Stephanie A. DePalmer, Ed.D., LPC, NCC, NCSC

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EDUCATION

Doctorate of Education in Counselor Education & Supervision

2021

Shippensburg University of Pennsylvania, Shippensburg, PA (CACREP-accredited, 60 cr.)

- Specialization in complex developmental trauma
- Dissertation Title: An Interpretative Phenomenological Analysis of School Counselor Intraprofessional Collaboration: How School Counselors Work Together in the Name of Comprehensive Programming

Master of Education in School Counseling

2012

Indiana University of Pennsylvania, Indiana, PA (CACREP-accredited, 60 cr.)

Bachelor of Science in Psychology

2009

Messiah College, Grantham, PA

CERTIFICATIONS/LICENSURE

Licensed Professional Counselor in Pennsylvania (PC# 008006)

Certified K-12 School Counselor in Pennsylvania, Education Specialist II (PPID# 2467329)

Nationally Certified Counselor (NCC# 309199)

National Certified School Counselor (NCSC# 309199)

Post-Master's Certificate in Complex/Developmental Trauma (2020)

Eye Movement Desensitization Reprocessing (EMDR) Certified (2021)

PROFESSIONAL TEACHING EXPERIENCE

Assistant Professor, Full-Time Temporary Faculty

August 2024- Present

Commonwealth University, Lock Haven

Courses Taught:

CMHC 535 Multicultural Counseling, Fall 2024

CMHC 590 Practicum in Mental Health Counseling, Fall 2024

COUN 500 Counseling Skills & Helping Relationships, Fall 2024

Courses IN PROGRESS:

CMHC 535 Multicultural Counseling, Spring 2025

CMHC 565 Group Counseling, Spring 2025

CMHC 570 Trauma/Crisis Counseling, Spring 2025

Courses ANTICIPATED:

CMHC 545 Addiction Counseling, Summer 2025

CMHC 535 Multicultural Counseling, Fall 2025

CMHC 555 Advanced Skills in Counseling, Fall 2025

CMHC 590 Practicum in Mental Health Counseling, Fall 2025

Assistant Professor, Core Faculty, Graduate Program in Counseling Aug. 2020-July 2024

Messiah University, Mechanicsburg, PA

Courses Taught:

COUN 501 Professional Issues and Ethics for Counselors (Residency/Intensive)

Summer 2020, Spring 2021, Summer 2021, Spring 2023, Summer 2023, Spring 2024

COUN 585 Secondary School Counseling Internship

Fall 2020, Spring 2021, Fall 2021, Spring 2022

COUN 520 Counseling Theories

Fall 2020, Spring 2021, Fall 2021, Spring 2022, Fall 2022, Spring 2023, Summer 2023, Fall 2023, Spring 2024

COUN 525 Effective Practices of School Counselors

Spring 2021, Fall 2021, Spring 2022, Spring 2023, Spring 2024

COUN 508 Foundations of School Counseling

Fall 2020, Spring 2021, Fall 2021, Spring 2022, Fall 2022, Fall 2023

COUN 550 Crisis, Trauma, and Grief Counseling

Fall 2022, Spring 2023, Fall 2023, Spring 2024

Adjunct Instructor, Graduate Program in Counseling

2019-2020

Messiah College, Mechanicsburg, PA

Courses Taught:

COUN 583 Elementary/Secondary School Counseling Practicum, Fall 2019

COUN 584 Elementary School Counseling Internship, Spring 2020

Adjunct Instructor, Department of Counseling and College Student Personnel

2018

Shippensburg University, Shippensburg, PA

Course Taught:

CNS 519 Implications for Human Development in Counseling, Spring 2018

CNS 519 Implications for Human Development in Counseling, Fall 2018

SUPERVISION EXPERIENCE

Field Experience, Faculty Supervisor

Fall 2024

Commonwealth University, Lock Haven Campus

Clinical Supervisor (For PA Licensure)

2023 - Present

Sole Proprietor, Markleton, PA

Field Experience, Faculty Supervisor

2020-2022

Assistant Professor, Messiah University

Field Experience, Faculty Supervisor

2019

Adjunct Professor, Messiah University

CLINICAL EXPERIENCE

School-Based Mental Health Consultant Mind + Heart Wellness, LLC, Co-Owner	2023 – Present
Licensed Outpatient Mental Health Therapist Sole Proprietor, Private Practice, Markleton, PA	2018 – Present
Secondary School Counselor Northern High School, Northern York County School District, Dillsburg, PA	2015 – 2020
Secondary School Counselor Waynesboro Area High School, Waynesboro Area School District, Waynesboro,	2014 – 2015 PA
Secondary School Counselor Waynesboro Area Middle School, Waynesboro Area School District, Waynesboro	2013 – 2014 o, PA
Multisystemic Therapy Therapist (MSTT) Adelphoi Village USA, Spring Grove, PA	2012 – 2013
Secondary School Counseling Internship Penn Manor Jr./Sr. High School	Spring 2012
Elementary School Counseling Internship Grandview Elementary School	Spring 2012
Secondary School Counseling Practicum Penn Manor Jr./Sr. High School	Fall 2011
Behavioral Support Staff (BSS) New Story, Indiana, PA	2011
Graduate Assistantship	
Indiana University of Pennsylvania, Dept. of Counseling & Human Development	2010-2012
Mental Health Worker Hoffman Homes for Youth, Littlestown, PA	2010

STUDENT MENTORING

*To date, Student Mentoring predominantly occurred at Messiah University

Advising

- Advisor to 40+ students in the Clinical Mental Track and the School Counseling Track (Virtual, Spring 2021-Summer 2024)
- Provided 20+ letters of recommendations for students both on and off my advising load

Clinical

- Supervised 2 post-graduate clinicians in PA to receive their LPCs
- Mentored students in multiple field experiences during 2019, 2020, 2021, 2022, 2024
- Provide consultation services to program alumni when they are pre-licensed

Leadership

- Mentored students in Mu Chi Alpha (Messiah University's Chapter of Chi Sigma Iota) to take on leadership roles in various capacities
- Co-developed a peer mentoring program with students at Messiah University through Mu Chi Alpha

Scholarly Activity

- Pioneered a Graduate School Research Symposium through committee membership and mentored 8 students in developing their research for presentation
- Worked with 6 students and 2 other faculty to develop literature about mental health in the furry community

SCHOLARLY ACTIVITY

PEER-REVIEWED PUBLICATIONS

- **DePalmer, S.**, & Livick, A. (2022). Restorative practice: Moving from harm to healing. In S. N. Brant-Rajahn, E. M. Gibson, & M. C. Sandifer (Eds.), *Developing, delivering, and sustaining school counseling practices through a culturally affirming lens* (pp. 34-57). IGI Global.
- Vereen, L., Dennis, B., & **DePalmer, S.** (2020). Encouraging minorities in the counseling program. In M. O. Adekson (Ed.), *Beginning your counseling career: Graduate preparation and beyond (1st ed.)*. New York, NY: Routledge.
- Desmond, K., L'Amoreaux, N., & **Stahl, S.** (2015). Creative approaches and techniques for supervision in counselor education. In B. Page & M. Jencius (Eds.), *Supervision eBook*.
- Kindsvatter, A., Desmond., K. Yanikoski, A., & **Stahl, S.** (2012). The use of therapeutic letters in addressing a parent-child attachment problems. *The Family Journal*, 21(1), 74-79.
- Desmond, K., **Stahl, S.**, & Graham, M. A. (2011). Combining service learning and diversity education. *Making Connections: Interdisciplinary Approaches to Cultural Diversity*, 13(1), 24-30.
- Desmond, K., & **Stahl, S.** (2011). Implementing service learning into human service education. *Journal of Human Services, 31*(1), 5-16.

NON-PEER-REVIEWED PUBLICATIONS

DePalmer, S. (2021). An interpretative phenomenological analysis of school counselor intraprofessional collaboration: How school counselors work together in the name of comprehensive programming (Doctoral dissertation).

MANUSCRIPT IN PROGRESS

DePalmer, S. (2025). United action: Maximizing the conditions for school counselor collaboration. (*Draft form*)

GRANT FUNDING

McGinnis, C., **DePalmer, S.**, & Brant-Rajahn, S. (2024). Granted an Internal Grant through Messiah University's Scholarship & Development Committee for the 2024-25 AY. *Granted* \$1,600.

- **DePalmer, S.** (submitted 2023). Granted Workload Reallocation through Messiah University for the 2024-25 AY through the 2026-27 AY. *Granted one course release*.
- **DePalmer, S.** (submitted 2019). Rachel's Challenge presentations: Northern Middle School and Northern High School. *Accepted by Northern York County School District Polar Bear Foundation*. *Awarded* \$7,200.
- **DePalmer, S.** (submitted 2018). Rachel's Challenge chain reaction program. *Accepted by Northern York County School District Polar Bear Foundation. Awarded \$4,800.*
- **DePalmer, S.** (submitted 2017). Mental health outpatient services in schools for medical assistance recipients. *Accepted by York/Adams HealthChoices Management Unit and TW Ponessa & Associates. Awarded school-based therapy services for the district.*

PRESENTATIONS

NATIONAL:

- Kuniak, S., **DePalmer, S.,** & Drozda, N. (2024). *Earning an XP boost: Exploring and advocating for the gaming community.* Therapeutic + Applied Geek + Gaming Summit (TAGGS 2024), Virtual.
- **DePalmer, S.,** & Kraus, J. (2021). *Preparing school counselors to work in systems not designed for them.* ACES 2021 Conference, Atlanta, GA.
- **DePalmer, S.,** & Vojcsik, K. (2020). *The dark side of perfectionism: High achieving students suffering in silence*. 2020 Annual Conference on Advancing School Mental Health, Virtual Conference.
- **DePalmer, S.,** Kraus, J., & Hughes, E. (2019). *The power of the adjunct*. Association for Counselor Education and Supervision 2019 National Conference, Seattle, WA.
- Eshbach, E., Cal, J., & **DePalmer, S.** (2018). *Statewide Practices for Early Warning Systems and Creating a Trauma-Informed Culture*. 2018 Communities in Schools Leadership Town Hall, Charlottesville, SC.
- Eshbach, E., Cal, J., & **DePalmer, S.** (2018). Leveraging Partnerships to Provide Integrated Student Supports Roundtable Discussion. Communities in Schools and the American Association of School Administrators National Conference, Nashville, TN.

REGIONAL:

- Kraus, J., **DePalmer, S.,** Capone, K., & Hughes, E. (2020). *Empowering adjuncts*. Rocky Mountain Association for Counselor Education and Supervision, Virtual Conference.
- **DePalmer, S.**, & Shupp, M. (2018). Bridging the Great Divide: Helping Professionals to Support Students at a Transitional Pivot Point. North Atlantic Region Association for Counselor Education and Supervision Conference, Burlington, VT.
- **DePalmer, S.,** & Glenn-Akers, B. (2018). *Being the Change: Empowering School Counselors in Leadership, Advocacy, and Systemic Change.* North Atlantic Region Association for Counselor Education and Supervision Conference, Burlington, VT.

STATE:

- **DePalmer, S.,** & Kuniak, S. (2024). *Harnessing gaming culture as school counselors*. PSCA Spring Virtual Summit.
- Mandia, L., **DePalmer, S.**, & Georgieva, M. (2023). *School counselor and clinical counselor collaboration: Ethics and best practices.* PCA 55th Annual Conference, Harrisburg, PA.
- **DePalmer, S.,** & Livick, A. (2022). *Restorative practice in school counseling*. PSCA 67th Annual Conference, Lancaster, PA.
- **DePalmer, S.** (2020). *The science of well-being during COVID-19*. Virtual presentation. Capital Area Behavioral Health Collaborative, Harrisburg, PA.

- Hughes, E., & **DePalmer**, **S.** (2018). *The Power of the Mind-Body Connection for Student Success*. Pennsylvania School Counselor Association 63rd Annual Conference, Hershey, PA.
- Glenn-Akers, B., & **DePalmer, S.** (2018). *Being the Change: Empowering School Counselors in Leadership, Advocacy, and Systemic Change*. Pennsylvania School Counselor Association 63rd Annual Conference, Hershey, PA.
- Desmond, K., & **Stahl, S.** (2011). *The Basics of Supervision for School Counselors*. PSCA State Conference, Lancaster, PA.
- Desmond, K., **Stahl, S.**, Smith, H., Jackson, A., & Simendinger, H. (2011). *Enhancing Practicum: Tips for Making a Difference*. PSCA State Conference, Lancaster, PA.
- Desmond, K., & **Stahl, S.** (2011). *Motivating Students Without Bribing Them.* PSCA State Conference, Lancaster, PA.

LOCAL:

- **DePalmer, S.** (2022). Parallel process: Inclusive excellence in higher education and PK-12 schools [Poster presentation]. Messiah University May Development Week, Mechanicsburg, PA.
- Barto, H., Mouttet, K., Georgieva, M., & **DePalmer**, S. (2020). *Counselor hour: Cultivating calm in the midst of a pandemic*. Messiah University Site Supervisor Webinar, Mechanicsburg, PA.
- **DePalmer, S.** (2020). Do we really see one another? Inviting dialogue around racism, oppressive systems, and social justice. Unpacking Bias and Systemic Racism in the Community, School, and Classroom Virtual Conference Series. Shippensburg University, Shippensburg, PA.
- **DePalmer, S.** (2019). *Mindfulness in schools: Practical applications*. Shippensburg University Mental Health Summit, Shippensburg, PA.
- **DePalmer, S.** (2019). *Understanding and supporting transgender and gender nonconforming students*. Workshop presented at Northern York County School District, Dillsburg, PA.
- **DePalmer, S.,** & Cal, J. (2018). *Mental Health in the Classroom.* Workshop presented two times at the Northern York County School District, Dillsburg, PA.
- **DePalmer, S.** (2018). *The Cost of Caring: Educator Self-Care*. Workshop presented at the Northern York County School District, Dillsburg, PA.
- **DePalmer, S.,** & McLean, B. (2018). *Engaging Students Beyond the Curriculum*. Workshop presented at the Northern York County School District, Dillsburg, PA.
- **DePalmer, S.**, & Shupp, M. (2018).. *Bridging the Great Divide: Helping Professionals to Support Students at a Transitional Pivot Point Shippensburg University School Study Council, Shippensburg University of Pennsylvania, Shippensburg, PA.*
- **DePalmer, S.**, Mahon, A., & Carey, A. (2018). *Isolation: Finding Inner Support and Acceptance*. Central Pennsylvania School Counselor Institute, Shippensburg, PA.
- Desmond, K., & **Stahl, S.** (2011). *Proving Our Worth*. IUP School Counselor Professional Development Day, Indiana, PA.
- Desmond, K., & **Stahl, S.** (2010). *Exploring Second Life*. IUP School Counselor Professional Development Day, Indiana, PA.

INVITED PRESENTATIONS for PROFESSIONAL DEVELOPMENT

- **DePalmer, S.,** Spring 2025. *How you communicate matters*. South Middleton Area School District, Boiling Springs, PA (2 separate days).
- **DePalmer**, **S.**, & Vojcsik, K., Fall 2024. *Trauma-informed tools for educators*. Spring Grove Area School District, Spring Grove PA (Full day workshop).
- **DePalmer, S.,** & Vojcsik, K., Fall 2024. *Trauma-informed classrooms 2.0.* South Middleton Area School District, Boiling Springs, PA (3 separate days).

- **DePalmer, S.,** & Vojcsik, K., Summer 2024. *Whole school wellness*. Spring Grove Area School District, Spring Grove PA.
- **DePalmer, S.** (Fall 2022, Spring/Fall 2023, Fall/Spring 2024/Fall 2024). *Non-clinical strategies for assisting students with depression*. Milton Hershey School Development Days, Hershey, PA.
- **DePalmer, S.** (Fall 2022, Spring/Fall 2023, Fall/Spring 2024/Fall 2024). *Identifying anxiety and supporting students*. Milton Hershey School Development Days, Hershey, PA.
- **DePalmer, S.** (Fall 2023; 5 Presentations). *A trauma-informed lens: Instructional implications*. South Middleton School District, Boiling Springs, PA.
- **DePalmer, S.,** & Vojcsik, K. (Summer 2023). *Trauma informed leadership: Paving the way.*South Middleton School District, Administrative Professional Development Day, Boiling Springs, PA.
- **DePalmer, S.** (Summer 2023). *Trauma-informed: Beyond fidgets & CICO*. Big Spring Area School District, SAP Professional Development Day, Newville, PA.
- **DePalmer, S.** (Spring 2022). *Speaking the language of the body: Somatic approaches to working with trauma.* Messiah University Site Supervisor Webinar, Mechanicsburg, PA.
- **DePalmer, S.** (Spring 2022). *Integrating SEL*. Shippensburg Area School District Elementary Professional Development Day, Shippensburg, PA.
- **DePalmer, S.** (Spring 2022). *SEL 2.0*. Shippensburg Area School District Secondary Professional Development Day, Shippensburg, PA.
- **DePalmer, S.** (Spring 2020). *Mindfulness in schools: Practical applications*. Shippensburg High School SAP Maintenance Training, Shippensburg, PA.
- **DePalmer**, S., & Vojcsik, K. (Spring 2020). *Whole child programming: Applications*. Shippensburg University Safe and Supportive Schools Summit, Shippensburg, PA.
- **DePalmer, S.** (Fall 2019). *Life hack: Mindfulness*. Big Spring School District Professional Development Day, Newville, PA.
- **DePalmer, S.,** & Shupp, M. (Spring 2019). *Bridging the Great Divide: Helping Professionals to Support Students at a Transitional Pivot Point*. Student Assistance Program Educational Council for Cumberland and Perry Counties, Mechanicsburg, PA.
- Glenn-Akers, B., & **DePalmer, S.** (Spring 2019). *Being the Change: Empowering School Counselors in Leadership, Advocacy, and Systemic Change*. York County School Counselor Association, York, PA.
- **DePalmer, S.**, & Shupp, M. (Summer 2018). *Bridging the Great Divide: Helping Professionals to Support Students at a Transitional Pivot Point*. T.W. Ponessa & Associates Counseling Services, Inc., Lancaster, PA.
- **DePalmer, S.**, & Shupp, M. (Spring 2018). *Bridging the Great Divide: Helping Professionals to Support Students at a Transitional Pivot Point*. T.W. Ponessa & Associates Counseling Services, Inc., Harrisburg, PA.
- **DePalmer**, S. (Spring 2018). *When There is Hope*. Invited guest speaker. YWCA Sexual Assault Awareness Month Kick Off, York, PA.

SERVICE

INSTITUTION

Center for Teaching and Learning Presenter

Spring 2025

DePalmer, S., & Pecheck, A. (Spring 2025). *Trauma Informed Practices to Support College Students*, Center for Teaching and Learning, Commonwealth University.

DEPARTMENT

Evaluation Committee

PROGRAM Volunteer to help update all syllabi to 2026 CACREP Standards Spring 2025 Developed a self-care support group for students Fall 2024 Clinical Mental Health Counseling Program Remediation Committee, Co-Chair 2024 – Present Clinical Mental Health Counseling Department Advisory Board, Co-Chair 2024 - Present 2024 3RD Annual CMHC Virtual Conference, Volunteer Fall 2024 **APSCUF** Seeking election to Awards Committee Spring 2025 **PROFESSION** Association of Humanistic Counseling Conference Proposal Review Committee 2024 – Present JPCA Editorial Review Board 2023 – Present PCA Marketing & Outreach Committee Member 2023 – Present **PSCA** Government Relations Committee Member 2020 – Present Mu Chi Alpha (Chapter of Chi Sigma Iota) Co-Advisor 2021 - 2024PCA Membership Committee Co-Chair 2020 - 2022**ACES Wellness Committee Chair** 2019 - 2022NARACES Wellness Committee 2018 - 2022**COMMUNITY** Experience Points Advisory Board Member (Mental Health Charitable Org.) 2022 – Present Experience Points, Community Director 2024 – Present Experience Points, Meet & Greet Networking Event Fall 2024 Northern York County School District Advisory Board Member 2023 - 2024Mechanicsburg Area School District Advisory Board Member 2021 - 2024Capital Area School Counselor Association Leadership 2020 - 2023**MESSIAH UNIVERSITY** Messiah University, Advisory Council, Chair 2022 - 2024Messiah University, Land Acknowledgement Committee, Chair 2022 - 2024Messiah University Interprofessional Education Committee Member 2021 - 2024Mu Chi Alpha, Co-Chair (Chapter of Chi Sigma Iota) 2022 - 2024PROFESSIONAL SERVICE TO THE COMMUNITY 2018 – Present

Stephanie DePalmer, LPC, LLC Outpatient Private Practice, Sole Proprietor https://www.drdtherapy.com/

Mind + Heart Wellness, LLC

2023 - Present

Provision of professional development and consultation services to K-12 schools https://www.mindandheartwellness.com/

PROFESSIONAL RECOGNITION, HONORS, AND AWARDS

2024 Messiah University Harry and Nany Preis Award for Outstanding Graduate Teaching

2023 PCA Outstanding Practitioner Award

2018 NARACES Emerging Leader

2014 Keynote Alumni Speaker at the IUP Department of Counseling commencement ceremony

2012 Keynote Graduate Student Speaker at the IUP UG spring commencement ceremony

2011-2012 Dr. Janet H. Fontaine Outstanding Counseling Student Award

2011-2012 Two-time Guest Speaker in a course devoted to diversity and cultural competence

2010-2012 Recipient of a Graduate Assistantship through the IUP Department of Counseling

PROFESSIONAL AFFILIATIONS

American Counseling Association (ACA)

Pennsylvania Counseling Association (PCA)

Association for Counselor Education & Supervision (ACES)

North Atlantic Region Association for Counselor Education & Supervision (NARACES)

Pennsylvania Association for Counselor Education & Supervision

American School Counselor Association (ASCA)

Pennsylvania School Counselor Association (PSCA)

National Board of Certified Counselors (NBCC)

Chi Sigma Iota (CSI; Messiah University's Chapter Mu Chi Alpha)

Pennsylvania Child & Adolescent Counselors Association (PACAC)

Association of Pennsylvania State College and University Faculties (APSCUF)

PROFESSIONAL DEVELOPMENT

*Required to complete 30 continuing education units to maintain LPC-PA every 2 years

- 2025, Q+ Youth in an Educational Setting, Westmoreland Intermediate Unit (6 hrs.)
- 2025, *New(er) Faculty Burnout Session*, Center for Teaching & Learning, Commonwealth University
- 2025, *The Value of Self-Care*, Center for Teaching & Learning, Commonwealth University
- 2025, Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania Online Training, University of Pittsburgh (3 hrs.)
- 2024, Virtual Live Conference: Becoming an ACE Counseling, Commonwealth University
- 2024, Older Adult Mental Health 101, NBCC
- 2024, Sensory Differences, Impact on Behavior, and When to Refer Out, Clearly Clinical
- 2024, Time Awareness & Neurodivergence: Insights & Interventions, Clearly Clinical
- 2024, Shaping a Secure Sense of Self Using EFIT, Clearly Clinical
- 2024, Holding Space in Divisive Times: Managing Sociopolitical Stress to Prevent Burnout and Stay Purposeful in Therapy, Clearly Clinical, (Ethics)
- 2024, Navigating Election Stress: Addressing Internalized Oppression and Identity, Clearly Clinical
- 2024, Building Better Boundaries: Insights for Fostering Healthy Relationships In Clients, Clearly Clinical

^{*}Required to complete 100 continuing education units to maintain NCC every 5 years

^{*}Required to complete 25 continuing education units to maintain NCSC every 5 years

- 2024, Attachment Reimagined: New Perspectives on Reparenting in Clinical Work, Clearly Clinical
- 2024, Skin Picking and Other Body Focused Repetitive Behaviors: Attachment, Emotion Regulation, and Sensory Sensitivities, Clearly Clinical

CLEARANCES

PA Child Abuse History Clearance	2024
PA Criminal Background Check	2024
FBI Clearance	2024