

LEAH N. KEPLEY, M.Ed.

Counseling Psychology Doctoral Candidate

P: (615) 681-2155 E: lkepley@tnstate.edu

CURRENT POSITION

Pre-doctoral Psychology Intern

August 2025 – Current

University Counseling Center (APA-Accredited)

Baylor University

EDUCATION

Ph.D. Counseling Psychology, Tennessee State University

2026

APA-Accredited

Dissertation: *Reconceptualizing Grief: Impacts of Death and Non-Death Loss on Gen Z Young Adults*

Committee: Dr. Robin Oatis-Ballew (chair), Dr. Brooke Rappaport, Dr. Lisa de la Mothe, Dr. Gina Frieden

M.Ed. Human Development Counseling, Vanderbilt University

2021

CACREP-Accredited

Concentration in Clinical Mental Health Counseling

B.S. Applied Mathematics, Trevecca Nazarene University

2018

cum laude

Minors in English, counseling

AWARDS

Outstanding Student Researcher, Annual Faculty-Nominated Award

Spring 2025

Counseling Psychology Doctoral Program, Tennessee State University

DOCTORAL PRACTICUM EXPERIENCE

Nashville Psych

Nashville, TN

Psychotherapy Practicum

May 2024 – May 2025

Clinical Supervisor: Nisha Bhatt, Psy.D.

- Provided individual therapy for adults struggling with moderate-severe mental illnesses, trauma, anxiety, depression, relationship concerns, ASD, ADHD, personality disorder

diagnoses, substance abuse, anger management, grief, life transition, and family of origin issues in a private practice in an urban setting

- Attended a weekly *assessment* group supervision meeting and a weekly *case consultation* group supervision meeting
- Provided services to a diverse group of students including those of various racial/ethnic identities, sexual orientations, gender identities, socioeconomic statuses, and religious beliefs.
- Selected, interpreted, and integrated two personality assessments into treatment planning
 - PAI (Personality Assessment Inventory)
 - MMPI-3 (Minnesota Multiphasic Personality Inventory - 3)

Trevecca Nazarene University Counseling Center

Psychotherapy Practicum

Clinical Supervisor: Brooke Rappaport, Ph.D.

Nashville, TN

August 2023 – May 2024

- Provided ongoing individual therapy to traditional and non-traditional university students aged 17-54
 - Assisted clients with an array of interpersonal, developmental, identity, and adjustment issues; psychopathology (including depression, anxiety, panic, PTSD); trauma; suicidality; self-harm; grief/bereavement; ASD; career planning and decision making; and substance misuse
- Conducted structured and semi-structured intake assessments, created and maintained schedule of clients following initial referral contact
- Provided crisis walk-in counseling and crisis intervention
- Organized and lead outreach activities on campus including a booth at a student resources fair; psychoeducational talks with multiple classes and student groups; and a monthly open psychoeducational event
- Intake and diagnostic screeners
 - Counseling Center Assessment of Psychological Symptoms- 34 (CCAPS- 34)
 - Columbia Suicide Severity Rating Scale (C-SSRS)
 - Adverse Childhood Experience Questionnaire (ACEs)
 - Patient Health Questionnaire-9 (PHQ-9)
 - Pittsburg Sleep Quality Assessment (PSQI)
 - PTSD Symptom Checklist for DSM-5 (PCL-5)
 - Generalized Anxiety Disorder Assessment (GAD-7)
 - Eating Attitudes Test (EAT-26)

SUPERVISED PROFESSIONAL EMPLOYMENT

Centerstone

Nashville, TN

School-Based Therapist

July 2021 – June 2022

Clinical Supervisor: Cindy Cothran, LPC-MHSP

- Provided virtual and in-person individual, group, and family therapy to individuals ranging in age from 5-75 in an elementary school and a high school setting
 - Clients were enrolled in TennCare, the state Medicaid program, and often struggled with stressors associated with economic and social disadvantages
 - Assisted clients with an array of difficulties including ADHD, ASD, depression, anxiety, truancy, developmental disorders, learning disabilities, psychosis, suicidality, self-harm, complex trauma, substance misuse, oppositional defiant and intermittent explosive disorders
 - Advocated and provided psychoeducation to students, families, and school administration surrounding client difficulties
- Conducted structured intake assessments and risk assessments
- Collaborated with teachers, school administrators, school counselors and social workers, and medication providers to ensure comprehensive support for students
- Contacted Tennessee Department of Children’s Services in cases of suspected or identified abuse or neglect
- Intake and diagnostic screeners
 - Columbia Suicide Severity Rating Scale (C-SSRS)
 - Adverse Childhood Experience Questionnaire (ACEs)
 - Patient Health Questionnaire-9 (PHQ-9)
 - PTSD Symptom Checklist for DSM-5 (PCL-5)
 - Generalized Anxiety Disorder Assessment (GAD-7)

MASTER’S LEVEL CLINICAL EXPERIENCE

Belmont University Counseling Services

Nashville, TN

Masters-Level Psychotherapy Internship

August 2020 – May 2021

Clinical Supervisor: Suzanne Rhinehardt, LCSW

- Provided strengths-based, solution-focused individual counseling via telehealth for undergraduate and graduate students aged 17-35
 - Assisted clients with an array of interpersonal, developmental, identity, and adjustment issues; psychopathology (primarily depression, anxiety, panic, OCD, and PTSD); trauma; suicidality and self-harm; grief/bereavement; religious

identity concerns; career planning and decision making; eating disorders or eating concerns

- Conducted brief consultations and intake assessments in order to triage students in need of mental health care or other support
- Organized and implemented multiple on-campus outreach activities like campus support fairs and presentations to clubs to share information about BUCS and general mental health services for college students
- Led and co-led a self-compassion psychoeducational group and an open interpersonal processing group
- Intake and diagnostic screeners
 - Counseling Center Assessment of Psychological Symptoms-34 (CCAPS- 34)
 - Columbia Suicide Severity Rating Scale (C-SSRS)
 - Adverse Childhood Experience Questionnaire (ACEs)
 - Patient Health Questionnaire-9 (PHQ-9)
 - Pittsburg Sleep Quality Assessment (PSQI)
 - PTSD Symptom Checklist for DSM-5 (PCL-5)
 - Generalized Anxiety Disorder Assessment (GAD-7)
 - Eating Attitudes Test (EAT-26)

Domestic Violence Division of Metro Nashville Police Department

Nashville, TN

Masters-Level Psychotherapy Practicum

January 2020 – June 2020

Clinical Supervisor: Heidi Bennett, LPC-MHSP

- Provided ongoing individual counseling for survivors of interpersonal violence ranging in age from 16-65
 - Primarily assisted clients with difficulties surrounding sexual assault and domestic violence; clients often struggled with complex trauma, PTSD, and stressors associated with economic and social disadvantages
- Collaborated with Family Intervention Program of MNPd and the Family Safety Center to establish multidisciplinary services for clients including food bank services, legal support especially orders of protection and next steps, transportation support, and language support through law-based interpreters
- Conducted semi-structured intake assessments, crisis walk-in therapy, and crisis intervention
- Made initial phone contact with survivors to offer services via allocated MNPd incident reports

CLINICAL SUPERVISORY EXPERIENCE

Individual Clinical Supervisor

August 2024 – December 2024

Tennessee State University

- Provided biweekly individual supervision with a Clinical Mental Health master's level intern
- Provided support and assistance with case conceptualization, notetaking, risk assessments, complex attending skills, and counselor self-efficacy and identity development
- Processed supervisory experiences and presented on supervision process in Supervision course through supervision of supervision

Clinical Group Supervision Co-Facilitator

January 2024 – May 2024

Trevecca Nazarene University Counseling Center

- Co-facilitated a closed process group for master's level practicum students spanning their first semester providing counseling services
- Assisted in communicating and managing onboarding process for new clinicians
- Provided support and assistance both in-group and outside-group with case conceptualization, notetaking, risk assessments, and basic attending skills

Dyadic Clinical Supervisor

January 2024 – May 2024

Trevecca Nazarene University Counseling Center

- Conducted dyadic supervision with Clinical Mental Health master's level interns at differing training levels
- Oversaw and approved supervisee administrative tasks
- Provided support and assistance with case conceptualization, notetaking, risk assessments, complex attending skills, and post-graduation transition
- Processed supervisory experiences in individual supervision of supervision

RESEARCH EXPERIENCE

Career Commitment and Retention in STEM (CCRS)

May 2022 – August 2025

Underrepresented Students' Higher Ed Retention Research

With Dr. Marie Hammond, Tennessee State University

- Contributing to organizing and writing journal articles to be submitted for publication
- Assisting in developing and submitting grant proposals to the NSF
- Organizing and implementing project tasks as delegated by PI and Co-PIs on the grants

- Engaging with and writing-up lit reviews, mentoring volunteers and research team members, and completing other research-related tasks

Anti-Sex Trafficking Publication Meta-Study Research

June 2023 – May 2025

With Dr. Lindsay Mills, Phoenix, AZ

- Gathered and organized relevant research articles based on project needs
- Extracted variable information and coded articles according to study particularities
- Collaborated with additional coders to ensure concordance
- Assisted with writing manuscript for publication

Counseling Journal Publication Characteristics Research

May 2019 – December 2020

With Dr. Bradley Erford, Vanderbilt University

- Gathered, organized, and assisted in building data management systems for study research articles
- Extracted variable information and coded articles according to study particularities
- Collaborated with additional coders to ensure concordance
- Assisted with writing manuscripts on three projects for publication in counseling journals

Working Memory Special Education Research

August 2018 – May 2020

With Dr. Lynn Fuchs, Fuchs Research Group, Vanderbilt University

- Directly implemented a second-grade math intervention to treatment subjects and a general tutoring protocol to control subjects
- Administered and scored students' project tests in order to determine risk and appropriateness of fit to receive intervention
- Administered post-tests, scored tests, entered data, and checked for project fidelity

Counselor Characteristics Research

January 2019 – January 2020

With Dr. Heather Smith, Vanderbilt University

- Collaboratively built hypotheses around the overlap between counseling training and researcher Dr. Elaine Aron's Highly Sensitive Person framework
- Developed and maintained project database
- Conducted informal interviews on members of various cohorts in the Human Development Counseling program at Vanderbilt University

PROFESSIONAL PUBLICATIONS

Mills, L. K., Mahoney, G-E., Monroig, M., & **Kepley, L. N.** (2025). A content analysis of human trafficking research addressing mental health. *Professional Psychology: Research and Practice*. Advance online publication. <https://doi.org/10.1037/pro0000658>

- Hammond, M. S., Girresch-Ward, S., Rochester, N., Lehmann, J. S., Leachman, R., **Kepley, L. N.**, & Roberts, T. N. (2023). Validating the engineering fields questionnaire for use with African American science, technology, engineering, and mathematics students. *Journal of Career Assessment*, 32(3), 482-503. <https://doi.org/10.1177/10690727231205303>
- Erford, B. T., Chang, C. Y., Crockett, S. A., Byrd, R., Johnsen, S. T., MacInerney, E. K., Menzies, A., Milowsky, A. I., Saks, J., Wills, L., Zhang, X., Alder, C., Anderson, B., Barstack, S., Bradford, E., Choi, J., Cummings, J. A., Fuller, A., Gayowsky, J., ... Yu, C. (2023). An omnibus synthesis of author and article publication characteristics in 22 counseling journals from 2010 to 2019. *Measurement and Evaluation in Counseling and Development*, 56(3), 187–208. <https://doi.org/10.1080/07481756.2023.2224028>
- Rippeto, M., Stewart, E., Chowning, M., Karkhanis, S., Erford, B. T., & **Kepley, L.** (2021). A metastudy of *adultspan journal*: An analysis of publication characteristics from 1999 to 2019. *Adultspan Journal*, 20(1), 17–28. <https://doi.org/10.1002/adsp.12103>
- Menzies, A., **Kepley, L.**, Crockett, S. A., Erford, B. T., Byrd, R., & Aier, B. (2020). A meta-study of the Journal of Mental Health Counseling: An analysis of publication characteristics, 2000–2019. *Journal of Mental Health Counseling*, 42(3), 206–219. <https://doi.org/10.17744/mehc.42.3.02>

TEACHING EXPERIENCE

Adjunct Faculty

PSY 2010: General Psychology Spring 2026
Trevecca Nazarene University

Adjunct Faculty

PSY 3210: Learning and Cognition Spring 2025
Trevecca Nazarene University

Teaching Assistant

PSY 3000-01: Behavioral Science Research Methods Spring 2025
Trevecca Nazarene University, Primary Instructor: Dr. Randy Carden

- Provided guest lectures on various methods of psychological research and implementation of research projects
- Assisted in grading assignments and mentoring students as they worked to create a semester-long original research project and present it at a university research symposium

Teaching Assistant

PSYC 4820-02: Psychology Senior Seminar Fall 2023

Tennessee State University, Primary Instructor: Dr. Lisa de la Mothe

- Created a working list of post-graduation resources for the class around professionalism, job searching, graduate school, and transitioning from life as a student
- Provided a guest lecture on graduate school for graduating seniors in psychology
- Assisted in grading assignments and helping plan learning activities

Teaching Assistant

Summer Session II 2022

PSYC 6530: Psychometrics

Tennessee State University, Primary Instructor: Dr. Marie Hammond

- Maintained weekly office hours in order to provide one-on-one or small group instruction to students seeking additional learning opportunities
- Met regularly with professor before, during, and after the summer session in order to collaborate on course planning and preparation
- Provided a guest lecture on multicultural approaches to Psychometrics

PROFESSIONAL PRESENTATIONS AND SYMPOSIUMS

Kepley, L., Bedore, P., & Garrett, M. (2026, April). “*Ready or Not, Here (AI)t Comes: Examining the Relational Effects of Clients’ AI Use.*” Invited presentation to Southern Methodist University Counseling Services.

Kepley, L., Rutledge, S., Bedore, P., & Garrett, M. (2026, February 5-6). *Ready or Not, Here (AI)t Comes: Examining the Relational Effects of Clients’ AI Use* [Conference presentation]. Texas University and College Counseling Center Conference, Dallas, TX, United States.

Kepley, L. (2025, September). “*Mindfully Managing Stress.*” Invited presentation to the Psychology Club at Baylor University.

Kepley, L., & Mills, L. K. (2025, March). *A content analysis of human trafficking research addressing mental health* [Poster Session]. Tennessee State University Research Symposium, Nashville, TN, United States.

Kepley, L. (2025, April). “*College student mental health and breaking the stress cycle.*” Invited presentation to the undergraduate course Freshman Seminar at The Belonging Co College campus of Southeastern University.

Kepley, L. (2025, February). “*Multiculturalism: macro and micro perspectives.*” Invited presentation to the psychology practicum at The Belonging Co College campus of Southeastern University.

Kepley, L. (2025, February). “*The genogram and generational blessing and cursing.*” Invited presentation to the psychology practicum at The Belonging Co College campus of Southeastern University.

Kepley, L. (2024, October). “*Multicultural considerations for burgeoning helpers.*” Invited presentation to the psychology practicum at The Belonging Co College campus of Southeastern University.

Kepley, L. (2024, April). “*Technology and mental health.*” An open presentation to the student body at Trevecca Nazarene University.

Kepley, L. (2024, March) “*Grief in undergraduate populations: Expression based on identity factors* [Poster Session]. Tennessee State University Research Symposium, Nashville, TN, United States.

Kepley, L. (2024, February). “*Boundaries in relationships.*” An open presentation to the student body at Trevecca Nazarene University.

Kepley, L. (2024, February). “*Mindfulness-based skills: Use in trauma treatment and recovery.*” Invited presentation to the psychology practicum at The Belonging Co College campus of Southeastern University.

Kepley, L. (2023, December). “*Self-care through finals.*” An open presentation to the student body at Trevecca Nazarene University.

Kepley, L. (2023, November). “*Counseling skills: Reflective listening and motivational interviewing.*” Invited presentation to the psychology practicum at The Belonging Co College campus of Southeastern University.

Kepley, L. (2023, October). “*Graduate school considerations.*” Invited presentation to the undergraduate senior seminar course at Tennessee State University.

Kepley, L. (2023, October). “*Trauma and stressor-related disorders: diagnostic criteria and treatment considerations.*” Invited presentation to the undergraduate course Abnormal Psychology at Trevecca Nazarene University.

Kepley, L. (2023, April). “*Disenfranchised grief with children, adolescents, and families.*” Invited presentation to the graduate course A Developmental Approach to Grief and Loss at Vanderbilt University.

Kepley, L. (2023, March). “*Clinical work with sexual issues.*” Invited presentation to the undergraduate course Human Sexual Behavior at Trevecca Nazarene University.

Kepley, L. (2022, July). “*Multicultural considerations in psychometrics.*” A guest lecture to the doctoral course Psychometrics at Tennessee State University.

Kepley, L. (2018, May). “*Aesthetics in mathematics: Inherent and learned recognition.*”
Trevecca Nazarene University Research Symposium, Nashville, TN, United States.

PROFESSIONAL AFFILIATIONS

- American Psychological Association Current
 - Division 17
- Tennessee Psychological Association 2022 - 2025
- National Board of Certified Counselors 2021 – 2023
- American Counseling Association 2018 – 2023

PROFESSIONAL SERVICE

Journal Reviewer for:

- The Graduate Student Journal of Psychology (GSJP) August 2023 – December 2023

The Counseling Psychologist Reviewer Mentorship Program

- Mentee to Dr. Yun Garrison March 2026 - Current

SERVICE

- Church youth group volunteer August 2021 – August 2025
- Church social media/videography volunteer August 2020 – August 2025
- Room in the Inn seasonal August 2014 – August 2025
 - Nashville non-profit that works with individuals experiencing homelessness
- People Loving Nashville November 2019 – August 2025
 - Monday street outreach building community and providing food to individuals experiencing homelessness