

Carrie Tremble, Ph.D., LPCC, LAADC, SAP  
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## **Education**

Western Michigan University  
Doctor of Philosophy, Counselor Education and Supervision  
CACREP Accredited Program  
Kalamazoo, MI

Western Michigan University  
Graduate Certificate, Specialty Program in Alcohol and Drug Abuse  
Kalamazoo, MI

Western Michigan University  
Master of Arts, Student Affairs in Higher Education: College Counseling  
CACREP Accredited Program  
Kalamazoo, MI

Central Michigan University  
Bachelor of Science Major: Psychology Minor: Substance Abuse Education  
Mount Pleasant, MI

University of Jyväskylä  
International Student Exchange Program (ISEP)  
Jyväskylä, Finland  
Spring Semester Third Year

## **Professional Licensure**

Licensed Professional Clinical Counselor- State of California - #7748  
Licensed Advanced Alcohol and Drug Counselor, State of California (CCAPP) - #RALR9430491  
Licensed Professional Counselor, State of Arizona - #LPC-16041  
Licensed Professional Counselor, State of Michigan - #6401011584

## **Professional Qualifications**

United States Department of Transportation Qualified Substance Abuse Professional (SAP)  
Will complete Eye Movement and Desensitization Reprocessing (EMDR) Training in 2024

## **Faculty Experience**

Point Loma Nazarene University  
Associate Professor, Clinical Counseling  
San Diego, CA  
2024-present

University of San Diego  
Professor of Practice, Clinical Mental Health Counseling  
CACREP Accredited Program  
Clinical Director, USD Tele-mental Health Training Clinic  
San Diego, CA  
2018 – 2024

### Courses Taught

Professional Orientation, Law, and Ethics in Counseling; Assessment Techniques in Counseling;  
Advanced Counseling: Diagnosis and Treatment Planning; Counseling Practicum; Counseling Internship;  
Counseling Skills; Addictions Counseling; Evidence Based Counseling; Crisis and Trauma Counseling;  
Human Development; Career Development Across the Lifespan

### **Accomplishments: Professor of Practice**

- Design and lead global addictions counseling course to Lisbon, Portugal to afford students an opportunity to engage with staff members and clients in a country that is actively and successfully using a global harm reduction approach to addictions treatment
- Serve as a lead instructor on multiple courses to ensure content is relevant, up-to-date, engaging for students, and meets national accreditation requirements; assist with CACREP reaccreditation efforts
- Advise 12-16 students each academic year to ensure student success throughout their duration in the program, from matriculation to graduation
- Serve on the school-wide curriculum committee with the goal of enhancing school offerings and ensuring programmatic offerings are consistent with societal and accreditation demands
- Conduct a student-inclusive research lab, resulting in collecting and disseminating new knowledge via presentations and publications in a collaborative manner.
- Serve as school human subjects institutional review board representative, campus assault resources advocate, and benefits advisory committee representative to serve the wider needs of the university community

### **Accomplishments: Clinical Director, Tele-mental Health Training Clinic**

- Founding clinic director/ clinical supervisor of the university tele-mental health counseling training clinic, which improves access to high quality low cost counseling services to a diverse array of clients. Created clinic from the ground up in collaboration with faculty colleagues who work on back-end aspects of the clinic
- Manager of day-to-day clinic operations through selecting, training, and providing developmentally appropriate clinical supervision to up to 6 clinic trainees who provide culturally sensitive evidence-based counseling services to a clinic capacity of 30 clients.
- Collaborate with other organizations to provide high quality counseling services to those who may not have otherwise obtained access to affordable counseling services
- Evaluated and implemented a secure electronic health records system, TheraNest, into the tele-mental health counseling training clinic in order to accurately track client progress and maintain client records
- Developed clinic handbook of policies and procedures to ensure the clinic operates in ways that are consistent with professional ethical codes and state licensing laws
- Actively supervise a clinic administrative assistant who is primarily responsible for client intake and billing; work as a team to ensure smooth clinic operations for staff and clients

**Argosy University**  
**Assistant Professor, Clinical Mental Health Counseling**  
**CACREP Accredited Program**

Phoenix, AZ  
2015 - 2018

Courses Taught: Counseling Techniques; Practicum; Internship; Career Counseling; Substance Abuse Counseling; Foundations of Mental Health Counseling; Trauma Impact and Counseling; Couples and Family Counseling; Research Methods; Appraisal and Assessment; Group Counseling

- Chapter founder and advisor of Chi Sigma Iota counseling honor society; successfully inducted 30+ students into this international society to provide students with professional development and networking opportunities
- Chaired student clinical capstone committees with a goal of ensuring each graduating student was ready for post-graduation clinical work

- Chair of Student Professional Development (Student Conduct) Committee to meet with students who were struggling either academically or interpersonally, implement appropriate student assistance plans to place students on track to successfully complete their academic program

**Kalamazoo Valley Community College**  
**Department of Psychology**  
**Adjunct Instructor**

Kalamazoo, MI  
 2011 – 2014

Courses taught: Introductory Psychology; Abnormal Psychology; Developmental Psychology

**Western Michigan University**  
**Various Departments**  
**Adjunct Instructor**

Kalamazoo, MI  
 2011 – 2015

Courses taught: Drug Use: Personal and Social Impact; Human Growth and Development; Research Methods for Health Professionals; Relationship Centered Skills for Health Professionals; First Year Experience Seminar

## **Peer- Reviewed Publications**

Tremble, C. J. (2022). Experiences of Counselors Counseling Clients Who Have Been Sexually Assaulted. *Journal of Counselor Preparation and Supervision, 15*(3).  
<https://digitalcommons.sacredheart.edu/jcps/vol15/iss3/11>

Callahan, C., Cameron, E., & Tremble, C. (2021). Launching a university tele-mental health counseling training clinic: A case study. *Journal of Technology in Counselor Education and Supervision, 1*(1). <https://digital.sandiego.edu/tces/vol1/iss1/2>

## **Grants**

Principle Investigator, Increasing Tele-mental Health Counseling Services (2023) San Diego Women's Foundation. Grant Amount: \$75,000. Results of Application Pending

Principle Investigator, Increasing Tele-Mental Health Counseling Access for Children, Adolescents, and Young Adults. (2023). Health Resources and Services Administration (HRSA). Grant amount: \$1.06 million. Application approved with the highest score possible; not funded due to lack of available federal funds.

Principle Investigator, Creation and Implementation of a Certificate Program in Alcohol and Drug Counseling. (2019). Substance Abuse and Mental Health Services Administration (SAMHSA). Grant amount: \$200,000. Not funded.

Principle Investigator, The Counselor Experience in Counseling Clients Who Have Been Sexually Assaulted. Western Michigan University Graduate College Student Research Grant (competitive award) Grant Amount: \$1000 (maximum award).

## **Refereed Presentations at Professional Conferences**

- Tremble, C. (2022). *The Nuts and Bolts of Creating and Operating a Tele-mental Health Training Clinic*. Paper presented at the WACES Conference. Portland, OR, United States
- Tremble, C., Nees, W., & Liker, N., (2021). *The Emotional Effects of Serious Injury for Elite Athletes*. Paper presented at the ACES Conference. Atlanta, GA, United States.
- Tremble, C., Callahan, W., & Cameron, E. (2020). *Creation of a University Counseling Department Tele-mental Health Training Clinic*. WACES Conference, Tucson, AZ, United States. (Conference canceled)
- Tremble, C., Liker, N., Rhoades, C., & Nees, W. (2020). *Mental Health Effects of Serious Injury in Elite Athletes*. WACES Conference, Tucson, AZ, United States. (Conference canceled)
- Tremble, C. (2018). *Methadone Maintenance Therapy for the Treatment of Opioid Dependence*. Roundtable presented at the Western Association for Counselor Education and Supervision Conference. Santa Rosa, CA, United States
- Tremble, C. (2013). *The Counselor Experience in Counseling Clients Who Have Been Sexually Assaulted*. Paper presented at the National Association for Counselor Education and Supervision Conference. Denver, CO, United States
- Tremble, C. (2011). *Counseling Survivors of Sexual Assault: Challenges, Techniques, and Assessing Effectiveness*. Paper presented at the National Association for Counselor Education and Supervision Conference. Nashville, TN, United States
- Tremble, C. (2009). *Counseling Survivors of Sexual Assault - Best Practices*. Roundtable presented at the National Association for Counselor Education and Supervision Conference. San Diego, CA, United States

## **Media Appearances**

- October 2023. How to process anxiety, grief following the mass shooting in Maine. ABC10 News San Diego. <https://www.10news.com/news/local-news/how-to-process-anxiety-grief-following-the-mass-shooting-in-maine>
- September 2023. Suicide Prevention Month: How to Help Those Who May be Struggling. At the Edge of it All Podcast, University of San Diego. <https://www.sandiego.edu/news/detail.php?focus=90200>
- June 2023. How San Diego's June Gloom Can Impact Our Mood. KPBS San Diego Mid-day Podcast <https://www.kpbs.org/podcasts/kpbs-midday-edition/how-san-diegos-june-gloom-can-impact-our-mood>
- February 2023. Finding the Right Mental Health Counselor for your Needs. At the Edge of it All Podcast, University of San Diego. <https://www.sandiego.edu/news/detail.php?focus=88055>

January 2023. Local Mental Health Expert Details Secondary Impacts of Mass Shootings NBC7 News San Diego. <https://www.nbcsandiego.com/news/local/mental-health-expert-details-secondary-impacts-of-mass-shootings/3150701/>

May 2022. How to Talk to Kids About School Shootings. NBC7 News San Diego. <https://www.sandiego.edu/news/detail.php?focus=85513>

December 2021. How to Cope with COVID 19 and Christmas Stressors. NBC7 News San Diego <https://www.nbcsandiego.com/news/local/how-to-cope-with-covid-19-and-christmas-stressors/2823445/>

October 2021. Gender Gap of Burnout in the Workplace. NBC7 News San Diego. <https://www.nbcsandiego.com/news/local/gender-gap-of-burnout-in-the-workplace-widens/2744761/>

## **Professional Clinical Counseling and Clinical Supervision Experience**

### **Social Solutions International Independent Contractor**

San Diego, CA  
January 2024-present

- This position requires a US government secret security clearance and access to US military bases
- Engage 12+ active duty Navy and general civilian alcohol and drug counselors in developmentally appropriate clinical supervision as they work toward becoming certified AODA counselors
- Track supervisee progress and provide formal written feedback, both positive and areas for growth, to each alcohol and drug counselor trainee on a quarterly basis
- Serve as a positive presence outside the Navy chain of command so as to allow each counselor a confidential, safe place to learn, grow, and become confident in their abilities to provide culturally appropriate, evidence-based counseling services to their clients, both in individual and group settings
- Facilitate continuing educational seminars on relevant alcohol and drug counseling topics on a quarterly basis to ensure counselors are utilizing ethical, evidence based counseling interventions

### **Carrie Tremble, Ph.D., PLLC**

Gilbert, AZ

#### **Private Practice Owner/Manager: Mental Health and Substance Use Counselor**

2016 - 2018

- Provided high quality mental health and substance use counseling services to a diverse array of clients, including adolescents, young adults, college students, and older adults
- Accurately utilized the DSM in conjunction with client reported symptoms in order to provide appropriate counseling services based on clinical needs of the client
- Actively engaged client in the process of treatment planning and goal setting, so as to foster a collaborative professional relationship and to encourage client investment in the counseling process
- Completed discharge process with each client; Made recommendations for continuing care as needed
- Performed own medical billing; Actively marketed the practice to build client base; Balanced own business books

### **Child and Family Psychological Services**

Portage, MI

#### **Private Practice Mental Health and Substance Use Counselor**

2012 - 2015

**Victory Clinical Services  
Substance Use Counselor**

Kalamazoo, MI  
2010 - 2011

- Conducted intake and evaluation sessions with new clients to appropriately place clients on the continuum of care;
- Held weekly or biweekly counseling sessions with a case load of 45 clients; actively individualized care plans to the needs of each individual client
- Completed Medicare/ Medicaid authorizations as appropriate to continue client treatment as needed without interruption in counseling services;
- Tracked and completed 60 day case evaluations for each client in order to assist physicians in completing regular medical exams and to accurately track client progress over time
- Participated in individual and group supervision to increase clinical competency;
- Coordinated client care with other health professionals such as nurses, physicians, and physician assistants; maintained client case records in a secure computerized system (Methasoft).

**Professional College Student Affairs Experience**

**Yale University**

New Haven, CT

**Health Professions Advisory Program, Career Counselor**

2007 - 2008

- Actively helped students define career goals through one on one meetings and presentations
- Provided academic and career counseling services to students who were interested in applying to medical school by ensuring students had accurate information about the application process and requirements
- Engaged students actively in the application process in mock medical school interviews so as to assist them in building upon their strengths and gaining insight to how they present professionally
- Charged with being the office expert in advising students who were interested in non- MD programs; help students become aware of their possible career options in the field of health professions
- Attended conferences to assist in networking with other health professions advisors and admissions deans so as to provide the most up to date information to students.

**Miami University**

Oxford, OH

**First Year Advisor / Residence Hall Director**

2005 - 2007

- Provided supervision and guidance to one graduate student completing an academic advising practicum and 8 student resident assistants
- Served as the hall director and primary academic advisor for a residence hall of 240 first year students; Manage the safety and well-being of each resident living in the building
- Utilized Banner Web and the Degree Audit Report system to track student academic process
- Met with students who were having academic difficulties to assist in returning them to good academic standing
- Participated in multiple committees, including student staff selection, student staff training, the University eating disorders committee, and the University sexual assault task force
- Managed, organized and tracked the hall's budget to maintain fiscal responsibility to the university

## **Doctoral Associate/ Graduate Assistant Experience**

**Western Michigan University Doctoral Graduate Assistant** Kalamazoo, MI  
**Haworth College of Business, The Career Center** 2011 - 2012

- Met with students on individual and group basis to provide business career education, resulting in students selecting academic programs that played to their strengths
- Facilitated the resume and cover letter creation and revision process with students to ensure their success in obtaining internships and full time positions
- Was responsible for planning and executing large scale career events that connected students with employers, resulting in an increase of students securing employment before gradation
- Charged with evaluating office career resources and suggesting appropriate changes based on student and employer need

**Western Michigan University Doctoral Associate** Kalamazoo, MI  
**Department of Counselor Education and Counseling Psychology** 2008 - 2010

- Co-taught CECP 6040: Counseling Techniques in cooperation with a faculty member to facilitate the development of clinical counseling skills in master's level students
- Observed student counseling role plays and provided developmental feedback as appropriate
- Served on the Counselor Education Training Committee; Actively participated in the doctoral and masters student admissions processes; coordinated doctoral admissions interview day in cooperation with the counselor education unit director; Participated in the development of new departmental print materials and handouts.

**Western Michigan University** Kalamazoo, MI  
**Graduate Assistant Hall Director** 2003 - 2005

- Functional supervision and management of 10 resident assistants; assisted with teaching the RA class for new staff members
- Advised hall council and oversaw the leadership development of the executive board and general assembly members
- Managed front desk, hall office, and fitness room operations to ensure the safety and security of the building
- Coordinated hall programming efforts to create a strong community within the building
- Participated in a weekly rotating on-call system to ensure campus safety

## **Professional Affiliations**

California Consortium for Addiction Professionals and Programs 2019-present  
American Counseling Association 2009-present  
Association for Counselor Education and Supervision 2009-present  
American College Counseling Association 2011-present  
Chi Sigma Iota 2006-present

## **Professional Service**

Arizona Board for Certification of Addiction Counselors Board Member 2016 - 2018

## **Honors and Awards**

USD Counseling & Marital and Family Therapy Department Faculty Member of the Year 2021

## **Community Service**

US Figure Skating Judge	2015 - present
Junior League of San Diego	2018 – present
2023-2024: Chair: Sustainer Engagement (Membership Council)	
2022-2023: Independent Placement	
2021-2022: Vice President of Training Council	
2020-2021: Vice President of Training Council-Elect	
2019-2020: Chair-Board Academy (Training Council)	
2018-2019: Member- Team Mentoring (Community Council)	
Junior League of Phoenix	2016 – 2018
2017-2018: Member- White Party (Finance Development Council)	
2016-2017: Provisional (new) Member	