

**David D. Christian, Ph.D., LPC**  
**1913 Florence Ave**  
**Lowell, AR 72745**  
**Tel no: (214) 316-3274**  
**ddchrist@uark.edu**

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## **EDUCATION**

- Ph.D.            Counseling and Counselor Education (08/2013)  
*University of North Texas (UNT),*  
Dissertation Title: *Adventure Based Counseling: Exploring the Impact of ABC on Adaptive Functioning in High School Males*  
Denton, Texas
- M.S.            Community Counseling (Adolescent and Adult Specialty) (08/2009)  
*University of North Texas (UNT),*  
Denton, Texas
- B.A.            Psychology (05/2006)  
*University of Texas at Dallas (UTD),*  
Richardson, Texas

## **RESEARCH AGENDA**

Adventure Based Counseling with adolescents and families; Group work in secondary schools; School Counselor professional identity

## **CREDENTIALS**

- Licensed Professional Counselor –State of Texas (#66321)  
Certified Teacher – State of Texas (08/2006 – Current)  
Certified School Counselor – State of Texas (04/2012 - Current)  
Level 1 Challenge Course Practitioner (12/2010 – 12/2012)

## **PUBLICATIONS**

### **Refereed Articles**

Ray, D., Huffman, D. D., & **Christian, D. D.** (In Press) Relationship boundaries: Complex roles of the male counselor educator. Submitted to: *The Professional Counselor*.

**Christian, D. D.**, Perryman, K. L., & Portrie-Bethke, T. L. (Under Review). Using adventure based counseling to improve the parent/adolescent relationship: An Adlerian perspective. Submitted to: *Journal of Child and Adolescent Counseling*.

**Christian, D. D.**, & Perryman, K. L. (Under Review) Adventures in supervision: Implications for supervision of adventure based counseling. Submitted to: *Journal of Creativity in Mental Health*.

## Chapters

Portrie-Bethke, T. L., **Christian, D.**, Brown, W., & Hill, N. R. (2012). Navigating the challenges of connecting with male youth: Empowering real-time interventions through adventure based counseling. In S. Degges-White & B. Colon (Ed.), *Counseling Boys and Young Men*. New York: Springer.

## PROFESSIONAL EXPERIENCE

### Clinical & Professional Experiences

Assistant Professor (08/2015 – Current)

Counselor Education and Supervision  
University of Arkansas; Fayetteville, Arkansas

*Provide instruction and supervision to Master's and Doctoral level students in the areas of School and Mental Health counseling as well as Counselor Education.*

Professional School Counselor (07/2012 – 7/2015)

Secondary Professional School Counselor  
John H. Guyer High School; Denton, Texas

*Provide guidance, responsive services, system support, and individual planning for students, parents, and teachers.*

Group Counselor Supervisor (02/2012 – 05/2012)

Undergraduate Experiential Group  
University of North Texas; Denton, Texas

*Provide supervision to master's level and doctoral level counseling students that are facilitating undergraduate experiential groups.*

School Counseling Intern (08/2011 – 06/2012)

Secondary School Counselor Intern  
Denton High School; Denton, Texas

*Provide guidance, responsive services, system support, and individual planning for students, parents, and teachers.*

Counselor Supervisor (08/2011 – 12/2011)

Master's Practicum Course  
University of North Texas; Denton, Texas

*Provided triadic supervision to master's level counseling students enrolled in practicum course.*

Group Leader (06/2011 – 8/2011)

Master's Level Experiential Group

University of North Texas; Denton, Texas

*Provide group counseling services to master's level counseling students enrolled in a group counseling course.*

Group Leader (01/2011 – 04/2011)

Master's Level Experiential Group

University of North Texas; Denton, Texas

*Provided group counseling services to master's level counseling students enrolled in a group counseling course.*

Level 1 Challenge Course Facilitator (12/10/2010 – 12/10/2012)

Leading Edge Challenge Course

Leadership on the Move; Ponder, Texas

*Provided adventure based counseling services to adults and adolescents. Included the use of technical skills such as challenge course set up and maintenance, belaying climbers, and transitioning participants between elements.*

Counselor Supervisor (08/2010 – 12/2010)

Master's Level Advanced Skills Course

University of North Texas; Denton, Texas

*Provided triadic supervision to master's level counseling students enrolled in advanced skills course.*

Group Leader (08/2010 – 12/2010)

Master's Level Experiential Group

University of North Texas; Denton, Texas

*Provided group counseling services to master's level counseling students enrolled in a group counseling course.*

Group Co-Leader (08/2010 – 12/2010)

Adventure Based Counseling Group

Cumberland Presbyterian Children's Home; Denton, Texas

*Provided group counseling services to adolescent boys utilizing experiential activities. Group met weekly over a 10 week period at Cumberland Presbyterian Children's Home.*

Challenge Course Assistant (06/2010 – 12/2010)

Camp Copass Challenge Course

Camp Copass; Denton, Texas

*Provided adventure based counseling services to adults and adolescents. Includes the use of technical skills such as challenge course set up and maintenance, belaying climbers, and transitioning participants between elements.*

Counselor Supervisor (06/2010 – 08/2010)

Master's Practicum Course

University of North Texas; Denton, Texas

*Provided triadic supervision to master's level counseling students enrolled in practicum course.*

Doctoral Intern Counselor (06/2010 – 07/2012)

Child and Family Resource Center

University of North Texas; Denton, Texas

*Provided counseling services to adults and adolescents. Clients represented the university population as well as people from the local community.*

Participant (05/2010)

Adventure Based Counseling

Project Adventure; Beverly, Massachusetts

*Participated in training on the use of adventure, activity, and experiential learning in the counseling process.*

Participant (05/2010)

Technical Skills Intensive

Project Adventure; Beverly, Massachusetts

*Participated in training on the use of challenge courses in the counseling process.*

Filial Co-Facilitator (02/2010 – 05/2010)

Site Location: New Life Church

University of North Texas; Denton, Texas

*Co-Facilitated a Child and Parent Relationship Therapy (filial) group at New Life Church in order to fulfill course requirement.*

Counselor Supervisor (01/2010 – 06/2010)

Master's Level Advanced Skills Course

University of North Texas; Denton, Texas

*Provided triadic supervision to master's level counseling students enrolled in advanced skills course.*

Doctoral Practicum Counselor (08/2009 – 05/2010)

Counseling and Human Development Center

University of North Texas; Denton, Texas

*Provided counseling services to adults and adolescents. Clients represented the university population as well as people from the local community.*

Doctoral Counseling Intern (06/2009 – 08/2009)

Child and Family Resource Center

University of North Texas; Denton, Texas

*Provided counseling services to adults and adolescents. Clients represented the university population as well as people from the local community.*

Counseling Intern (01/2009 – 08/2009)

Spruce Youth and Family Center

Dallas Independent School District/Parkland Hospital; Dallas, Texas  
*Provided individual and family counseling to students of Dallas Independent School District. Utilized talk, activity, and play therapy.*

Practicum Counselor (08/2008 – 12/2008)

University of North Texas Dallas Counseling Clinic  
University of North Texas at Dallas; Dallas, Texas

*Provided individual counseling services to adolescents and adults.*

Special Education Teacher (08/2006 – 06/2009)

Mesquite Independent School District; Mesquite High School  
Mesquite, Texas

*Led social skills groups during school day for students who had been diagnosed with emotional disturbance, ADHD, or PDD. Worked with students to develop socially appropriate behavior and consulted with high school educators on management techniques. Also conducted small groups after school using the WhyTry program.*

Volunteer Counselor (01/2008 – 05/2008)

Mesquite Academy; Mesquite Independent School District  
Mesquite, Texas

*In fulfillment of group counseling course requirements, co-facilitated group for middle school students who had been placed at alternative education setting due to behavior problems.*

Psychology Internship (01/2005 – 05/2005)

New Beginning Center, Expect Respect Program  
Garland, Texas

*In fulfillment of bachelor's internship requirements, co-led psycho-educational groups focused on preventing domestic violence in adolescent dating relationships.*

Small Group Leader (1/2001 – 02/2002)

Youth With a Mission  
Oxford, New Zealand

*Facilitated daily processing group for college students. Planned and lead service projects to international locations.*

## **Teaching Experience**

Assistant Professor (01/2016 – Current)

CNED 5340: Counseling Practicum  
University of Arkansas

*Teaching masters course regarding advanced skills and implementation of skills to school and agency setting.*

Assistant Professor (01/2016 – Current)  
CNEDE 5213: Lifestyle and Career Development  
University of Arkansas

*Teaching masters course covering career counseling theory and application.*

Assistant Professor (08/2015 – 12/2015)  
CNEDE 6023: Foundations of Marriage & Family Counseling and Therapy  
University of Arkansas

*Teaching masters course covering counseling families.*

Adjunct Faculty Member (06/2014 – 08/2014; 06/2015 – 08/2015)  
FS 5393: School Guidance and Counseling  
Texas Woman's University

*Teaching masters course covering school counseling.*

Adjunct Faculty Member (08/2014 – 12/2014)  
FS 5364: Practicum in Counseling and Development (School and Mental Health)  
Texas Woman's University

*Teaching masters course regarding advanced skills and implementation of skills to school and agency setting.*

Adjunct Faculty Member (01/2015 – 05/2015)  
FS 5894: Internship (School and Mental Health)  
Texas Woman's University

*Teaching masters course regarding implementation of skills to school and agency setting.*

Adjunct Faculty Member (08/2014 – 12/2014; 01/2015 – 05/2015)  
COUN 5670: Developmental Processes and Strategies  
University of North Texas

*Teaching masters course covering human development as it relates to counseling.*

Adjunct Faculty Member (06/2014 – 08/2014; 06/2015 – 08/2015)  
COUN 5580: Family Counseling  
University of North Texas

*Teaching masters course covering counseling families.*

Adjunct Faculty Member (01/2014 – 05/2014)  
COUN 5680: Basic Counseling Skills  
University of North Texas

*Teaching introductory masters course covering basic counseling skills.*

Adjunct Faculty Member (08/2013 – 12/2013)  
COUN 5470: Career Development and Information Resources  
University of North Texas

*Teaching masters course covering career development issues in counseling.*

Lecturer (01/2012 – 05/2012)

COUN 3640: Group Process in Helping Relationships

University of North Texas

*Teaching undergraduate course covering group processes in counseling under supervision of UNT faculty.*

Teaching Assistant (06/2011 – 08/2011)

Group Counseling

University of North Texas

*Assisted with lectures, class presentations, and grading of assignments for master's level group counseling course.*

Teaching Assistant (06/2011 – 08/2011)

Family Counseling

University of North Texas

*Assisted with lectures and class presentations for master's level family counseling course.*

Guest Lecturer (3/23/2011)

Group Counseling

University of North Texas; Denton, Texas

*Presented lecture covering transition phase of group counseling.*

Guest Lecturer (04/2010)

Multicultural Issues in Counseling

University of North Texas; Denton, Texas

*Presented lecture covering best practices when counseling people with disabilities.*

Guest Lecturer (02/2010)

Interpersonal Skills

University of North Texas; Denton, Texas

*Presented lecture covering empathy and support in the counseling relationship to undergraduate students.*

Secondary Special Education Teacher (08/2006 – 06/2009)

Social Skills

Mesquite High School, Mesquite, Texas

*Lead social skills groups as well as assist students with mandatory class work from core subjects.*

## **Graduate Assistantships**

Graduate Assistant (08/2009 – 06/2012)

Office of Disability Accommodation  
University of North Texas; Denton, Texas

*Consulted with faculty, university staff, and students to ensure that accommodations are effectively implemented. Converted textbooks and other course material into a digital format for students that are blind, dyslexic, and/or have ADHD.*

## **RESEARCH EXPERIENCE**

Principal Investigator (12/2015 – Current)

Adventure Based Counseling in Middle School

Brian Miller

University of Arkansas; Fayetteville, Arkansas

*Researching the use of Adventure Based Counseling with middle school students.*

Co-Researcher (12/2015 – Current)

Early Connections Project

Kristi L. Perryman

University of Arkansas; Fayetteville, Arkansas

*Researching the use of Child Centered Play Therapy in school setting.*

Principal Investigator (01/2014 – Current)

Serving Culturally and Linguistically Diverse Students: A Collaborative Approach to Assessing and Implementing a Sheltered English Course.

Amanda Goss, M.Ed.; Kim Garcia, M.Ed.

University of Arkansas; Fayetteville, Arkansas

*Researching English Language Learners' educational experiences in a public secondary school.*

Principal Investigator (08/2012 – 05/2013)

Adventure Based Counseling: Exploring the Impact of ABC on Adaptive Functioning in High School Males.

Chair: Cynthia Chandler, Ed.D.

University of North Texas; Denton, Texas

*Completed research project investigating the use of Adventure Based Counseling with males transitioning from middle to high school as a requirement for a Doctorate of Philosophy.*

Research Assistant (09/2011 – 02/2012)

Relationship Boundaries: Complex Roles of the Male Counselor Educator

Dee Ray, Ph.D.; David Huffman, M.Ed.

University of North Texas; Denton, Texas

*Participated in creation of survey and writing of article that explored the roles males play in counselor education.*



Research Assistant (05/2010 – 06/2010)

CACREP Research Project: Casey Barrio Minton, Ph.D.

University of North Texas; Denton, Texas

*Participated in online research of how doctoral programs in counseling/counselor education are meeting CACREP standards*

Undergraduate Assistant (08/2005 – 05/2006)

Friendship Project; Marion K. Underwood, Ph.D.

University of Texas at Dallas; Richardson, Texas

*Participated in data entry, organization, and facilitation of interviews with elementary aged children. Research focused on social aggression in girls.*

## PRESENTATIONS

**Christian, D. D.,** & Perryman, K. L. (2016, February). *Helping school counselors Excel: teaching pragmatic methods of data analysis to future school counselors.*

Innovations in School Counselor Preparation Conference, Athens, GA.

Perryman, K. L., **Christian, D. D.,** & Dowdy, M. (201, February). *Training professional school counselors to conduct partnerships in results based evaluation.* Evidenced-Based School Counseling Conference, Athens, GA.

**Christian, D. D.,** Suarez, A., Lance, A., & Wyatt, A. (2016, February). *It's more than just catching a ball: Addressing the personal/social, academic, and career needs of student athletes.* Presented on addressing the academic, career, and social-emotional needs to high school student athletes. Presented at Texas School Counselor Association's Annual Conference, Dallas, TX.

**Christian, D. D.,** Lawrence, A., & Cantu, C. (2016, February). *You want me to do what?: Creating a meaningful supervision experience for school counselors in training.* Presented on creating a meaningful supervision experience for school counselors in training by utilizing sound theory, being intentional, and tailoring the experience to fit the needs of the supervisee. Presented at Texas School Counselor Association's Annual Conference, Dallas, TX.

**Christian, D. D.,** & Perryman, K. L. (2014, November). *Introduction to Play Therapy and Adventure Based Counseling at the University of Arkansas.* Invited to introduce ourselves to local school counselors and give an overview of program offerings. Presented at Northwest Arkansas School Counselor Association Annual Meeting, Bentonville, Arkansas.

**Christian, D. D.,** & Wyatt, A. N. (2014, February). *Serving culturally and linguistically diverse students: A collaborative approach to assessing and implementing a sheltered English course.* Presented on a collaborative research project between

our school's counseling department and ESL department. Presented at Texas School Counselor Association's Annual Conference, Galveston, Texas.

**Christian, D. D.,** Ashton, K., & Tsakonas, L. (2013, February). *High school 101: Using a mandatory elective to address the transitional needs of 9<sup>th</sup> grade students.* Presented on the use of a high school elective to help students navigate the transition from middle school to high school. Presented at Texas School Counselor Association's Annual Counselor Conference, Austin, Texas.

**Christian, D. D.,** Ashton, K., & Tsakonas, L. (2013, February). *Making the leap: Using adventure based counseling to help students transition schools.* Presented on the use of adventure based counseling to help students navigate the transition from middle school to high school. Presented at Texas School Counselor Association's Annual Counselor Conference, Austin, Texas.

**Christian, D. D.,** Tait, M., & Kelly, J. (2012, March). *Ready set action: Adventure Based Counseling in the school setting.* Presented on the use of Adventure Based Counseling in an elementary school setting. Presented to secondary school counselors in Denton Independent School District, Denton, Texas.

**Christian, D. D.** (2012, January). *Ready, SAT, ACTION: Overcoming test anxiety.* Presented on the various causes of test anxiety and practical ways to overcome it. Presented to parents and students at Collin Community College as part of their Destination College program, McKinney, Texas.

**Christian, D. D.** (2012, January). *Ready set action: Adventure Based Counseling in the school setting.* Presented on the use of Adventure Based Counseling in an elementary school setting. Presented to elementary school counselors in Denton Independent School District, Denton, Texas.

**Christian, D. D.** (2011, November). *Ready set action: Adventure Based Counseling in the school setting.* Presented on the use of Adventure Based Counseling in an elementary school setting. Presented to elementary school counselors in Lewisville Independent School District, Lewisville, Texas.

**Christian, D. D.,** Huffman, D. D., & Fernando, D. M. (2011, October). *Groups on purpose: How to design a master's group experience using Yalom's three-step modification process.* Presented on the use of Yalom's three-step model (assess the situation, formulate goals, and modify techniques) for creating master's level groups. Presented at Association for Counselor Education and Supervision Conference, Nashville, Tennessee.

**Christian, D. D.,** Portrie-Bethke, T. L., Alexander-Albritton, C. (2011, October). *Facilitating master's group experiences with Adventure Based Counseling.* Presented on the use of Adventure Based Counseling in master's level group

experiences. Presented at Association for Counselor Education and Supervision Conference, Nashville, Tennessee.

**Christian, D. D.,** & Budge, N. (2011, February). *Ready set action: Adventure Based Counseling in the school setting.* Presented on the use of Adventure Based Counseling in a school setting. Presented at Texas School Counselor Association's Annual Conference, Arlington, Texas.

Portrie-Bethke, T. L., **Christian, D. D.,** Elliot, A., Brown, W., Marpole, G., & Garofalo, R. (2010). *Adventure based counseling: Creative interventions for children and adolescents.* Presented on the use of Adventure Based Counseling with various groups within the mental health profession. Presented at the American Mental Health Counselors Association Conference, Boston, Massachusetts.

**Christian, D. D.** (2010, April). *Adventure Based Counseling: An alternative to traditional group therapy.* In fulfillment of a teaching counselor education course presented on using adventure based counseling as an alternative for group therapy at the University of North Texas, Denton, Texas.

**Christian, D. D.,** & Sharp, J. R. (2010, April). *Reducing test anxiety.* Presented on reducing test anxiety for at risk students taking the TAKS test at North Mesquite High School, Mesquite, Texas.

**Christian, D. D.** (2009, September). *Using WhyTry at North Mesquite High School.* Presented on implementation of the WhyTry social skills program at North Mesquite High School, Mesquite, Texas.

**Christian, D. D.,** Farmer, S., & Gaines, M. (2009, April). *Adventure based counseling: An alternative to traditional talk therapy for school and community based counselors.* In fulfillment of special problems course presented on the mode of adventure based counseling to students at the University of North Texas at Dallas, Dallas, Texas.

Farmer, S., **Christian, D. D.,** & Martin, K. S. (2008, November). *Take a walk on the wild side with adventure based counseling: An experiential alternative to traditional group counseling.* Workshop presented at the annual Texas Counseling Association Conference, Houston, Texas.

## **SERVICE**

### **Leadership & Professional Service**

Adventure Therapy Lab at the University of Arkansas  
Director (05/2016 – Current)

Texas School Counseling Association Governing Board

Vice President of Counselor Education (04/2016-Current)  
Communication/Technology Chair (05/2015 – 04/2016)  
Ethics Committee Member (05/2015 – Current)

University of North Texas Counseling Department Candidate Search Committee  
Student Representative (2011-2012)

Chi Sigma Iota, Rho Kappa Chapter  
Event Committee Member (2009-2010, 2010-2011)

Mesquite Education Association  
Campus Co-Representative (2007 – 2009)

### **PROFESSIONAL AFFILIATIONS**

American Counseling Association	2011-Current
Association for Counselor Education and Supervision	2011-Current
Association for Experiential Educators	2010-Current
American Mental Health Counselors Association	2010-2012
Texas Counseling Association	2008-Current
Texas School Counselor Association	2008-Current
Chi Sigma Iota International	
Rho Kappa Chapter	2008-2015
Rho Alpha Beta Chapter	2015-Current
Mesquite Education Association	2006-2009
Association of Texas Professional Educators	2006-2009

### **AWARDS, HONORS, & RECOGNITIONS**

Chi Sigma Iota – Rho Kappa Chapter  
2014 Outstanding Practitioner Award

Newswire Article (2015, September) [New Professor Brings Adventure-Based Counseling to U of A Program](#)

Shallcross, L. (2011, December). [Getting off the couch](#). *Counseling Today*, ED, 28-36.  
*Featured in article on active interventions.*

Douglas and Carolyn Kern Scholarship (2010 – 2011; 2011 – 2012)  
University of North Texas

College of Education Scholarship (2010 – 2011; 2011 – 2012)  
University of North Texas

Academic Achievement Scholarship (2009 – 2011)  
University of North Texas

Chi Sigma Iota – Rho Kappa Chapter (2008 – 2015)  
University of North Texas  
Chi Sigma Iota – Rho Alpha Beta Chapter (2015 – Current)  
University of Arkansas

First Class Teacher (2006)  
Mesquite Independent School District, Mesquite, Texas

Graduated Cum Laude  
University of Texas at Dallas

Top 15% of Graduating Class (2006)  
University of Texas at Dallas

Golden Key International Honor Society (2005 – Current)  
University of Texas at Dallas

Psi Chi Psychology Honors Society  
University of Texas at Dallas

Dean's List (2004 – 2006)  
University of Texas at Dallas

Who's Who of American High School Students  
Mesquite High School, Mesquite, Texas