

# Lucas M. Perez, PhD, NCC

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## CURRICULUM VITAE

### Office Information

Auburn University  
345 W. Samford Avenue  
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## Education

### Ph.D. in Counselor Education, Expected May 2025

University of South Carolina (CACREP)

### Master of Science in Education, Mental Health Counseling, December 2021

Old Dominion University (CACREP)

### Bachelor of Science in Psychology, August 2019

Old Dominion University

### Bachelor of Science in Park, Recreation, and Tourism Studies, August 2019

Old Dominion University

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## Licensing and Certification

- Nationally Certified Counselor, National Board of Certified Counselors
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## Academic and Professional Experience

Auburn University – Auburn, AL

**Assistant Professor, Department of Special Education, Rehabilitation, and Counseling**

2025 -- Present

University of South Carolina – Columbia, SC

**Instructor of Record, Counselor Education; Department of Educational and Developmental Science**

2022 – 2025

University of South Carolina – Columbia, SC

**Graduate Assistant, AWAKE STEM NSF DRK-12**

January 2024 – 2025

University of South Carolina – Columbia, SC  
**Graduate Assistant, CarolinaLIFE**  
December 2022 – December 2023

University of South Carolina – Columbia, SC  
**Graduate Assistant, Athletic Academics Department**  
August – December 2022

**Substitute Teacher; Norfolk Public Schools**  
February – June 2022

- Instructed kindergarten through high school students on classroom assignments as outlined by instructor.
- Insured students were meeting learning objectives.

**LGBT Life Center, Norfolk Virginia – Counseling Intern**  
August – December 2021

- Provided individual counseling for teenagers and adults for presenting concerns.
- Coordinated integrated care for clients seeking gender affirming care.
- Conducted biopsychosocial intake interviews with clients.

Old Dominion University – Norfolk, Virginia  
**Graduate Assistant, Office of Clinical Experiences**  
August – December 2021

- Corresponding with graduate level students to conduct a background check for approval into a clinical site.
- Implemented three scholarships to be awarded to graduate students in the College of Education.

**Project Safe, Alexandria Virginia – Counseling Intern**  
January – July 2021

- Coordinated, tailored, and documented individual client sessions and five group counseling sessions for adolescents and teenagers weekly.
- Provided collaborative care.

**Instructional Assistant; Fairfax County Public Schools, Annandale High School**  
August 2020 – June 2021

- Met individually with students with learning needs to ensure learning goals were met.
- Co-taught special education courses to high school students with learning needs.

**Substitute Teacher; Fairfax County Public Schools**  
August 2019 – June 2020

- Instructed and facilitated set learning plans for kindergarten through high school students.
- Ensured learned standards were met based on teacher and administrative request.

## Fort Belvoir Behavioral Health Department – Recreational Therapy Intern

May – August 2019

- Planned, implemented, evaluated, and documented group and individual recreational therapy sessions with adolescents, teenagers, and adults.
  - Practiced under an integrated behavioral health model to assess and create treatment plans.
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## Research

### *In Press*

Fields, A. M., Thompson, C. M., Schneider, K. M., **Perez, L. M.**, Reaves, K., Linich, K., & Limberg, D. (2023). The State of Integrated Primary and Behavioral Health Care Research in Counselor Education: A Review of Counseling Journals. *The Professional Counselor (Greensboro, N.C.)*, 13(3), 206-. <https://doi.org/10.15241/amf.13.3.206>

Smith Hill, R. B., Fields, A. M., Castle, M., **Perez, L. M.**, & Plotner, A. J. (2024). Exploring the Personal Identity of College Students With Intellectual and Developmental Disabilities. *Emerging Adulthood (Thousand Oaks, CA)*, 12(4), 467–480. <https://doi.org/10.1177/21676968241245752>

Fields, A. M., Castle, M., Smith Hill, R. B., **Perez, L. M.**, & Lewis, O. J. (in press). Access and barriers to mental health resources for college students with intellectual and developmental disabilities: A qualitative inquiry. *Journal of Mental Health Research in Intellectual Disabilities*.

Fields, A. M., Waddington, A., Gilreath, R., Castle, M., Schneider, K., **Perez, L. M.** (in press) Development and Implementation of a Counseling Professional Identity Development Exercise. *Journal of Counselor Preparation and Supervision*.

Thompson, C., Fields, A. M., Schneider, K. M., **Perez, L. M.**, Limberg, D. (in press). Family Therapy and School Discipline Concerns: A 20-year Scoping Review of Interventions by Family Therapists and Clinical Mental Health Counselors. *The Family Journal*.

Fields, A., Smith Hill, R., Lewis, O., Castle, M., & **Perez, L. M.** (2025). Initial Evidence for Personal Development Support for College Students with Intellectual and Developmental Disabilities: Results from a Satisfaction Survey. *Journal of Inclusive Postsecondary Education*, 6(2). <https://doi.org/10.13021/jipe.2024.4105>

**Perez, L. M.**, Schneider, K. M., Dean, R., Limberg, D. (in press) Understanding the Perceptions of Wellness in Rural Communities: An Interpretive Phenomenological Analysis. *Journal of Mental Health in Rural Schools*.

**Perez, L. M.**, Fields, A. M., Limberg, D. (in press) Exploring Total Wellness Disparities Between Rural and Non-Rural Individuals: Implications for Counseling Practice. *Journal of Mental Health in Rural Schools*.

Kizys, D., Lotter, C., **Perez, L. M.**, Gilreath, R., Limberg, D. (in press) Integrating Community Assets, Place Based Learning, and Career Development Through Project Based Learning in Rural Settings. *Frontiers in Education*

### ***Manuscripts Under Review***

Schneider, K., LoDato, K. K., Fratzke, V., **Perez, L. M.**, Skeen, A., Ohrt, J. (2023) *Examining the implementation and efficacy of group psychodrama techniques to address client trauma: a systematic review*. Manuscript under review.

Fields, A. M., Smith-Hill, R. B., Lewis, O. J., Castle, M., Gilreath, R., Perez, L. M., Reynolds, M. A., Dean, R., Stinnett, C. V. (2025) *Experiences of College Students with Intellectual and Development Disabilities Developing and Maintaining Physical Wellness*. Manuscript submitted for publication.

Dean, R., Schneider, K. M., **Perez, L. M.**, Kim, T., Carlson, R. G. (2025) *Sex and Stigma: The Cisgender Woman's Experience*. Manuscript submitted for publication.

### ***Book Chapter***

Fields, A. M., Saunders, M., & **Perez, L. M.** (2023). Couples and family counseling considerations for the disability community. In Uwamahoro Williams, O., & Blount, A. J. (Eds). *Practical guide to couples and family counseling*. Cognella Publishing.

### ***Peer Reviewed International, National, and Regional Presentations***

Guest, J. D., Toomey, T. M., Garrison, P., Buell, R., LoDato, K. K., & **Perez, L. M.** (2022). "Okay, it's hit my school now": School Counselors' Experiences Attending an LGBTQ+ Competency Training. Southern Association for Counselor Education and Supervision. Baltimore, MD.

Fields, A. M., **Perez, L. M.**, Schneider, K. (2023). *Crash course in integrated care*. South Carolina Counseling Association. Hilton Head, SC.

Fields, A. M., **Perez, L. M.**, Schneider, K. (2023). *Exploring the Relationship Between Wellness and Integrated Care*. American Counseling Association. Toronto, Canada.

Fields, A. M., **Perez, L. M.** (2023). *An Interdisciplinary Approach for College Students Diagnosed with Disabilities*. American Counseling Association. Toronto, Canada.

Gilreath, R., Corder, A., Fields, A. M., Schneider, K., **Perez, L. M.**, Simmons, Z. (2023) *A Scoping Review of Empirical Research on Helping Professionals Working with At-Potential Youth in K-12 Nontraditional Education Settings*. Southern School Behavioral Health Conference. Myrtle Beach, SC.

Schneider, K., LoDato, K. K., Fratzke, V., **Perez, L. M.**, Skeen, A., Ohrt, J. (2023) *Examining the implementation and efficacy of group psychodrama techniques to address client trauma: a systematic review*. Association for Assessment Research in Counseling. Nashville, TN.

Schneider, K. M., **Perez, L. M.**, Gilreath, R., Fields, A. M., Limberg, D. (2023) *Experiences of Counselors Treating Clients with Histories of Trauma: A CQR Approach*. Association for Assessment Research in Counseling. Nashville, TN.

**Perez, L. M.**, Fields, A. M., Limberg, D., Schneider, K. *A Comparison of Overall Wellness in Rural and non-rural areas*. Association for Assessment Research in Counseling. Nashville, TN.

Schneider, K., LoDato, K. K., Fratzke, V., **Perez, L. M.**, Skeen, A., Ohrt, J. (2023) *Examining the implementation and efficacy of group psychodrama techniques to address client trauma: a systematic review*. Association for Counselor Education and Supervision. Denver, CO.

Fields, A. M., Smith-Hill, R. B., Castle, M., **Perez, L. M.** (2023) *An Interdisciplinary Approach for College Students Diagnosed with Disabilities*. Association for Counselor Education and Supervision. Denver, CO.

Schneider, K., LoDato, K. K., Fratzke, V., **Perez, L. M.**, Skeen, A., Ohrt, J. (2024) *Examining the implementation and efficacy of group psychodrama techniques to address client trauma: a systematic review*. American Counseling Association. New Orleans, LA.

Schneider, K. M., **Perez, L. M.**, Gilreath, R., Fields, A. M., Limberg, D. (2024) *Experiences of Counselors Treating Clients with Histories of Trauma: A CQR Approach*. American Counseling Association. New Orleans, LA.

Gilreath, R., Limberg, D., Castle, M., Sandonato, B., **Perez, L. M.**, Schneider, K. (2024) *Academic, Social-Emotional, and Career Development of At-Potential Students Attending a Nontraditional Education Setting: Student Voice*. Southern School Behavioral Health Conference. Myrtle Beach, SC.

**Perez, L. M.**, Schneider, K. M., Dean, R. (2024) *Utilizing Interpretative Phenomenological Analysis within a Rural Sample*. Association for Assessment Research in Counseling. Pittsburgh, PA.

**Perez, L. M.**, Schneider, K. M., Barnes, J., Rexrode, J., Limberg, D. (2024) *The Writing Process Among Tenured Faculty in Counselor Education: Implications for Scholarly Writing*. Association for Assessment Research in Counseling. Pittsburgh, PA.

Schneider, K. M., **Perez, L. M.**, Barnes, J., Rexrider, J., Limberg, D. (2024) *A Grounded Theory of Research identity Development of Tenured Counselor Educators*. Association for Assessment Research in Counseling. Pittsburgh, PA.

- Perez, L. M.,** Schneider, K. M., Dean, R. (2024) *Understanding the Perceptions of Wellness in Rural Communities*. Southern Association for Counselor Education and Supervision. Dallas, TX.
- Perez, L. M.,** Schneider, K. M., Barnes, J., Rexrode, J., Limberg, D. (2024) *The Writing Process Among Tenured Faculty in Counselor Education: Implications for Scholarly Writing*. Southern Association for Counselor Education and Supervision. Dallas, TX.
- Schneider, K. M., **Perez, L. M.,** Barnes, J., Rexride, J., Limberg, D. (2024) *Development of the Scholarly Self: Perspectives from Tenured Faculty Members on Research Identity*. Southern Association for Counselor Education and Supervision. Dallas, TX.
- Fields, A. M., Allard, K., **Perez, L. M.** (2024) *Qualitative Investigation of Barriers to Mental Health Resources for College Studies with IDD*. Southern Association for Counselor Education and Supervision. Dallas, TX.
- LoDato, K. Schneider, K., K., Fratzke, V., **Perez, L. M.,** Skeen, A., Ohrt, J. (2024) *Examining the implementation and efficacy of group psychodrama techniques to address client trauma*. Southern Association for Counselor Education and Supervision. Dallas, TX.
- Perez, L. M., Fields, A. M., Limberg, D., Munn, R. (2025) *Examining the Correlation Between Perceived Wellness in Rural and Non-Rural Clients*. American Counseling Association Conference. Orlando, FL.
- Schneider, K. M., **Perez, L. M.,** Barnes, J., Howell, J., Limberg, D. (2025) *Development of the Scholarly Self: Perspectives from Tenured Faculty Members on Research Identity*. Association for Assessment Research in Counseling. Daytona Beach, FL.
- Dean, R., Schneider K. M., **Perez, L. M.,** Kim, T., Carlson, R. (2025) *Sex and Stigma: A Cisgender Woman's Experience*. Association for Assessment Research in Counseling. Daytona Beach, FL.
- Perez, L. M.,** Limberg, D. (2025) *Examining Perceptions of Rurality and Wellness in Rural Settings*. Association for Assessment Research in Counseling. Daytona Beach, FL.

### ***Grant Funding in Review***

Keup, P. Principal Investigator, Garner, J. Co-Principal Investigator, Tissot, K, Co-Principal Investigator, Plotner, A. J., Co-Principal Investigator, **Saunders, M. Contributing Author,** & Perez, L. M. (August, 2023). *South Carolina Pathways Project: A Disability-Led Collaborative Model for Student Success*. U.S. Department of Education. \$9,900,000 requested to receive over the course of five years. Funded Entities: SC Department of Education, SC Division of Vocational Rehabilitation, and the University of South Carolina. Subcontract \$500,000 to USC.

Fields, A. M., Lewis, O., & **Perez, L. M.** (Submitted May 2023). *Addressing College Students with Intellectual and Developmental Disabilities' Self-Determination and Wellness: A Single-Case Research Project*. Association for Assessment and Research in Counseling (AARC) Sponsored Scholarship Program (SSP). Requested \$2,500.

**Perez, L. M.** (Submitted August 2023). *Examining Perceptions of Wellness Barriers and Awareness of Wellness in Rural Communities*. Southern Association for Counselor Education and Supervision (SACES) Research Grant.

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## Teaching

### *Teaching Experience*

#### *Instructor of Record*

##### University of South Carolina

EDCE 340 Counseling Through a Multicultural Lens: Understanding Self and Others (Fall 2023, Fall 2024)

EDCE 570 Seminar in Counseling (Spring 2023, Fall 2023, Spring 2024)

EDCE 520 Wellness and Mental Health (Spring 2023, Spring 2024)

#### *Teaching Assistant*

EDCE 600 Communication Skills in Counseling – Summer 2022, Instructor – Dr. Jessie Guest

#### *Guest Speaker*

COUN 8400 Professional and Ethical Issues for Counselors – Fall 2023, University of Nebraska – Omaha

COUN8920 DSM & Treatment Planning – University of Nebraska – Omaha (Fall 2023, Spring 2024)

#### *Supervision*

EDCE 802S Secondary School Counseling Practicum (Fall 2023, Spring 2024, Fall 2024)

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## Service

### *Professional Organizations*

Rural Interest Network – co-chair

Southern Association for Counselor Educators and Supervision – Emerging Leader

Climate Justice in Counseling Interest Network -- Member

### *Current Member*

American Counseling Association (ACA)  
Association for Counselor Educators and Supervisors (ACES)  
Southern Association for Counselor Educators and Supervisors (SACES)  
Association for Assessment and Research in Counseling (AARC)

***Professional Service***

Graduate Student Counseling Panelist for an Undergraduate Q & A Session September '22;  
Introduction to the Counseling Profession, Instructor: Rachel Gilreath; University of  
South Carolina; Columbia, South Carolina

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**Advanced Training and Awards**

- 2024 Emerging Leader, Southern Association for Counselor Educators and Supervisors  
(SACES)
- 2024 Career Influencer Award, The University of South Carolina Career Center.
- 2023 Certificate of Teaching Appreciation, Center for Teaching Excellence, University of  
South Carolina.
- 2021 Compassion Fatigue Training, Virginia Beach Christian Counseling, conducted by  
Dr. Chuck Carrington

*(Updated September 30, 2025)*