

Monica E. (Nelson) Kaule,

Ph.D, LPC, CSAT, CMAT

146 Neshannock Trails Dr New Castle PA 16108 • (814)-421-5456 • mnelson5084@gmail.com

Objective:

Dedicated mental health professional and educator seeking to contribute to the Mental Health Counseling field through clinical work, innovative teaching, supervision, consultation, and research-informed practices.

Teaching Philosophy Statement:

My teaching philosophy centers on fostering a constructivist learning environment where students are empowered to take charge of their education. I prioritize experiential learning, ethical practice, and the integration of diverse perspectives, aiming to ignite a passion for the counseling profession while preparing students to become compassionate and competent practitioners.

Supervision Philosophy Statement:

My supervision philosophy integrates a constructivist, solution-focused approach with the Integrated Development Model (IDM), fostering a collaborative supervisory alliance. I prioritize creating a safe learning environment that upholds ethical standards while promoting the professional growth and self-awareness of supervisees through regular feedback, evaluation, and self-assessment.

Education:

Indiana University of Pennsylvania, Monroeville, PA.

Doctorate, Counseling Education and Supervision

August 2022

Mount Aloysius College, Cresson, PA.

Master of Science, Community Counseling

May 2017

The Pennsylvania State University, State College, PA.

Bachelor of Science, Psychology

Focus: Biology and Evolutionary Science

May 2014

Highlighted Professional Work Experience:

Untethered Therapy Group

May 2021-July 2026

Psychotherapist/Clinical Director/Internship Program Coordinator

- Clinical Responsibilities
 - Manages caseload of ~15-20 individual and couples
 - Specializes in trauma, multiple addictions, couples
 - Running Groups
 - Presenting Workshops
 - Conducting Couples and EMDR intensives

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- Clinical Director Responsibilities
 - ~20 weekly hours
 - Conduct annual employee reviews
 - Answer any supervision or consultation questions for licensed and prelicensed staff
 - Provide supervision for masters level clinicians working towards licensure
 - Oversees client referral program
 - Co-facilitate monthly staff meeting
 - Interviewing and acceptance of new hires
 - Training new staff
 - Keeping employee records up to date
- Coordinator Responsibilities
 - Provides supervision and mentorship for practicum and internship students (~5 at a time)
 - Curriculum development and program development for practicum and internship program
 - Interviewing and accepting potential practicum and internship students
 - Coordinating and communicating relationships with students schools and field supervisors

Indiana University of Pennsylvania, Monroeville PA.

January 2020- May 2020

Temporary Instructor

- Instructed Master's level clinical course (Individual Practicum) in classroom setting
- Maintained contact and relationship with student's site supervisor
- Lecture planning, preparation and research
- Provided individual, group and triadic supervision
- Contact and teaching time with students
- Creating and evaluating exams and course work
- Integrating service-learning components to enhance student engagement and real-world application.

Professional Conferences:

Association for Counselor Education and Supervision (ACES)

2023

Presentations

- Kaule, & Delmonico, (2023). *Who's Supervising Who? The Reciprocal Supervisory Relationship*. Denver, CO.

Pennsylvania Chi Sigma Iota Conference (CSI)

2019

Presentations

- Nelson. (2019). *Fostering a Single Identity for Your Profession*. Pittsburgh, PA.
- Figurelli, Nelson, Uphold, & Pollard. (2019). *Uncovering Hidden Biases: Developing Awareness to Enhance Our Ability to Lead*. Pittsburgh, PA.

Association for Counselor Education and Supervision (ACES)

2019

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Presentations

- Uphold, & Kaule, (2019). *Addressing Roadblocks to Developing a Collective Professional Identity in Counselor Education and Supervision*. Seattle, WA.
- Pollard, Kaule, Uphold, & Stephens. (2019). *Digging Even Deeper: Helping Students and Supervisees to Address the Hidden Biases We Don't Discuss*. Seattle, WA.

Pennsylvania Counseling Association Conference (PCA)

2019

Pennsylvania Counseling Association Conference (PCA)

2018

Presentations

- Pollard, Nelson, & Uphold. (2018). *Practice Makes...Prepared: Fostering Professional Identity Using Group Practicum Training Experiences*. Pittsburgh, PA.
- Pollard, Nelson, & Uphold. (2018). *Getting Comfortable with the Uncomfortable: Hidden Biases We Often Ignore*. Pittsburgh, PA.

Assistantship:

Indiana University of Pennsylvania, Monroeville, PA.

with Dr. Brittany Pollard, Assistant Professor, Department of Counseling

Coordinator, Pittsburgh Graduate Counseling Programs

Graduate Assistantship

August 2018-December 2019

- Created curriculum and quizzes for masters level classes
- Co-presented at conferences

Research Experience:

Indiana University of Pennsylvania, Monroeville, PA.

Kaule, (2021). *Professional Identity Development among First-Year*

Doctoral Students in Counselor Education and Supervision:

A Qualitative Investigation [Doctoral Dissertation].

Indiana University of Pennsylvania, Monroeville, PA.

Pollard-Kosidowski, B. L., Kaule, M. E., Uphold, H., Losinger, C., & Stephens, A. F. (2024). *A*

Qualitative Investigation of Clinical Mental Health Counselors' Group Practicum Training Experiences. *Journal of Counselor Preparation and Supervision*

The Pennsylvania State University, State College, PA.

with Dr. Ginger Moore, Associate Professor of Psychology

Research Assistantship

2012-2013

- Researched the "Still Face Study"
- Interact coding program proficient
- Video-coded infants and mothers

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Certifications/License:

<i>Certified Sex Addiction Counselor (CSAT)</i>	April 2024
<i>Licensed Professional Counselor (LPC)</i>	February 2020
<i>Certified Mental Health Integrative Medicine Provider (CMHIMP)</i>	November 2019
<i>National Certified Counselor (NCC)</i>	May 2017- January 2019
<i>Certified Addictions Diplomat Counselor (CADC)</i>	May 2017
<i>Certified Wellness Coach</i>	November 2017
<i>Trained in Eye Movement Desensitization and Reprocessing (EMDR) Therapy</i>	November 2017

Advocacy:

<i>Pittsburgh Recovery Walk, Pittsburgh PA,</i> Advocacy/Volunteer/Participant	2018-2019
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Honors:

Chi Sigma Iota	2019- Present
National Society of Leadership and Success	2016-2017
Psi Chi National Honor Society in Psychology	2012-2014

Service:

<i>Pennsylvania Counseling Association (PCA)</i>	October 2018-2020
• Pennsylvania Association of Specialist in Group work (PASGW)	
◦ Newsletter & Social Media Coordinator	
• Pennsylvania Military and Government Counseling Association (PMGCA)	
<i>American Counseling Association (ACA)</i>	October 2018-2020
• American Counseling Education and Supervision Association (ACES)	
• Association for specialists in Group Work (ASGW)	
◦ Strategic Communications Committee	
<i>Divine Mercy University</i>	
• <i>IRB Alternative Member</i>	March 2026-Present
<i>Franciscan University of Steubenville</i>	
• <i>New Faculty Committee Member</i>	August 2026-Present

Technology & Telehealth Competencies:

- HIPAA-Compliant Platforms (SimplePractice, Zoom, Doxy, TheraNest)
- Learning Management Systems (D2L, Canvas, Moodle, Tevera, CORE ELMS,)
- Microsoft 365, Google Workspace, EHR systems
- Telehealth Documentation, Risk Management, and Remote Supervision Best Practices

Additional Professional Work Experience:

<i>The Counseling and Wellness Center of Pittsburgh, Pittsburgh PA.</i> Senior Psychotherapist	June 2020-July 2021
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- Independent contractor
- Responsible for maintaining own caseload of ~20-25 weekly clients
- Works with individuals and couples
- Provides treatment individuals with many different mental health diagnosis
- Collaborates as a part of a wellness team

Tadiso Inc., Pittsburgh, PA.

Addictions Specialist Counselor

August 2017-July 2020

- Conducted individual and group sessions in an office setting
- Worked with individuals diagnosed with substance use disorder and co-occurring disorders
- Provided case management referrals
- Conducted disciplinary case consultations when necessary
- Maintained caseload of 45-51 individuals

MAYA Organization, Pittsburgh, PA.

Counselor

May 2016-August 2017

- Conducted individual and couple counseling sessions in office and county jail settings
- Worked with individuals diagnosed with postpartum depression, anxiety, depression, PTSD, personality disorders, and substance abuse disorders
- Taught parenting and prenatal classes
- Maintained caseload of approximately 27 weekly clients
- Contributed to grant projects
- Participated in fundraisers
- Administered and scored psychometric tests

UPMC WPIC Early Intensive Behavioral Intervention Program, Pittsburgh, PA.

Therapeutic Support Counselor

September 2015-July 2016

- Conducted one-on-one behavioral treatment interventions in the school, home, and community settings
- Worked with children to age 6 with Autism Spectrum Disorder.
- Maintained caseload of approximately 3-5 clients

UPMC Home Nursing Agency, Altoona, PA.

Children's Behavioral Health Support Counselor

December 2014-September 2015

- Provided support for children in the home, community, school, and daycare settings
- Worked with children diagnosed with intellectual disabilities, Autism, ADHD, ODD, and Disruptive Behavior disorder
- Maintained caseload of approximately 3-5 clients

MAYA Organization, Pittsburgh, PA.

Internship

May 2016-May 2017

- Conducted individual counseling sessions in office and county jail settings

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- Developed and implemented curriculum
- Taught group parenting and prenatal classes in the office, county jail, and halfway house
- Worked with individuals diagnosed with postpartum depression, anxiety, depression, PTSD, personality disorders, and substance abuse disorders

Professional Development:

CMAT Love Addiction Training	November 2025
Child Abuse Identifying and Reporting (NetCE)	January 2025
Mental Health Issues Common to Veterans and their Families (NetCE)	January 2025
CSAT Modul 4 (IITAP)	June 2023
CSAT Modul 3 (IITAP)	January 2023
CSAT Modul 2 (IITAP)	May 2022
Yoga Skills for EMDR Therapists (Institute for Creative Mindfulness)	February 2022
Understanding Intensive EMDR (Institute for Creative Mindfulness)	February 2022
CSAT Modul 1 (IITAP)	September 2021
Externship in Emotionally Focused Therapy (ICEEFT)	July 2021
Trauma, EMDR Therapy, Addictions Part 1 (Institute for Creative Mindfulness)	June 2021
EMDR Reboot (EMDR and Beyond)	December 2020
Mandated Reporter Training	December 2019
Certified Mental Health Integrative Medicine Provider (CMHIMP)	November 2019
Leadership and Management Skills for Women (PRYOR)	July 2019
Partial Applications for Confidentiality (DDAP)	March 2019
Confidentiality (DDAP)	December 2018
Basic HIV (DDAP)	December 2018
Treating Anxiety Disorder (PESI)	November 2018
Behavioral Treatment of Chronic Pain (PESI)	October 2018
ASAM Criteria Skills Building	October 2018
Behavioral Treatment of Chronic Pain (DDAP)	October 2018
Addictions 101 (DDAP)	September 2018
TB/STD/Hepatitis (DDAP)	June 2018
Case Management (DDAP)	March 2018
Screening and Assessment (DDAP)	January 2018
EMDR Trainings	March 2017 & April 2017
When Survivors Give Birth workshop	March 2017
Real Alternatives Conference	March 2017

Extracurricular Activities:

<i>Gamma Phi Beta Sorority, The Pennsylvania State University</i>	2010-2012
Standards Chairwoman	
• Responsibilities included providing education regarding rules and regulations, addressing violations of said rules, representing organizations values, and promoting sisterhood.	

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