

Heloise J. Ridley

Phone: 570-795-9757

Email: lois@hopecounselingwell.com

Education

EdD Candidate, Education Leadership, Expected Spring 2023

Wilkes University

Research: Supporting the Education of College Students of Color utilizing Culturally Responsive Trauma Informed Care

Advisor: Professor Paul Reinart

MA, Professional Counseling, December 2017

Liberty University

Group Counseling Immersion: Anti-Human Trafficking with Nea Zoi Ministries

Location: Athens, Greece

Specialization Track, Global Trauma Recovery, August 2017

Biblical Theological Seminary - Global Trauma Recovery Institute

Global Trauma Recovery Immersion: Domestic Abuse

Location: Kigali, Rwanda

Trauma Healing Immersion: Resettled Refugees and Youth Retreat

Location: Louisville, Kentucky

Trainers: Professors Diane Langberg, Phil Monroe, Heather Evans and Carol King

MBA, Marketing and International Business, May 1993

Pennsylvania State University

BS, Chemistry, May 1989

Lincoln University

Research/Presentation Experience

Multicultural Counseling Research, Liberty University, June 2021

- Immersion Research: Exploring Culturally Responsive Counseling Amidst Covid-19, Impact on Schools and Non-Profits
- Location: Cape Town and Johannesburg, South Africa

Doctoral Researcher, Wilkes University, August 2018 - present

- Conducted primary and secondary source research utilizing multiple archival databases and other resources
- Pilot study: "Implementation of Trauma Informed Educational Practices (TIEP) adapted for the special education classroom to foster resilience and academic performance of vulnerable high school students"
- Examined the literature of Gloria Ladson-Billings, Shantel Crosby, Judith Herman, Sandra Bloom, Bessel van der Kolk, Zaretta Hammond, Bruce Perry, Jim Sporleder, Curt Thompson, Geneva Gay, Sandra Chafouleas, Joy DeGruy, Stacy Overstreet, Diane

Langberg, Jack Saul, Meagan Corrado, Lisa Blitz, Peter Levine, and others to develop perspectives from trauma theory, trauma informed care, developmental neuroscience, and culturally responsiveness, to apply these concepts towards improved supportive education for traumatized students of color

Production Consultant, Echo Ultrasound, June 1992 - August 1992

- Analyzed production and administration process flows for product line, Multibeam Transesophageal Probes, designed program to address cost and time savings
- Supervised initial implementation teamwork and software recommendations, interfaced with product managers, ISO administrators, engineers, and production assemblers

Analytical Research Chemist, Supelco, July 1989 - August 1991

- Investigated marketplace opportunities for established product lines
- Co-authored journal article: Temperature dependence of equivalent chain length values on capillary columns of different polarity, March 1991, *Journal of High-Resolution Chromatography* 14(3):191-195
- Presented research article: American Oil Chemist Society Conference
- Developed chromatography columns and accessories: Food and Beverage, petroleum, and chemical industries

Relevant Experience

Counselor, Wilkes University, September 2021 - present

- Provided individual therapy to diverse caseload of undergraduate students
- Collaborated with staff and administration for crisis evaluation and case management

In-school Counselor, Lakeside Educational Network, August 2018 - August 2021

- Provided counseling, psychoeducation, and crisis intervention for high school students
- Collaborated with families, case managers, district, and providers for service coordination with alternative education program

Counselor, Cornerstone Counseling Ministries, January 2018 - present

Intern, January 2017 - December 2017

- Provided faith-based trauma-informed counseling services: adult, adolescent, and family
- Supported 6 interns: shadowing and support through clinical feedback
- Internship: responded to incoming contacts, completed intakes, and assigned counselors

Member Caregiver, Safe Place Ministry, February 2019 - present

- Offered faith-based individual member care services for service organizations' staff
- Provided client trainings online and in person for non-profit organizations: children and trauma, Critical Incident Stress Debriefings (CISDs), when trauma hits the family, racialized trauma, anxiety cycle and provider self-care
- Service provider and first responder trauma-informed care training, Jamaica: children and trauma, the potential impact of trauma on family systems

Mobile Therapist, Penn Foundation, April 2018 - July 2020

- Provided in-home therapeutic intervention to children 2-18 years old with their families, coordinated support with BSC, psychologists and psychiatrists
- Assisted families with implementation of treatment plan goals and crisis safety planning

Family Based Mobile Intern, MCC Warwick Family Services, August 2016 - January 2018

- Collaborated with team to provide Ecosystemic Structural Family Therapy (ESFT)
- Intensive weekly individual, parenting, and family therapy: clinical ecomaps, conflict patterns, genograms, progress reports, timelines, and biopsychosocial
- Provided therapeutic services in home, schools, and community
- Addressed underlying trauma exposure and conditions contributing to children and parents: anxiety, depression, ADHD, eating disorders, ASD, grief, suicidality, abuse and complex trauma

Founder & Instructor, Ridley Homeschool, January 1998 - July 2017

- Home-educated 6 children using various teaching methods and cooperative learning environments and online. Graduated 3 students into higher education.
- Created and utilized curricula to instruct K-12 students
- Mom blogger/reviewer for forums and local newspapers

Co-Founder & Instructor - TRACCHS Homeschool Co-op, June 2010 - June 2013

- Co-founded TRACCHS: leadership board, history/literature instructor, scheduling
- Collaborated to provide community-wide "Hands-On History" events: Medieval Era, Renaissance/ Shakespeare, Colonial Era, Westward Ho and The Civil War

Co-Founder & Instructor - Tapestry of Grace™ Homeschool Co-op, June 2009 - 2015

- Co-lead and served as administrative and financial liaison with Lampstand curriculum
- Recruited internationally and trained homeschool parents for online instruction
- Educated high school and middle school students on Blackboard: classical history and literature

Advertising Sales Executive, CDT Knight Ridder, June 1994 - August 1996

- Managed \$600,000+ sales territory, generated 20% increase in revenues
- Served 200+ clients: developed advertising campaigns for their business priorities

Advertising and Promotion Specialist, CCOR Electronics, October 1993 - August 1994

- Coordinated promotions for company's regional, national, and international trade show programs
- Organized national and international media programs, coordinated ad agency to produce marketing materials

Professional Teaching & Advising Experience

Adjunct Professor, March 2022 - present

Graduate School of Counseling, MISSIO Seminary

- Instructed graduate course: Social and Cultural Diversity in Counseling

Counselor, Cornerstone Counseling Ministries, January 2018 - present

- Trauma healing: Support and train facilitators in Greater Lehigh Valley Community of Practice partnership with Trauma Healing Institute (THI) and regional non-profit organizations and churches
- Provide community trainings: suicide/self-harm prevention and parenting

In-School Counselor, Lakeside Educational Network, August 2018 - August 2021

- Coached educators and staff trauma informed care to increase student's engagement, attendance, and productivity

Adjunct Professor, August 2012 - December 2012

Strayer University

- Instructed hybrid undergraduate Marketing course
- Training: adult pedagogy, student success and engagement, instructional effectiveness

Graduate Mentor, August 1991 - June 1992

Smeal College of Business, Pennsylvania State University

Community Service

Children & Youth Pastor, Father's House Christian Fellowship, September 2008 - 2018

- Created and taught biblical curriculum for high-risk inner-city youth
- Coached parents: spiritual development, runaways, self-harm, internet, addictions, and depression
- Mentored young adults, career, and college coaching
- Organized and facilitated: road trips, summer camps, fundraisers, missions and service

Parent Coach and Speaker, Ridley Concepts & Solutions, October 2006 - 2017

- Provided outreach/parent coaching: character, crisis, communication, and internet safety
- Trained students online
- Presented 3 years ENOCH NJ State Homeschool Convention: internet safety, teaching, and parenting

Children & Youth Leader, Destiny Ministries, October 2006 - June 2008

- Toured: mime, dance and flag worship performances in churches, fairs, and conferences

Teacher, Root Cellar, December 2003 - June 2004

- Provided weekly activity time and lessons, immigrant resettled refugee students, ages 6-10
- Coordinated professional dance lessons for middle school children with local dance school

Leadership Team, Ray of Hope, October 2002 - 2005

- Co-founded a youth center to cultivate student social skills, self-esteem, and safety
- Supported training, counseling, and activities for youth
- Coordinated fundraising, community outreach, public relations, marketing, and advertising

Community Outreach, September 1990 - June 1996

- Provided weekly ministry outreach for Penn State University students and residents
- Offered peer counseling, economic training, and mentoring

Relevant Training

- Master Facilitator in Training (MFIT) - Trauma Healing Institute
- Lakeside Education Network, Neurologic™
- Level I Therapist, Accelerated Experiential Dynamic Psychotherapy (AEDP)
- Ecosystemic structural family therapy (ESFT)
- Trauma Art Narrative Therapy™
- Ordination - Pastoral Counseling, Destiny Ministries
- Facilitator, SYMBIS™ Saving Your Marriage Before it Starts
- Expressive Arts Therapy, Trauma Research Foundation

Professional Associations

- Vision Collective Leadership, Accelerated Experiential Dynamic Psychotherapy (AEDP)
- Board Member, K-12 School
- American Association of Christian Counselors (AACC)
- American Counseling Association (ACA)
- Credentialing, National Board for Certified Counselors (NCC)