

# Alexa L. Wayman

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**Objective:** To use my knowledge and experience in healing-centered school and mental health counseling, education systems, and restorative practices to advocate for student wellness, understanding, and equity in an educational or community environment.

## **Licensure:**

Washington State Office of Superintendent of Public Instruction: Residency Educational Staff Associate 501033E

Washington State Department of Health: Licensed Mental Health Counselor LH 60894262

**Private Practice Website:** [www.nwhealingandempowerment.com](http://www.nwhealingandempowerment.com)

## **Education:**

### **Seattle University: Graduate Studies**

Graduation: August 2013 M.A.Ed

- School & Mental Health Counseling
- Cumulative GPA: 3.99
- Counselor Preparation Comprehensive Examination score: 105/135 (92<sup>nd</sup> percentile)
- National Counselor Examination Score: 133/160
- Honors: Member of Counseling Honor Society, Delta Psi Chi, Chi Sigma Iota

### **Seattle University: Undergraduate Studies**

Graduation: June 2010 Bachelor of Arts

- Psychology and International Studies Dual Major
- Cumulative GPA: 3.52
- Honors: Cum Laude; Dean's List; Member of Psi Chi, International Honor Society in Psychology, served one term as Secretary; Recipient of Seattle University Champion Scholarship Award

## **Relevant Professional Experience:**

### **Licensed Mental Health Counselor: Counselor and Mentor**

May 2012 – Present

- Providing private practice therapy for individuals of all ages, families, and couples, using dialectical behavior therapy, mindfulness, and trauma-informed practices
- Counseling and mentoring clients navigating healthy re-entry into the community following experiences ranging from trauma to chemical dependency, supporting them in cultivating coping and organizational skills, motivation, and beneficial life routines

### **Seattle University: Adjunct Professor**

April 2014 – Present

- Teaching Counseling Lab courses and Child and Adolescent Counseling in the Counseling graduate program
- Facilitating counseling groups for the Group Counseling class' experiential component

### **Cascade Middle School: School and Mental Health Counselor**

September 2019 – Present

- Providing a comprehensive ASCA-aligned School Counseling program for sixth through eighth graders
- Addressing social-emotional needs, career and college access, and data-driven practices to promote student success and well-being

### **Highline Public Schools: Student Re-Engagement Counselor**

September 2015 – August 2019

- Leading in the formation of the district's re-engagement office, the Connection Center, resulting in successful enrollment of an average of 300 families per year into our district's network of alternative programs as well as comprehensive high schools and middle schools
- Strongly advocating for opportunity youth and families as we discern best alternative education placement options, and facilitating successful transitions and re-engagement
- Proactively connecting with the King County Regional Re-Engagement Network to continuously cultivate relationships with community partners and grow knowledge base of education options, resources, policy changes, and new ideas around best practices working with opportunity youth
- Providing academic, career, and personal/social counseling services to a culturally and academically diverse student population within a flexible educational model, our district's Learning Center
- Consistently seeking a complete understanding of OSPI policy changes and graduation requirements in order to ensure that all students in our alternative program network have access to the best fit path to graduation
- Collecting, maintaining, and analyzing data to advocate for the growth and enhancement of our programming

- Achieving outstanding progress in creating a campus with a restorative culture through participation in a Peacemaking Leadership Team with our student support team and outside consultants

**Highline Public Schools: Alternative Programs Counselor at CHOICE Academy and South End Alternative Programs**  
November 2013 – September 2015

- Provided academic, career, and personal/social counseling services based on the ASCA National Model, to a culturally and academically diverse student population through a social justice lens
- Provided responsive services and crisis counseling
- Collaborated with teachers, administrators, support staff, families, and partner alternative programs to ensure strong student support

**Seattle Children's Home, Navos Mental Health Solutions: Residential Counselor**  
September 2013 – November 2013

- Provided direct care and supervision for children and youth with emotional and behavioral challenges in a therapeutic residential treatment environment
- Utilized trauma-informed, family-centered, and engagement care models
- Worked on a treatment team to support clients as they meet treatment and behavioral goals by implementing plans that teach clients emotional regulation skills, social skills, collaborative problem-solving skills, and independent living skills

**Seattle Public Schools Professional School Counseling Internship: Counselor at Salmon Bay K-8**  
August 2012 – June 2013 (600 hours)

- Continued to enhance my school counseling skills cultivated in coursework and practicum, including all elements of a comprehensive counseling program: individual student planning, responsive services, guidance curriculum, and system support
- Completed grant applications to support funding for school-wide programming and group counseling to promote a culture of peace and understanding throughout the school
- Coordinated a year-long advocacy project focused on addressing the middle school issues of rumors, gossip, and physical, verbal, and cyber bullying, incorporating the administration and analysis of a school-wide needs assessment, group and individual counseling, assemblies, field trips, and group art projects
- Completed a comprehensive school and community profile to provide the school with a database of community resources and important demographic and statistical information

**Seattle Public Schools Professional School Counseling Practicum: Elementary Counselor at Orca K-8**  
March 2012 – June 2012 (100 hours)

- Provided guidance curricula, including the Second Step Empathy Curriculum to multiple classrooms
- Delivered responsive services to students and families, such as crisis counseling, resilience education, and working with students to cultivate healthy interaction methods and a culture of anti-bullying and understanding
- Assisted with individual student academic planning and career development, including assessment administration
- Participated in school wide systems support and developed positive relationships with students, staff, and families

**Additional Professional Experience:**

**Seattle University Jumpstart: Site Manager**  
June 2013 – September 2013

- Managed program for provision of early childhood education and training
- Managed campus and community partnerships and Americorps Jumpstart national network responsibilities

**Seattle University Read Out Loud Early (ROLE): Program Coordinator**  
July 2011 – September 2013

- Built a preschool education enhancement program in partnership with the Yesler Youth and Family Empowerment Program and the Seattle University Youth Initiative
- Developed a 20-week curriculum, grounded in philosophies of peace education
- Recruited, trained, and supervised college student volunteers to serve as a bi-weekly team in the classroom
- Cultivated community and family partners, staff member alliances, and positive relationships

**Camp Hamilton: Summer Camp Cabin Leader**  
June 2007 – August 2007

- Modeled positive behaviors for children in 4<sup>th</sup>-8<sup>th</sup> grade
- Organized activities, theme weeks, theater shows, and overnight camp-outs

- Supervised canoeing, kayaking, and other water sports
- Demonstrated creative skills to execute instant programming of activities to facilitate entertainment and enjoyment

**Skills and Continuing Education:**

- Data analysis and database management
- Beginning Spanish
- *Applied Behavioral Analysis* trained in working with students who have autism (2010-2013)
- LGBTQI Alliance *Safe Space* workshop (2012)
- *Healing Children through Creativity* art therapy training (2012)
- Developed secondary trauma weekly group plans for staff based on Laura van Dernoot Lipsky's *Trauma Stewardship* (2015-present)
- *Sound Discipline Trauma-Informed Practices with Youth* (2016)
- *Mental Health First Aid* and *Suicide Prevention* trainings (2016-2017)
- *School to Jobs* training on developing pathways to success through identity-based motivation (2017)
- *Art with Heart* Art Therapy training (2017)
- Point One North *Peacemaking* and *Peacekeeping* Restorative Justice trainings (2018-2019)
- *DBT Foundational Skills* Certified (2022)

**Honors and Professional Identity Development:**

- Recipient of three Americorps Educational Awards upon completion of 900 hours of service in consecutive terms with Jumpstart as Corps Member, Team Leader, and Volunteer Coordinator (2008-2011)
- Member of Chi Sigma Iota, Counseling Academic and Professional Honor Society International (2011-2013)
- Member of Seattle University Counselors for Social Justice (2011-2013)
- Member of American Counseling Association, American School Counseling Association, and Washington School Counselor Association (2011-present)
- Member of Seattle University School Counseling Professional Educator Advisory Board (2012-present)
- National Certified Counselor (2014-present)
- Highline Public Schools Superintendent's *Ducky Award* (2016)
- National Board Certified Teacher, Specializing in School Counseling (2021-present)

**Research, Publications, and Presentations:**

- Western Region Research Conference on the Education of Adults 2013: Presentation—*Using Family Literacy to Reach Immigrant Mothers*
- Graduate Student Council Research Conference 2013: Presentation—*Addressing Middle School Bullying and Promoting a Culture of Peace: A School Counseling Initiative*
- Ratts, M.J., Pedersen, P.B., and Wayman, A. L., (2014). Worldview and identity development. In M.J. Ratts & P.B. Pedersen (Eds.), *Counseling for Multiculturalism and Social Justice*. Alexandria, VA: American Counseling Association.
- Research Assistant for Dr. Bob Hughes' study focused on identifying the issues of Seattle-area ELL dropouts
- Ratts, M. J., & Wayman, A. L., (2014). Multiculturalism and social justice: A mandate for counseling and human service professionals. In V. F. Sangganianavanich (Ed.), *Introduction to Professional Counseling*. Los Angeles: SAGE Publications.
- Washington School Counselor Association Conference 2018: Presentations—*Alternative Learning Environment Counselor Networking* and *ALE 101*

**References:**

**Daniel Calderon, Principal, Cascade Middle School,  
Highline Public Schools**

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**Kristi Lee, Associate Professor and Program  
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