

# MICHELLE ROBICHAUX, M.ED., LPC, NCC, BC-TMH

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## EDUCATION

Sam Houston State University (SHSU), Huntsville, TX

**Doctorate in Philosophy in Counselor Education**

**Expected Graduation: Fall 2023**

Dissertation: (Pending)

**\*CACREP Accredited Program\***

Louisiana State University (LSU), Baton Rouge, LA

**Master of Education in Counseling**

**Graduated: May 2017**

Concentration: Clinical Mental Health Counseling

**\*CACREP Accredited Program\***

The University of Texas at Austin, Austin, TX

**Bachelor of Arts in Psychology**

**Graduated: May 2014**

Minor: Education

## LICENSURE/CERTIFICATIONS

Licensed Professional Counselor (LPC) #80901 (November 2018 - present)

National Certified Counselor (NCC) #997495 (December 2017 - present)

Board Certified-TeleMental Health Provider (BC-TMH) #2527 (July 2020 – present)

*Expired: Provisional Licensed Professional Counselor (PLPC) #7142 (July 2017 - October 2019)*

## SPECIALIZATIONS/INTERESTS

- Counselor Training/Development
- Counselor Advocacy
- Counselor Supervision
- Individual Counseling
- Group Counseling
- Interpersonal Abuse and Trauma Counseling
- Sandtray Therapy

## TEACHING EXPERIENCE

### Course Instructor - SHSU

- Fall 2021 – Pre-Practicum: Techniques of Counseling (COUN 5385)

### Guest Lecturer - TAMU

- June 15, 2020 - “PRIDE Live – The Relationship Spectrum.” Participated in a Facebook live panel discussing the impact of Intimate Partner Violence in the LGBTQ+ community and provided resources for survivors.
- November 22, 2019 - “TAMU Slide Presents: True Life.” Participated in a panel discussion on sexual assault led by TAMU SLIDE (Sophomores Leaders Impacting, Developing, and Educating).

### Guest Lecturer – Community Outreach

- October 13, 2019 at Saint Andrew's Episcopal Church, Bryan, Texas - “Suicide Prevention Lecture.” Facilitated a discussion on suicide warning signs in young adults/adolescents and discussed prevention techniques.

## COUNSELING EXPERIENCE

Authentic Living Counseling & Consulting, LLC

**Owner/Lead Therapist**

**July 2020 - Present**

- Established a private practice in the summer of 2020 with a mission to provide clients from a variety of backgrounds with individualized, ethically based care. ALCC's mission is to help clients reduce their symptoms of distress by increasing their awareness of themselves in order to live more authentically.

Texas A&M University (TAMU) - Counseling and Psychological Services (CAPS), College Station, TX

**Professional Counselor II, LPC**

**September 2018 – April 2021**

- Provided clinical mental health counseling/psychotherapy to current TAMU students from a variety of cultural backgrounds with severe and persistent mental illnesses.
- Provided assessment interpretations of the Myers-Briggs Type Indicator, Strong Interest Inventory, Fundamental Interpersonal Relations Orientation (FIRO-B), Personality Assessment Inventory (PAI) and more.
- In May 2020 was relocated to an embedded satellite office in the College of Veterinary Medicine (CVM) to provide counseling and mental health services to Texas A&M Doctor of Veterinary Medicine (DVM) students, Ross students, post-DVM residents and interns.
- Designed and developed content that was introduced as part of the CAPS' group/workshop curriculum. Including the creation of the center's first hybrid (process and psychoeducational) group for female identified survivors of abusive relationships. See the *Programming and Curriculum* section for additional information on groups and workshops.

Tanya Stuart Inc., Baton Rouge, LA

**Contract Therapist, PLPC**

**December 2017 – September 2018**

- Provided individual and couples/co-parenting counseling/psychotherapy to adults, children, and adolescents with severe and persistent mental illnesses and/or adjustment concerns.
- Assisted clients in examining their thoughts, feelings and behaviors utilizing a variety of therapeutic approaches and techniques.
- Worked collaboratively with clients to increase their understanding of how their worldview/conditions of worth influence their interpersonal relationship dynamics.
- Worked with clients' parents/legal guardians to identify interventions that sustained positive behaviors and healthy communication skills, while reducing negative/unwanted behaviors.

LSU University College - Center for Advising and Counseling (UCAC), Baton Rouge, LA

**Counselor I, PLPC**

**November 2017 – September 2018**

- Provided career and academic counseling to UCAC students from a variety of diverse cultural backgrounds and SES levels.
- Assisted students in developing time management, coping and problem-solving skills to help them achieve and maintain their academic/career goals.

Woodlake Addiction Recovery Center (WARC), Baton Rouge, LA

**Clinical Mental Health Counselor, PLPC**

**July 2017 – November 2017**

- Provided substance abuse counseling and/or psychotherapy to clients from a variety of different cultural backgrounds and SES levels.
- Facilitated daily substance abuse groups to WARC's clients as well as other psychoeducational groups (Group topics included: Mindfulness, Overcoming Shame, Self-Compassion, Relapse Prevention,

Trauma, Family Systems, Boundary Setting, etc.)

- Demonstrated the ability to manage group dynamics, including setting boundaries, responding to individual needs, and facilitating group discussions to align with treatment goals in a group setting.
- Provided individual and couples psychotherapy to WARC clients and individuals living in the Baton Rouge community as part of a contract therapist position through WARC.

LSU Mental Health Services, Baton Rouge, LA

**Counseling Intern**

**August 2016- May 2017**

- Completed a 600-hour internship and 100-hour practicum with over 280 hours of direct client contact as required by my program of study in accordance with the Council for Accreditation of Counseling and Related Educational Programs (CACREP).
- Provided mental health counseling and psychosocial assessments to current LSU students from a variety of cultural and SES backgrounds with severe and persistent mental illness, and those with co-occurring substance abuse/use disorders.
- Considered and included evidenced based treatment implications in clients' treatment plans that were sensitive to the individual characteristics of each client.
- Co-facilitated the center's first *Self-Compassion Group* and was primarily responsible for creating the group's outline and curriculum content.
- Co-facilitated the LSU MHS Mindfulness Group for the fall 2016 and spring 2017 semesters.

LSU Olinde Career Center (OCC), Baton Rouge, LA

**Graduate Assistant, Career Decision Making (CDM)**

**January 2015 – December 2016**

- Provided career counseling to current LSU students, alumni, and incoming freshmen from a variety of diverse cultural backgrounds and SES levels.
- Provided assessment interpretations of the Strong Interest Inventory and the Myers-Briggs Type Indicator for current and former LSU students.
- Facilitated "Choosing your Major Workshops" throughout each semester for LSU students.

YWCA Greater Austin, Austin, TX

**Bridge Program Coordinator**

**April 2014- August 2014**

- Oversaw and approved applications for families applying for funding through the Bridge Childcare Voucher Program.
- Assessed and assigned co-pay amounts for families to pay for their children's childcare.
- Provided clients/families with community resources to empower independent living and employment opportunities in Austin and the surrounding areas.
- Provided case management to clients and often consulted with local caseworkers regarding client-related issues and concerns.

Texas Civil Rights Project (TCRP), Austin, TX

**Social Services Intern**

**May 2013 – August 2013**

- Under the supervision of my site supervisor, provided counseling and social services to former or current prisoners across the state of Texas.
- Provided Intimate Partner Violence counseling via phone to survivors who resided in the Rio Grande Valley and other rural communities across the state of Texas.
- Connected TCRP clients with referrals and resources across the state of Texas (Food stamps, housing, education, etc.).
- Designed and implemented a Youth Empowerment Project to teach the importance of community involvement to children of low-income families in the Austin area.

## PROFESSIONAL EXPERIENCE/ADVOCACY

Louisiana Association for Counselor Graduate Student (LACGS)

**President**

**October 2017 – June -2018**

- Founded the graduate student division of the Louisiana Counseling Association (LCA) that was titled the Louisiana Association for Counselor Graduate Student or LACGS.
- Presented LACGS to the 2017-2018 LCA Executive Board that resulted in the Board's approval of LACGS as an "Affiliate" of LCA for three years with the hope that it will become an official division within LCA.
- Organized and delegated tasks such as planning social events, writing newsletter articles and other important projects to the 2017-2018 Graduate Student Committee and oversaw the production of these projects.

Louisiana Counseling Association (LCA)

**Graduate Student Representative**

**July 2016 – September 2017**

- Established the LCA Graduate Student Committee (GSC) and organized members to plan social and professional development events for LCA graduate students throughout the 2016-2017 board year.
- Designed and produced four LCA Graduate Student Newsletters that were distributed statewide across the state of Louisiana.
- Provided monthly updates to the official LCA Graduate Student Facebook page and frequently monitored the LCA Graduate Student email address for professors and graduate students to contact.
- Beginning in July 2017, trained and mentored the new Co-Graduate Student Representative/LACGS Vice-President for the 2017-2018 LCA Board year.

## PROGRAMING AND CREATIVE ENDEAVORS

### Webinars

**Robichaux, M. & Cahill-Casiano, I.**, (2020, June). *#Relationshipgoals: building communication skills in relationships* [Webinar]. Department of Counseling and Psychological Services, Texas A&M University.

**Robichaux, M. & Cahill-Casiano, I.**, (2020, June). *#Relationshipgoals: boundaries* [Webinar]. Department of Counseling and Psychological Services, Texas A&M University.

**Robichaux, M. & Cahill-Casiano, I.**, (2020, May). *#Relationshipgoals: healthy vs. unhealthy relationships* [Webinar]. Department of Counseling and Psychological Services, Texas A&M University.

**Robichaux, M. & Cahill-Casiano, I.**, (2020, April). *Maintaining relationships during COVID-19* [Webinar]. Department of Counseling and Psychological Services, Texas A&M University.

**Robichaux, M. & Wright, W.**, (2020, April). *Are you a perfectionist?* [Webinar]. Department of Counseling and Psychological Services, Texas A&M University.

**Robichaux, M.** (2020, March). *Promoting mental health in response to COVID-19* [Webinar]. Department of Counseling and Psychological Services, Texas A&M University.

### Workshops

**Robichaux, M., & Cahill-Casiano, I.** (2020). *#Relationshipgoals workshop series*. Department of Counseling and Psychological Services, Texas A&M University, College Station, TX.

**Robichaux, M., & Wright, W.** (2019). *Overcoming perfectionism workshop series*. Department of Counseling and Psychological Services, Texas A&M University, College Station, TX.

### Group Curriculum

**Robichaux, M.** (2020). *Growing resilience and cultivating empowerment (G.R.A.C.E.) group*.

Department of Counseling and Psychological Services, Texas A&M University, College Station, TX.

**Robichaux, M.** (2019). *How do I adult? process group*. Department of Counseling and Psychological Services, Texas A&M University, College Station, TX.

**Robichaux, M., & Johnson, V.** (2017). *Self-compassion group*. Department of Mental Health Services, Louisiana State University, Baton Rouge, LA.

### Written Content

**Robichaux, M., & Cahill-Casiano, I.** (2020). *#Relationshipgoals workshop series: student workbook*. Department of Counseling and Psychological Services, Texas A&M University, College Station, TX.

**Robichaux, M., & Wright, W.** (2019). *Overcoming perfectionism workshop series: clinician manual and student workbook*. Department of Counseling and Psychological Services, Texas A&M University, College Station, TX.

**Robichaux, M.** (2018, August). *LSU university college diversity handbook*. Center for Advising and Counseling, Louisiana State University, Baton Rouge, LA.

## PRESENTATIONS

### National

**\*Pending\* Robichaux, M.,** Molina, A. (2022, March). *The self behind the mask: Incorporating the use of character work* [Virtual]. Presented at the 2022 Expressive Therapies Submit. Los Angeles, CA.

### Texas

Akay-Sullivan, S., **Robichaux, M.** (2021, November). *The courage to be imperfect: Play therapy strategies to help children with maladaptive perfectionism*. Presented at the 2021 Texas Counseling Association Annual Conference. Galveston, TX

**Robichaux, M.,** Smith, T., Wright, W., (2019, July). *Let's do it together*. Presented at the 2019 Presbytery of New Covenant Conference. Brenham, TX.

### Louisiana

**Robichaux, M.,** Jones, A., Robicheaux, B., (2018, August). *Proactive academic counseling with diverse populations*. Presented at the fall 2018 LSU University College staff meeting. Baton Rouge, LA.

**Robichaux, M.,** (2018, May). *Becoming a PLPC: what you need to know*. Presented at the 2018 LACGS Professional Development Workshop. New Orleans, LA.

Gintner, G., **Robichaux, M.,** et al., (2016, September). *Bipolar disorder: mechanisms and treatment*. Presented at the 2016 Louisiana Counseling Association Annual Conference. Baton Rouge, LA.

**Robichaux, M.,** (2016, September). *Resume writing: a necessary skill in your search for career placement*. Presented at the 2016 Louisiana Counseling Association Annual Conference. Baton Rouge, LA.

**Robichaux, M.,** (2016, September). *Graduate student networking session: 'what is the deal with networking?'*. Presented at the 2016 Louisiana Counseling Association Annual Conference. Baton Rouge, LA.

Choate, L., **Robichaux, M.,** et al., (2015, September). *Depression in adolescent girls: effective treatment and prevention*. Presented at the 2015 Louisiana Counseling Association Annual Conference. Baton Rouge, LA.

## HONORS/AWARDS

- Completed the TeleMental Health Training Certification (THTC) program in April 2020.
- Received national recognition from the University of Maine's (UMaine) Counseling Center for the *Promoting Mental Health During COVID-19* webinar and granted permission for UMaine to include the webinar on their website for students.
- President of the Louisiana Association for Counselor Graduate Students affiliate division of LCA for the 2017-2018 board year.
- Recipient of the Outstanding Graduate Student Achievement Award from the LSU Counselor Education faculty for the 2016-2017 academic year.
- Recipient of the 2016 LCA Presidential Award – “For creating a voice for all graduate students and for her commitment to LCA efforts.”
- Co-Recipient of the “National CSI Outstanding Newsletter – Small Chapter” Award for 2015.

- Co-Vice President and Co-Newsletter Chair of the Alpha Chi chapter of the Chi Sigma Iota (CSI) National Honors Society for the 2015-2016 academic year.
- Louisiana Counseling Association 2015 Conference Volunteer Scholarship recipient.
- 2013 Merit Badge University Co-Venture Day Coordinator for the Alpha Rho chapter of the Alpha Phi Omega (APO) National Fraternity

## **PROFESSIONAL MEMBERSHIPS**

American Counseling Association (ACA) member 2014 – present

Association for Counselor Education and Supervision (ACES) member 2021 – present

Chi Sigma Iota (CSI) – Alpha Chi Chapter member 2014 - 2017

Louisiana Counseling Association (LCA) member 2015 – 2018

- Graduate Student Representative 2016 – 2017
- Member at Large 2018

Louisiana Association for Counselor Graduate Student (LACGS)

- President-elect 2017 - 2018