

Tyler L. Gray, M.Ed., LMHC, NCC, CCMHC

Education

Ph.D.	Counselor Education and Supervision , University of Iowa
Expected:	May 2027 (<i>CACREP Accredited</i>)
	Certificate in Higher Education and College Teaching Expected: May 2027
M.Ed.	Clinical Mental Health Counseling , Augusta University (<i>CACREP Accredited</i>) 2023
B.B.A.	Bachelor Business Administration- Marketing and Hospitality Management , Augusta University 2019
A.F.C.S 2018	Associates in Family and Consumer Sciences , Abraham Baldwin Agricultural College

Licenses and Certifications

Licensed Clinical Mental Health Counselor: IA (122424)
National Board-Certified Counselor: 2023-
Certified Clinical Mental Health Counselor- 2025-
Ketamine Assisted Certified Provider (2025)
EMDR Certified 2023-
EMDR Consultant in Training 2025
Dissociation Certified Provider – Institute of Creative Mindfulness (2024)
PATH Intl ESMHL 2024-
Registered Yoga Teacher- 200 2023-
Trauma informed Yoga Teacher 2023-
Play Therapist Training (Phase 3) 2022-2025
Certified Telemental Health Counselor 2023
Synergetic Play Therapist (Level 1 2023, Level 2 2024)
Safe and Sound Protocol Certified Clinician 2023
Somatic Experience Practitioner 2023
Safe Talk Living Works Trainer 2023

Awards and Honors

2024	Postpartum Support International Scholarship Recipient, Value: \$200
2023	Frances Yancy Smith Founders Grant- Zeta Tau Alpha, Value: \$13,000
2022	Zeta Tau Alpha Graduate Scholarship Recipient, Value: \$4,000

Research and Scholarship Experience

Publications

Rausch, M.A, & **Gray, T.L.** (2023) Serving LGBTQ+ Clients Formerly or Currently Involved in the Foster Care System: Counseling Strategies and Interventions, *Journal of LGBTQ Issues in Counseling*, 17:3, 256-268, DOI: 10.1080/26924951.2023.2190191

In Review

Gray, T.L., (October 2025). Holding Safety Through Play: An Interpretative Phenomenological Analysis of Suicide Assessment Among Play Therapists. Submitted to *Journal of Creativity in Counseling*.

Rausch, M. A., Gallo, L. L., & **Gray, T.** (August 2025). School counselors' use of the American School Counselor Association suicide concern information-gathering tool: An interpretative phenomenological analysis. Submitted to the *Professional School Counseling Journal*.

Rausch, M. A., Holland-Winkler, A. M., Nalloor, R., & **Gray, T. L.** (Jan. 2023). Psychological features of post-traumatic stress disorder, depression, and alcohol use in military veterans after ketone salt supplementation. *Submitted to the Journal of Military and Government Counseling*.

Hill, S., Rausch, M. A., Liu, J., Buning, M. M., & **Gray, T. L.** (July 2023). What my mother and I don't talk about: The impact of a virtual book club on African American and Black women. *Submitted to Journal of Multicultural Counseling and Development*

In Progress

Gray, T.L., (2025). Serving Clients with Suicidal Ideations Formerly or Currently in the Foster Care System: Advocacy, Counseling Strategies, and Interventions

Gray, T.L., Duys, D.K., (2025). Developmental Advocacy Within Counselor Education: The Experience of Counselor Educators.

Schroeder, K., Gray, T.L. (2025) Measuring Client Outcomes in Animal-Assisted Therapy in Counseling: Development of New Questionnaire to Guide Clinical Practice.

Duys, D.K., Storlie, C., Martin, G., Jung, H., **Gray, T.L. (2025)** Cognitive Developmental Integration: A Model for Counselor Education.

Other

Gray, T. (Nov. 2023). The compassionate classroom: supporting students with vulnerable nervous systems. Web Blog Post University of Iowa, Scanlan Center School Mental Health. <https://scsmh.education.uiowa.edu/2023/11/21/the-compassionate-classroom-supporting-students-with-vulnerable-nervous-systems/>.

Grant Experience

Funded

What my mother and I don't talk about: Utilizing a virtual book club to increase communication among Black and African American women. Rausch, M. A. & **Gray, T. L.** (Co-Investigator) College of Education and Human Development, Augusta University, 2023 Funded: \$736.

Developmental advocacy in counselor education and supervision, the experience of counselor educators. **Gray, T.L.** College of Graduate Studies, University of Iowa, 2025 Funded: \$600.

Applied

NBCC, Minority Fellowship Program. **Gray, T.L.** NBCC-F, 2025. Amount: \$20,000

Presentations

National Conferences

Gallo, L.L., **Gray, T.L.**, (2025). School counselors' use of the American School Counselor Association suicide concern information-gathering tool: An interpretative phenomenological analysis. ACES. Philadelphia, PA.

Gray, T.L., Duys, D.K., (2025). Developmental Advocacy Within Counselor Education Teaching and Supervision: The Experience of Counselor Educators. ACES. Philadelphia, PA.

Gray, T. L., Watts, A. E, Richard, M. L. (2024). Attachment trauma and the neuroscience behind it. *LPC Convention*. Atlanta, Georgia.

Gray, T. L., Middleton, T. (2024) Cultivating a regulated classroom nervous system with a trauma informed lens. *Iowa Alternative School Teacher Conference*, Cedar Rapids Iowa.

Middleton, T., Gray, **T. L.**, (2024) Exclusionary discipline with a trauma informed lens. *Iowa Alternative School Teacher Conference*, Cedar Rapids, Iowa.

Rausch, M. A., & **Gray, T. L.** (2023). Support and advocacy for foster care students. *Southeastern Conference on School Climate*. Savannah, Georgia.

State and Regional Conferences

Gray, T. L., (2025). Advocacy for former foster care students in the school system. *ISCA*.

Gray, T. L. (2025). Keynote Panel: Expressive Arts in Play Therapy. *Iowa Association for Play Therapy State Conference, Cedar Rapids Iowa*.

Gray, T. L., Gallo, L.L. (2024). Supervision in the Sand: Utilizing Sandtray in Counselor Education Supervision. *NCACES*.

Gray, T. L. (2024). Utilizing Yoga for Nervous System Regulation as a Play Therapist. *Iowa Association for Play Therapy State Conference, Cedar Rapids Iowa*.

Gray, T. L., Jung, H. (2024). A Trauma Informed Classroom and Practical Nervous System Regulation Strategies. *Baker Teacher Learning Center, University of Iowa*.

Gray, T. L. (2024). Utilizing Yoga for Nervous System Regulation as a Play Therapist. *Iowa Association for Play Therapy State Conference, Cedar Rapids Iowa*.

Gray, T. L. (2023). Supporting former / current foster care youth in the classroom. *Baker Teacher Learning Center, University of Iowa*.

Gray, T. L. (2023). Equity for youth in the foster care system: Building allies and advocates for LGBTQ+ students. *Licensed Professional Counselors of Georgia Conference*. Atlanta, Georgia.

Rausch, M. A., & **Gray, T. L.** (2022). Equity for youth in the foster care system: Building allies and advocates. *Georgia Educational Research Association Conference*. Savannah, Georgia.

Trainings

Gray, T.L., (2025). Motivational Interviewing Approaches within residential addiction settings. *CFS, Iowa City Iowa*.

Gray, T.L., (2025). CBT Approaches within residential addiction settings. *CFS, Iowa City Iowa*.

Gray, T.L., (2024). Humanistic Approaches to Suicide Care with Clients Training. *The Wellness Collective, Cedar Rapids Iowa.*

Schroder, K., **Gray, T. L.** (2024). Trauma-Informed Horsemanship Skills Volunteer Training. *Miracles in Motion, Swisher Iowa.*

Workshops

2024 Led end of semester burnout self-care yoga for Counselor Ed students (CSJ)

2024 Scanlan Center for School Mental Health, Building Advocacy and skills for Foster Care Experience (with students throughout the state)

Guest Lectures

University of Iowa

2025 COUN 5460 (Theories in Counseling) Existential theory in counseling

2025 CSED 52400 (Suicide and Crisis Intervention Counseling) Trauma Informed Practices within Crisis Counseling and Suicide Intervention

2024 COUN 7445 (Advanced Social Psychology of Disability) The Social Psychology of Foster Care Youth Experiencing Developmental Trauma

2023 COUN 5250 (Multiculturalism in Counseling) Multiculturalism in the Counseling Profession- Panel Discussion

2023 COUN 7458 (Current Issues and Trends in counseling-seminar presentation) Implementation of mindfulness and bilateral stimulation for regulation in the classroom

2023 COUN 7353 (Advanced Counseling and Psychotherapy- seminar presentation) Implementing attachment-based bottom up, expressive, and trauma informed approaches in Counselor Education and Supervision

2023 COUN 5250 (Multiculturalism in Counseling) Supporting the LGBTQ+ population

2023 COUN 5460 (Theories in Counseling) Existential theory in counseling

Augusta University

2023 COUN 6760 (Diversity in Sensitivity in Counseling)

2023 COUN 6760B (School Counselor Diversity in Sensitivity in Counseling)

Teaching Experience

Teacher of Record

University of Iowa

2025 COUN 4176 – Microcounseling (Fall)

2025 COUN 4178 –Child Abuse and Neglect (Fall)

2025 COUN 4145 –Marriage and Family Interaction (Summer)

2025 COUN 4145 –Marriage and Family Interaction (Spring)

2024 COUN 4450 -Introduction to Substance Abuse

Teaching Assistant
University of Iowa

2025 CSED 5100 Introduction to Sandtray Counseling, Teaching Intern, with Dr. Laura Gallo
2025 CSED 6321 Internship in School Counseling, Group Supervision, teaching intern, with Dr. Laura Gallo
2025 CSED 52400 Suicide and Crisis Intervention Counseling, Co-teacher with Dr. Laura Gallo
2024 CSED 5521 Theories of Counseling and Human Development Across the Lifespan Teaching Intern with Dr. David Duys
2024 COUN 4450 (Group Counseling) Teaching Assistant for Dr. Laura Gallo- Supervising Group experience

Research/Clinical Experience

Outpatient Therapist, Owner/ Founder, October 2025, Um Die Ecke Synergistic Healing, Cedar Rapids, IA
Founder, owner, and therapist providing individual, group, family and couples counseling. Experience working with ages 3-86. Full time employment.

Co- Site Supervisor- The Wellness Collective 2024- October 2025; Site Supervision for interns seeking supervision in Clinical Mental Health

Graduate Research Assistant, August 2024-August 2025; Dr. Katy Schroder
Counselor Education and Supervision, University of Iowa

Graduate Research Assistant- Workforce Expansion Trainee, August 2023-May 2024; Multiple Projects

Scanlan Center of School Mental Health, University of Iowa

Twenty hours per week assistantship conducting program evaluation for externally funded education projects including state special education initiatives and a university-based teacher induction program. Serves as a student clinician providing tele-health crisis management and post crisis on sight intervention with students across the state of Iowa, under the Supervision of Alissa Doobay, Ph.D.

- Conduct qualitative analysis using various methods of data collected (i.e., thematic analysis, consecutive qualitative research, thematic synthesis, etc.)
- Participated in constructing program evaluation annual reports for the state education department to inform policy
- Service in Clinic providing support for students in rural areas through telehealth services
- Creation of telehealth support group for former/ current youth of the Iowa foster care system

Outpatient Therapist, September 2023– October 2025, The Wellness Collective, Cedar Rapids, IA
Employment as a therapist providing individual, group, family, and couples counseling. Experience with ages 3-77. Full-time employment.

Outpatient Therapist, July 2023– October 2023 New Encounters Counseling Center, Augusta, GA
Fulltime employment under the supervision of Carolyn Metheney, MAC, LPC, CPCS

Counseling Intern, December 2022 – July 2023 New Encounters Counseling
Under the Supervision of Anne E. Watts, LPC, CPCS, EMDR-C.

Research Assistant, May 2020- January 2023 College of Education, Augusta University, Dr. Ashley J. Gess.

Twenty hours each week assisting in data collection of federally funded, national, multi-site project with teachers and educators in the Southeast, Self-Efficacy in STEM Education

- Conducted observational on-site data collection by coding student and teacher behavior
- Organized and processed incoming data
- Administered assessments to parents and adolescents
- Conducted literature reviews on various topics in accordance with adolescent research in schools.

Service

Professional

2025	Intern Supervisor with University of Iowa Intern (1)
2025	Chi Sigma Iota- President
2025	Participated in CMHC Program Interviews for University of Iowa (2 days)
2025	Participated in School Counseling Program Interviews for University of Iowa
2025	Participated in Doctoral Student Interviews for University of Iowa
2023-	Hopeful Mama Foundation, Group Leader 2 times a month for Fertility Groups
2024	ESMHL for MIM VA Skills Group
2024-	Iowa Association of Play Therapy Board Member
2024	The Wellness Collective Intern site supervisor with MMU LMFT (1)
2024	The Wellness Collective Intern site supervisor with NIU LMHC (3)
2024	Chi Sigma Iota- President Elect
2024- 2025	Counselors for Social Justice (ACA Chapter)- President, University of Iowa
2024-	Miracles in Motion ESMHL Volunteer
2024	Creator and leader for Foster Care Youth Skills group- Scanlan
2023- 2024	Counselors for Social Justice (ACA Chapter)- President Elect, University of Iowa
2021-	Chi Sigma Iota
2023-2025	Q^3 Representee for Counseling Department Queer Counselors Group, U of Iowa
2022-2023	Chi Sigma Iota- Treasurer, Augusta University

Community

2024-	Miracles in Motion Volunteer
2024	Led end of semester burnout self-care yoga for Counselor Ed students (CSJ)
2024	Led supplies drive with CSJ for support of new mental health organization for youth in Iowa City
2019 – 2024	Stand OUT Youth, non-profit for LGBTQ+ Youth, co-founder
2018- 2024	The STEAM HIVE, non-profit co-founder
2016 -	Zeta Tau Alpha Fraternity, Member

Professional Organizations

2025	Iowa Association for Psychedelic Therapist
2023 -	Association for Counselor Education and Supervision
2022-	Assocication for Creativity in Counseling
2024-	PATH Intl. Organization
2023 -	Association for Play Therapy
2022-	Synergetic Play Therapy Association

2023-	National Yoga Alliance
2023 -	ATTACH Association
2023 -	EMDR International Association
2023 -	Iowa Counseling Association
2023 -	Iowa Play Therapy Association
2023 -	North Central Association for Counselor Education and Supervision
2023 - 2025	Southeastern Association for Counselor Education and Supervision
2021 -	American Counseling Association
2021 -	Chi Sigma Iota Honor Society
2021-2025	Georgia Counseling Association