

Arna Erega, PhD, LPC-S, CMPC

Director of Clinical Training, Counselor Education Program
Assistant Professor of Practice, Department of Educational Psychology

THE UNIVERSITY OF TEXAS AT AUSTIN

EDUCATION

University of North Carolina at Charlotte <i>PhD - Counselor Education and Supervision</i> <i>Graduate Certificate - Quantitative Data Analyses</i>	Graduation Date: August 2021
Webster University <i>Master of Arts - Clinical Mental Health Counseling</i>	Graduation Date: October 2016
University of Nebraska-Lincoln <i>Bachelor of Arts - College of Arts and Sciences: Psychology and Sociology</i>	Graduation Date: December 2011

LICENSES / CERTIFICATIONS

Licensed Professional Counselor Supervisor (86902) Texas Behavioral Health Executive Council.	8/2021 - Present
Licensed Professional Counselor (6618) SC Department of Labor, Licensing, and Regulation.	5/2017 - Present
Licensed Clinical Mental Health Counselor (13978) NC Board of Licensed Clinical Mental Health Counselors.	6/2018 - Present
Certified Mental Performance Consultant (#1341), Association for Applied Sport Psychology	10/2023 - Present
Certified Hypnotherapist, National Guild of Hypnotists.	
Leadership and Emotional Intelligence Training, Next Level	
Fundamentals of Disaster Mental Health, Red Cross	

PROFESSIONAL EXPERIENCE

Director of Clinical Training, Counselor Education Program, The University of Texas at Austin <i>Assistant Professor of Practice, Department of Educational Psychology</i>	August, 2024 - Present
• Provide administrative oversight of the Counselor Education program in collaboration with the Academic Area Director, including admissions, recruitment, and student progress monitoring. • Lead practicum coordination and clinical training placements, ensuring compliance with LPC licensure requirements. • Maintain active communication with practicum sites, collect and evaluate training site data, and oversee documentation including site agreements, supervisor evaluations, and student reviews. • Coordinate annual student evaluations and ensure adherence to academic progress policies and record-keeping standards. • Facilitate post-graduate licensure and certification processes, including completion of competency verifications and recommendations for credentialing boards and employers. • Provide curricular leadership to maintain alignment with state and national standards, including initiating program updates as needed. • Serve as liaison among faculty, administration, and students on clinical training matters; communicate regulatory changes and updates impacting clinical practice.	

- Contribute to program accreditation efforts and maintain program documentation and website content related to clinical training.

Community Counselor and Outreach Coordinator for International Students, The University of Texas at Austin

September 2021 - Present (part-time)

- Provide holistic biopsychosocial assessment, conceptualization, and treatment of clients.
- Provide supervision of trainees.
- Provide group therapy and crisis intervention.
- Coordinate, plan, and manage outreach events and psychoeducational trainings for students, staff, faculty, and parents.
- Present workshops and speeches for organizations on and off campus in relation to international student mental health and well-being.
- Connect and collaborate with university stakeholders to develop and provide programming for international students.

Clinical Team Leader, The University of Texas at Austin

August 2023 - August, 2024

- Provide leadership, training, and consultation to clinical staff.
- Lead and facilitate clinical team meetings.
- Provide support and assistance to team members, BART clinicians, and clinical director through the assigned day.
- Understand the clinical needs of UT students as well as the role of CMHC within UT.
- Designated crisis clinician of the assigned day.

Licensed Professional Counselor, Hurdling Through Life, LLC

Columbia, SC, 2017; Austin, TX, 2021-2022

- Provided clinical, sport, and performance counseling services to youth, adolescent, and elite athletes.
- Provided performance enhancing services, leadership development, team cohesion and dynamics to athletes and coaching staff.
- Listed in the USOPC Mental Health registry.
- Developed developmentally appropriate psychological skills training series for athletes of various age categories.
- Developed, organized, and led outreach events in the community with high school athletic teams to advocate for mental health, wellbeing, and development of mental skills for athletes, parents, and coaching staff.
- Maintained client records and provide referrals when necessary.
- Responsible for marketing and management of the business, including social media promotion.

Global Niner Graduate Assistant, Center for Graduate Life, UNC Charlotte

August 2020 - August, 2021

- Served as a liaison for international graduate students on campus and the graduate school.
- Planned, developed, and organized variety of culturally diverse events on campus and virtually for graduate student body at UNC Charlotte.
- Created and supported programing tailored specifically for international graduate students and worked on other diversity-related mental health initiatives.

Graduate Research Assistant, Office of Assessment and Accreditation, UNC Charlotte

April 2018 - August, 2020

- Assisted in quantitative data collection, prepared, analyzed and communicated data on culturally-relevant assessment practices and helped with planning and preparation of workshop materials for university stakeholders and national conferences.
- Reviewed and analyzed the 2019-2020 Student Learning Outcome (SLO) Assessment Plans and Reports and excerpt examples of how departments and student services have used assessment data to inform decisions about needed improvements in student learning.
- SACSCOC reaffirmation editing: Reviewed and edited the work of narrative writers ensuring that narratives adhere to guidelines based on content, structure, formatting, readability, and style.

Graduate Research/Teaching Assistant, Department of Counseling, UNC Charlotte

August 2018 - July, 2020

- Assisted in creating and developing learning modules for Master's level Practicum and Internship students.
- Assisted with qualitative and quantitative data collection, data input, and data analysis of several simultaneous research projects.
- Provided Supervision to Master level Counseling students, including international students.
- Taught several Counseling classes to Master level students.

Athletic-Academic Advisor, Athletic Department, UNC Charlotte

August 2018 - June 2019

- Assisted with course registration, scheduling, and monitored class attendance and performance.
- Coordinated tutoring and mentoring for student-athletes.
- Communicated with coaches about academic performance and other needs of student-athletes.
- Monitored student-athletes' eligibility and helped them prepare for a career after graduation.
- Developed, organized, and led mental skills training for student-athletes.

Licensed Professional Counselor, Serenity Rehabilitation Services, Columbia, SC

May, 2017-December, 2017

- Conducted Comprehensive Clinical Assessments, developed treatment plans, and provided clients with appropriate resources.
- Provided face-to-face individual, couples, and family counseling.
- Maintained a record of client services performed and coordinated referrals between the agency and hospitals or inpatient institutions.

Mental Health Counselor, Mental Illness Recovery Center, Inc., Columbia, SC

December 2016 - April, 2017

- Formulated and executed specialized mental health programs and services.
- Provided individual and group counseling of an advanced nature for adults who have experienced severe mental illness or emotional problems.
- Provided an array of clinical functions to assist clients in recovery.
- Attended and participated in organization meetings and staff development programs.

Intern Mental Health Counselor, Wil Lou Gray Opportunity School, Columbia, SC

August 2015 - October, 2016

- Conducted Assessment interviews.
- Developed individualized treatment plans using Cognitive-Behavioral Theory and Solution Focused Theory.
- Provided short-term individual counseling and crisis intervention to boys and girls age 16-19.
- Participated in staff meetings and received/provided feedback as a part of team work.

Professional Athlete in Track and Field for Croatia, in 100m Hurdles

2012 - 2015

After School Teacher, Afternoon Express Program at Heathwood Hall Episcopal School, SC

February 2012-January 2013

NCAA Division I Student-Athlete, University of Nebraska-Lincoln

Fall 2007-Fall 2011

- Used effective time management skills in order to maintain and balance athletics, academics, and personal commitments.
- Understood importance of and embraced cultural differences in a positive manner while transitioning from European to American lifestyle
- Contributed to team goals by goal setting and self-evaluation in order to continually strive toward excellence.

PUBLICATIONS

Peer-reviewed Journal

Erega, A. (2024). Exploring lived experiences of international female track and field student-athletes as they trained and competed through pain and injury. [Manuscript submitted for publication].

Newton, X., Thompson, S., Oh, B., Ferullo, L., & Erega, A. (2024). Empowerment Evaluation through Photovoice Methodology: Engaging Urban Youth in Alternative Schools. [Manuscript submitted for publication].

Erega, A., & Harris, H. L. (2023). Assessing student-athlete climate within athletic academic centers [Manuscript submitted for publication].

Dissertation

Erega, A. (2021). To push or not to push: Exploring lived experiences of former women track and field student-athletes who trained and competed through pain and injury. (Publication No. 28645756) [Doctoral dissertation, University of North Carolina at Charlotte]. ProQuest.

Chapter

- Erega, A. (2023). Student-athletes as a Specialty Population. In S. Parikh Foxx, & J. A. Elizondo (Eds.), *Post-Secondary Planning for All: Approaches to College and Career Readiness Counseling for Special Populations*.
- Prioleau, B., Vazquez, M., & Erega, A. (2023). Beyond Borders: Post-Secondary School Supports and Explorations with Newcomer Students. In S. Parikh Foxx, & J. A. Elizondo (Eds.), *Post-Secondary Planning for All: Approaches to College and Career Readiness Counseling for Special Populations*.
- Erega, A. (2020). How my Athletic Role Affected my Identity. In M. L. Sachs, L. S. Tashman, & S. Razon (Eds.), *Performance Excellence: Stories of success from the real world of sport and exercise Psychology*. <https://rowman.com/ISBN/9781538128893>
- Erega, A. (2020). The Big Three. In M. L. Sachs, L. S. Tashman, & S. Razon (Eds.), *Performance Excellence: Stories of success from the real world of sport and exercise Psychology*. <https://rowman.com/ISBN/9781538128893>

Newsletter

- Erega, A., & Kelpe, B. (March, 2022). Mindfulness and healthy coping with injury in sport. *SportPsych Works*, 8, APA.
- Compton, B., Lyman, H., Oldham, A., Erega, A., & Powers, B. (September, 2020). Social justice and sport psychology Professionals. *SportPsych Works*, 8(3), APA.
- Erega, A., & Cronin, C. (Spring, 2020). Shared passion, diverse approaches: Counseling and social justice considerations when working with immigrants. *Carolina Counselor*, 18-24. NCCA. <https://nccounselingassociation.files.wordpress.com/2020/04/2020-spring-carolina-counselor-1.pdf>
- Erega, A., Brutus, A., Piasecki, P., & Low, W. (September, 2019). Leadership identity development in sport. *SportPsych Works*, 7(3), APA.

Other

- Erega, A. (2018). Through perseverance to freedom. In B. Burns-Diarrassouba (Ed.), *Walking in My Destiny- Driven by Faith* (pp.19-28). Chicago, IL: Again I Rise Publishing.
- Erega, A. (2018). Youth sexual abuse from a counselor's perspective. In B. Burns-Diarrassouba (Ed.), *Breaking the Silence: No More Tears* (pp.135-142). Chicago, IL: Again I Rise Publishing.

TEACHING

University of Texas at Austin

Summer II 2026	Instructor	EDP S382F	Dysfunction in Human Behavior and Social Org.
Summer I 2026	Instructor	EDP F376T	Sport and Performance Psychology
Summer I 2026	Instructor	EDP F384C	Addiction Counseling
Spring 2026	Instructor	EDP 384Q	Practicum in Counseling
Spring 2026	Instructor	EDP 394E	Internship in Counseling
Fall 2025	Instructor	EDP 385C	Professional Orientation and Ethics
Fall 2025	Instructor	EDP 394E	Internship in Counseling
Fall 2025	Instructor	EDP 352D	Intro to Counseling and Psychotherapy
Summer 2025	Instructor	EDP S385C	Advanced Ethics
Spring 2025	Instructor	EDP 384D	Group Counseling
Spring 2025	Instructor	EDP 384Q	Practicum in Counseling
Spring 2025	Instructor	EDP 394E	Internship in Counseling
Fall 2024	Instructor	EDP 385C	Professional Orientation and Ethics
Fall 2024	Instructor	EDP 394E	Internship in Counseling
Fall 2024	Instructor	EDP 352D	Intro to Counseling and Psychotherapy

Doctoral Student at the University of North Carolina at Charlotte

Fall 2020	Co-Instructor	CSLG 6111	Advanced Counseling Techniques
Summer I 2020	Co-Instructor	CSLG 6100	Counseling Theories
Summer I 2020	Co-Instructor	CSLG 7146	Counseling Children and Adolescents
Spring 2020	Supervisor	CSLG 7430	Practicum in Counseling
Fall 2019	Supervisor	CSLG 6110	Counseling Techniques
Summer II 2019	Co-Instructor	CSLG 6111	Advanced Counseling Techniques
Summer I 2019	Co-Instructor	CSLG 7146	Counseling Adolescents

PRESENTATIONS

Invited Presentations

Erega, A. (2025, August 18). Cultural Application to a Clinical Case Study. Lecture for COUN 6150/8150 Multicultural Counseling and Advocacy Course at the University of Western States, virtual.

Erega, A. (2023, June 9). Transitioning Out of Sport for NCAA Student-Athletes. University of Texas at Austin in collaboration with Sportycus, Inc.

Erega, A. (2022, April). Journey and Mental Wellness of International Students. Carnegie Mellon University, Counseling and Psychological Services staff, virtual.

National Level

Lim, J. H, Dahlberg, J. L., Hunt, B., Erega, A., & Tkacik, P. (2022, June). Half-fulfilled Promises: Creating a Veteran-friendly Space in Engineering Graduate Programs. Research paper presentation at the 2022 ASEE American Society for Engineering Education Annual Conference, Minneapolis, MN.

Lim, J. H, Tkacik, P. T., Dahlberg, J. L., & Erega, A. (2021, July). Gendered Experience of Engineering Knowledge in Military Technology Class. Research paper presentation at the 2021 ASEE American Society for Engineering Education Annual Conference, virtual. <https://peer.asee.org/37223>

Erega, A. (2020, October). Creating a Climate of Athletic Success- Assessing Collegiate Athletic Academic Centers. Poster presentation at the Association for Applied Sport Psychology 35th Annual Conference - presented virtually.

Erega, A. (2019, March). Use of Hypnosis in Addictions Treatment. Poster presentation at the American Counseling Association Conference, New Orleans, LA.

Regional Level

Erega, A. (2021, June). Creating a Climate of Athletic Success. Poster presentation at the North American Society for the Psychology of Sport and Physical Activity Virtual Conference.

Erega, A. (2020, June). Motivational Strategies Coaches Can Use to Help Athletes Find "The Flow". Poster presentation at the North America Coach Development Summit, Birmingham, AL. - Postponed due to COVID-19

Erega, A. (2020, April). Assessment of Student-athlete Culture within Athletic Academic Centers. AASP Diversity in Sport Regional Conference, Greensboro, NC. - Canceled due to COVID-19

State Level

Erega, A. (2024, February). Together We Support: International Student Adjustment and Acculturation. Presentation at the Professional Development Day 2024, Advisors Assemble: Working in Community, Austin, TX.

Erega, A. (2024, February). Together We Support: International Student Adjustment and Acculturation in a Clinical Setting. Presentation at the Texas University and College Counseling Centers Conference 2024, Arlington, TX.

Erega, A. (2020, February). International Students in Current Sociopolitical Climate. Presentation at the 2020 North Carolina Counseling Association Annual Conference, Charlotte, NC.

Erega, A. (2019, February). Understanding International Students' Challenges in Supervision. Presentation at the 2019 North Carolina Counseling Association Annual Conference, Durham, NC.

Erega, A. (2018, February). Understanding International Students' Challenges. Presentation at the 2018 South Carolina Counselor Association Conference, Hilton Head, SC.

Erega, A. (2017, February). Athletic Skills in Counseling Therapeutic Setting. Presentation at the 2017 South Carolina Counselor Association Conference, Charleston, SC.

Erega, A. (2016, June). Therapeutic Interventions for Self-Care Implementation in International Graduate Students. Poster presentation at the 2016 South Carolina Association for Licensed Professional Counselors Conference, Columbia, SC.

George, R., Smith, A., Erega, A., and Truesdale, A. (2016, February). A Recipe for Preparing Self-Care to Avoid Burning Out. Presentation at the 2016 South Carolina Counselor Association Conference, Hilton Head, SC.

Local Level

Erega, A. (2018, May). Use of Hypnosis in Substance Abuse Treatment. Poster presentation at McLeod's Institute on Addictions Conference, Charlotte, NC.

Erega, A. (2017, June). Self-care in International Students vs. American Graduate Students. Poster presentation at the 2nd Annual Healing Our Community Conference in Columbia, SC.

Erega, A. (2016, April). Perception of Implementation of Self-Care in International Graduate Students. Presentation at the SC State University Research Symposium, Orangeburg, SC.

FUNDED RESEARCH

Erega, A. (2019). Overcoming Emotional Responses by Utilizing Mental Skills Training while Recovering from Injury. Graduate Student Research Grant, NCAA (\$7,500). - not founded

SERVICE / LEADERSHIP

National

Association for Applied Sport Psychology Research Development Committee Member	January 2024 - January 2026
Association for Applied Sport Psychology Annual Conference Reviewer	2023-2025
United States Olympic and Paralympic Committee Mental Health Registry	January, 2022 - present

State

Past-President at the North Carolina Association for Assessment and Research in Counseling (NCAARC)	July 2021 - June 2022
President at the North Carolina Association for Assessment and Research in Counseling (NCAARC)	July 2020 - June 2021
President-Elect at the North Carolina Association for Assessment and Research in Counseling (NCAARC)	March 2019-June 2020

Local

International Student Advisory Committee (ISAC) Member at UNC Charlotte.	June 2019 - August, 2021
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University

Member of the UT Staff Council	May 2023 - May 2025
Staff Council Issues and Research Committee Member	
Member of the UT Staff Council	May 2024 - May 2025
UT Staff Council Issues and Research Committee Chair	
UT Staff Council Executive Committee Memeber	
UT Faculty Council - Recreational Sports Committee	September 2023 - September 2025

HONORS AND AWARDS

2021 ASEE (American Society for Engineering Education) Military Veteran Division's Best Paper Award	July, 2021
Recognized as a valuable Graduate Research Assistant in the Department of Assessment and Accreditation at UNC Charlotte	Spring, 2019
Letterman at the University of Nebraska-Lincoln, Track & Field	2008-2011

PROFESSIONAL MEMBERSHIP

Association for Applied Sport Psychology
American College Health Association
American Counseling Association
American Psychological Association

SKILLS

MS Office; Zoom, WebEx, Google Meet; various electronic health record systems; Apple, PC; SPSS, NVivo; Fluently speaking: Croatian, English, and Italian. Basic knowledge of Spanish, French, and German.