

**LAURA E. JIMENEZ ARISTA, PhD, ABPP**

Counseling and Counseling Psychology  
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**EDUCATION**

- 2013-2018**                    **Counseling Psychology Ph.D.** (APA accredited)  
*Arizona State University*  
Dissertation: Patterns of symptomology over time and their relation to outcome  
Chair: Terence J. G. Tracey, Ph.D.
- 2008-2011**                    **Master of Counseling in Clinical Mental Health Counseling**  
*Arizona State University*  
Thesis: The relation of ethnicity to outcome as moderated by interpersonal distress  
Chair: Terence J. G. Tracey, Ph.D.
- 1991-1995**                    **Bachelor of Science in Computer Engineering**, Honors  
*Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM). Mexico.*

**ACADEMIC APPOINTMENTS**

- 2025-Present**                    **Arizona State University.** Counseling and Counseling Psychology  
Director of Undergraduate Training
- 2024-Present**                    **Arizona State University.** Counseling and Counseling Psychology  
Clinical Associate Professor
- 2019-2024**                    **Arizona State University.** Counseling and Counseling Psychology  
Clinical Assistant Professor
- 2018-2019**                    **Arizona State University.** Counseling and Counseling Psychology  
Faculty Associate

**LICENSURE**

- 2023-  
Present**                    **American Board of Professional Psychology (ABPP)**  
Board Certified in Counseling Psychology                    Certification number: 10271
- 2019-  
Present**                    **Arizona State Board of Psychologist Examiners**  
Licensed Psychologist                    License number: PSY-005155
- 2012-  
Present**                    **National Board for Certified Counselors (NBCC)**  
National Certified Counselor (NCC)

### LANGUAGE CERTIFICATIONS

**2024-Present** Spanish: **SIELE** (Servicio Internacional de Evaluación de la Lengua Española).

### OTHER CERTIFICATIONS AND TRAINING

**2026-Present** **THERAPEUTIC PLAY.** Child-Centered Play Therapy (CCPT) Certificate—  
Assessment, Skills, Technique and Neuro-Relational Model.

**2026-Present** **EXPRESSIVE THERAPIES.** Art Therapy Practitioner Training—History,  
Psychological Theories, Neuroscience Foundations, Process, Media, Techniques,  
Interventions, and Skills.

### TEACHING EXPERIENCE

**2018 – to date** **UNDERGRADUATE INSTRUCTOR**

*Arizona State University*

- **CAP 120** Introduction to Counseling. Introduction to and broad overview of the field of counseling (in-person and online)
- **CAP 220** Self in a Multicultural Society. Culture, race and ethnicity, class, sexual orientation, gender and other aspects of identity (in-person and online)
- **CAP 260** Careers in Counseling and Applied Psychology. Overview of the various career opportunities in counseling and applied psychology fields
- **CAP 310** Addictions- Foundations and Principles. History, overview and principles of addiction. Introductory counseling techniques (in-person and online)
- **CAP 315** Trauma and Crisis Intervention. The role of counselors in traumatic events and crises. Counseling skills and techniques (in-person and online)
- **CAP 320** Theories of Counseling and Psychotherapy. Overview of the theories relevant to counseling and psychotherapy (in-person and online)
- **CAP 340** Multicultural Counseling. Overview of multicultural theory, research and practice (in-person and online)
- **CAP 351** Issues in Assessment, Diagnosis, and Treatment of Addictions. Major screening, assessment and diagnostic approaches for addictions (in-person and online)
- **CAP 394** Expressive therapies for counseling. Expressive arts in the therapeutic process
- **CAP 394** Child Wellness and Mental Health Interventions.
- **CAP 400** Advanced Counseling Research Methods. Critical reading of journal articles, research methodologies and proposal development

- **CAP 440 Addictions II – Treatment, Recovery, and Relapse Prevention.** Philosophies and models of treatment planning, intervention in addiction counseling (in-person and online)
- **CAP 484 Internship.** Structured practical supervised by faculty and practitioners.
- **CAP 492 Honors Directed Study.** Research or creative work leading to an undergraduate honors thesis or creative project.
- **CAP 493 Honors Thesis.** Supervised research or creative activity (undergraduate honors thesis or creative project).
- **PSY 101 Introduction to Psychology.** Major areas of theory and research in psychology (online)
- **PSY 290 Research Methods.** Planning, execution, analysis, and reporting of research studies (in-person and online)
- **PSY 399 Supervised Research.** Research supervision within the context of current faculty research projects

2019- present

**GRADUATE INSTRUCTOR**

*Arizona State University*

- **CPY 622- Child Counseling & Play Therapy.** Counseling approaches for children with an emphasis on play therapy (directive and nondirective) as a primary therapeutic modality (therapeutic toys, art, sand tray, storytelling, puppets and dolls, games, guided imagery).
- **CPY 691- Counseling in Spanish.** Theory and supervised clinical practice in a full immersion Spanish environment.
- **CED 502 Counseling Research Data Analysis** Descriptive statistics, visual approaches, estimation, and inferential methods for univariate and bivariate counseling research problems using statistical software.
- **CPY 671 Multicultural Counseling.** Sociocultural variables on human development. Counseling minority populations.
- **CPY 677 Advanced Theories of Counseling and Psychotherapy.** Advanced topics in counseling theory, research, science and practice.

**ADDITIONAL INSTRUCTIONAL EXPERIENCE**

2015

Graduate Co-instructor. CED 523 Psychological Testing. Arizona State University, Tempe, AZ. Master of Counseling and Counseling Psychology PhD programs  
Lectures on psychological test research including personality, vocational, and clinical instruments. Supervisor: Terence J. G. Tracey, Ph.D.

**2015** Graduate Co-Instructor. CED 502 Counseling Data Analysis. Arizona State University, Tempe, AZ. Master of Counseling program  
Lectures on descriptive and inferential statistics and quantitative data analyses.  
Supervisors: Terence J. G. Tracey, Ph.D., Alisia Tran, Ph.D.

### **PROGRAM DEVELOPMENT AND LEADERSHIP**

**2020-present** **SUBSTANCE ABUSE AND ADDICTIONS PROGRAM.** Lead Faculty and Instructor for the undergraduate Substance Abuse and Addictions concentration. Developed the curriculum for the concentration within the Counseling and Applied Psychological Science, B.S. program, including: *Addictions I – Foundations and Basic Principles; Addictions II – Treatment, Recovery, and Relapse Prevention; and Issues in Assessment, Diagnosis, and Treatment of Addictions.* Supported the accreditation process for the Substance Abuse and Addictions concentration with the Arizona Board of Behavioral Health Examiners (AZBBHE). Graduates of this concentration are eligible to apply for the Arizona Licensed Addiction Counselor Technician (*LACT*) credential.

**2018- present** **COUNSELING AND APPLIED PSYCHOLOGICAL SCIENCE (CAP) UNDERGRADUATE PROGRAM.** Led the design and development of twelve courses central to the program curriculum, first for the in-person program (2018) and later for the launch and expansion of the online program (2021), which currently serves more than 1,300 students. Continues to refine and update the curriculum to support program growth, evolving educational needs, and applied learning initiatives.

**2020-present** **UNDERGRADUATE CLINICAL INTERNSHIP PROGRAM.** Lead Faculty for the Counseling and Applied Psychological Science internship program (*CAP 484 Internship*). Developed partnerships with local and national internship sites for both the in-person and online programs. Supported the establishment of guidelines and procedures. Oversees internship instruction and coordinates program guidelines, student- and site-related concerns, and overall internship operations.

**2024-2025** **SPANISH CLINICAL PRACTICUM.** Established and led the first Spanish Clinical Practicum program. Designed and developed the practicum curriculum. Led community outreach and recruitment initiatives for Spanish-speaking clients statewide. Identified and integrated relevant scholarly and clinical literature. Translated clinical procedures, forms, and assessment instruments into Spanish. Conducted advanced training seminars (*CPY 691 Counseling in Spanish*). Provided supervision and mentorship to master's and doctoral students in clinical service delivery with Spanish-speaking populations at the ASU Counselor Training Center.

**2024-present**

**EXPRESSIVE THERAPIES PROGRAM.** Lead Faculty and Instructor for the Expressive Therapies Program. Designed and established the first art therapy/expressive therapies course for the School of Counseling and Counseling Psychology, an applied undergraduate course (*CAP 394 Expressive Therapies for Counseling*), which has been taught since 2025. Developed and organized two campus-wide art exhibitions featuring student artwork (150+) from expressive therapies coursework open to the ASU and broader community, including community outreach and recruitment engagement with high school students (100+).

**2020-present**

**COUNSELING UNDERGRADUATE STUDENT ORGANIZATION.** Founder and Faculty Advisor of the ASU Undergraduate Counseling and Applied Psychology Student Organization (*CAPSO*) since its establishment in 2020. Established and continues to oversee a monthly newsletter initiated in 2021. Led efforts to integrate both in-person and online students across a student population of approximately 1,300. Organizes professional development events, speaker series initiatives (e.g., Chat with the Experts), Student Book Club, as well as community-building activities.

**SAMPLE PUBLICATIONS**

*(Bold = Student when research was conducted)*

**Peer Reviewed  
Journal Articles**

**Palma, M.** & Jimenez-Arista, L. E. (in press). Examining suicide in “pro-choice suicide” forums: A cyclical model. *British Journal of Clinical Psychology*.

Jimenez-Arista, L. E. & **Reid, D. B.** (2023). Realization, Self-view, and disclosure of Pedophilia: A content analysis of online posts. *Sexual Abuse*. 35(2), 214–240

Jimenez-Arista, L. E. & **Caldera, K.** (2023). Public Attitudes Toward Teenagers with Paedophilia: A Qualitative Examination. *Journal of Sexual Aggression*, 30(2), 211–225.

Jimenez-Arista, L. E., Holzapfel, J., Shanholtz, C. E., & Tracey, T. J. G. (2020). The incremental validity of the sPaCE scale in predicting final outcome. *Measurement and Evaluation in Counseling and Development*, 53(3), 149-164.

Jimenez-Arista, L. E., Tracey, T. J. G., & Levy, R. (2018). Patterns of symptomatology over time and their relation to outcome. *Canadian Psychology* 59(4), 347-360.

Randall, A. K., Hilpert, P., Jimenez-Arista, L., Walsh, K. J., & Bodenmann, G. (2016). Dyadic coping in the U.S.: Psychometric properties and validity for use of the English version of the dyadic coping inventory. *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*, 35(4), 570-582.

**Book Chapters  
Encyclopedia**

Bodenmann, G., Jimenez-Arista, L. E., Walsh, K. J., & Randall, A. K. (2018). *Dyadic coping inventory*. In J. Lebow & A. Chamber (Eds.), *Encyclopedia of Couple and Family Therapy*. New York, NY: Springer.

Jimenez-Arista, L. E., Walsh, K. J., & Randall, A. K. (2016). *Dyadic coping among couples in the U.S.* In M. K. Falconier, A. K. Randall, & G. Bodenmann (Eds.), *Couples coping with stress: A cross-cultural perspective*. New York, NY: Routledge.

**SUPERVISION OF UNDERGRADUATE HONORS THESES**

- 2025 Palma, Marc. *The Cyclical Model of Suicide: Describing Suicide in a Censorship-free Environment* (\*\*) (\*\*\*)
- 2024 Chandler, Gabrielle. *Prevalence of Maladaptive Coping Mechanisms in Response to Complex Childhood Trauma*
- 2024 Harris, Emily. *Calm: Mindfulness Skills for the Pree-teen Youth*.
- 2024 Fowler, Shannon. *The Relationship Between Assault and sexsomnia in Women*.
- 2023 Piemont, Sabrina. *Mind and Body: Psychedelic Assisted Psychotherapy*
- 2023 Mistry, Urvi. *The impact of Social Media on Anxiety Issues*
- 2022 Malladi, Dhanya. "Acculturation in Indian-American Young Adults and the Relationship to Attitudes toward Counseling."
- 2022 Younger, Darien. "Wisdom Vet: Supporting the Mental Health of Veterinary Students." (\*\*)
- 2021 Emmanuelli, Michelle. "Association between social engagement and student resilience in the context of the COVID-19 pandemic." (\*\*)
- 2021 Sherman, Brooke. "The Origin of America's Longest War: Drug Use, Racism, Propaganda, and Prohibition before the War of Drugs."
- 2021 Thompson, Kylee. "Equine Assisted Psychotherapy for the Treatment of PTSD in U.S. Service Members."
- 2021 Barolli, Adeiron. "Using Logistic Regression to Predict Stock Trends Based on Bag-of Words Representations of News Article Headlines."
- 2020 Martinson, Hannah. "Sam's Emotional Day: A Child's Guide to Recognizing and Handling Emotions." (\*)

**SUPERVISION OF BARRET HONOR ENRICHMENT CONTRACTS**

- 2024 Stewart, Adam. "Cannabis: Risk Vs Reward"
- 2023 Stockham, Sidney. "Child Abuse Trauma"
- 2023 Piemont, Sabrina. "Crisis Case in Counseling" (\*\*)
- 2023 Ramirez, Mia. "Covering a Crisis" (\*\*)
- 2022 Lateef, Junayd. "The Unnoticed Problem of Child Marriage in the U.S."

Ventura, Sofia. *"The Ignorance of Gender"*

Perez, Iosef. *"Mental Illness Stigmas in Latino Culture"*

**2021** Hofer, David. *"The Overbooking of Prisons."*

Kwon, Woochan. *Recovery from Addiction: What Does It Really Mean?* (\*\*)

Valesano, Megan. *"Multicultural Personal Reflection"*

Scirpo, Kalie. *"Psychoanalytic vs Existential Perspectives"*

Thompson, Kylee. *"Cognitive Behavioral Therapy for PTSD in Veterans"*

Barnett, Alex. *"Misdiagnosing of Autism and ADHD"*

Aboudi, Joseph, *"America Could Save a Dime and a Life: An Expository Piece on Prison Reform"*

Cheng, Abbie. *"How children with disabilities are being/were affected during the COVID pandemic?"*

Romero, Xiomara. *"Esperanza's Journey to Self-Discovery"*

Cornell, Paige. *"Older Adults and Substance Use"*

**2020** Cevallos, Leo. *"Mental Health Care in U.S. Prisons"* (\*\*\*)

Hernandez, Paola Cristina. *"Repressed Memories"*

Ouellette, Abigail. *"The Relation Between Interest in Sports and Stress Level"*

Kwon, Woochan. *"Violence and the Stigma of Mental Illness"*

**2019** Emmanuelli, Michelle. *"The Prevention of Child Sexual Abuse: Interventions for Pedophiles"* (\*\*\*)

(\*) Student accepted into the ASU Master of Counseling program

(\*\*) Student accepted into other graduate programs

(\*\*\*) Work presented at professional conference

### SERVICE

**2026-present** Member. CISA Curriculum Committee

**2024-2026** Member. CISA AI Taskforce

**2024-present** Member. SCCP. Awards Committee

**2025-2026** Member. Search Committee for Clinical Assistant Professor, School of Counseling & Counseling Psychology

**2024** Member. Search Committee for Clinical Assistant Professor, School of Counseling & Counseling Psychology

**2024** Co-chair. Search Committee for Clinical Assistant Professor, School of Counseling & Counseling Psychology

**2023** Co-chair. Search Committee for Internship Coordinator, Counseling & Counseling Psychology

**2022-2025** Member. CISA Curriculum Committee

**2022** Member. CISA Applied Arts Courses Working Group

**2022** Member. CISA Experiential Learning Working Group

**2022** Member. Search Committee for Instructor, Counseling & Counseling Psychology, Polytechnic Campus

**2021** Member. Search Committee for Instructor, Counseling & Counseling Psychology, Polytechnic Campus

**2021-2022** Member. CISA Assessment Committee

**2020-** Current and Founding Advisor. Counseling and Applied Psychology Student Organization

**Present** (CAPSO). This organization serves the three SCCP undergraduate majors.

### SCHOLARSHIPS, AWARDS, AND GRANTS

- 2022** Outstanding Teaching **Award** from the College of Integrative Sciences and Arts. Arizona State University
- 2018** Outstanding Graduate **Award** from the College of Integrative Sciences and Arts. Arizona State University
- 2013** Mexican National Council for Science and Technology Five-Year (2013-2018) Academic **Scholarship** for doctoral studies (\$200,000 USD). Scholarship granted by the Mexican government to Mexican citizens with outstanding academic and professional history

### PROFESSIONAL AFFILIATIONS

- Mexican Register of Researchers (Sistema Nacional de Investigadores –SNI). 2019-present
- American Psychological Association. 2013-present
  - Division 17 (Counseling Psychology)
  - Division 52 (International Psychology)
- National Latinx Psychological Association (NLPA) 2022-present
- Phi Kappa Phi National Honor Society. Arizona State University. 2010-present
- Psi Beta National Honor Society in Psychology. 2007-present

### INDUSTRY EXPERIENCE

- 1996 - 2008** **Consulting**  
*Accenture*. Global management consulting services.  
Manager