Curriculum Vitae

Ashley Daniel Ph.D., LPC-S

University of St. Thomas
Clinical Mental Health Counseling
3800 Montrose Blvd.
Houston, TX 77006

Education

Ph.D. in Counselor Education, Sam Houston State University, Huntsville, TX, May 2021.
Dissertation: *The Lived Experience of Professional Counseling who are First Generation South Asian American.* Chair: Chi-Sing Li, PhD. CACREP accredited program.

M.S. in Counseling, Southern Methodist University, Dallas, TX, January 2016. CACREP accredited program.

BA in Psychology, Houston Baptist University, Houston, TX, May 2013.

Licenses and Certifications

Licensed Professional Counselor Supervisor, Texas State Board of Examiners of Professional Counselors, No. 75826

Professional Organizations

Texas Career Development Association (2022 - Present)

Association of Counselor Education and Supervision (2021 – Present)

Texas Association for Counselor Education and Supervision (2019-Present)

Texas Counselor Association (2016-Present)

American Counselor Association (2013- Present)

Clinical Experience

Mental Health Counseling

Counselor/Owner, Compassion & Wellness Counseling Services, The Woodlands, Texas (2020-Present)

Providing counseling services for children, families, adolescents, individuals and couples in private practice and via telehealth, developing own business and networking opportunities

Counselor, Champions Christian Counseling Center, Tomball, Texas (2019 – 2021)

Providing counseling services for children, families, adolescents, individuals and couples in a group practice setting and via telehealth

Graduate Assistant, Huntsville, Texas (2019-2020)

Engaged with faculty and staff at Sam Houston State University Main campus on current research, data collection, and data analysis. Conducted Master's interviews on behalf of faculty for counselor mental health counseling, school counseling, and marriage and family counseling programs.

Counselor, Chambers Counseling and Consulting, Houston, Texas (2016-2019)

Provided counseling services for children, families, adolescents, individuals, and couples, Provided supervision for counseling student intern.

Counselor, The Women's Home, Houston, Texas (2018)

Provided psychoeducation and process group counseling in residential treatment facility for women in alcohol and drug recovery

Mental Health Counseling Student Intern, Mayhill Behavioral Health Hospital, Denton, TX (2015-2016)

Provided counseling services in a mental health hospital including intakes, treatment planning, psychoeducation and process group counseling, individual and family therapy, staff meeting among psychiatrists, nurses, social workers, and counselors to discuss patient progress, and discharge interviews

Consultation and Supervision

Doctoral Student Site Supervisor, Sam Houston State University Trauma Center, The Woodlands, TX (2019)

Conducted onsite supervision for practicum class to observe sessions, process clinical work, and address any crisis situation

Doctoral Student Supervisor, Sam Houston State University, The Woodlands, Texas (2018-2019)

Conducted individual supervision with clinical mental health counseling practicum student once a week, observed live and recorded sessions, and conducted midterm and final evaluations

Site Supervisor for Mental Health Counseling Student Intern, Chambers Counseling and Consulting, Spring, Texas (2018-2019)

Conducted individual supervision with clinical mental health counseling practicum student once a week, acquired clients for her case load, observed live and recorded sessions, and conducted midterm and final evaluations

Teaching

Assistant Professor, University of St. Thomas, Houston, Texas (2021-present)

Course Taught: CMHC 5305, Helping Relationships
CMHC 5333, Abnormal Behavior
CMHC 5300, Introduction to Clinical Mental Health Counseling
CMHC 5310, Counseling Theories
CMHC 5320, Human Growth & Development
CMHC 5325, Psychopathology & Atypical
CMHC 6335, Practicum I/Crisis Intervention
CMHC 6340, Internship I
CMHC 6345, Internship II
CMHC 6350, Internship III
CMHC 5342, Pre/Adolescent Counseling Techniques
CMHC 6300, Human Diversity
CMHC 6315, Group Counseling
CMHC 6325, Lifestyle and Career Development
CMHC 6305, Spiritual and Religious Themes in Counseling
CMHC 6355, Professional Ethics, Practice, and Social Justice

Graduate Teaching Assistant, Sam Houston State University, Huntsville, Texas (2019-2020)

Courses Co-Taught: COUN 6374, Group Counseling (Online)
COUN 5394, Crisis and Trauma Counseling

Guest Lecturer, Sam Houston State University, Huntsville, Texas (2019)

Guest lectured for COUN 3321, Introduction to Helping Relationships

Research Agenda

Counselor Education and Development

- The development and growth of counselors from students to professionals
- Gatekeeping and growth of the counseling profession
- Advocating for high quality counselor education programs

Spirituality in Counseling

- Spirituality in counseling
- Competence and teaching spiritual competency in counselor education programs
- Spiritual development

Counseling Diverse Populations

- Educating minority students in counselor education
- Counseling minority clients
- Addressing barriers preventing minorities from accessing mental health services

Publications

Articles and Book Chapters in Progress

Vawda, S., **Daniel, A.**(2024). Creativity in the Classroom: Experiential Learning in Counselor Education [manuscript in progress].

Vawda, S., **Daniel, A.** (2024). "We Don't Talk About That": Sexual Health Experiences of South Asian Woman [manuscript in progress].

Brown, T., **Daniel, A.,** Marrow, T., & Watts, R. (data analyzed) Experiences of addressing spirituality in school counseling.

Daniel, A., Brown, T., Marrow, T. (data analyzed). Spirituality and mental health among South Asian Americans.

Presentations

Refereed

Mirghassemi, F., & **Daniel, A.** (2026). Sustaining the advocate: Integrating relational resiliency skills across counselor education. Texas Association of Counselor Educators and Supervisors Midwinter Conference. Georgetown, TX.

Vawda, S., & **Daniel, A.** (2026). Experiential activities in counseling courses to inspire diverse learners. Texas Association of Counselor Educators and Supervisors Midwinter Conference. Georgetown, TX.

Daniel, A., & Mirghassemi, F. (2025). The dance between cultural broaching and bridging: Conceptualizing intersectional identities. Texas Association of Counselor Educators and Supervisors Midwinter Conference. Austin, TX.

Daniel, A., Castellon, N. & Vawda, S. (2025). Empower, engage, evolve: Experiential learning for multicultural and social justice education. Texas Association of Counselor Educators and Supervisors Midwinter Conference. Austin, TX.

Daniel, A., Slaughter, C., & George, A. (2024). Discrimination in professional development: The experiences of South Asian American counselors. Texas Association of Counselor Educators and Supervisors Midwinter Conference. Georgetown, TX.

Vawda, S., & Daniel, A. (2024). Creativity in the classroom: Experiential activities for diverse learners. Presented at Texas Association for Counselor Education and Supervision Midwinter Conference, Georgetown, TX.

Daniel, A., & Li, Chi-Sing (2021). Implications of research: South Asian American counselor identity development. American Counselor Educators and Supervisors Conference. Atlanta, GA.

Daniel, A., & Brown, T. (2021). Addressing spiritual competency with school counselor-in-training. American Counselor Educators and Supervisors Conference. Atlanta, GA.

Daniel, A., & Li, Chi-Sing. (2021). Education and supervision of South Asian American counselors. University of Global Education Conference. Huntsville, TX.

Henriksen, R., Jr. & **Daniel, A.** (2020). Multiple heritage identity development. 16th Annual Diversity Leadership Conference. Huntsville, TX

Daniel, A., & Brown, T. (2019). Addressing the spiritual needs of students in the community. Texas Association of Counselor Education and Supervision Midwinter Conference. Fort Worth, TX.

Abraham (Daniel), A. (2019) Best practices for effective supervision of counselor-trainees and potential barriers. 2019 National Career Development Association Global Career Development Conference. Houston, TX.

Invited

Daniel, A. (2025). Don't stop believing: Hold fast to the truth that sets you free. International Bible Church. Houston, TX.

Daniel, A. (2025). Rooted in love panel discussion: How to pursue your mind and relationships Biblically. Houston Youth Pentecostal Fellowship. Houston, TX.

Daniel A. (2023). Keynote speaker: Sisterhood, self-discovery, serenity. Southwest Regional Women's Conference. Houston, TX.

Daniel A. (2023). An empty cup cannot pour out: The importance of mental health care. HOPE Ministry. Houston, TX.

Daniel A. (2022). The impact of racial identity on professional identity development. University of St. Thomas. Houston, TX.

Daniel, A. (2021). Mentorship training: Counseling vs. mentorship. Women of Worth Mentorship Training Seminar. Houston, TX

Daniel, A. (2020). Developing self-compassion and self-care in the South Asian Community. Women of Worth Self Care Workshop. Houston, TX

Abraham (Daniel), A. (2016). Project she/he has hope (SHHH): Silencing the silence of sexual abuse. Annual Women of Worth Conference. Dallas, TX

Abraham (Daniel), A. (2015). Sexual abuse in the Christian South Asian community. Mar Thoma Church Leadership Conference. Dallas, TX

Leadership and Service

University Service

- Member, Faculty Search Committee, University of St. Thomas, 2026
- Faculty Representative, [Admissions Committee], 2025–2026
- Member, Faculty Search Committee, University of St. Thomas, 2025

Department/Program Service

- Co-Chair, Clinical Mental Health Counseling Program, 2026–Present
- CACREP Accreditation & Compliance, Clinical Mental Health Counseling Program, 2026–Present
- Faculty Advisor, CMHC Student Ambassador/Mentor Program, 2022–Present
- Testing Coordinator, Clinical Mental Health Counseling Program, 2021- Present

Professional Service

- Secretary, Texas Career Development Association, TX (2023-2025)
- Emerging Leader, Texas Association of Counselor Education and Supervision, TX (2019-2020)
- Graduate Assistant, Sam Houston State University Huntsville, TX (2019-2020)

Awards

Genevieve Brown Scholarship Award, Sam Houston State University, Huntsville, TX (2019-2020