

MERCEDES M. MACHADO

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EDUCATION

2016-2021 Doctor of Philosophy in Counseling and Counselor Education (CACREP)
University of Florida

Dissertation: “That’s the Tax you Pay”: *Testimonios* of Early-Career Latinx Counselor Educators at Predominantly White Institutions

Advisor: Dr. Ana Puig

2012 – 2015 Educational Specialist in Mental Health Counseling (CACREP)
University of Florida

2012 – 2015 Master of Education in Mental Health Counseling (CACREP)
University of Florida

2008 – 2012 Bachelor of Science in Psychology
Bachelor of Science in Journalism
University of Florida

PROFESSIONAL LICENSURE

Licensed Mental Health Counselor (LMHC) in Florida: MHS 15800

COUNSELING AND CONSULTATION

University of Florida College of Education

Department of Counselor Education

August 2022-Present

Clinical Assistant Professor

Practicum and Internship Coordinator

- Teach masters-level and doctoral-levels classes to students pursuing their masters/specialist degrees in mental health counseling, school counseling and marriage and family or their doctoral degrees in counseling and counselor education.
- Coordinate all practicum and internship placements for students and enhance clinical partnerships between Counselor Education and the broader Gainesville and surrounding community.
- Engage in service and scholarship/research activities with students and faculty.

University of Florida Counseling and Wellness Center

August 2021-July 2022

Clinical Assistant Professor

- Provide individual, couples and group counseling utilizing an eclectic, trauma-informed approach.

- Supervise counseling and psychology students completing training experiences in individual and group counseling at the center.
- Work collaboratively with other faculty to provide outreach psychoeducational services to other student life and academic departments.

Division of Student Life Office of Assessment and Research

August 2020-July 2021

Graduate Assistant

- Supported all research and assessment projects aimed at enhancing campus programs and initiatives.
- Developed the curriculum for and facilitated an assessment course for student affairs practitioners covering into various topics including: data management, using focus groups, ethical research, etc.
- Assisted assessment liaisons across student affairs divisions in their capacity building and strategic planning efforts.

Myra Terwilliger Elementary School

August 2019-July 2020

Mental Health Counselor

- Selected to be a part of an external operating team to assist the school's mental health and social and emotional initiatives.
- Provided classroom and individual mental health support for fourth-grade students enrolled at the school by providing trauma-informed care and individual and small group counseling.
- Facilitated trainings related to mental health and trauma with faculty and staff.

University of Florida Multicultural and Diversity Affairs

August 2018–April 2019

Gatorship Graduate Intern

- Co-facilitated social justice and inter-group dialogue curriculum for undergraduate students preparing to staff Gatorship. Gatorship is a unique social justice education program at UF.
- Conducted interactive trainings related to trauma and common mental health concerns among college-aged individuals.
- Supported students in developing their emotional intelligence and their knowledge of how best to support their peers in distress.

Girls Place, Inc.

August 2016–July 2018

Brain Power Coordinator/Lead Therapist

- Supervised and trained Department of Counselor Education clinical intern/practicum students completing their clinical experiences at Girls Place, Inc.

- Conducted individual and group therapy sessions for girls between the ages of 5-15, implementing child-centered play therapy and creative interventions to promote change and healing.
- Provided mental health staff development trainings on a monthly basis and consulted with staff about how to best serve clients and their families.
- Created and led all mental health initiatives including social-emotional program planning, grant writing, and crisis intervention.

CMET, LLC (Counseling Mediation Education Treatment) February 2016–August 2016
Therapist

- Provided individual, family, and couples counseling for a caseload of over 20 clients who had open legal cases with the Department of Children and Families.
- Conducted psycho-educational groups related to minimizing destructive parenting behaviors and reducing domestic violence in the home.
- Completed comprehensive parenting and substance abuse evaluations and related assessments and maintained documentation.

Banyan Treatment & Recovery Center July 2015–January 2016
Intensive Outpatient Therapist

- Facilitated 15 hours of process and psycho-educational therapy groups weekly for 10-12 clients who presented with a substance abuse and/or mental health diagnosis. Topics included spirituality, self-esteem, 12-steps, grief and loss, trauma, anger management, substance abuse education, conflict resolution, and relapse prevention.
- Conducted 10-15 individual counseling sessions weekly for clients between the ages of 18-60 with co-occurring disorders. Implemented client-centered, creative, and cognitive behavioral interventions in my work.
- Co-created educational worksheets and therapeutic assignments to help address common client behavior concerns such as impulsivity and unhealthy boundaries.

University of Florida Counseling and Wellness Center August 2014–May 2015
Advanced Practicum Counselor

- Completed 250 individual counseling hours with a diverse set of undergraduate and graduate college students with various presenting concerns such as depression, anxiety, disordered eating, and challenges with identity development, career concerns, sexual trauma, and international student support.
- Served as a co-therapist for an eating disorder recovery process group and a sexuality and gender identity empowerment process and psycho-educational group on a weekly

basis.

- Developed detailed case conceptualizations for all new clients and implemented feedback received in collaborative supervision meetings.

PACE Center for Girls: Alachua

January 2014–May 2014

Practicum Student

- Completed over 100 individual counseling sessions with female students between the ages of 12-18.
- Developed treatment plans and created interventions collaboratively with clients to address various presenting concerns.
- Co-facilitated weekly group sessions related to self-esteem, racial/cultural identity, healthy relationships, body image, and women's empowerment.

University of Florida Counseling and Wellness Center

August 2013–July 2014

Kognito Graduate Student Coordinator

- Generated new marketing ideas to reach students, faculty, and staff and encourage completion of the training, which helps students and staff recognize signs of psychological distress in others and prevent suicide on campus.
- Promoted the program by using social media, presenting to student leaders, and displaying materials at campus fairs and workshops.
- Collaborated with counselors on a biweekly basis to develop ways to expand upon outreach efforts.

TEACHING

MHS 7804: Group Supervision in Agency Counseling

Course Instructor (face-to-face)

Summer 2022

MHS 6420: Multicultural Counseling (graduate level)

University of Central Florida, Counselor Education & School Psychology Department

Adjunct Course Instructor

Summer 2022

MHS 6200: Assessment in Counseling

Course Instructor (face-to-face)

Fall 2021

SDS 3842: Stress and Anxiety Management

Course Instructor and Course Lead (online and face-to-face)

Fall 2016, Spring 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2018, Spring 2019, Summer 2019, Fall 2019, Spring 2020, Summer 2020

MHS 6466: Trauma and Crisis
Teaching Assistant (online and face-to-face)
Spring 2019

MHS 6020: Counseling in Community Settings
Teaching Assistant (online)
Summer 2017

MHS 6471: Sexuality and Mental Health
Teaching Assistant (online)
Summer 2017

SDS 3841: Alcohol and Drug Abuse
Teaching Assistant (online and face-to-face)
Fall 2013, Spring 2014, Summer 2014, Fall 2014, Spring 2015

SUPERVISION

Spring 2022

Provide weekly triadic supervision of supervision for doctoral students supervising practicum masters-level students.

Spring 2018

Provided weekly group and triadic supervision for students enrolled in the school counseling program and placed at local elementary, middle, and high schools.

Fall 2017

Provided weekly supervision for two internship students in the school counseling program placed at a local elementary and high school.

Summer 2017

Provided weekly individual supervision for two master's-level practicum students completing clinical work at PACE Center for Girls, Inc. Provided weekly group supervision for eight master's students completing practicum or internship experiences at various community agencies in Gainesville and the surrounding area.

Fall 2016

Provided weekly individual supervision for one student completing a master's-level practicum at PACE Center for Girls, Inc.

CONFERENCE PRESENTATIONS

Machado, M. (2021, October). *Luchando Juntos: Testimonios of Latinx Counselor Educators at Predominantly White Institutions*. Presented at the Association of Counselor Education and Supervision biannual conference. Atlanta, GA.

McGrath, Fair C., Bayne, H., & **Machado, M.** (2021, October). *Decolonizing Multicultural Education in Counselor Training Programs as an Anti-racist Practice*. Presented at the

- Association of Counselor Education and Supervision biannual conference. Atlanta, GA.
- Machado, M., & McGrath, Fair C** (2021, October). *Mentorship for Social Justice*. Presented virtually at the Florida Counseling Association annual conference.
- Machado, M., & McGrath, Fair C.** (2020, October). *Ethics, Mental Health & Justice: Supporting Clients at the Margins*. Presented at the Florida Counseling Association annual conference. Tampa, FL.
- Machado, M.** (2020, October) *The Whole Child: Supporting Children and Families in Distress*. Presented at the Florida Counseling Association annual conference. Tampa, FL.
- McGrath, Fair C., Edmondson, J., & **Machado, M.** (2019, October). *Self-care for marginalized and non-privileged identities*. Presented at the Florida Counseling Association annual conference, Tampa, FL.
- Machado, M., & McGrath Fair, C.** (2019, July). *Social justice identity development in counselors*. Presented at the AMCD Multicultural and Social Justice Counseling Summit, Orlando, FL.
- Machado, M.** (2019, March). *Therapeutic gardening as a counseling tool: Supporting survivors of suicide loss*. Presented at the American Counseling Association annual conference, New Orleans, LA.
- McGrath, C., & **Machado, M.** (2018, October). *Social justice identity development in counselors*. Presented at the Florida Counseling Association annual conference, Tampa, FL.
- Swank, J., **Machado, M., & Weaver, J.** (2018, October). *Beyond tolerance: Celebrating diversity among kids*. Presented at the Florida Counseling Association annual conference, Tampa, FL.
- Lenes, E., & **Machado, M.** (2018, October). *Creatively cultivating social justice with counselors, educators and supervisors*. Presented at the Southern Association for Counselor Education and Supervisor biannual conference, Myrtle Beach, SC.
- Machado, M., & Lenes, E.** (2018, August). *Adolescent's racial trauma: Supporting the healing process*. Presented at the American Mental Health Counselor's Association Annual Conference, Orlando, FL.
- Polanco-Lopez, J., **Machado, M., & McGrath Fair, C.** (2018, January). *Allyship beneath the surface: Deconstructing political views to encourage empathy*. Presented at the Social Justice Summit, University of Florida, Gainesville, FL.
- Henesy, R., Vella, J., **Machado, M., & Greenidge, T.** (2017, October). *LGBTQ + affirmative intersectional training in counselor education*. Presented at the Association for Counselor Education and Supervision biannual conference, Chicago, IL.
- Henesy, R., Puig, A., **Machado, M., & Yoon, E.** (2017, October). *Examining publication trends of LGBTQ+ related literature in the Journal of Counseling & Development*. Presented at the Association for Counselor Education and Supervision biannual conference, Chicago, IL.
- Lenes, E., & **Machado, M.** (2017, March). *Black lives matter: A mindful diversity experience*. Presented at the First Annual Diversity Graduate Research Symposium, Gainesville, FL
- Nadler, S., Dahlin, L., **Machado, M., & Jahn, S.** (2015, March). *Professional identity on day 1: Developing an orientation program for counselor education*. Presented at the American Counseling Association annual conference, Orlando, FL.

INVITED LECTURES

- Millhopper Montessori School: Coping with Stress & Anxiety (2022)
- University of Florida Hispanic-Latino Student Affairs: Imposter Syndrome in the Latinx Community (2022)
- University of Florida Trauma course: Racial Trauma & Justice: Supporting Clients at the Margins (2021)
- The Einstein School: Implicit Bias & Anti-Racism in the Classroom (2020)
- National Alliance on Mental Illness (NAMI): Coping with Stress & Anxiety (2020)
- Alachua County BOOST Alliance Project: The Whole Child (2020)
- University of Florida Greek Life presentation: College Students & Mental Health (2020)
- University of Florida Mindfulness Series: Intersectionality & Intersecting Identities (2020)
- Myra Terwilliger Elementary School: Anxiety & Depression in the Classroom (2020)
- Myra Terwilliger Elementary School: Self-care for Teachers (2020)
- Stephens College Multicultural Counseling Course: Racial Trauma & Oppression (2020)
- Westwood Middle School: Suicide Prevention & Awareness Presentation (2019)
- University of Florida Teaching Adolescents course: Supporting Adolescents in your Classroom (2019)
- University of Florida Counseling Children course: Clinician Panel (2019)
- University of Florida Multicultural Counseling course: Social Justice and Panel (2019)
- Girls Place, Inc.: Trauma-Informed Care in an After-School Setting (2018)

PUBLICATIONS

Walker, A., Rujimora, J., Swygert, A., McNiece, Z., Yoon, E., **Machado**, M., Myers, K., Richardson, E., Lenes, E., Hebert, L., Marchi, E., Arthurson-McColl, Z., Lagmay, J., Puig, A. (2022). A Novel Palliative Care Peer Support Program for Adolescents and Young Adults: Survey and Factor Analytic Study. *Journal of Palliative Medicine*.

Machado, M., & Swank, J. M. (2019). *Therapeutic gardening: A counseling approach for bereavement from suicide. Death Studies*.

Lenes, E., Swank, J., Hart, K., **Machado**, M., Darilus, S., Ardelt, M., Smith-Adcock, S., Rockwood Lane, M., & Puig, A. (2020). *Color-conscious multicultural mindfulness (CCMM) training in the counseling field. Journal of Counseling and Development*.

In Preparation

Henesy, R., Puig, A., **Machado**, M., & Yoon, E. (in preparation). *Examining narratives and discourses related to affectional orientation and gender identity*.

Shure, L., **Machado**, M., McGrath, Fair C. (in preparation). *Mentorship as a Strategy for Advancing Advocacy and Social Justice*.

PROFESSIONAL AFFILIATIONS

2019 - Present Association of Specialists in Group Work
2017 - Present Association for Counselor Education and Supervision
2017 - Present Association for Multicultural Counseling and Development
2014 - Present Florida Counseling Association
2014 - Present American Counseling Association
2014 - Present Counselors for Social Justice
2013 - Present Chi Sigma Iota

AWARDS/HONORS

- University of Florida, College of Education, Outstanding Graduate Professional Practice Award (2020)
- University of Florida, College of Education, Mary Jean Davis Memorial Scholarship Recipient (2019)
- Chi Sigma Iota, Beta Chapter, Outstanding Doctoral Student Award (2018)
- American Association of Colleges for Teacher Education Holmes Scholars Program, University of Florida Chapter (2018)
- University of Florida, College of Education, Evelyn L. Wenzel Memorial Scholarship Recipient (2018)
- Association for Multicultural Counseling and Development Research Grant (2018)
- Chi Sigma Iota, Beta Chapter, Outstanding Practitioner-Supervisor Award (2018)
- Gainesville Regional Utility, Play Therapy Grant for Girls Place, Inc. (2017)

PROFESSIONAL SERVICE AND LEADERSHIP

Present University of Florida Holmes Scholars Advisory Board
2020 - 2021 College of Education Collective for Black Lives and Black Student Advancement, Member
2020 - 2021 Curricular Opportunities for Understanding Race and Racism in Education, Sub-committee Member
2020 - 2021 Student Recruitment, Experiences and Success, Sub-committee Member
2020 - 2021 Association for Specialists in Group work Special Initiatives Committee,

Member

2019 - Present	Counselors for Social Justice Mentorship Committee, Co-Chair
2019 - Present	Florida Counseling Association of Multicultural Counseling and Development, Member -at-Large
2019 - Present	Chi Sigma Iota, Beta Chapter, Public Relations Committee Chair
2018 - 2019	Florida Counseling Association, Volunteer
2018 - 2020	Holmes Scholars Research Committee, Member
2018 - Present	University of Florida Counselor Education Multicultural Initiative, Chair
2018, 2019	American Counseling Association, Conference Volunteer
2018	Student Advisory Council, Doctoral Student Representative
2017- 2018	Alachua County Survivors of Suicide Loss Support Group, Co-Facilitator
2016 - Present	Alachua County Juvenile Justice Council, Member
2014 - 2015	University of Florida Counselors for Social Justice, Co-President
2013 - Present	Friends of the Alachua County Crisis Center, Volunteer
2013 – Present	International Survivors of Suicide Loss Day, Committee Member
2013 - 2015	Chi Sigma Iota, Beta Chapter, Treasurer

