

# JORGE ALBERTO VALLADARES

*Educator, Advocate and Practitioner in Psychology and Mental Health*

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## EDUCATION

<b>Master of Arts, Clinical Mental Health Counseling</b> <i>Rollins College</i>	2020
<b>Master of Science, General Psychology</b> <i>Nova Southeastern University</i>	2014
<b>Bachelor of Arts, Organizational Behavior</b> <i>Rollins College</i>	2009
<b>Associate in Arts, General Studies</b> <i>Valencia College</i>	2006

## INSTRUCTIONAL EXPERIENCE IN HIGHER EDUCATION

**Professor of Psychology, Tenured** August 2017 – Present  
*Valencia College*

Tenured faculty member providing direct instruction in the discipline, student engagement, service to the college, and service to the community. The tenure-earning process is a five-year program requiring significant professional development and action research that embodies the core competencies of a Valencia educator and supports the institution's mission and core values. Developed and delivered foundational courses in the psychological sciences emphasizing social justice, equity, and inclusion in terms of content and process. Courses taught include General Psychology, Developmental Psychology, Human Sexuality and Abnormal Psychology.

- Leveraged community partnerships with social justice and advocacy groups to enhance student learning experiences including Victim Service Center, QLatinX, and Planned Parenthood.
- Served as charter faculty member of Poinciana campus with a focus on increasing the participation of underserved communities in postsecondary education through direct student activity in the classroom and on-campus, and engagement with the community through activities including town halls and media interviews.
- Recruited, trained, and mentored New Student Experience faculty as department coordinator, and provided mentoring and coaching to student services staff.

**Professor, New Student Experience** May 2015 – August 2017  
*Valencia College*

Full-time instructional and advisory role primarily responsible for facilitating student experiences built around essential life skills including identification of purpose, formulation of an academic and career pathway, planning, preparation, and connection. My work in the New Student Experience course focused on identification of purpose and pathway; awareness of academic support services; connection to college faculty staff and peers; basic academic skill development; academic goal setting and planning; and career selection.

- Successfully recruited, mentored, and served as Professor and Faculty Advisor for student cohorts in the Camino A UCF program – a cohort program designed to increase the participation of Latinx students in the top major at the University of Central Florida.
- Provided support and advocacy to undocumented students as scholar advisor for TheDream.us scholarship program and provided reporting and partnership management with the foundation.
- Mentored and guided over 1500 students over a three-year period of part-time and full-time first-year experience instruction and advising.

## STUDENT AFFAIRS EXPERIENCE IN HIGHER EDUCATION

### **Coordinator, Office for Students with Disabilities**

January 2012 – May 2015

*Valencia College*

The Office for Student with Disabilities facilitates access for students while promoting a learning-centered environment and preserving academic integrity. Responsibilities include collaboratively establishing reasonable academic accommodations with students with physical and mental disabilities based on approved documentation; conducting outreach, advocacy, and recruitment activities including high school presentations, community agency meetings and community career and resource fairs; providing internal advocacy for students with disabilities through the development and delivery of workshops and direct communication with faculty and staff members; and develop and lead a staff of academic advisors, administrative assistants and student workers.

- Successfully grew the department from a one-person office focused on advising individual students to a team of staff with a deeper focus on outreach and advocacy to foster a more inclusive campus community.
- Coordinated and hosted the “Life After High School” event, which brought together representatives from academic institutions and community organizations to provide guidance to students and families transitioning from high school.
- Successfully managed and grew partnerships with internal departments and community organizations including the Division of Blind Services, and the Division of Vocational Rehabilitation.

### **Academic Advisor, Office for Students with Disabilities**

November 2011 – December 2012

*Valencia College*

Academic Advisor assigned to the Office for Students with Disabilities tasked with working closely and collaboratively with students with disabilities in navigating the college environment and progressing toward their academic goals. Responsibilities include providing financial aid services, academic advising, and career counseling. Maintained partnerships with community agencies and support services commonly used by students with disabilities in conjunction with college services.

- Represented the department and the college at conferences including a presentation at Florida Association of Collegiate Registrars and Admissions Officers (FACRAO).
- Mentored and guided students through development of self-advocacy, developmental advising, and caring support.
- Facilitated training and workshops at departmental, campus, and college-wide events aimed at increasing accessibility awareness and inclusion for students with disabilities in all areas at the college.

## **Answer Center Specialist**

April 2010 – November 2011

*Valencia College*

Answer Center Specialist responsible for providing front-line support and services to current and prospective students. Responsibilities include providing key services to new and returning students in areas including admissions, financial aid support and academic advising, maintaining current knowledge on degree requirements, college policies and state and federal regulations.

- Supported Start Right effort by conducting New Student Orientation, piloting new orientation initiatives, and providing guidance to new orientation facilitators
- Collaborated with other departments to meet student needs during peak registration periods.
- Successfully represented career staff on East Campus as Chair of the Career Staff Association.

## **CLINICAL AND GRADUATE FIELDWORK IN MENTAL HEALTH COUNSELING**

### **Owner**

August 2020 – Present

*Aria Counseling, LLC*

Founder of private practice focused on delivering individual, relationship and family psychotherapy services through a multicultural and trauma-informed lens. Utilize empirically validated psychotherapeutic approaches to assessment, treatment planning, and intervention. Areas of clinical focus include stress, anxiety, depression, acculturation, identity development and other psychosocial and mental health issues.

- Established partnerships with non-profit organizations serving low-income, LGBTQ+, and other underrepresented communities to provide mental health services.
- Grew the practice to a sustainable business that offers high-quality services that are accessible to clients and families with low or no income.
- Developed a collection of treatment approaches that continue to facilitate the achievement of client goals in counseling.

### **Clinical Practicum and Internship**

August 2019 – May 2020

*AdventHealth Center for Behavioral Health*

The Center for Behavioral Health at AdventHealth is a Baker Act receiving facility for patients with co-occurring medical, and psychiatric needs. As a mental health counselor intern, I provided group and individual counseling services to patients hospitalized under the Baker Act, and worked closely with the psychiatry and nursing teams, and the patient's support system to facilitate patient stability and safe disposition.

- Successfully provided psychotherapeutic assessment and intervention to patients in crisis with cooccurring biomedical and mental health needs.
- Provided case management, advocacy and support for patients experiencing homelessness, chronic illness, addiction, and abuse.
- Lead psychotherapy groups to provide group treatment, intervention, and psychoeducation.

### **Prepracticum**

August 2018 – August 2019

*Victim Service Center & Pasadena Villa*

The Clinical training requirements in Mental Health Counseling at Rollins College include prepracticum experience in mental health, social justice and advocacy in community settings.

- Adapted training education and training materials to be utilized with Spanish-speaking audiences.
- Facilitated training on domestic violence, intimate partner violence, and sexual assault in Osceola County.
- Participated in various advocacy and outreach events in Orange and Osceola counties to increase awareness of services and important social issues.

#### ADDITIONAL PROFESSIONAL EXPERIENCE

<b>Human Resources Development Consultant</b> Hewitt Associates	September – November 2008
<b>Technical Recruiter</b> Consultis Information Technology	August 2007 – August 2008
<b>Human Resources Generalist</b> Fidelity Information Services	May 2006 – August 2007
<b>Human Resources Specialist</b> Hewitt Associates	October 2005 – May 2006
<b>Human Resources Representative</b> Aetna Specialty Pharmacy	July 2004 – September 2005

#### PROFESSIONAL DEVELOPMENT

**Diversity, Equity, and Inclusion in the Workplace Certificate** January 2022  
This fourteen-hour certificate program is administered by the University of South Florida Muma College of Business. The program was designed for an audience of business and community leaders, and focuses on emotional intelligence, stereotypes and bias, use of data and analysis, recruitment and retention, and community outreach.

**Destination 2021, Equity-Minded Practice Track** June 2021  
Destination 2021 was a professional development experience intended to foster equity-mindedness in faculty and staff participants through focused self-inquiry and critical reflection.

**Clinical Foundations in Gottman Method Couples Therapy** July 2021  
The Gottman Method is a research-based approach to relationship counseling. Clinical Foundations training provides clinicians techniques and methods for application in couple and relationship counseling.

**Clinical Training in Dialectical Behavior Therapy** January 2021  
Trained in the use of dialectical behavior therapy approach to working with clients to teach skills in mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation.

**National Board Certified Counselor (NCC)** December 2020  
National Certified Counselor (NCC) is the premier counseling board certification earned by meeting high standards and demonstrating a mastery of counseling knowledge.

**Florida Council Against Sexual Violence**

January 2019

Thirty-hour advocacy core training focused on providing basic skills on assisting sexual assault survivors with health care advocacy and information to support navigation of the criminal legal system for survivors.

**American Red Cross Disaster Mental Health Fundamentals**

July 2019

Mental health volunteer training designed to provide skills to respond to mental health needs of communities affected by disaster. Topics include foster positive culture in disaster shelters, providing supportive counseling, assessing for early signs of traumatic stress and other methods of support.

**John and Suanne Roueche Excellence Award**

January 2017

The League for Innovation in the Community College gives this award annually to celebrate outstanding contributions and leadership by community college faculty and staff.

**PIVOT 180 Leadership Development Program**

January 2014

Selected for Valencia College's year-long leadership development cohort experience. Learning activities, monthly reading assignments, and group projects focused on leadership development and group dynamics.

## PRESENTATIONS, PODCASTS & FACILITATION

**Podcast Guest**

Various dates 2020 - 2021

Guest on the Victim Service Center podcast and the Think Forward podcast for the ProjecThinkForward foundation.

**Keynote Speaker, "Empathy in the Workplace"**

February 2020

Keynote speaker for Southern Region Learning Day at Valencia College presenting the topic of the impact of empathy on wellbeing and academic performance, and collaborative approaches for faculty, staff, and students to foster a sense of equity and belonging at the institution.

**Facilitator, "Courageous Conversations: Sex and Sexuality"**

February 2020

Facilitator for conversations with students on sex and sexuality with emphasis on gender, sex, and sexual orientation with a focus on overcoming stereotypes, prejudice, and discrimination, and increasing sex positivity, and increasing awareness of sexual rights.

**Keynote Speaker, Hispanic Heritage Scholarship Fund**

November 2018

Keynote speaker for Hispanic Heritage Scholarship Fund annual awards ceremony. Delivered a personal story directed toward scholarship recipients with the theme of living authentically with an immigrant identity in higher education.

**Co-presenter, "Disability as Diversity"**

May 2014

Represent the Office for Students with Disabilities at the Annual conference of the Florida Association of Collegiate Registrars and Admissions Officers (FACRAO). Presentation focused on the inclusion of disability and accessibility services as part of institutional efforts for equity and diversity.

## LANGUAGES

English (native language) and Spanish (speak fluently and read/write with high proficiency).