

Lara Strate (Ph.D., NCC, LPC-MHSP temporary)

Visiting Assistant Professor
Austin Peay State University
stratel@apsu.edu

EDUCATION

- 2025 Tennessee Technological University, *Cookeville, TN*
Doctor of Philosophy (Ph.D.) in Counseling and Supervision
Dissertation: "Assessing alexithymia in college students: Exploring the Psychometric Properties of the TAS-20, PAQ, and BVAQ".
- 2022 Tennessee Technological University, *Cookeville, TN*
Master of Arts (M.A.) in Counseling and Psychology
Thesis: "Vocational identity in college students: Path analysis of childhood attachment, gender, age, and socioeconomic status".
- 2019 Saarland University, *Germany, Saarbrücken*
Bachelor of Science (B.Sc.) in Psychology
Thesis: "Dispositional optimism and PTSD symptom severity: A meta-analysis".

LICENSURE & CERTIFICATION

- 2025 National Certified Counselor (NCC)
- 2023 Licensed Professional Counselor (LPC), State of Tennessee
Temporary License #6181

PROFESSIONAL PRESENTATIONS

INTERNATIONAL

- 2023 **American Counseling Association**
ACA Conference, *Toronto, Canada*
Strate, L., & Michael, T. Poster presentation "Career decision-making in college students: A path analysis of early childhood attachment, gender, age, and socioeconomic status".

NATIONAL

- 2025 (*Accepted*) **Association for Assessment and Research in Counseling**
AARC Annual Conference, *Daytona Beach, Florida*
Strate, L., Michael, T. "Alexithymia in College Students: Exploring the psychometric properties of the TAS-20, PAQ, and BVAQ".

- 2025 **Association for Humanistic Counseling**
AHC Annual Conference, *Safety Harbor, Florida*
Patel, R., **Strate, L.**, Luo, A. “Embracing Diversity: Navigating Multicultural Humility in Counseling Immigrants and Refugees”.
- 2024 **Southern Association for Counselor Education and Supervision**
SACES Conference, *Dallas, Texas*
Strate, L., Patel, R., Beach, R., Seymour, P., Porter, A., & Loftis, M. “Cohesive Collaboration: The Role of Doctoral Co-Facilitators in Master’s Level Group Counseling”.
- 2024 **Southern Association for Counselor Education and Supervision**
SACES Conference, *Dallas, Texas*
Wiley, J., Patel, R., Seymour, P., Beach, R., Porter, A., **Strate, L.**, & Reynolds, J. “Doctoral Researcher Development through Collaborative Inquiry-based Learning”.
- 2024 **American College Counseling Association**
ACCA Conference, *Orlando, FL, United States*
Strate, L. & Beach, R. Poster presentation “The Relationship Between Alexithymia and Highly Sensitive Persons: A Literature Review”.
- 2023 **American Association for Research in Counseling**
AARC Conference, *Nashville, TN, United States*.
Strate, L., & Michael, T. Poster presentation “The relationship between vocational decision-making and parental attachment”.
- 2023 **American Mental Health Counseling Association**
AMHCA Conference, *New Orleans, LA, United States*
Beach, R., & **Strate, L.** Poster presentation “A literature review of the relationship between Christian fundamentalist religious trauma and suicide risk in the LGBTQ population”.

STATE

- 2024 **Tennessee Licensed Professional Counselors Association**
TLPCA Conference, *Nashville, TN*
Reynolds, J., Beach, R., Seymour, P., **Strate, L.**, Patel, R., Porter, A., Knipp, T., & Loftis, M. “Cofacilitation: The Unseen Therapeutic Factor in Group Experience”.
- 2024 **Tennessee Licensed Professional Counselors Association**
TLPCA Conference, *Nashville, TN*
Patel, R., **Strate, L.**, & Luo, Y. “Embracing Diversity: Navigating Multicultural Competence in Counseling Immigrants and Refugees”.
- 2023 **Tennessee Licensed Professional Counselors Association**

TLPCA Conference, *Nashville, TN*

Loftis, M., Seymour, P., Beach, R., & **Strate, L.** "Supervision: The final frontier".

LOCAL

- 2024 **Research and Creative Inquiry**
Tennessee Technological University, *Cookeville, TN*
Strate, L., & Beach, R. Poster presentation "The Relationship Between Alexithymia and Highly Sensitive Persons: A Literature Review".
- 2023 **Research and Creative Inquiry**
Tennessee Technological University, *Cookeville, TN*
Strate, L., & Michael, T. Poster presentation "The relationship between vocational decision-making and parental attachment".
- 2023 **Supervision: The Final Frontier**
Tennessee Technological University, *Cookeville, TN*
Loftis, M., Seymour, P., Beach, R., & **Strate, L.** "Supervision: The final frontier".
- 2021 **Research and Creative Inquiry**
Tennessee Technological University, *Cookeville, TN*
Strate, L., & Michael, T. Poster presentation "Career decision-making in college students: A path analysis of early childhood attachment, gender, age, and socioeconomic status".

PUBLICATIONS

- Strate, L.** (2025). *Assessing Alexithymia in College Students: Exploring the Psychometric Properties of the TAS-20, PAQ, and BVAQ* (Publication No. 31938608) [Doctoral dissertation, Tennessee Technological University]. ProQuest Dissertation & Theses.
- Karlosky, S., Michael, T., Loftis, M. A., **Strate, L.** (2024, in progress). Examining the factor structure and psychometric properties of the Toronto Alexithymia Scale 20 among college students in the southeastern United States.
- Strate, L.**, Michael, T. (2023, under review). The relationship between alexithymia and highly sensitive persons: A review of the literature.
- 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/rmh0000262>
- Strate, L.**, Michael, T., & Hammond, M. (2023). Vocational identity in college students: Path analysis of childhood attachment, gender, age, and socioeconomic status. *COUNS-*

EDU: The International Journal of Counseling and Education, 8(1), 45-53.
<https://doi.org/10.23916/0020230842010>

RESEARCH INTERESTS/EXPERTISE

Alexithymia
Quantitative research methods
Wellness in counseling
Highly sensitive persons
College students
Vocational identity
Nature-based interventions

TEACHING EXPERIENCE

CO-TEACHING

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| 2023 | 6360 Counseling Skills “COUN 6360”
Co-Taught Counseling Skills to master’s students at Tennessee Tech University, together with faculty. Led three classes throughout the semester and assisted with grading students’ work. |
| 2023 | 7300 Diagnosis and Treatment “COUN 7600”
Co-Taught Diagnosis and Treatment to master’s students at Tennessee Tech University, together with faculty. Led three classes throughout the semester and assisted with grading students’ work. |
| 2023 | 6320 Group Counseling “COUN 6320”
Taught three classes (in-person, synchronous, asynchronous) in this course to master’s students. |

SUPERVISION EXPERIENCE

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| 2023 | Supervision of Master’s Students in “COUN 6800” Practicum
Provided supervision to master’s students at Tennessee Tech University during their practicum experiences. |
| 2023 | Supervision of Master’s Students
Provided supervision to 2 master’s students in the counseling program at Tennessee Tech throughout the Spring 2023 semester. |

PROFESSIONAL SERVICE

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| 2025 – present | Ad Hoc Reviewer for the <i>Journal of Counselor Leadership and Advocacy</i> (JCLA) |
| 2024 – present | Member of the International Taskforce
Association for Assessment and Research in Counseling |

2024 – present	Member of the Diversity Committee International Association for Wellness Counseling
2023 – 2024	President of Chi Sigma Iota - Tau Tau Upsilon
2023 – 2024	Student Representative at Tennessee Licensed Professional Counselor Association
2023	Volunteer at Tennessee Licensed Professional Counselor Association 2023 Conference Trevecca Nazarene University, <i>Nashville, TN</i>
2021 – 2023	Secretary/Treasurer - Chi Sigma Iota - Tau Tau Upsilon

HONORS & AWARDS

2025	2025 David Larimore Excellence in Research Award Tennessee Tech University, <i>Cookeville, TN</i> Presented by the College of Education.
2024	Graduate Student Service Award Tennessee Tech University, <i>Cookeville, TN</i> Presented by the College of Education.
2023	Outstanding Service to Chapter Award Tennessee Tech University, <i>Cookeville, TN</i> Certificate of recognition and appreciation presented by Tau Tau Upsilon Chapter of Chi Sigma Iota, Tennessee Tech University.
2023	Outstanding Young Professional Award Tennessee Tech University, <i>Cookeville, TN</i> Award presented by Student Affairs and the Counseling Center.
2021	Research and Creative Inquiry Award Tennessee Tech University, <i>Cookeville, TN</i> Poster presentation “Career decision-making in college students: A path analysis of early childhood attachment, gender, age, and socioeconomic status”
2021	Chi Sigma Iota Honors Society Tennessee Tech University, <i>Cookeville, TN</i> Certificate of membership in recognition of scholastic and professional excellence.

PROFESSIONAL EXPERIENCE

2025 - present	Visiting Assistant Professor
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Austin Peay State University, *Clarksville, TN*
 Providing instruction and supervision to counseling students in the
 Department of Psychological Science and Counseling at Austin Peay
 State University.

- 2022 – 2025 **Clinical Graduate Assistant**
 Tennessee Tech University, *Cookeville, TN*
 Providing counseling services to students at the Tennessee
 Technological University Center for Counseling and Mental Health
 Wellness, along with outreach projects to advocate for the needs of
 students.
- 2021 - 2022 **Graduate Assistant**
 Tennessee Tech University, *Cookeville, TN*
 Graduate Assistant for the Counseling & Psychology department.
 Assisted in administrative tasks and research projects, including the
 application for CACREP accreditation of the programs.
- 2021 - 2022 **Counseling Intern**
 Infinite Possibilities Counseling (IPC), *Cookeville, TN*
 Provided individual and family counseling services to clients seeking
 services at the practice.
- 2018 - 2019 **Psychological Assistant**
 Saarland Heilstätten GmbH, *Kleinblittersdorf, Germany*
 Psychiatric inpatient facility for children and adolescents
 Provided psychological testing services to children and adolescents.

PROFESSIONAL AFFILIATIONS

INTERNATIONAL

- 2021 – present Chi Sigma Iota, Counseling Honors Society

NATIONAL

- 2021 – present American Counseling Association
 Association for Assessment and Research in Counseling
 American College Counseling Association
 Association for Counselor Education and Supervision

- 2023 – 2024 American Mental Health Counselors Association

REGIONAL

- 2023 – present Southern Association for Counselor Education and Supervision

STATE

2023 – present Tennessee Licensed Professional Counselors Association