therapy and Early Childhood Leadership, Laramie, WY, June 2011. (8 hour, invited presentation)

Carnes-Holt, K. *Entering the child's world: The basics of child-centered play therapy.* Rock Springs Child Development Center, Rock Springs, WY, March 2011. (2-day training)

Carnes-Holt, K. & Meany-Walen, K. *What children need most: Strategies and tools for effective parent consultations within the play therapy process.* North Texas Chapter, Texas Association for Play Therapy, December 2009. (2 hour, invited presentation)

Carnes-Holt, K. *Preventing F.I.T.'s: Parenting strategies for adoptive families.* Lake Pointe Adoption and Foster Care Annual Conference, November 2009. (1 hour, invited presentation)

Carnes-Holt, K. *Let's play: The practical benefits of play for you and your children.* Tapestry Adoption and Foster Care Annual Conference, October 2009. (1 hour, invited presentation, available on copyrighted DVD by AV media place)

Carnes-Holt, K. *Introduction to filial therapy.* Buckner Children and Family Services, Dallas, Texas, August 2009. (1 hour, invited presentation)

Carnes-Holt, K. & Meany-Walen, K. *Parent Consultations.* Chi Sigma Iota, Rho Kappa Chapter, University of North Texas, December 2008. (3 hour, invited presentation)

GRANTS FUNDED

2012 *Creating connections: Enhancing mental health services in Uganda*
International Travel Grant: University of Wyoming, \$2000.00
Principle Investigator: Kara Carnes-Holt

2010-2011 *Teaching Teachers How to Use Group Work Skills in Their Classroom Community*
Association for Specialist in Group Work Research Grant, \$850.00
Co-Investigators: Dr. Mary Alice Bruce, Dr. Kara Carnes-Holt, and Dr. Bret Range

2010-2011 *An Interview with Garry Landreth: Play therapy, humanism, and the future of counseling*
Research Support: Professional Studies Department, University of Wyoming, \$808.00
Principle Investigator: Kara Carnes-Holt

2010-2011 *Sandtray with At-Risk Adolescent Youth: A single case design*
Research Support: Professional Studies Department, University of Wyoming, \$1155.00
Principle Investigator: Kara Carnes-Holt

- 2010 *Rocky Mountain Center of Play Therapy Studies Resource Center*
College of Education Flex Funds, \$ 1300.00 (Professional Studies
matched funds with additional \$1300.00)
Director of Center: Kara Carnes-Holt
- 2009-2010 *The Efficacy of Child Parent Relationship Therapy (CPRT) with
Adopted Children and Their Parents: Effects on Child Behavior,
Parent-Child Relationship Stress, and Parental Empathy*
The Dan. E Homeyer Play Therapy Research Award, Texas
Association for Play Therapy, \$500.00
Principle Investigator: Kara Carnes-Holt
- 2009-2010 *The Efficacy of Child Parent Relationship Therapy (CPRT) with
Adopted Children and Their Parents: Effects on Child Behavior,
Parent-Child Relationship Stress, and Parental Empathy*
The Educational Endowment Fund, Texas Counseling
Association, \$300.00
Principle Investigator: Kara Carnes-Holt
- 2009-2010 *The Efficacy of Child Parent Relationship Therapy (CPRT) with
Adopted Children and Their Parents: Effects on Child Behavior,
Parent-Child Relationship Stress, and Parental Empathy*
C-AHEAD Make a Difference Grant, \$500.00
Principle Investigator: Kara Carnes-Holt
- 2009-2010 *Leading the Way: Factors Prompting Counselors to Assume
Leadership Roles in Professional Organizations*
Chi Sigma Iota Excellence in Counseling Research Grant, \$600.00
Co-Investigators: Dr. Kristin Meany-Walen, Dr. Kara Carnes-Holt,
Dr. Casey Barrio-Minton, Katherine Purswell, Yulia Pronchenko
- 2009-2010 *Comparison of a Non-Directive Approach and Directive Humanistic
Play Therapy Intervention: Effects on Disruptive Behaviors of Early
Elementary School-Aged Children, Association for Play Therapy,
Fresno, CA, \$20,000*
Research Assistant: Kara Carnes-Holt

NON-FUNDED GRANTS

- 2013 *The Impact of Play Therapy Training for Wyoming Early Childhood*
Mary Garland Early Career Fellowship
Educators, total funding applied for: \$25,000.00
- 2013 *Expanding Counselors' Understanding of Global Children's Needs*
World Comes to Wyoming

- Total funding applied for: \$2400.00
- 2011 *A Successful School Community Empowers All Students to Learn*
Faculty Grant-In Aid
Total funding applied for: \$7419.00
- 2010 *A Successful School Community Empowers All Students to Learn*
Social Justice Research Center
total funding applied for: \$4000.00
- 2010 *Moving Towards Evidenced Based Practice: Effects of Child-Parent
Relationship Therapy with Adoptive Families*
Mary Garland Early Career Fellowship
total funding applied for: \$15,000.00
- 2007 *Strategies for Developing Head Start Teachers' Effectiveness:
Helping Teachers Reach All Children Through Child Teacher
Relationship (CTR) Training.*
Dept. of Health and Human Services-Administration of Children &
Families
total funding applied for: \$598,223.00 (145,655-1st yr., \$232,598-2nd
yr., \$219,970-3rd.yr.) with a possibility to reapply for total of 5 years
of funding.
- 2007 *Early Mental Health Project: Promoting School Readiness Through
Optimizing Emotional, Behavioral, & Social Development of Young
Children.*
U.S. Department of Education Safe and Drug Free
Schools Foundation of Learning Grant to Promote School
Readiness
Total funding applied for: \$300,000 (*received high scores and
encouraged to apply again. Only 4 grants awarded out of over 100
applications*).

PROFESSIONAL AFFILIATIONS

- 2012-present The Association for Creativity in Counseling, ACA Division
- 2012-present Association for Child and Adolescent Counseling, ACA
Division
- 2010-present Association for Humanistic Counseling, ACA division
- 2010-present Wyoming Counseling Association

- 2010-present Wyoming Association for Play Therapy
- 2010-present Rocky Mountain Association for Counselor Education and Supervision (RMACES)
- 2008-present American Counseling Association (ACA)
- 2008-present Association for Counselor Education and Supervision (ACES)
- 2004-present Association for Play Therapy (APT)

Credentials and Certifications

Licensed Professional Counselor, Wyoming, # 1197
 Registered Play Therapist- Supervisor (RPT-S) #S-1183
 Certified Child-Centered Play Therapist-Supervisor (CCPT-S) #A-013
 Certified Child-Parent Relationship Therapist-Supervisor (CPRT-S) #A-013

PROFESSIONAL LEADERSHIP AND SERVICE

National/International

- 2016 Association for Counselor Education and Supervision Research Grant Committee
- 2016 Key Awards Committee Chair, International Association for Play Therapy
- 2015 National Career Development Association Global Career Development Academy Participant (inaugural class of 12 participants, invitation only from a national panel of experts)
- 2013-present Nominations and Awards Committee, *Association for Child and Adolescent Counseling*, American Counseling Association Division
- 2012-present Conference Program Committee, *International Association for Play Therapy*
- 2012-present Journal Reviewer, *International Journal of Play Therapy*, American Psychological Association Division Journal
- 2011-present Key Awards Committee, Association for Play Therapy
- 2011- Journal Reviewer, *Journal of Humanistic Counseling*, American

present Counseling Association Division Journal

2010- Make a Difference Grant Reviewer
2011 Association for Humanistic Counseling
 Division of American Counseling Association

State/Regional/Local

2016 Rocky Mountain Association for Counselor Education and
 Supervision Conference Reviewer

2011- Wyoming Association for Play Therapy
present Board Member

2011- Rocky Mountain Association for Counselor Education and
2016 Supervision (RMACES)
 Wyoming President

University

2014- Faculty Senate Representative, alternate
present

College and Department

2016- Doctoral Program Coordinator, Counselor Education and
present Supervision

2016- 7th Biennial Wyoming Institute for Play Therapy
present Conference Coordinator

2015 6th Biennial Wyoming Institute for Play Therapy and Early
 Childhood Leadership Coordinator

2014- Faculty Search Committee Member, Counseling Program
2015

2013 5th Biennial Wyoming Institute for Play Therapy and Early
 Childhood Leadership Coordinator

2012- Professional Studies Research Symposium
present Proposal Reviewer

2011- Rocky Mountain Center of Play Therapy Studies
present founder and director

- 2011 4th Biennial Wyoming Institute for Play Therapy and Early Childhood Leadership
Co-coordinator
- 2011-2016 Counseling Program Scholarship Committee
- 2011 Student Wyoming Education Association-Faculty Sponsor
- 2010-2016 Internship Program Coordinator
Counseling Program, University of Wyoming
- 2010-2012 Master's Program Admissions Committee
Co-chair, Counseling Program, University of Wyoming

AREAS OF EXPERTISE AND TEACHING INTEREST

Counseling Theories/Supervision Attachment and Trauma Studies
Child and Family Counseling Transpersonal Perspectives
Animal Assisted Counseling
Expressive Arts in Counseling/Supervision

RESEARCH AGENDA

Play therapy and expressive art interventions that utilize the therapeutic relationship as the primary and foundational agent of change for children, adolescents, and their families.

GRADUATE ADVISING

ALL MASTERS GRADUATE STUDENT COMMITTEES COMPLETED OR ACTIVE

Student Name	Admitted/Faculty Role	Date Graduated	Degree/Area of Study
Ronda Cauffman	Summer 2017 Primary Advisor	In progress	MS-Mental Health Counseling
Ashkia Campbell	Summer 2017 Primary Advisor	In progress	MS-Mental Health Counseling
Lucas Grant	Summer 2017 Primary Advisor	In progress	MS-Mental Health Counseling
Melissa Brown	Summer 2017 Primary Advisor	In progress	MS-Mental Health

			Counseling
Kasey Esponda	Summer 2017 Primary Advisor	In progress	MS-Mental Health Counseling
Brittney Parmeter	Summer 2017 Primary Advisor	In progress	MS-Mental Health Counseling
Derek Livingston	Summer 2016 Primary Advisor	In progress	MS-Mental Health Counseling
Moriah Hager	Summer 2016 Primary Advisor	In progress	MS-Mental Health Counseling
Jordan Kiler	Summer 2016 Primary Advisor	In progress	MS-Mental Health Counseling
Mark Hyde	Summer 2016 Primary Advisor	In progress	MS-School Counseling
Michaela Tratos	Summer 2015 Primary Advisor	In progress	MS-Mental Health Counseling
James Trospen	Summer 2015 Primary Advisor	In progress	MS-Mental Health Counseling
Jessica Gran	Summer 2015 Primary Advisor	Graduate Spring 2017	MS-Mental Health Counseling
Hannah Kleinhans	Summer 2014 Primary Advisor	Graduate Spring 2017	MS-Mental Health Counseling
Allison Brayton	Summer 2014 Primary Advisor	Graduated Spring 2016	MS-Mental Health Counseling
Katherine Jones	Summer 2014 Primary Advisor	Graduated Spring 2016	MS-Mental Health Counseling
Nikki Rosetter	Summer 2014 Primary Advisor	Graduated Spring 2016	MS-Mental Health Counseling
Katherine McMahan	Summer 2014 Primary Advisor	Graduated Spring 2016	MS-School Counseling
Chase McNamee	Summer 2013 Primary Advisor	Graduated Spring 2015	MS-Mental Health Counseling
Brittini Turner	Summer 2013 Primary Advisor	Graduated Spring 2015	MS-Mental Health Counseling
Cristina Jensen	Summer 2013 Primary Advisor	Graduated Spring 2015	MS-School Counseling

Dustin Hunt	Summer 2013 Primary Advisor	Graduated Fall 2016	MS-Mental Health Counseling
Sherish Thapa	Summer 2013 Primary Advisor	Graduated Spring 2015	MS-Mental Health Counseling
Joseph Matonte	Summer 2012 Primary Advisor	Graduated Spring 2014	MS-Mental Health Counseling
Katie Gholson	Summer 2012 Primary Advisor	Graduated Spring 2014	MS-Mental Health Counseling
Lindsay Stoffers	Summer 2012 Primary Advisor	Graduated Spring 2014	MS-Mental Health Counseling
Scharen Collingwood	Summer 2012 Primary Advisor	Graduated Spring 2014	MS-School Counseling
Michael Wilson	Summer 2011 Primary Advisor	Graduated Spring 2014	MS-Mental Health Counseling
Sandra Biller	Summer 2011 Primary Advisor	Graduated Spring 2013	MS-Mental Health Counseling
Diana Schwede	Summer 2011 Primary Advisor	Graduated Spring 2013	MS-Mental Health Counseling
Nathan Smith	Summer 2011 Primary Advisor	Graduated Spring 2013	MS-Mental Health Counseling
Rachel Reynolds	Summer 2011 Primary Advisor	Graduated Spring 2013	MS-Mental Health Counseling
Shelley Dolinar	Summer 2011 Primary Advisor	Graduated Spring 2013	MS-Mental Health Counseling
Jennifer Day	Summer 2011 Primary Advisor	Graduated Spring 2013	MS-School Counseling
Alex Ewart	Summer 2011 Primary Advisor	Graduated Spring 2013	MS-School Counseling
Julie Schriener	Committee Member	Graduated Spring 2014	Early Childhood Education
Michael Carrington	Committee Member	Graduated Spring 2015	Social Work
Ashley Snyder	Committee member	In progress	Special Education
Mandy Dube	Committee Member	In progress	Curriculum and Instruction
Kera Wenzel	Committee member	Completed/summer 2011	Early Childhood Education
Steven Lake	Committee member	Graduated Spring 2012	Educational Leadership

Martha Brickner	Committee member	In progress	Social Work
Tara Goltermann	Committee member	In progress	Early Childhood Education
James Howell	Committee member	In progress	Curriculum and Instruction
Jacyln Klinginsmith	Committee member	In progress	Curriculum and Instruction

ALL DOCTORAL GRADUATE STUDENT COMMITTEES COMPLETED OR ACTIVE

Karen Drew	Fall 2017/Primary Advisor	In progress	PhD-Counselor Education and Supervision
Greg Sandman	Fall 2014/Committee Chair/Active	Graduate Spring 2017	PhD-Counselor Education and Supervision
Kimberly Coggins	Fall 2013/Committee Chair	Graduated Spring 2016	PhD-Counselor Education and Supervision
Molly Dinkins	Fall 2013/Committee Chair/Active	Graduate Spring 2017	PhD-Counselor Education and Supervision
Avis Garcia	Fall 2013/Committee Member/Active	Graduate Spring 2017	PhD-Counselor Education and Supervision
Robert Paul Maddox	Fall 2012/Committee Chair	Graduated Spring 2015	PhD-Counselor Education and Supervision
April Megginson	Fall 2012/Committee Member	Graduated Spring 2016	PhD-Counselor Education and Supervision
Kate Steiner	Fall 2010/Committee Chair/Active	In Progress	PhD-Counselor Education and Supervision
Jude Austin	Fall 2013/Committee Member	Graduated Spring 2016	PhD-Counselor Education and Supervision
Kevin Vance	Fall 2013/Committee Member/Active	In Progress	PhD-Counselor Education and Supervision
Nicole Nees	Fall 2011/Committee Member/Active	In Progress	PhD-Counselor Education and Supervision
Rob Balich	Fall 2011/Committee Member/Active	In Progress	PhD-Counselor Education and Supervision
Tara Hindman	Fall 2011/Committee Member	Graduated Spring 2014	PhD-Counselor Education and Supervision
Deb Perkins	Fall 2012/Committee	Graduated Spring 2016	PhD-Counselor Education and

	Member		Supervision
Andy Felton	Fall 2012/Committee Member	Graduated Spring 2016	PhD-Counselor Education and Supervision
Amanuel Asfaw	Fall 2012/Committee Member	Graduated Spring 2015	PhD-Counselor Education and Supervision
Amanda Sanders	Fall 2015/Committee Member/Active	In Progress	PhD-Curriculum and Instruction
Angela Roybal-Lewis	Committee Member/Active	Graduate Spring 2017	PhD-Curriculum and Instruction
Joel Briske	Committee Member/Active	In Progress	Ed.D. Adult Learning and Post Secondary Education
Molly Murray	Committee Member/Active	In Progress	Ed.D. Adult Learning and Post Secondary Education
David Des Armier	Committee Member	Graduated Spring 2016	Ed.D. Adult Learning and Post Secondary Education
Mandy Cisler	Fall 2010/Committee Member	Completed/Spring 2013	PhD-Counselor Education and Supervision
Ku Suhaila	Fall 2009/Committee Member	Completed/Spring 2013	PhD-Counselor Education and Supervision
Nichol Hammrich	Committee Member	Completed/2011	PhD-Counselor Education and Supervision