

## **Kathleen (Ky) T. Heinlen**

Associate Professor,  
Cuyahoga Community College  
Westshore Campus  
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Westlake, Ohio 44145

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### **Education**

DOCTORATE IN PHILOSOPHY - 2006  
Cleveland State University: Cleveland, Ohio  
Counseling

MASTER OF EDUCATION - 2000  
Cleveland State University  
Cleveland, Ohio  
Community Agency Counseling

BACHELOR OF ARTS - 1989  
Indiana University  
Bloomington, Indiana  
Psychology

### **Professional Licensure**

Licensed Psychologist – State of Ohio #6620

Licensed Professional Clinical Counselor (LPCC) - Supervision Endorsement;  
State of Ohio #E4360-S

### **Experience**

*Associate Professor, Counseling*

*Cuyahoga Community College*

February, 2010 – Present

Perform a full range of counseling activities including, but not limited to: assisting students in developing educational career/career goals; crisis counseling; identifying and developing strategies and skills for adapting to the educational environment; teaching; and advising students in academic curriculum areas.

### **Courses taught:**

*GEN 1010: Personal Development*

*Traditional format*

*GEN 1022: Success Strategies*

*Traditional format*

*GEN 1040: Career Exploration*

*Blended Format*

*GEN 1070: Success Strategies Seminar*

*Blended and Traditional format*

*Online format*

*PSY 2080: Abnormal Psychology*

*Traditional format*

**Workshops presented for students:** Career Exploration: What Should I Do with My Life?; Discover your Learning Style; Money Matters; Procrastination; Study Skills, Test taking; This is your Brain in School, and Time Management.

***Adjunct Faculty, Visiting Professor***

***Counseling, Administration, Supervision & Adult Learning Department***

August, 2001 – 2015

***Cleveland State University***

Taught undergraduate and graduate courses for education and counseling majors. Responsibilities included developing course syllabi, teaching course content and assessment of student performance.

**Courses taught:**

*Appraisal in Counseling*

*Assessment for Counselors*

*Advanced Assessment for Counselors*

*Career Development*

*Case Studies*

*Counseling Children and Adolescents*

*Counseling Practicum*

*Ethics: Taught traditional, hybrid and online*

*Individual Counseling*

*Internship*

*Group Counseling*

*Lab in Counseling Techniques*

*Psychology of the Adolescent Learner*

*Psychopathology*

*Social Issues in Education*

*Taught at both the undergraduate as well as graduate level*

***Psychologist***

August 2007 – Present

***Mindful Directions LLC***

Manage private practice serving adults, adolescents, young adults and caregivers. Provide individual counseling, assessment, diagnosis and treatment. Maintain a pro bono case load in service to the community. Provide clinical supervision and workshops to professional counselors.

***Clinical Supervisor***

August 2007 – 2012

***Cleveland Rape Crisis Center***

Provided supervision as an outside contractor for Professional Counselors/Clinical Residents and Interns. Provided supervision on both an individual and group basis.

***Therapist*** ***Catholic Charities - Parmadale Family Services***  
 September, 2002 – September, 2007; August, 1999 – May, 2000

Provided diagnostic psychological assessments and treatment for children and adolescents in a secured treatment facility. Treatment included family, group and individual counseling and included short-term crisis stabilization and long-term therapeutic intervention. Previous work at this location included providing diagnostic assessments, individual and family counseling and community support services for clients in an in-home setting. Focus of treatment interventions was on trauma recovery. Completed training for Community Support Services and the Children Who Witness Violence program with the Cuyahoga County Board of Mental Health. Also trained in Dialectical Behavioral Therapy. Trained and participated as a team member with the Families and Schools Together (FAST) program.

***Graduate Assistant*** ***Vice Provost, Office of Institutional Effectiveness and  
Strategic Partnerships, Cleveland State University***  
 August, 2000 – August, 2001

Assisted in the development of a national clearinghouse web site, funded by the Kellogg Foundation. Prepared press releases for the scholarship of engagement events and content for materials in national presentations. Researched and wrote the university distance learning report.

***Grant Program Assistant*** ***Special Administration & Service Learning Grants  
Cleveland State University***  
 August, 1998 – February, 1999

Coordinated the efforts of team members in the development of special administration modules. Prepared annual state report for Service Learning and worked with grant recipients state wide in gathering research data.

***Community Support Provider - Volunteer*** ***The Beacon - Far West Services***  
 Spring, 1998 - Spring, 1999

Assisted with the partial hospitalization and community support programs for individuals with mental illness at a community agency. The partial hospitalization program provided psychotherapeutic group counseling and the community support program provided education and socialization.

***Volunteer - Rainbows Grief Program*** ***St. Christopher Church, Rocky River***  
 August, 1997 – May, 1998

Facilitated small group sessions for children dealing with grief and loss. This was a psychoeducational group with a set curriculum.

**Publications**

- Adams, S. A., Heinlen, K. T. & Butler, K. (2006). "We can't believe it happened": Crisis consultation in *Critical Incidents in Counseling Children*. Adams, S. A. & Carlson, L. (Eds.). American Counseling Association: Washington D.C.
- Heinlen, K. T. (2006). Dissertation, "A descriptive analysis of the clinical symptoms of caregivers for individuals with traumatic brain injury." August, 2006.
- Heinlen, K. T. (2004). Case #1: Hines in *The Ethics of Diagnosis: Confronting the Quandaries*. Eriksen, K. & White, V. (Eds.). Sage Publications: New York.
- Heinlen, K. T. (2004). *PCLE Preparation: The Next Frontier in Counselor Licensure*. Workbook presented at training conference at John Carroll University. March, 2004.
- Heinlen, K. T. (2000). Masters Thesis, "Descriptive analysis of WebCounseling practices and compliance with current ethical standards." May, 2000.
- Heinlen, K. T., & Welfel, E. R. (2008). Ethics in technology and mental health in *Using Technology to Support Evidence-Based Behavioral Health Practices: A Clinician's Guide*. Cucciare, M. & Weingardt, K. (Eds.). Routledge: New York.
- Heinlen, K. T., Welfel, E. R., Richmond, E. N., & O'Donnell, M. S. (2003). The nature, scope and ethics of psychologists' E-therapy Websites: What consumers find when surfing the Web. *Psychotherapy: Theory, Research, Practice, Training*, 40, (1/2), 112-124.
- Heinlen, K. T., Welfel, E. R., Richmond, E. N. & Rak, C. F. (2003). The scope of WebCounseling: A survey of services and compliance with NBCC Standards for the Ethical Practice of WebCounseling. *Journal of Counseling and Development*, 81, 61-69.
- MacCluskie, K. C. & Heinlen, K. T. (2016). Mindsight: Clinical and Personal Self-Care Practice. *Ohio Psychologist*, September.
- Sandmann, L. R. & Heinlen, K. T. (2001). Cleveland State University Distance Learning Self-Study Report.
- Welfel, E. R. & Heinlen, K. (August, 2001). The responsible use of technology in mental health practice in *Mental Health Desk Reference: Sourcebook for Counselors & Therapists*. Welfel, E. & Ingersoll, E. (Eds.). Wiley & Sons: New York.

**Conference Presentations**

- Drude, K., Heinlen, K. T. & Imar, T. (2005). *E-mail use with clients*. Paper presented in October at the Ohio Psychological Association Conference, Columbus, Ohio.
- Heinlen, K. T. (2014). *Advanced Clinical Counseling Topics: Assessment*. Workshop presented in October at the American College Counseling Association Annual Conference, San Antonio, Texas.
- Heinlen, K. T. (2014). *NCE Preparation: The Next Frontier in Counselor Licensure*. Annual workshop presented since 2002 at Cuyahoga Community College, John Carroll University and Ursuline College.
- Heinlen, K. T. (2014). *Culture Shock: From Combat to College*. Workshop presented in March at the American Counseling Association Annual Conference, Honolulu, Hawaii.
- Heinlen, K. T. (2014). *Are you mindful of this moment?* Tri-C Speaker Series workshop presented in February at the Normandy Retirement Center, Rocky River, Ohio.
- Heinlen, K. T. (2013). *Mindfulness*. Tri-C Speaker Series workshop presented in June for Humana Healthcare, Parma, Ohio.
- Heinlen, K. T. (2012). *Culture Shock: From Combat to College*. Workshop presented in October at the American College Counseling Association Annual Conference, Orlando, Florida.
- Heinlen, K. T. (2006). *From Trauma to Resilience: Working with Children and Adolescents*. Workshop presented for continuing education at John Carroll University, Continuing Education Department. Also presented for Summit County, June (2006).
- Heinlen, K. T. (2002) *FAST: Families and Schools Together*. Workshop presented in March at the American Counseling Association Annual Conference, New Orleans, Louisiana.
- Heinlen, K. T., Britton, P., Feisthamel, K., & Wilcox, A. (2001). *Technology in supervision: A model for peer support*. Paper presented in November at the Ohio Counseling Association All Ohio Conference, Columbus, Ohio.
- Heinlen, K. T., & Drude, K. (August, 2008). *Developing Telepsychology Guidelines for a State Psychological Association*. Paper presented at the American Psychological Association Annual Conference, Boston, Massachusetts.
- Heinlen, K. T., Drude, K., Ellenwood, A., Imar, T. & Steichen Asch, P. (October, 2007). *Telepsychology Guidelines*. Paper presented at the Ohio Psychological Association Conference, Columbus, Ohio.
- Heinlen, K. T. & Hanson, L. (November, 2006). *Building Resilience in Children and Adolescents*. Paper presented at the Ohio Counseling Association All Ohio Conference, Columbus, Ohio.
- Heinlen, K. T., Hrovat, J., Kuntz, K. & Posey, S. (2014). *Mental Health in the Classroom*. Workshop presented in November at the Ohio Counseling Association All Ohio Counselors Conference, Columbus, Ohio.

- Heinlen, K. T. & Huang, W. (2012). *E-advising at a college campus*. Roundtable discussion presented in June at the National Institute Staff and Organizational Development Annual Conference, Austin, Texas.
- Heinlen, K. T., Kuntz, K., Nardecchia, D., & Posey, S. (2014). *Making the connection between academic success and student mental health needs*. Workshop presented in October at the American College Counseling Association Annual Conference, San Antonio, Texas.
- Heinlen, K. T. & Macie, M. (2006). *Toward a more comprehensive assessment in children and adults*. Paper presented in October for Catholic Charities Staff Development Day, Cleveland, Ohio.
- Heinlen, K. T., Welfel, E. R., & Richmond, E. N. (2001). *Cybercounseling: Best (and worst) practices and future directions*. Paper presented in March at the American Counseling Association Annual Conference. San Antonio, Texas.
- Heinlen, K. T., Welfel, E. R., Richmond, E. N. & O'Donnell, M. S. (2002). *Internet psychologists: Scope, ethics and advertising of Web-based services*. Paper presented in August at the American Psychological Association Annual Conference. Chicago, Illinois.
- Heinlen, K. T. & Witte, N. (2004). *Reactive Attachment Disorder: What you didn't learn in graduate school*. Paper presented in November at the Ohio Counseling Association All Ohio Conference, Columbus, Ohio.
- Heinlen, K. T. & Woodring, J. E. (2010). *When talking doesn't work: How to help children and adults recover from trauma*. Paper presented in November at the Ohio Counseling Association All Ohio Conference, Columbus, Ohio.
- Heinlen, K. T. & Woodring, J. E. (2004). *Suicide assessment and intervention with children and adolescents*. Paper presented in November at the Ohio Counseling Association All Ohio Conference, Columbus, Ohio.
- MacCluskie, K., Heinlen, K., & Hanson, L. (2003). *Caregivers of survivors of brain injury: A needs assessment*. Paper presented in April at the Ohio Psychological Association Spring Institute. Westlake, Ohio.
- Taylor-Heard, J., Heinlen, K. T. & Yates, R. (2011). *Culture Shock: From Combat to College*. Workshop presented in March at the Veteran's Symposium, Cuyahoga Community College, Cleveland, Ohio.
- Welfel, E. R., Heinlen, K. T. & Rak, C. F. (2000). *Buyer Beware: Data on WebCounselors' (non)compliance with ethical standards*. Paper presented in March at the American Counseling Association Annual Conference. Washington, D.C.
- Welfel, E. R., Heinlen, K. T. & Rak, C. F. (1999). *The next ethical frontier: Web counseling and supervision*. Paper presented in November at the Ohio Counseling Association All Ohio Conference, Columbus, Ohio.

**Community Presentations:**

*Are you Mindful of this Moment?*

February, 2019 – Berea Library

November, 2018 – Avon Senior Center

April, 2016 – Cuyahoga County Division of Children and Family Services  
Leadership Retreat

*A Time to Mourn*

April, 2018 – City of Broadview Heights

*Caring for Self and Others*

October, 2017 – BOFC Lupus Foundation, Lorain County Community College

*Incorporating Mindfulness in our Schools and in our Lives*

June, 2018 – WVIZ: Tech and Trek Conference, Hiram College

*Positivity and Gratitude*

November, 2018 – Cuyahoga Community Social Services Network,  
Independence, OH

*Shame and Rejection: Is there an antidote?*

May, 2017 – MetroHealth Pastoral Care Conference

*What the World Needs Now is More Caregivers?*

February, 2018 – Summit County Developmental Disabilities Board



**Presentations at Cuyahoga Community College**

Heinlen, K. T. (October, 2018). *Mental Health and Suicide*.

Heinlen, K. T. (Ongoing since 2014). *Self-Compassion*. Women in Transition Program.

Heinlen, K. T. (January, 2016). *Walking the Line: Boundaries with Students*. Westshore Campus Day.

Heinlen, K. T. (October, 2014). *Trauma and Self-Care*. Faculty Development.

Heinlen, K. T. (May, 2014). *Fueling the Extra Degree*: Westshore Enrollment Center Retreat.

Heinlen, K. T. (February, 2014). *Strategies for Teaching Students Who are Disruptive or Distressed: A Guide for Faculty*. Westshore Campus Faculty Development.

Heinlen, K. T. (November, 2013). *The Post-traumatic Brain: Impact of Trauma on the Brain*. Westshore Year of the Brain Series.

Heinlen, K. T. (November, 2013). *Mental Health in the Classroom*. Faculty Development.

Heinlen, K. T. (October, 2013 – Westshore; April, 2013 – Western campus; January, 2013 – Faculty Colloquium). *Culture Shock: From Combat to Classroom*.

Heinlen, K. T. (October, 2013). *Mysteries of the Brain: Interpreting Your Dreams*. Westshore Year of the Brain Series.

Heinlen, K. T. (March, 2013). *Academic Game Plan: Faculty Training at Westshore and Video Presentation for college*.

Heinlen, K. T. (February, 2013). *What YOU Can Do to Prevent Suicide*. 9<sup>th</sup> Annual Faculty Colloquium: Metropolitan Campus.

Heinlen, K. T. & Piovarchy, R. (November, 2012). *Mental Health and Suicide Awareness*. Suicide Awareness Mental Health Grant Series.

Heinlen, K. T. & Piovarchy, R. (December, 2012). *Holiday Stress and Drinking*. Suicide Awareness Mental Health Grant Series.

Heinlen, K. & Zambetti, A. (August, 2013). *Tips on How to Succeed in College*. Workshop presented during Westshore Student Convocation.

Proudfit, A. & Heinlen, K. T. (January, 2012). *Positively Psyched*. Westshore Staff Campus Day.

Relyea, A. & Heinlen, K. T. (February, 2016). *Learning for Life: The Hidden Face of Mental Illness*. Community presentation at Westshore campus.

Seidl, J., Borders, A., Green, T., & Heinlen, K. (January, 2011). *Mental Health in the Classroom*. Faculty Colloquium.

### **Community Agency Training Presentations – Parmadale Family Services**

Heinlen, K. T. (October, 2003). *Ohio Mental Health Consumer Outcomes: Using Youth Ohio Scales to Support Treatment Planning*.

Heinlen, K. T. (March, 2005). *Diagnostic Assessments with Adolescents*.

Heinlen, K. T. (April, 2005). *New Venture, One Voice: A Vision for Enhancing Client Success*.

Heinlen, K. T. & Woodring, J. E. (January, 2006). *Using DBT in a Trauma Sensitive Environment*.

### **Editorial Board/Peer Review Experience**

Editor, 2014 – 2017; 2007-2009: *Ohio Update, Ohio Review* and peer-reviewed journal *The Ohio Psychologist*, publications of the Ohio Psychological Association.

Peer Reviewer, 2007 - 2017: *The Ohio Psychologist*, publication of the Ohio Psychological Association.

Conference Peer Reviewer, 2010 – 2015: Review conference proposals for annual conference for American Counseling Association.

### **Professional Committees/Board Experience**

2017 – Present: Review Board Member, Cleveland Catholic Archdioceses

2013 – 2015: President-elect, Ohio College Counseling Association

2013 – 2015: Secretary, American College Counseling Association

2014 - 2017 and 2007 – 2009: Board of Directors, Ohio Psychological Association

2002 – 2017: Member, Communication & Technology Committee, Ohio Psychological Association

2002 – 2013: Executive/Advisory Board; HansonHouse TBI Clubhouse

2000 - 2001: Counseling Technology Research Collaborative (CTRC)

1999- 2002: Founding President, Chi Sigma Upsilon Chapter, Chi Sigma Iota

**Additional Affiliations**

American Association of University Professors (2010 – Present)  
American Counseling Association (1999 – 2017)  
American College Counseling Association (2010 – 2015)  
American Career Development Association (2012 – Present)  
American Counseling Educators and Supervisors (2000 - 2006)  
American Psychological Association (2000 – 2010)  
Chi Sigma Iota (1999 – 2015)  
Cleveland Psychological Association (2002 - Present)  
International Association of Marriage and Family Counselors (2000 – 2006)  
    Kent Academic Support and Advising Association (2013 – 2016)  
National Academic Advising Association (2013 – 2015)  
North Central Ohio Counseling Association (1999 – 2015)  
Ohio College Counseling Association (2014 – 2015)  
Ohio Counseling Association (1999 – 2015)  
Ohio Psychological Association (2000 – Present)

**Grants**

2014 Margaret Jennings Bryant Mental Health Awareness Grant (\$10,000)

Served on the committee to improve mental health awareness at the college. Worked with Ohio Program for Campus Safety and Mental Health and national *Healthy Minds Study*.

2012 Garrett Lee Smith Suicide Grant (\$5000)

Served on the committee to develop programming and meet grant requirements. Worked collaboratively with county agencies to provide trainings at each of the four Cuyahoga Community College campuses. Developed marketing materials and coordinated three different workshops with six different agencies at each of the campuses.

2002 HansonHouse Research Grant (\$1000)

Provided grant funding to complete a needs assessment for caregivers of survivors of brain injury. Surveyed individuals throughout the state regarding their coping strategies in dealing with the challenges of caregiving.

2000 Ohio Campus Compact Grant (\$1000)

Worked with colleagues in writing grant for the development of the Cleveland Counseling Supervision Consortium. Received funding in 2001, from the Cleveland Foundation through Campus Compact. This consortium addressed the needs of counseling supervisors in Ohio and conducted research in using technology in clinical supervision.