

Emily Lutringer, Ph.D., LPC, RPT, NCC

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Education

- **The Chicago School of Professional Psychology** — Ph.D., International Psychology, Trauma Specialization (2025)
 - *Dissertation:* Lived Experiences of Resilience in Syrian Refugee Young Adults in Germany.
 - Field experiences: Philippines (capacity-building project for nonprofit addressing extrajudicial violence survivors); Germany (youth refugee research); Ghana and Kuwait (global mental health collaborations).
 - Relevant coursework: trauma psychology, global mental health, humanitarian response, human rights advocacy.
- **Adams State University** — M.A., Clinical Counseling (2013)
 - Advanced clinical training in therapeutic assessment, counseling techniques, and play therapy integration.
 - Graduate Assistant: supervised practicum students and supported assessment reviews.
- **Naropa University** — B.A., Interdisciplinary Studies – Cultural Sustainability (2007)
 - *Thesis:* Deep Sustainability in the San Luis Valley of Colorado.
 - Focus: horticulture, writing, religious studies, and anthropology; contributed to university greenhouse and experiential gardens.

Professional Experience

- **Culture & Diversity Consultant** — Emic Cultural Consultants Collective (July 2020 – May 2025)
 - Provided services in Colorado, across the U.S., and internationally to address systemic racism and build anti-racist cultures.
 - Delivered education, mentoring, policy guidance, mediations, and facilitated difficult conversations for individuals, organizations, and communities.
- **Telehealth Therapist** — SonderMind, Remote (2020 – Present)
 - Provided secure telehealth therapy services to clients across Colorado.
 - Specialized in supporting children, adolescents, and adults navigating trauma, life transitions, and mental health challenges.

- Collaborated with clients to develop tailored treatment plans and coordinated care with medical and educational professionals.
- **Private Practice — Clinical Counseling** — LPC & RPT, La Jara, CO **(Feb 2016 – Mar 2022)**
 - Provided individual and family therapy for children, adolescents, and adults using trauma-informed, developmentally attuned approaches.
 - Integrated non-directive/directive play therapy, art therapy, trauma-focused CBT, mindfulness, and feminist & social-justice-oriented practices.
 - Credentialed with Medicaid, Cigna, Triad EAP and others; collaborated with schools and community partners in a rural, underserved region.
 - www.emilylutringer.com/therapy.
- **Program Development & Implementation** — Alpine Achievers Initiative, Alamosa, CO **(Oct 2019 – Feb 2020)**
 - Developed, implemented, and taught classes on cooking and social-emotional skills in short-format camps for ages 4–16.
 - Coordinated logistics and materials to expand access to enrichment programming in a rural, low-resource setting.
- **Clinical Counselor & School-Based Counselor** — San Luis Valley Behavioral Health Group, Alamosa, CO **(Aug 2012 – Jan 2016)**
 - Delivered crisis stabilization, diagnostic assessments, and ongoing counseling to underserved and minority communities.
 - Facilitated therapeutic groups for children and families; led *Love and Logic* parenting groups in partnership with local schools.
- **Director & Service Provider** — Antonito Food Bank & La Puente Community Outreach Services **(Apr 2008 – Aug 2012)**
 - Directed day-to-day operations; coordinated regional partnerships to support food security for local families and individuals.
 - Managed volunteers, intake, and distribution; collaborated with other food banks and community resources across the San Luis Valley.

Teaching Experience

- **Course Development Collaborator** — The Chicago School of Professional Psychology **(2022 – 2025)**
 - Co-designed curriculum for short-term study abroad and international field experiences focused on culturally responsive, community-driven mental health interventions.
 - Developed course materials integrating global psychology, service-learning, and social justice frameworks.
 - Collaborated with international partners to design immersive learning opportunities that emphasized sustainable community engagement and cross-cultural competence.
- **Graduate Teaching Assistant** — The Chicago School of Professional Psychology **(2019 – 2025)**

- Assisted with course delivery, grading, and curriculum development for graduate-level psychology courses.
- Supported students in cross-cultural field experiences, including international service-learning projects and community-based interventions.
- Guided graduate students in reflective practice and integrating decolonized frameworks into their fieldwork and research projects.
- **Assistant Professor** — Adams State University **(2014)**
 - Independently taught and co-taught counseling skills courses for first- and second-year graduate students during a summer intensive program.
 - Designed experiential learning activities to build practical counseling competencies and applied multicultural counseling approaches.
- **Teaching Assistant** — Dr. Susan Varhely, Adams State University **(2013)**
 - Facilitated graduate students' clinical counseling "fishbowl" sessions to enhance applied therapeutic skills.
 - Provided tailored feedback on student development and collaborated on performance evaluation and grading.

Field-Based Teaching & Program Development

- Supported design and facilitation of international field experiences in Ghana, Kuwait, Germany, and the Philippines, integrating cross-cultural psychology and service-learning models.
- Collaborated with local organizations and community leaders to co-create ethical, decolonized frameworks for global mental health engagement.
- Developed pre-departure and re-entry materials, including safety planning, reflective exercises, and culturally adaptive resources.
- Guided graduate students in applying trauma-informed care strategies within diverse cultural contexts.
- Received positive feedback from program evaluations for strengthening cross-cultural engagement and supporting ethical global practice.

Presentations & Workshops

- Preparing for Your Oral Dissertation Defense — The Chicago School of Professional Psychology **(2025)**
 - Delivered an instructional session to Ph.D. residency students on successfully preparing for oral dissertation defenses.
 - Highlighted strategies for framing research findings and handling committee questions effectively.
- How Do You Know If Your Research Is Relevant to International Psychology? — The Chicago School of Professional Psychology **(2025)**
 - Presented to Ph.D. residency students on identifying research that contributes to international psychology.
 - Explored intersections of global mental health, culture, and community-based frameworks.

- Conference Presentation — Field Experiences in International Psychology — The Chicago School of Professional Psychology **(2021)**
 - Presented on differences between virtual and on-ground field experiences in graduate-level international psychology programs.
 - Discussed best practices for designing immersive, culturally competent field experiences for students.
- APA Lightning Talks — Host — American Psychological Association Convention **(2021)**
 - Hosted a series of lightning talks on global psychology, diversity, and cross-cultural resilience research.
 - Engaged international participants to foster inclusive academic exchange.
- Moderator & Host — Middle Eastern Psychological Association Conference **(2021)**
 - Moderated panel discussions and coordinated speaker transitions for an international audience.
 - Facilitated dialogue among global mental health professionals, highlighting cross-cultural perspectives.
- Workshop Facilitator — Culturally Sensitive Mental Health in International Humanitarian Crises **(2020)**
 - Led an interactive workshop exploring trauma-informed approaches in global crisis settings.
 - Focused on integrating cultural humility and community-driven frameworks in humanitarian mental health interventions.

Professional & Community Engagement

- Peer Reviewer — Journal of Aggression, Maltreatment & Trauma; Journal of Family Trauma, Child Custody & Child Development; Journal of Child Sexual Abuse **(Dec 2020 – Present)** — [Publons profile](#)
- Student Committee Member — APA Division 52 (International Psychology) **(Jan 2021 – Present)** — Earned Certificate of Appreciation for substantial involvement.
- Disaster Mental Health Volunteer — American Red Cross **(Apr 2018 – Present)**
- DEI Community Group Development — The Chicago School of Professional Psychology & Saybrook University **(June 2021 – Oct 2021)**
- Board Member — Conejos County Planning Commission & Land Use **(Mar 2016 – Present)** — Contributed to first-ever county regulations for short-term lodging.
- Student Representative, Board Member — Colorado Association for Play Therapy **(Sept 2019 – Sept 2021)**
- Community Garden Developer — LiveWell Colorado, Conejos County **(2011 – 2015)** — Created a school garden for La Jara Elementary; collaborated on gardens for Antonito K-12 and Centauri High School.
- Capacity-Building Program Developer — Nonprofit Partnership, Philippines **(2018 – 2019)** — Designed and piloted a trauma-informed program for survivors and families impacted by extrajudicial violence.

Appendix — Full Trainings, Certifications & Conferences

Trauma & EMDR

- Trauma-Informed Practices in Cross-Cultural Field Settings (2018)

- Psychological First Aid / Disaster Response (2019)

Play Therapy & Child/Adolescent

- Registered Play Therapy Training Series (various)

Global / International / Cultural

- Global Mental Health Interventions (TCS, 2021)
- Humanitarian Crisis Response (TCS, 2021)

Humanitarian, Crisis & Disaster

- International Humanitarian Crisis Workshop: Culturally Sensitive Mental Health (2020)

DEI & Community

- DEI Community Group Development (2021)

Other Professional Development

- Various continuing education workshops and conferences (see original CV for full list)

Master CV — generated from canvas content. Locked sections preserved as finalized.