

**LINDSAY M. WOODBRIDGE**  
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## **EDUCATION**

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PhD, University of Iowa, 2023. Counselor Education and Supervision.

MS, University of Wisconsin-Whitewater, 2015. Community Counseling.

BA, University of Wisconsin-Madison, 2007. English and History.

## **PROFESSIONAL LICENSES & CERTIFICATION**

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Licensed Professional Counselor, State of Wisconsin

License No. 6959-125, issued June 7, 2018

Valid through February 28, 2027

National Certified Counselor (NCC)

Identification No. 632120

Valid through May 31, 2028

Licensed Mental Health Counselor, State of Iowa

License No. 097754

Held from December 2019-September 2024

## **ACADEMIC EXPERIENCE**

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### **University of Wisconsin-Stout**

Department of Counseling, Rehabilitation & Human Services

Assistant Professor. (Fall 2023-present).

### **University of Iowa**

Graduate College

Ballard & Seashore Dissertation Fellow. (Spring 2023).

Department of Counselor Education

Teaching Assistant. (Fall 2020-Fall 2022).

Graduate Assistant to the Department Executive Officer. (Summer 2022).

Research Assistant. (Fall 2019-Spring 2020).

## **COURSES TAUGHT**

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*\*Denotes online teaching experience*

Pre-practicum in Clinical Mental Health Counseling (foundational counseling skills)

Orientation to Clinical Mental Health Counseling

Counseling Theory

Psychological Testing and Assessment in Rehabilitation and Counseling

Advanced Topics in Compulsive Behavior Disorders

Research in Rehabilitation and Counseling\*

Practicum in Clinical Mental Health Counseling

Internship in Clinical Mental Health Counseling

Courses developed for master's and doctoral students in a Health Resources and Services Administration-funded opioid workforce expansion program:

Introduction to Substance Misuse and the Opioid Epidemic\*

Systemic Barriers to Rehabilitation\*

Substance Misuse Treatment and Prevention\*

Special Populations at Risk for Substance Misuse\*

Co-occurring Disorders\*

Interprofessional Collaboration and Telehealth\*

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## PUBLICATIONS

*\*Denotes student or alum collaborator*

### Peer-Reviewed Journal Articles

Um, B., **Woodbridge, L. M.**, & Heathcoat, N. E.\* (In press). Female college students' self-concealment and counseling-seeking behavior: Family support, depression, and self-stigma as mediators. *British Journal of Guidance and Counselling*.

**Woodbridge, L. M.**, Kemp, K. M., Duys, D. K., & Simon, T. J. L. (2025). Lived experiences of master's counseling student-caregivers during the COVID-19 pandemic. *Journal of Counselor Preparation and Supervision*, 19(1), Article 3.

**Woodbridge, L. M.** (2024). Addressing the spirituality of the religiously unaffiliated. *Wisconsin Counseling Journal*, 37, 17-25.

**Woodbridge, L. M.** (2023). The power of language: A call to critically analyze the discourse of the human service professions. *Journal for Social Action in Counseling and Psychology*, 15(2), 36-49. <https://doi.org/10.33043/JSACP.15.2.36-49>

Um, B., **Woodbridge, L. M.**, & Wood, S. M. (2023). Research on international counseling students in selected counseling journals: A 16-year content analysis. *The Professional Counselor*, 13(3), 254-268. <https://doi.org/10.15241/bu.13.3.25>

**Woodbridge, L. M.** (2022). Many loves: Preparing counselors to work with polyamorous clients. *Journal of LGBTQ Issues in Counseling*, 16(4), 390-405. <https://doi.org/10.1080/26924951.2022.2057390>

**Woodbridge, L. M., Um, B., & Duys, D. K.** (2021). Women's experiences navigating caregiving and paid employment during the COVID-19 pandemic. *The Career Development Quarterly*, 69(4), 284-298. <https://doi.org/10.1002/cdq.12274>

**Woodbridge, L. M. & O'Beirne, B. R.** (2017). Counseling students' perceptions of journaling as a tool for developing reflective thinking. *Journal of Counselor Preparation and Supervision*, 9(2), 285-310. <https://doi.org/10.7729/92.1198>

### **Book Chapter**

Anderton, C. L. & **Woodbridge, L. M.** (2017). Counseling lesbian clients. In M. M. Ginicola, C. Smith, & J. M. Filmore (Eds.), *Affirmative Counseling with LGBTQI+ People* (pp. 129-150). American Counseling Association.

### **Other Publications**

**Woodbridge, L. M.** (2025). Adjunct instructors and the professionalization of counseling. *NCACES Newsletter*, Spring/Summer 2025, 10-12.

**Woodbridge, L. M.** (2021). Ethical considerations of telehealth after COVID-19. *NCACES Newsletter*, Issue 2, 4-5. <http://ncaces.org/resources/NCACES-Fall-Newsletter-2021.pdf>

### **PRESENTATIONS**

*\*Denotes student or alum collaborator*

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#### **Refereed – National**

**Woodbridge, L. M., & Um, B.** (2025, October). *Doctoral students' experiences with faculty advisors in counselor education and supervision*. [Roundtable presentation]. Association for Counselor Education and Supervision Conference, Philadelphia, PA.

**Woodbridge, L. M., Bates-Maves, J. K., & Felton, A.** (2025, October). *Clinical supervision models for effective practice: A refresher for supervisors and counselor educators*. [Conference session]. Association for Counselor Education and Supervision Conference, Philadelphia, PA.

**Woodbridge, L. M.** (2023, October). *Stimulated recall: A research technique to access participants' inner worlds* [Education session]. Association for Counselor Education and Supervision Conference, Denver, CO.

**Woodbridge, L. M., Duys, D. K., & Anderton, C. A.** (2021, October). *Evaluating journal assignments: How to assess counseling students' reflective writing* [Education session]. Association for Counselor Education and Supervision Conference, Atlanta, GA.

Han, E., **Woodbridge, L. M., & Barnes, E.** (2021, February). *Importance of learning style of counselors-in-training for online microskills learning: An exploratory study* [Symposium session]. Counselor Education Distance Learning Conference, virtual.

Sánchez, J., Pan, D., **Woodbridge, L. M., & Kim, J.** (2020, July). *Addressing the opioid epidemic via interprofessional education and practice in behavioral health care* [Conference session]. National Council on Rehabilitation Education Spring Conference, virtual.

## Refereed – Regional

- Woodbridge, L. M., & Um, B.** (2024, October). *Feedback with intention: A reflective workshop* [Conference session]. North Central Association for Counselor Education and Supervision Conference, Rosemont, IL.
- Felton, A., **Woodbridge, L. M.**, Bernu, M.\*, & Earing, K.\* (2024, October). *Getting (inter)personal in practicum* [Conference session]. North Central Association for Counselor Education and Supervision Conference, Rosemont, IL.
- Woodbridge, L. M.**, Simon, T., Duys, D. K., & Wilbert, C. (2022, October). *Increasing programs' responsiveness to the needs of counseling master's students who are caregivers* [Conference session]. North Central Association for Counselor Education and Supervision Conference, Omaha, NE.
- Barnes, E. F., & **Woodbridge, L. M.** (2022, October). *Clinical placements: Reflection-based process improvements* [Conference session]. North Central Association for Counselor Education and Supervision Conference, Omaha, NE.
- Woodbridge, L. M.**, & Duys, D. (2020, October). *The Reflective Thinking Matrix: A new tool for assessing counseling students' reflective writing* [Conference session]. North Central Association for Counselor Education and Supervision Conference. (Conference cancelled).
- O'Beirne, B. R., **Woodbridge, L. M.**, & Saginak, K. (2014, October). *Journaling: An effective tool for developing reflective thinking?* [Conference session]. North Central Association for Counselor Education and Supervision Conference, St. Louis, MO.
- Bettters-Bubon, J., O'Beirne, B. R., & **Woodbridge, L. M.** (2014, October). *Intentional interviewing: Facilitating a comprehensive admissions experience* [Roundtable]. North Central Association for Counselor Education and Supervision, St. Louis, MO.

## Refereed – State

- Woodbridge, L. M.** (2025, October). *Counseling Supervision: Ethical and Legal Considerations* [Conference session]. Wisconsin Counseling Association Annual Conference, Madison, WI.
- Woodbridge, L. M.**, & Bates-Maves, J. (2024, November). *Structuring supervision: Using models to enhance clinical supervision* [Conference session]. Wisconsin Counseling Association Annual Conference, Madison, WI.
- Simon, T. J. L., & **Woodbridge, L. M.** (2022, September). *Racial identity development: Adapting and connecting through the gap* [Conference session]. American Counseling Association of Iowa Annual Symposium. (Conference cancelled).
- Woodbridge, L. M.** (2014, November). *Master's-level counseling students' perceptions of journaling as a tool for developing reflective thinking and self-awareness* [Poster presentation]. Wisconsin Counseling Association Annual Summit, Madison, WI.
- Cook, J. D., **Woodbridge, L. M.**, & Walmer, M. T. (2014, February). *Spirituality in school counseling* [Conference session]. Wisconsin School Counselor Association Conference, Madison, WI.

Cook, J. D. & **Woodbridge, L. M.** (2013, February). *Crisis and conflict in the family system* [Conference session]. Wisconsin School Counseling Association Conference, Madison, WI.

### **Invited, Non-Refereed Talks**

**Woodbridge, L. M.,** & Weecks, K.\* (2024, September). *Acceptance and commitment strategies to use inside and outside the classroom*. Concurrent session given at the Family & Consumer Sciences Education & Wisconsin Department of Public Instruction Child Care Conference at UW-Stout.

Karkhanis, S., Um, B., & **Woodbridge, L. M.** (2023, April). *Doctoral student panel*. Informational panel discussion for doctoral counseling students at the University of Iowa.

Martin, M., Bruzek, A., Barnes, E. F., & **Woodbridge, L. M.** (2021, May). *Critical topics in counseling*. Educational presentation for counseling students at the University of Iowa.

**Woodbridge, L. M.** (2019, March) *Smoking and vaping in a college mental health population*. Professional development presentation given for mental health services staff at the University of Wisconsin-Madison.

Bettters-Bubon, J., Ratas, L., Walmer, M. T., & **Woodbridge, L. M.** (2018, July). *New professional panel*. Panel discussion held during a class session of a counseling ethics course at the University of Wisconsin-Whitewater.

**Woodbridge, L. M.** (2017, September). *Partnering with consumers to address first-episode psychosis* [Conference session]. Now is the Time: Improving Supports for Wisconsin's Youth and Young Adults Conference, Whitewater, WI.

**Woodbridge, L. M.** (2016, November). *Childhood maltreatment and smoking: Continuing the conversation*. Brown bag talk given at the University of Wisconsin-Madison Center for Tobacco Research and Intervention

**Woodbridge, L. M.** (2015, July). *Self-care for peer advisors*. Two-part workshop given at the University of Wisconsin-Madison.

### **GRANTS**

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#### **External – Funded**

Research Grant, North Central Association for Counselor Education and Supervision. (2023). *Power to Help or to Hinder: Doctoral Students' Experiences with Faculty Advisors in Counselor Education and Supervision*. Co-PI: Dr. Byeolbee Um. \$750.00

#### **Internal – Funded**

Ballard and Seashore Dissertation Fellowship, University of Iowa Graduate College. (2022). *How Counselor Educators Respond to Students' Reflective Writing*. A protected and supported semester to complete dissertation research. \$10,500.00.

Graduate Student Research Award, University of Iowa College of Education. (2022). *Counselor Educators' Experiences of Giving Feedback on Students' Reflective Work*. Funding for dissertation research. \$1,000.00.

Audrey Qualls Travel Award & Office of the Dean Graduate Student Travel Award, University of Iowa College of Education. (2022). *Increasing Programs' Responsiveness to the Needs of Counseling Students Who Are Caregivers*. Funding to present at and attend the NCACES conference. \$600.00.

Audrey Qualls Travel Award & Office of the Dean Graduate Student Travel Award, University of Iowa College of Education. (2021). *Evaluating Journal Assignments: How to Assess Counseling Students' Reflective Writing*. Funding to present at and attend the ACES conference. \$600.00.

Graduate Student Research Award, University of Iowa College of Education. (2020). *Women's Experiences Navigating Paid Work and Caregiving During the COVID-19 Pandemic*. Funding for a research project. \$500.00.

Office of the Dean Graduate Student Travel Award, University of Iowa College of Education. (2020). *Addressing the Opioid Epidemic via Interprofessional Education and Practice in Behavioral Health Care*. Funding to present at and attend the National Council on Rehabilitation Education conference. \$265.00.

Academic Staff Professional Development Grant, University of Wisconsin-Madison. (2016). *American Counseling Association 2017 Conference*. Funding to attend the conference. \$485.00.

Graduate Research Grant, University of Wisconsin-Whitewater School of Graduate Studies. (2014). *Journaling: An Effective Tool for Developing Reflective Thinking?* Funding to present at and attend the NCACES conference. \$750.00.

Harris Gibson Professional Development Grant, University of Wisconsin-Whitewater College of Education and Professional Studies. (2014). *Journaling: An Effective Tool for Developing Reflective Thinking?* Funding to present at and attend the NCACES conference. \$265.00.

Graduate Research Grant, University of Wisconsin-Whitewater School of Graduate Studies. (2013). *The Value of Journaling*. Research funding for master's thesis project. \$750.00.

### **External – Applied, Not Funded**

Association for Counselor Education and Supervision Student Research Award, ACES. (2022). *Significant relationships: Counselor Education Doctoral Students' Experiences with Faculty Advisors*. Funding for a research project. \$500.00

Association for Counselor Education and Supervision Research Grant, ACES. (2022). *How Counselor Educators Respond to Students' Reflective Writing*. Funding for dissertation research. \$1,350.00.

American Counseling Association Foundation Grant, ACA Foundation. (2021). *Counseling Master's Students' Experiences as Caregivers and Learners During the COVID-19 Pandemic*. Funding for a research project. \$500.00.

## **RESEARCH EXPERIENCE**

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Workgroup member. University of Iowa Critical Discourse Analysis Summer Workgroup. (Summer 2023, Summer 2022).

Cohort member. University of Iowa Teaching-as-Research Program. (Summer 2020).

## **SERVICE**

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### **To the Department**

Search committee member.

Rehabilitation counseling faculty position, UW-Stout Department of Counseling, Rehabilitation, and Human Services. (2024-2025).

Social work faculty/lecturer position, UW-Stout Department of Counseling, Rehabilitation, and Human Services. (2023-2024).

Clinical mental health counseling faculty position, University of Iowa Department of Counselor Education. (2021-2022).

Co-leader, Research and Service Brown Bag Series, UW-Stout Department of Counseling, Rehabilitation, and Human Services. (2024-2025).

### **To the College and University**

Member, Faculty Senate Collaborative Impact Committee, UW-Stout (2025-present).

Member, Native American Graves Protection and Repatriation Act Compliance Policy Committee, UW-Stout. (2025-present).

Facilitator, UW-Stout Honors College Colloquium. (Spring 2026, Spring 2025).

Member, selection committee for the President and Provost Award for Teaching Excellence, University of Iowa College of Education. (2022).

Search committee member.

Graduate student assistance specialist position, UW-Madison Division of Student Life. (2018).

Assistant dean position, UW-Whitewater College of Education and Professional Studies. (2015).

### **To the Profession**

Editorial board member, *Wisconsin Counseling Journal*. (2024-present).

Ad hoc reviewer, *Adultspan Journal*. (2023-present).

Research grant reviewer.

North Central Association for Counselor Education and Supervision grant competition. (2024).

Association for Counselor Education and Supervision grant competition. (2023).

## **To the Community**

Internship supervisor, School District of the Menomonie Area, Menomonie, WI. Provide weekly supervision to a master's student interning in an elementary and high school. (Spring 2026).

Professional development facilitator, Dunn County Department of Human Services, Menomonie, WI. Developed and led two half-day workshops on clinical supervision for behavioral health clinic staff. (October 2024).

Group co-facilitator. Rape Victim Advocacy Program, Iowa City, IA. (October 2020-March 2021).

Group leader. Camp STAR, STAR Children's Bereavement Services, Marquette, MI. (August 2019).

## **COUNSELING EXPERIENCE**

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Counselor, BetterHelp. (May 2020-Jan 2024). Maintained a small caseload on the service's online platform.

Mental Health Access Specialist, University Health Services, UW-Madison. (March 2018-August 2019). Completed a high volume of access consultations and provided care management services. Co-facilitated psychoeducational and process groups, provided on-call services, and conducted outreach on and off campus.

Recovery Coach and Interim Program Coordinator, Promoting Recovery from the Onset of Psychosis Program, Journey Mental Health Center, Portage, WI. (May 2017-February 2018). Provided case management, skills training, and psychoeducation to 15- to 25-year-olds who had experienced an episode of psychosis. Coordinated day-to-day program operations for several months.

Health Counselor, Center for Tobacco Research and Intervention, UW-Madison. (August 2015-April 2017). Provided protocol-based counseling to research participants with goals of reducing or stopping cigarette smoking.

Counseling Intern, University Health and Counseling Services, UW-Whitewater. (August 2014-May 2015). Provided individual mental health counseling to undergraduate and graduate students. Co-facilitated a process group.

## **PROFESSIONAL MEMBERSHIPS**

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American Counseling Association

Association for Counselor Education and Supervision

North Central Association for Counselor Education and Supervision