

Sherry M. Todd, PhD, LPC, ATR-BC, CTTS
Tenured Professor, Counseling Clinical Director
Regent University, Department of Counseling, School of Psychology and Counseling
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EDUCATION

2007-2009 Ph.D., Counselor Education and Supervision, Old Dominion University
1992-1994 M.S., Graduate Art Therapy, Eastern Virginia Medical School
1982-1987 B.A., Studio Art, Virginia Wesleyan College

PROFESSIONAL EXPERIENCE

Jul 2026 – present	Tenured Professor, Counseling Clinical Director, Regent University (CACREP Accredited), Virginia Beach, VA
May 2018 – Jun 2026	CES PhD Core Faculty, Associate Professor, University of the Cumberlands (CACREP Accredited), Williamsburg, KY
May 2019 – Dec 2021	Director of CES PhD Program, University of the Cumberlands (CACREP Accredited), Williamsburg, KY
Aug 2015 – Present	CEO, New Vita Neurotherapy, LLC, Virginia Beach, VA
Jan 2022 – Dec 2023	Part-Time Dissertation Mentor (Chair), Capella University (CACREP Accredited), Minneapolis, MN
Aug 2010 – May 2018	Tenured Associate Professor, Regent University (CACREP Accredited), Virginia Beach, VA
Aug 2000 – Jun 2010	Safe Schools Counselor, Norfolk Public Schools, Norfolk, VA
Mar 1999 – Dec 2000	Supervisor, Intensive In-Home Family Therapy, Community Innovations, Norfolk, VA
Mar 1999 – Oct 2000	Emergency Services Clinician, Chesapeake Community Services Board, Chesapeake, VA
Oct 1997 – Mar 1999	Therapist II, Hampton-Newport News Community Services Board, Newport News, VA Therapist II responsibilities (Hampton-Newport News Community Services Board) included: Comprehensive Outpatient Services – Child, Adolescent, Adult and Family Treatment Mental Health Clinician, Newport News Juvenile Detention Center Clinical Coordinator, Pathways Independent Living Center
Jan 1994 – Oct 1997	Trauma Track Coordinator/Family Therapist, Community Innovations, Norfolk, VA

PROFESSIONAL LICENSURE/CERTIFICATION

Licensed Professional Counselor (LPC since 1997), Virginia Board of Health Professions
Licensed Professional Counselor (LPC 2024), South Carolina Licensing Board

Board Certified (2006), Registered (1996) Art Therapist (ATR-BC) - Art Therapy Credentials Board
 Master Traumatologist (2014) - Green Cross Academy of Traumatology
 Certified Trauma Specialist (CTTS, 2002) - Association of Traumatic Stress Specialists
 Certified Compassion Fatigue Therapist (CFT, 2008) – Green Cross Academy of Traumatology
 Diplomate (2004), American Academy of Experts in Traumatic Stress
 Board Certified Expert in Traumatic Stress (BCETS, 2003), American Academy of Experts in Traumatic Stress
 Board Certified in School Crisis Response (BCSCR, 2003), American Academy of Experts in Traumatic Stress
 Certified Clinical Trauma Professional (CCTP 2022), Evergreen Certifications
 Advanced Pain Reprocessing Therapy (PRT) Practitioner (2024)

PUBLICATIONS

Peer-Reviewed Journal Articles

- Gilbert, A., Neuer Colburn, A., **Todd, S.**, & Erwin, K. (2019). Counselor Educators' Experiences of Gatekeeping in Online Counselor Education Programs. *The Journal of Counselor Preparation and Supervision*, 12(4). Retrieved from <https://repository.wcsu.edu/jcps/vol12/iss4/6>
- Keyes, B., Wilder, E., **Todd, S.** (2018). Treating Trauma Model Development, Comparison, and Analysis of Three Divergent Models. *The Journal of Christian Healing*, 34, 2.
- Compton, L., **Todd, S.**, & Schoeneberg, C. (2017). Compassion Fatigue and Satisfaction Among Critical Incident Stress Management (CISM) Providers: A Study on Risk and Mitigating Factors, *Virginia Counseling Journal*, 35.
- Underwood, L., **Todd, S.**, et al. (2016). Reducing Cognitive Distortions in a Sample of Juvenile Sex Offenders. *World Journal of Behavioral Science*, 2, p 1-11.

Books/Book Chapters

- Todd, S. (2024). Traumatic Stress and Counselors in Training. In Kile, C.S. & Dossaji, A.E. (Eds). (2024). *The practical application of ethics in professional counseling*. Cognella.
- Todd, S., Mikolon, T., & Perez, D. (Eds). (2021). *Synchronous Online Counseling and Supervision*. San Diego, CA: Cognella Publishing.
- Mikolon, T., Perez, D., & Todd, S. (2021). Introduction to Synchronous Online Counseling and Supervision. In S. Todd, T. Mikolon, & D. Perez. (Eds), *Synchronous Online Counseling and Supervision*. San Diego, CA: Cognella Publishing.
- Todd, S., Pharr, T., & Josephs, A. (2021). Crisis Response from a Distance. In S. Todd, T. Mikolon, & D. Perez. (Eds), *Synchronous Online Counseling and Supervision*. San Diego, CA: Cognella Publishing.
- Todd, S., James, K., & Perez, D. (2021). Group Work. In S. Todd, T. Mikolon, & D. Perez. (Eds), *Synchronous Online Counseling and Supervision*. San Diego, CA: Cognella Publishing.
- Mikolon, T., Perez, D., & Todd, S. (2021). Telebehavioral Health. In S.K. Butler, A. Flores Locke, and J. M. Filmore, (Eds), *Introduction to 21st Century Counseling: A Multicultural and Social Justice Approach*. (pp.). Cognella Publishing.
- Todd, S. (2015). Critical Incidents and Crisis Response. In E. O'Brien and H. M. Hauser (Eds), *Supervision and Agency Management for Counselors*. New York, NY: Springer.

- Todd, S. (2013). Working with Children and Vulnerable Populations. In D. Levitt and H. Hartwig Moorhead (Eds), Values and Ethics in Counseling: Real-Life Ethical Decision Making. (pp. 59-64). New York, NY: Routledge.
- Todd, S. (2013). Duty to Warn. In D. Levitt and H. Hartwig Moorhead (Eds), Values and Ethics In Counseling: Real-Life Ethical Decision Making. (pp. 65-69). New York, NY: Routledge.
- Neukrug, E., Todd, S., et al. (2010). Instructor's manual for theories of counseling and psychotherapy (working title) [Electronic version]. Belmont, CA: Brooks/Cole.

Newsletters

- Todd, S., Hartman, J., & Laws, A. (2022, March). Healthcare Workers and the Resurrection of the Respite Center. LifeNet, 33, 1, Publication of the International Critical Incident Stress Foundation.
- Todd, S. & Pharr, T. (2019). The Synergy of Traditional Scholarship and Social Media. SACES Newsletter, Fall.
- Todd, S. (2014, January). PTSD and the Brain. Response – Dedicated to Emergency Medical Services, 31(1), p. 6.
- Todd, S. (2008). Integrated school mental health. Reflections (Old Dominion University Department of Educational Leadership and Counseling's Newsletter), 2, 13.

PRESENTATIONS

National and International Conferences

- Conference Presenter, "EMDR Group Activity for COVID", Association of Creative Counselors Annual Conference, online via Zoom, December 2020.
- Guest Speaker, "Wellness During Covid-19: Considerations for our Classrooms, Co-Workers, and Families", International Association of Counselling, Global Presentation via Zoom, March 2020.
- Conference Presenter, "Compassion Fatigue and Compassion Satisfaction among Critical Incident Stress Management (CISM) Providers", World Congress, International Critical Incident Stress Foundation, Baltimore, MD, May 2015.
- Conference Presenter, "Divergent Models of Trauma: Differences and Similarities of the HEART Model and Trauma-Focused CBT in working with Complex Trauma and Human Trafficking. Christian Association for Psychological Studies International Conference, Atlanta, GA, April 2014
- Conference Presenter, "Phobic Reactions and Trauma", Association of Traumatic Stress Specialists International Conference, Charlotte, NC, March 2006.
- Conference Presenter, "Armed and Dangerous Kids: The Trauma-Violence Cycle", Association of Traumatic Stress Specialists International Conference, Charlotte, NC, March 2006.
- Lead Panel Presenter, "Saving Lives: Norfolk Public Schools' Suicide Prevention Programs", Association of Traumatic Stress Specialists International Conference, Dallas, TX, April 2005.
- Conference Presenter, "Overcoming Grief Through Creative Healing", Association of Traumatic Stress Specialists International Conference, Dallas, TX, April 2005.

Conference Presenter, “What They are Saying – Looking into the Art”, National Early Childhood Education Association, March 1997 & Virginia Early Childhood Education Association, February, 1997.

Panel Presenter, “Integrating Community Mental Health and Substance Abuse Services into Juvenile Correctional Centers”, International Adolescent Conference, Bethesda, MD, October 1998.

State and Regional Conferences

Conference Presenter, “The Intersection of Chronic Pain, Central Sensitization, and Trauma”, Florida Mental Health Counseling Association, Orlando, FL, February 2026

Conference Presenter, “Target 2 Zero”, Florida Mental Health Counseling Association, Orlando, FL, February 2025

Conference Presenter, “EMDR Protocols and Disaster Trauma: Hope for the Disillusionment Dilemma”, Florida Mental Health Counseling Association, Orlando, FL, February 2024

Conference Presenter, “Abundant Life: Transforming Burnout and Compassion Fatigue”, Florida Mental Health Counseling Association, Orlando, FL (via web), February 2021

Conference Presenter, “Neurofeedback in the treatment of Compassion Fatigue and Vicarious Trauma”, Florida Mental Health Counseling Association, Orlando, FL, February 2019

Conference Presenter, “Creative Counseling with Children and Teens Who Have Experienced Trauma.” 2016 Child Protection Summit. Department of Children and Families. Orlando, FL, September 2016.

Conference Presenter, “Compassion Fatigue: The Cost of Caring.” 2016 Child Protection Summit. Department of Children and Families. Orlando, FL, September 2016.

Conference Presenter, “Suicide: Prevention, Intervention and Postvention”, CISM Expo, Tidewater Emergency Medical Services Regional Council, Chesapeake, VA, February 6 & 7, 2015.

Conference Presenter, “Stress Management”, CISM Expo, Tidewater Emergency Medical Services Regional Council, Chesapeake, VA, February 5, 2015.

Conference Presenter, “Art Therapy and Child Trauma.” 2013 Child Protection Summit. Department of Children and Families. Orlando, FL, August 2013.

Conference Presenter, “Super Storm Sandy: Field Observations”, Virginia Psychological Association Richmond, VA, April 2013.

Conference Presenter, “Visual Journaling in Counselor Education and Supervision”, Southern Association of Counselor Education and Supervision Annual Conference, Savannah, GA, September 27, 2012.

Conference Presenter, “Military Marriages and Families: A Special Treatment for a Special Population”. Christian Association of Psychological Studies Conference, Dulles, VA, March 29, 2012.

Conference Presenter, “Synergism of Trauma and Addiction”. Virginia Association of Counselor Education and Supervision, Graduate Student Conference. Lynchburg, VA, February 25, 2012.

Keynote Speaker, “Hazards of Helping”. Third Annual Conference on Crimes Against Women, Triangle Region, York County Commonwealth Attorney’s Office. Williamsburg, VA August 19, 2011.

Conference Speaker, “Trauma the Basics”. Third Annual Conference on Crimes Against

Women, Triangle Region, York County Commonwealth Attorney's Office.
 Williamsburg, VA
 August 18, 2011.

Conference Speaker, "Trauma and Associated Problems". Third Annual Conference on Crimes Against Women, Triangle Region, York County Commonwealth Attorney's Office.
 Williamsburg, VA August 19, 2011.

Course Instructor, "Individual and Group Crisis Intervention, Combination Course", Regent University Center for Traumatic Stress, Virginia Beach, VA, June 3-5, 2011.

Symposium Presenter, "Art 4 Sanity", Seventh Annual Symposium on Dynamic Approaches to Crisis and Trauma Interventions, Argosy University Sarasota, FL, May 2011.

Symposium Presenter, "Amazing Art: Diagnostic Implications", Seventh Annual Symposium on Dynamic Approaches to Crisis and Trauma Interventions, Argosy University Sarasota, FL, May 2011.

Symposium Presenter/instructor, ICISF: "Suicide Prevention, Intervention, and Postvention", 37th Annual Virginia Emergency Medical Services Symposium, Norfolk, VA, November 09 – 10, 2010.

Symposium Co-Presenter, "Art Therapy Techniques with Children in Crisis", Sixth Annual Symposium on Dynamic Approaches to Crisis & Trauma Interventions, Argosy University Sarasota, FL, Feb 25-27, 2010.

Conference Presenter, "Synergism of Trauma and Addiction", Virginia Counselor Association, Graduate Student Conference, William and Mary University, Williamsburg, VA, March 2009.

Conference Instructor, ICISF: "Suicide Prevention, Intervention, and Postvention", Virginia CISM Conference, Virginia Beach, VA, June 1 & 2, 2008.

Conference Instructor, ICISF: "Advanced Group", Va. CISM Conference, Virginia Beach, VA, June 1 & 2, 2007.

Conference Instructor, ICISF: "From Trauma to Addictions", Va. CISM Conference, Virginia Beach, VA, May 30 & 31, 2007.

Conference Presenter, "Armed and Dangerous: The Trauma-Violence Cycle", NICOSTY Conference, Chesapeake, VA, October 2005.

Conference Presenter, "SOS: Suicide Prevention Program", Virginia Association of School Counselors, Portsmouth, VA, April 2005.

Conference Presenter, "Art Therapy with Children and Adolescents", Norfolk Interagency Alliance for Children, Norfolk, VA, February 1997.

Workshop Facilitator, "Reducing Stress for Women", Virginia Beach Domestic Violence Task Force Conference for Women, Virginia Beach, VA, October 1996.

Local, State, and Regional Invited Presentations

Panel Presenter, "Addressing the COVID Crisis in Nursing", Nursing Honor Society, Sentara Hospital Corporation, Chesapeake, VA, May 2021

Conference Presenter, "Crisis and Disaster Planning for School Nurses". Virginia School Nurse Association Annual Conference, Virginia Beach, VA, November 2016.

Course Instructor, "Mass Fatalities Incident Response Training" for the Mayo Clinic, International Mass Fatalities Center. Rochester, MN, March 2015.

Course Instructor, "International Critical Incident Stress Foundation Advanced Group Crisis

Intervention", Regent University Professional Continuing Education Program, Virginia Beach, VA, May 2014.

Guest Speaker, "Stress and Critical Incident Stress Management". Chesapeake CERT (Citizen Emergency Response Team). Chesapeake, VA, September 2013.

Course Instructor, "International Critical Incident Stress Foundation Individual and Group Crisis Intervention-Combination Course", Regent University Professional Continuing Education Program, Virginia Beach, VA, June 2013.

Conference Presenter, "Visual Journaling: Art Therapy and Serious Mental Illness". Practitioner/Scholar Conference, Regent University, Virginia Beach, VA. April 2013.

Workshop Presenter, "Art Smart: Integrating Art into Counseling Sessions". Chi Sigma Iota Counseling Honor Society, School of Psychology and Counseling, Regent University. March 2013.

Guest Speaker, "In His image". Chi Sigma Iota Counseling Honor Society, School of Psychology and Counseling, Regent University. March 2012.

Conference Presenter, "Visual Journaling: An art therapy technique for self-exploration". Practitioner/Scholar Conference, Regent University, Virginia Beach, VA. March 2012.

Course Instructor, "International Critical Incident Stress Foundation Suicide: Prevention, Intervention and Postvention", Regent University Center for Traumatic Stress, Virginia Beach, VA, May 18-19, 2012.

Course Instructor, "International Critical Incident Stress Foundation Suicide: Prevention, Intervention and Postvention", Rappahannock Emergency Medical Services Regional Council, Fredericksburg, VA, June 2-3, 2012.

Course Instructor, "International Critical Incident Stress Foundation Individual and Group Crisis Intervention-Combination Course", Regent University Professional Continuing Education Program, Virginia Beach, VA, July 13-15, 2012.

Course Instructor, "International Critical Incident Stress Foundation from Trauma to Addictions", Regent University Professional Continuing Education Program, Virginia Beach, VA, July 27-28, 2012.

Guest Speaker, "Crisis Intervention for the Counseling Interns in the Public Schools". CARE NOW Program, Norfolk Public Schools and Old Dominion University. Blair Middle, Norfolk, VA, Nov 18, 2011.

Guest Speaker, "The Alphabet Therapies to Treat Trauma". Tidewater Emergency Medical Services Critical Incident Stress Management Team. Norfolk, VA. November 7, 2011.

Conference Presenter, "Communication Skills for Psychological First Aid", Disaster Preparedness Day, Virginia Beach Medical Reserves Corp, Virginia Beach, VA, October 2008.

Conference Presenter, "Crisis Intervention for School Nurses", Norfolk School Nurses, Norfolk Health Department, Norfolk, VA, June 2008.

Guest Speaker, "Healthy Teams", State CISM Committee Meeting, Department of Health, Richmond, VA, March 2008.

Workshop Co-Facilitator, "Compassion Fatigue: The Cost of Caring", Virginia Beach, VA, March 2008.

Conference Presenter, "Disaster Behavioral Health", Virginia Beach Medical Reserves Corp, Virginia Beach, VA, October 2007.

Conference Presenter, "Psychological First Aid", Disaster Preparedness Day, Virginia Beach Medical Reserves Corp, Virginia Beach, VA, September 2007.

Facilitator, “Stress Management for School Staff”, Norfolk Public Schools, Norfolk, VA, March 5, 2007.

Guest Speaker, “Stress Management for Administrators”, Norfolk Public Schools’ Administrators Conference, Ted Constance Center, Norfolk, VA, January 2007.

Workshop Facilitator, “Art Smart: Integrating Art into Counseling”, Virginia Beach, VA, March 24, 2007.

Workshop Facilitator, “Got Stress? Develop Stress Management Skills”, Norfolk Public Schools Discipline In-service, Norfolk, VA, November 2006.

Workshop Facilitator, “Art Smart: Integrating Art into Counseling”, The Refuge, Norfolk, VA, July 2006.

Special Guest Speaker, “Loose Ends: Attachment Problems from Beginning to End”, Commonwealth Partnership for Women and Children Affected by Substance Use, Hanover, VA, November 2005.

Presenter, “Hurricane Katrina the Aftermath: Helping Kids in Crisis”, Norfolk Public Schools, Lake Taylor High School, Norfolk, VA, October 2005.

Presenter, “The Angry Child”, Norfolk Public Schools, Madison Alternative School, October 2005.

Facilitator, “Art Therapy Techniques for Stress Reduction”, YWCA/Response Sexual Assault Staff Training, Norfolk, VA, May 2005.

Team Instructor, “Multi-Hazard Emergency Planning for Schools”, Norfolk Public Schools, Norfolk Emergency Operations Center, January, February, March, April, August, October, and December 2005.

Presenter, “Crisis Intervention with Children Affected by Trauma”, Norfolk Public Schools Staff Training, Jacox Elementary School, Norfolk, VA, November 2004.

Workshop Facilitator, “The Impact of Traumatic Stress on Learning”, Norfolk Public Schools Staff In-Service/ Training, Tidewater Park Elementary School, Norfolk, VA, January 2004.

Co-Facilitator, “Motivating the Unmotivated Child”, Workshop Norfolk Public Schools Parent Workshop Series, Norview High School, Norfolk, VA, May 2003.

Instructor, “Question, Persuade, Refer – Suicide Prevention Program”, District Wide Crisis Team, Norfolk Public Schools, Maury High School, Norfolk, VA, June 2002.

Panel Presenter, “Managing Classroom Behavior; Recognizing Sexual Abuse”, Norfolk Public Schools District Wide Teacher In-Service, Maury High School, Norfolk, VA, February 2001.

Guest Speaker, “Lethal Teens – Assessing Risk of Lethality”, Virginia Association of Detention Educators, Richmond, VA, September 1998.

Workshop Facilitator, “Expressive Therapies to Reduce the Effects of Stress”, Virginia Employee Assistance Program, Portsmouth, VA, April 1997.

Invited Addresses, Workshops, Seminars

Keynote Speaker, “Trauma Talk”, Trauma Symposium, William and Mary University, Williamsburg, VA, January 2021.

Keynote Speaker, “Hazards of Helping”. Third Annual Conference on Crimes Against Women, Triangle Region, York County Commonwealth Attorney’s Office. Williamsburg, VA, August 2011.

CONSULTING WORK

Tidewater Emergency Medical Services Regional Critical Incident Stress Management Team, Special Project with Disaster Volunteers (2026).
Baptist Hospital Kentucky (2024). Consultation on developing an expressive therapies program for the cancer unit; patients, family caregivers and staff.

PROFESSIONAL AFFILIATIONS AND DEVELOPMENT

American Academy of Experts in Traumatic Stress/ National Center for Crisis Management
American Art Therapy Association
American Counseling Association/Association for Counselor Education and Supervision
Association of Traumatic Stress Specialist
Chi Sigma Iota, Counseling Honor Society, Omega Delta Chapter, Chi Sigma Iota
Green Cross, Academy of Traumatology
International Critical Incident Stress Foundation
Southern Association for Counselor Education and Supervision

EDITORIAL EXPERIENCE

2025 – present Editorial Board Member, *Journal of Mental Health in Rural Schools*

HONORS

2018 Founder's Award, Green Cross Academy of Traumatology
2014 William Hathaway Outstanding Faculty Award, Regent University
2010 Golden Starfish Award, Tidewater Emergency Medical Services CISM Team
2009 Making a Difference Award, Tidewater Emergency Medical Services CISM Team
2008 National Outstanding Practitioner/Supervisor Award, Chi Sigma Iota
2008 Outstanding Practitioner/Supervisor Award, Omega Delta Chapter, Chi Sigma Iota
1994 Paul Fink, MD Outstanding Art Therapist Award, Eastern Virginia Medical School

PROFESSIONAL SERVICE

Supervision of CMHC interns and residents (since 2001) and PhD CES interns (since 2010)
Deployed as Green Cross Team Leader, Hurricane Francine, New Orleans, September 2024
Consultation and Training with Norfolk Fire and Rescue on Peer Support Team and CISM MH Support
Responded to EF3 Tornado in Virginia Beach with Medical Reserves, April 2023
Responded to EF3 Tornado in Virginia Beach with Green Cross Academy of Traumatology, April 2023
Provided long-term disaster recovery for Mass Shooting Survivors, 2019–present
Responded to Mass Shooting in Virginia Beach, VA, May 2019
Deployed as Green Cross Assessment Team Leader, Hurricane Michael, Vandermeir, NC, October 2018
Deployed as Green Cross Evaluation Team, Hurricane Harvey, Rockport, TX, September 2017
Deployed as Green Cross Incident Command, Okanogan Wildfires, Washington State, August 2015
Deployed as Green Cross Operations Chief, 530 Mud/Land Slide, Washington State, April 2014
Green Cross Academy of Traumatology Board Member, since 2014
Deployed as Green Cross Team Leader, Super Storm Sandy, Tom's River, NJ, November 2012
Certification Board Member, Association of Traumatic Stress Specialists, 2009–2015