

CURRICULUM VITA

Alec Porter, CPSC

Phone: (731) 334-1379

Email: alecporter18@gmail.com

EDUCATION

- 2026 **Tennessee Technological University, Cookeville TN**
Doctor of Philosophy, Counseling and Supervision, CACREP Accredited
Dissertation: *Understanding Administrative Supervision in Rural School Counseling: A Transcendental Phenomenological Study*
- 2022 **Tennessee Technological University, Cookeville TN**
Master of Arts, Counseling and Psychology, CACREP Accredited
Concentration: School Counseling
- 2019 **Tennessee Technological University, Cookeville TN**
Bachelor of Science, Psychology
Minor: Social Sciences

LICENSE AND CERTIFICATION

School Counselor PreK-12

Tennessee Department of Education License #000734703

ACADEMIC EXPERIENCE

Qualitative Research Assistant

Tennessee Technological University | TTU Center of Rural Innovation | 2023 - Present

Conducts qualitative research projects aimed at benefiting rural areas. Responsible for compiling, organizing, and analyzing data and implementing evaluation protocols. Contributes to impactful research reports and programs, applying qualitative data techniques.

Institutional-Based Qualitative Research with Tennessee Center of Rural Innovation

Tennessee Technological University Internal Review for Increasing Commercialization (2023)

Friends of Southwest Virginia – Defining the Creative Economy of Rural Appalachia (2023) –

Presented to Friends of Southwest Virginia Board of Directors

TEACHING EXPERIENCE

- 2025 **Professional Issues in School Counseling**, COUN 6335
Co-teacher with Dr. Katherine Wood
- 2024 **Internship – School Counseling**, COUN 6830
Co-teacher with Dr. Katherine Wood
- 2024 **Organization/Administration of School Counseling Programs**, COUN 6330
Guest Lecture - Reporting Results in School Counseling
- 2024 **Diagnosis and Treatment**, COUN 7600
Guest Lecture - Somatic Symptom and Related Disorders

PUBLISHED RESEARCH

Wiley, J. D., Reynolds, J., Strate, L., **Porter, A.**, Seymour, P., Beach, R., & Patel, R. (2024). Medicare inclusion of licensed mental health counselors and marriage and family therapists. *Journal of Rural Mental Health*, 48(2), 143 - 144.
<https://doi.org/10.1037/rmh00002.62>

Porter, A., Hermann-Turner, K., Michael, Tony., (2024) Examining third-grade retention laws: High Stakes Testing and Mental Health. *Tennessee Educational Leadership Journal*

SUPERVISION EXPERIENCES

- Spring 2025* **Site Supervisor**
Dodson Branch School (K-8)
- Fall 2024* **Individual Supervisor - School Counseling**
Master's School Counseling Students in Internship I
Tennessee Technological University

PROFESSIONAL PRESENTATIONS

National

- Porter, A.**, & Henniger, N. (2018). *Visual-Based Social Media and Its Effect on Body Image*. Poster presented at the Association for Psychological Science Annual Convention, Washington D.C.
- Edwards, D. L., & **Porter, A.** (2019). *School Counselors, Guideline Adherence, and Job Satisfaction*. Poster presented at the Association for Psychological Science Annual Convention, Chicago, IL.
- Luo, A., Wiley, J. D., **Porter, A.**, Reynolds, J. (2025, April). *On Becoming a Relational Cultural Counselor Educator. [50 Minute Session]*. Association for Humanistic Counseling, Tampa, FL.

Regional

- Strate, L., Patel, R., Beach, R., Seymour, P., **Porter, A.**, & Loftis, M. (2024, November). *Cohesive Collaboration: The Role of Doctoral Co-Facilitators in Master's, Level Group Counseling. [50 Minute Session]*. Southern Association for Counselor Education and Supervision Conference, Dallas, TX.
- Wiley, J. D., Patel, R., Seymour, P., Beach, R., **Porter, A.**, Strate, L., & Reynolds, J. (2024, November), *Doctoral Researcher Development through Collaborative Inquiry-based Learning. [Roundtable]*. Southern Association for Counselor Education and Supervision Conference, Dallas, TX.

State

- Knipp, T. P., Loftis, M., **Porter, A.**, Reynolds, J. (2024, June). *The Interplay of Therapeutic Factors in Group Development and Client Outcomes*. (50 Minute Session). Presented at Tennessee Licensed Professional Counselors Association.
- Reynolds, J., Beach, R., Seymour, J.P., Strate, L., Patel, R., **Porter, A.**, & Loftis, M. (2024, June), *Cofacilitation: The unseen therapeutic factor in group experience*. (50 Minute Session). Presented at Tennessee Licensed Professional Counselors Association, Nashville, TN.
- Porter, A.**, & Reynolds, J. (2024, September). *Motivate, Engage, Succeed: Motivational Interviewing in School Counseling*. (75 Minute Session) Presented at School Counselor and Administrator Leadership Institute, Murfreesboro, TN.
- Porter, A.**, & Edwards, D. (2024, September). *Comparing Self-Rated DSM Level 1 Cross-Cutting Symptom Measures in Fire and EMS Workers with National Data*. Accepted by Science to the Station Conference.

Local

- Porter, A.**, Reynolds, J., Chaney, I., Patel, R., & Loftis, M. (2024, December). *Beyond The Basics: Ethics and Cultural Humility in Counseling Supervision. [3 Hour Session]*. Tennessee Tech University, Cookeville, TN. NBCC Approved.

Invited

Tennessee Center of Rural Innovation Speaker

Friends of Southwest Virginia - Defining the Creative Economy of Appalachia | 2023

Student Panel Speaker - School Counseling Internship Q&A

Tennessee Technological University | 2022

GRANTS AND GRANT-FUNDED RESEARCH

Internal

- | | |
|------|---|
| 2025 | Empower Upper Cumberland (<i>Support Specialist</i>) |
| 2025 | Understanding and Addressing Ambiguous Loss in Students: Insights from Rural School Counselors' Experiences |
| 2025 | Click to Care: Cultivating Digital Citizenship and Defending Cyberbullying |

CONFERENCES ATTENDED

DATE	CONFERENCE AND LOCATION	Location
<i>Sept-25</i>	Association for Assessment and Research in Counseling	<i>Daytona, FL</i>
<i>Apr-25</i>	Associate for Humanistic Counseling (AHC)	<i>Tampa, FL</i>
<i>Mar-25</i>	Evidence-Based School Counseling Conference (EBSCC)	<i>Columbus, OH</i>
<i>Nov-24</i>	Southern Association for Counselor Education and Supervision Conference (SACES)	<i>Dallas, TX</i>
<i>Nov-24</i>	Southern Association for Counselor Education and Supervision Conference (SACES)	<i>Dallas, TX</i>
<i>Oct-24</i>	Science to the Station Conference	<i>Virtual</i>
<i>Sept-24</i>	School Counselor and Administrator Leadership Institute (SCALI)	<i>Murfreesboro, TN</i>
<i>Jun-24</i>	Tennessee Licensed Professional Counselors Association (TLPCA)	<i>Nashville, TN</i>
<i>Jun-24</i>	Tennessee Licensed Professional Counselors Association (TLPCA)	<i>Nashville, TN</i>
<i>May-22</i>	Association for Psychological Science Annual Convention (APS)	<i>Chicago, IL</i>
<i>May-19</i>	Association for Psychological Science Annual Convention (APS)	<i>Washington, D.C.</i>

PROFESSIONAL CERTIFICATIONS

Applied Suicide Intervention Skills Training (ASIST) – Living Works	2026 - 2029
---	-------------

PROFESSIONAL AFFILIATIONS

American School Counselor Association (ASCA):	2020 - Present
Chi Sigma Iota (CSI):	2023 - Present
Tennessee School Counselor Association (TSCA):	2018 - Present
American Counseling Association (ACA):	2023 - 2024
Tennessee Licensed Professional Counselors Association (TLPCA):	2023 - 2024
American Psychological Association (APA):	2018 - 2022
Association for Psychological Science (APS):	2018 - 2022

COUNSELING EXPERIENCE

Support Specialist

Empower Upper Cumberland | 2025 – 2026

Supported individuals and families below the poverty line through the Empower initiative at Tennessee Technological University. Developed and implemented individualized career and education pathways aligned with participant goals. Met regularly with participants to provide guidance on financial aid, local schools, and training programs, while conducting monthly accountability check-ins to support progress. Collaborated with Empower UC and Tennessee Tech's iCube to develop a web and mobile platform for program delivery. Served as a content

expert in the design process, contributing to key features and functionality to support local implementation and scalability to additional university partners.

School Counselor

Jackson County Schools | Dodson Branch School Pre-K - 8th | 2022 - 2025

Developed and implemented a comprehensive school counseling program from the ground up, providing individual counseling and leading group sessions on grief, stress management, social skills, and self-esteem. Administered the Random Acts of Kindness (RAK) curriculum to all classes, reaching 100% of the student body. Served as the Building Testing Coordinator and 504 Coordinator, managing student records for both new and returning students. Served as a supervisor of an intern, provided frequent on-site supervision and training. Worked with intern to continue development of the school counseling program to hand off to them as I prepared to transition into full-time dissertation. Collaborated frequently with multiple departments at Tennessee Tech to bring resources to a rural county.

BEST Groups Facilitator

Putnam County Schools and Jackson County Schools | 3rd - 8th | 2020 - 2023

Facilitated the BEST Groups (Be Each Other's Support Team) for 5th to 8th grade boys, extending the program by four weeks to focus on enhancing friendship and empathy. Led group activities that promoted social skills, peer support, and emotional development.

School Counseling Intern (600 Hours)

Putnam County Schools | Avery Trace Middle School | 5th - 8th | 2019 - 2020

Provided individual counseling for 5th to 8th-grade students, facilitated 10-week grief groups, and created classroom SEL lessons. Played an active role in student advocacy and contributed to creating student schedules through classroom guidance and counseling services.

Registered Behavior Technician

LEAP Behavioral Analysis | 2019 - 2020

Supported children with Autism Spectrum Disorder by implementing behavior plans designed by a supervising BCBA. Worked with clients aged 4 to 15, providing services in various settings including schools, clinics, and homes. Assisted with behavior reduction and skill acquisition, reinforcing clients' progress through ABA interventions.

PROFESSIONAL SERVICE

Chi Sigma Iota (CSI)

Coordinates the development and release of monthly newsletters for the local Chi Sigma Iota (CSI) chapter, keeping members informed about events, professional development, and chapter updates. Established and organized a book club, fostering engagement and promoting ongoing professional growth through discussions and shared readings.

Responsibilities

Vice President | 2023 - *Present*
Newsletter Founder & Editor | 2023 - *Present*
Book Club Founder | 2023 – *Present*

Committees and Events

Hooding Ceremony: *Co-Chair*
Book Club: *Chair*
Initiation Ceremony 2025: *Chair*
Counseling Program Informational Session: *Co-Chair*
Cookeville Pregnancy Clinic Donation Service Project: *Co-Chair*
Counselor Preparation Comprehensive Examination- *Co-Chair*
Beyond the Basics: Supervision Continuing Education Course- *Co-Chair*

Departmental Service

Porter, A., Reynolds, J., Chaney, I., Patel, R., & Loftis, M. (2024, December). *Beyond The Basics: Ethics and Cultural Humility in Counseling Supervision. [3 Hour Session]*. Tennessee Tech University, Cookeville, TN. NBCC Approved.

Honors and Rewards

Outstanding Doctoral Student – Chi Sigma Iota | 2024

Research Interests

School Counseling, School Counselor Supervision, Rural K-12 Education, Rural Adolescent Mental Health