

# Seneka Rachel Gainer, Ph.D., LMFT-S, LPC-S, NCC

Assistant Professor & Clinical Director  
Department of Clinical Mental Health Counseling  
Brooks Rehabilitation College of Healthcare Sciences  
Jacksonville University  
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## EDUCATION

**Idaho State University**, Pocatello, Idaho  
***Doctor of Philosophy in CES and Counseling (CACREP Accredited)*** August 2019-Present  
Dissertation: *Competencies & Preparation Addressing Poverty in Counselor Education: A Q Methodological Study*

**Stetson University**, Deland, Florida  
***Master of Science in Marital, Couple, and Family Counseling*** August 2018-December 2010  
CACREP Accredited

**Bethune-Cookman University**, Daytona Beach, Florida  
***Bachelor of Arts, Major: English Minor: Pre-Law*** August 2002-April 2006

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## LICENSURE & CERTIFICATIONS

Licensed Professional Counselor (LPC-S) – State of Idaho 7826  
Licensed Marriage and Family Therapist (LMFT)- State of Florida MT 4154/State of Idaho 8371  
National Board Certified Counselor (NCC)  
Approved Supervisor credential- State of Idaho

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## PROFESSIONAL RECOGNITION

**2024 NBCC Counselor Education Community Engagement Award** February 2024  
Awarded to a counseling department to highlight community engagement and reciprocity across the curriculum, through direct engagement, and through collaborative scholarship.

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## PROFESSIONAL EXPERIENCE

### COURSES TAUGHT

**Jacksonville University, Clinical Mental Health Counseling**, Palm Coast, FL  
Brooks Rehabilitation College of Healthcare Sciences  
Assistant Professor

- MHC 603 Clinical Practicum Fall 2022-Present
- MHC 605 Theories & Practices of Marriage & Family Fall 2022-Present
- MHC 602 Counseling Children & Adolescents Spring 2023
- MHC 606 Internship Clinical Mental Health Counseling Spring 2023-Present
- MHC 607 Marriage & Family: Couples Therapy Summer 2023-Present
- MHC 608 Counseling Military Families Summer 2023
- MHC 507 Group Theories & Practice Spring 2024

**Yeshiva University**, Bronx, NY

Adjunct Professor

- PSM 6405 Social and Cultural Foundations of Counseling Spring 2024
- PSM 6371 Ethics and Issues in Professional Practice Fall 2024

**Idaho State University**, Pocatello, ID

Graduate Teaching Assistant/Co-Instructor

Fall 2019 - Spring 2022

**CACREP CORE AREAS**

- COUN 6691 Professional Issues in Clinical Mental Health Counseling Spring 2022
- COUN 6677 Group Counseling Techniques Spring-Fall 2021
- COUN 6696 Pre-Practicum Counseling Techniques Fall 2019 - Fall 2021
- COUN 6621 Professional Orientation & Ethics Fall 2020
- COUN 6690 Foundations of Clinical Mental Health Counseling Fall 2020
  - Co-Instructor/Online format
- COUN 6694 Psychodiagnosis and Psychotropic Drugs Fall 2020
- COUN 6676 Small Group Activity Fall 2019-Fall 2020

**ADDITIONAL TEACHING EXPERIENCE**

- COUN 6625 Crisis Intervention & Trauma Counseling Spring 2022
- COUN 4490 Introduction to Counseling Spring 2020
- COUN 3300 Interpersonal Skills in the Health Professions Spring 2020
- COUN 6630 Addictions Counseling
  - Guest Lecturer Spring 2020
- COUN 6624 Cultural Counseling
  - Guest Lecturer Fall 2020

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SUPERVISION

**Jacksonville University, Clinical Mental Health Counseling**, Palm Coast, FL

Graduate Counseling Program

Practicum Supervisor

MHC 999 *Group Supervision*

Fall 2022-Present

**Gateway Counseling, Inc.**, Pocatello, ID

Clinical Director; *Approved Site Supervisor*

Spring 2021-Fall 2023

**Idaho State University**, Pocatello, ID

Pocatello Counseling Clinic

Doctoral Supervisor

COUN 6697 and 6698 *Practicum/Internship*

*Individual & Triadic Supervision*

Fall 2019-Spring 2022

**United Against Poverty**, Orlando, FL

Education Specialist

*Internship Supervisor*

Spring 2014-Spring 2016

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GRADUATE STUDENT ADVISING AND MENTORSHIP

**Jacksonville University**

Fall 2022-Present

*Current Master Student Advisees: 13*

*Graduated Student Advisees: 16*

*Mentorship* (Individual and Group):

- Mentee - Victor Anderson Spring 2023-Present
- Mentee- James McCloskey Summer 2024-Present
- Graduate Assistant- Gabrielle Roche Fall 2023-Spring 2024
- Mentee- Adriana Zarate Fall 2020-Present
- Mentee- Caroline Brown Fall 2019-Present
- Stetson Seminar in Marriage, Couple, & Family Therapy
  - Fall Alumni Panels Fall 2020-2022

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SCHOLARLY ACTIVITY

ARTICLES

- Arrington, S.** (2022). *Competencies and preparation for addressing poverty in counselor education: A Q methodological study*. ProQuest Dissertation Publishing.  
<https://www.proquest.com/dissertations-theses/competencies-preparation-addressing-poverty/docview/2681115878/se-2>
- Arrington S., & Yates C.** (2020). *Pop-top cans: Ensuring services truly support those experiencing homelessness*. Counseling Today, Online Exclusives.  
<https://ct.counseling.org/2020/10/pop-top-cans-ensuring-services-truly-support-those-experiencing-homelessness/#>

BOOK CHAPTERS

- Gainer, S. R.,** Joshi, A., & Nelson, A. (2025). Clinical techniques/Culturally relevant approaches. In S. Kent Butler & Ann Shillingford (Eds.) *Intersectional Counseling Skills: The journey to becoming a culturally inclusive counselor*. Cognella Publishing.
- Nelson, A., Joshi, A.P., & **Gainer, S. R.** (2024). Honoring the impact of racial trauma and marginalization stress in trauma-informed ethical decision-making. In Cortny Stark (Ed.) *Professionals' guide to trauma-informed decision-making*. Springer Nature.
- Joshi, A., & **Gainer, S. R.** (2023). Leadership in education for black americans in community colleges. In Denver J. Fowler and Meghan B. Raehll (Eds.) *On leadership: An interdisciplinary approach*. Information Aging Publication. ISBN-13 979-8887300931
- McKibben, W. B., & **Gainer, S. R.** (2023). Integrative approaches. In Stephen Flynn *Counseling theories and case conceptualization: A Practice-Based Approach*. Springer.

UNDER REVIEW

- Gainer, S. R.,** & Joshi, A. (Under Review). Family therapy: A comprehensive guide to training and certification. In Bill Owenby (Ed.) *Encyclopedia for Counselors*. Unknown.

IN-PROGRESS MANUSCRIPTS/BOOK CHAPTERS

- Gainer, S. R.,** Joshi, A., & Nelson, A. (In Progress). Integrative Approaches. In Michele Kerulis (Ed.) *Counseling Athletes: Wellness across the lifespan*. Invited Author. Cognella Publishing.
- Gainer, S. R.** (In Progress). Competencies and preparation for addressing poverty in counselor education: A Q Methodological Study
- Gainer, S. R.** (In Progress). Exploratory analysis of factors in Q methodology pertaining to skills and competencies for working with clients experiencing homelessness.

**Gainer, S. R.** (In Progress). Exploring counselors' singular factor of preparedness to work with clients experiencing poverty: A Q Methodology Analysis.

**Gainer, S. R.,** Joshi, A., Nelson, A., & Roche, G. (In Progress). The intrinsic qualities of a counselor: Developing counselor identities through the integration of microskills in systems courses

Joshi, A., **Gainer, S. R.,** & Zhou, Z., (In Progress). International female faculties navigating identities in CACREP accredited programs: A Critical Narrative Inquiry.

**INVITED INTERVIEWS, PRESENTATIONS, AND TRAINING WORKSHOPS**

**Gainer, S.R.** (2024, April 11). AI and the counseling profession. American Counseling Association Conference, New Orleans, LA.

**Gainer, S. R.** (2024- Monthly). *Mother's Day special.* (Resident Mental Health Expert). Praise Time TV. <https://www.youtube.com>

**Gainer, S. R.** (2024- Monthly). *The pressure of tax season and how to cope.* (Resident Mental Health Expert). Praise Time TV. <https://www.youtube.com>

**Gainer, S. R.** (2024). *Cognitive Dissonance.* (Guest Speaker). Hope Fellowship Church. <https://www.youtube.com>

**Gainer, S.R.** (2024). *Social and Cultural Foundations in Counseling.* (Guest Lecture). Yeshiva University. Virtual.

**Gainer, S. R.** (2024- Monthly). *Believe.* (Resident Mental Health Expert). Praise Time TV. <https://www.youtube.com>

**Gainer, S. R.** (2024- Monthly). *The pressure of tax season and how to cope.* (Resident Mental Health Expert). Praise Time TV. <https://www.youtube.com>

**Gainer, S. R.** (2023). *Let's end the year on a good note.* (Invited Panelist). Love Notes with Dr. Bionca Outing. Virtual.

**Gainer, S.R.** (2023). *Ethics in Counseling Vulnerable Populations.* (Guest Lecture). University of Vermont. Virtual.

**Gainer, S.R.** (2023). *Ethics in Counseling Families and Groups.* (Guest Lecture). University of Vermont. Virtual.

Borden, N., Ellis, M., & **Gainer, S.R.** (2023). Trauma Informed Care for Professional Helpers: What happened? Training Workshop. Ronald McDonald House Charities Jacksonville.

**Gainer, S. R.** (2023). *Carlee Russell: What's Really Going On?* (Invited Panelist). In Mean Girls 18:21 Podcast. Virtual.

**Gainer, S. R.** (2023). *Interview: Let's Talk Mental Health.* (Interview). In The Sisaundra Show (Season 3, Episode 102). Afro TV. <https://g.co/kgs/HWGXMz>

**Gainer, S.R.** (2023). *Mental Health Awareness.* (Interview). Monthly Conversation Segment. Hope Fellowship Church. [https://youtu.be/Ee1hp67oASs?si=Ya8JDepfAu\\_jkiDd](https://youtu.be/Ee1hp67oASs?si=Ya8JDepfAu_jkiDd)

**Gainer, S.R.,** Borden, N., Indelicato, N., & McKibben, W. B. (2023). *Where have all the supervisors gone?: Current trends in the counselor workforce gap.* Association for Counselor Educators and Supervisors (ACES) Conference. Denver, CO, United States.

- Gainer, S.R.** (2023). *Object Relations Family and Multigenerational Family Counseling*. (Guest Lecture). Westminster University.
- Gainer, S.R.** (2022). Professional Advocacy Agent: Dr. Seneka Gainer. Interviewed by Jordan Grassé, Leadership & Professional Advocacy Committee Member, Theta Chi Sigma Chapter.  
[https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications\\_exemplar/fall\\_2022\\_exemplar.pdf](https://cdn.ymaws.com/www.csi-net.org/resource/resmgr/publications_exemplar/fall_2022_exemplar.pdf)
- Gainer, S. R.** (2022). *Conversations with Counselors*. (Interview). In Mean Girls 18:21 Podcast. YouTube. Episode 43: <https://youtu.be/W-13ltBZclE?si=0MKx9CAgEXvJWIWu> Episode 44: <https://youtu.be/oV0Lc7MLSyl?si=ivb15f4wugvFtjqF>
- Gainer, S.R.** (2022). *Ethics in Counseling Vulnerable Populations*. (Guest Lecture). University of Vermont. Virtual.
- Gainer, S.R.** (2022). *Ethics in Counseling Families and Groups*. (Guest Lecture). University of Vermont. Virtual.
- Gainer, S. R.** (2022). *Vantage Point*. (Guest Speaker). Hope Fellowship Church.  
<https://www.youtube.com/watch?v=ivkMWkARWHE>
- Gainer, S. R.** (2022). *Trauma through a Spiritual Lens*. (Guest Speaker). Hope Fellowship Church.  
<https://youtu.be/bOORlvH0p9A>
- Gainer, S.** (2022). Development of Foundational Skills: *Realizing Skills as Interventions in Counseling Practicum*. (Faculty Presentation). Jacksonville University.
- Gainer, S. R.** (2022). Stress Management and Mental Health Training Workshop. (Presentation). Equipping Ministries International Alliance.
- Gainer, S.R.** (2022). Community Highlights: *Meet Dr. Seneka Gainer of The Gainer Group, Counseling and Consulting* [Interview]. Voyage Minnesota.  
<https://voyageminnesota.com/interview/community-highlights-meet-dr-seneka-gainer-of-the-gainer-group-counseling-and-consulting-llc/>
- Yates, C., Andrade, E., **Arrington S.**, & Moody, S. (2021). *An introduction to Q method*. [Conference Presentation]. Idaho State University presented at the Association for Counselor Educators and Supervisors (ACES) Conference. Atlanta, GA., United States.
- Arrington, S.R.**, Joshi, A., Nelson, A., Vik, L., & Sarasqueta-Allen, K (2021). Understanding the Embodiment of Microskills in Counselors in Training (CIT's) in a Telehealth Learning Environment: Interpretative Phenomenological Analysis. Poster Session. Association for Counselor Educators and Supervisors (ACES) Conference. Atlanta, GA, United States.
- Borden, N., & **Arrington, S.R.** (2021). The importance of diversity and inclusion in higher education. Idaho State University Diversity Resource Center Brown Bag Series Discussion, Pocatello, ID, United States.
- Arrington, S.R.**, & Astramovich, R. (2020, September 30-October 3). *Preparing counselors to work with the homeless population* [Conference Presentation]. Rocky Mountain Association for Counselor Educators and Supervisors 2020 Conference, Coeur d'Alene, ID, United States.
- Arrington, S.R.**, & Graham, L. (2020, November 4-5). *Fundamentals of supervision*. [Pre-Conference 15-hour Workshop]. Idaho Counseling Association 2020 Conference, Boise, ID, United States.
- Yates, C., **Arrington, S.R.**, & Nelson, A. (2020, November 6). *Advanced treatment strategies for working with clients with substance use disorders* [Workshop]. Idaho State University 2020 Professional Development Workshops, Pocatello, ID, United States.

Greer, C., Key, K., & **Arrington, S.R.** (2017). *Bridging the Division in the Modern Workplace* [Conference Presentation]. National Employment Counseling Association Presentation presented at the American Counseling Association 2017 Conference, San Francisco, CA, United States.

**Arrington, S.R.** (2016). *The Job of the Jobseeker: Don't Forget Your Lunch* [Professional Development Conference Presentation]. National Employment Counseling Association Presentation presented at the American Counseling Association 2016 Conference, Montreal, Canada.

**Arrington, S.R.** (2011). *Bouncing Back: A Strategy to Relieve Stress and Obtain Success* [Pre-Conference Workshop]. National Employment Counseling Association Presentation presented at the American Counseling Association 2011 Conference, New Orleans, LA, United States.

#### GRANTS AND SCHOLARSHIPS

**Gainer, S.R.** (2024). *AI and the counseling profession*. American Counseling Association (ACA) Conference Presentation. Faculty Development Grant Award (\$1,000).

**Gainer, S.R.** (2023). *Where have all the supervisors gone?: Current trends in the counselor workforce gap*. Association for Counselor Educators and Supervisors (ACES) Conference Presentation. Faculty Development Grant Award (\$1,000).

Joshi, A., Shaver, M., & **Gainer, S.R.** (2022). U.S. born Counselor Educators Preparedness in working with International Students in Counseling and Counselor Education Programs: A Q-Sort Study. Research Grant by Association for Counselor Educators and Supervisors (\$3,000)

**Arrington, S.R.** (2021) Love of Learning Award funded by The Honor Society of Phi Kappa Phi. (\$500.00)

Joshi, A., **Arrington, S.R.**, & Zhou, D. (2020). International Female Faculties Navigating Identities in CACREP Accredited Programs: A Critical Narrative Inquiry. Multicultural Assessment and Research in Counseling Student Grant Proposal funded by the Association of Assessment and Research in Counseling (AARC). (\$500.00)

Nelson, A., **Arrington, S.R.**, Joshi, A., Vik, L., and Sarasqueta-Allen, K. (2020). Understanding the Embodiment of Microskills in Counselors in Training (CIT's) in a Telehealth Learning Environment: Interpretative Phenomenological Analysis. Research and Best Practice Grant funded by the Southern Association for Counselor Educators and Supervisors (SACES). (\$500.00)

**Arrington, S.R.**, Joshi, A., and Nelson, A. (2020). Understanding the Embodiment of Microskills in Counselors in Training (CIT's) in a Telehealth Learning Environment: Interpretative Phenomenological Analysis. Research Grant by Association for Adult Development and Aging (AADA). Unfunded.

Vik, L., Sarasqueta-Allen, K., **Arrington, S.R.**, Joshi, A., and Nelson, A. (2020). Understanding the Embodiment of Microskills in Counselors in Training (CIT's) in a Telehealth Learning Environment: Interpretative Phenomenological Analysis. Research Grant by Association for Counselor Educators and Supervisors (ACES). Unfunded

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#### PROFESSIONAL SERVICE AND GOVERNANCE

##### SERVICE TO JACKSONVILLE UNIVERSITY

<b>Jacksonville University SAHS</b> , <i>elected Clinical Director</i>	2024-Present
<b>Jacksonville University SAHS</b> , <i>Curriculum Committee Appointee</i>	2023-Present
<b>Jacksonville University CMHC</b> , <i>Proposed and co-Developed Dispositions</i>	2023
<b>Jacksonville University BRCHS</b> , <i>Student of the Year Award Committee Member</i>	2022-2023

**Jacksonville University BRCHS**

- Counselor Education Comprehensive Exam (CECE), *Co-Proctor* August 2022

**Jacksonville University Functions**

- Regular attendance at university functions (faculty assembly, etc.) Spring 2023-Present
- Attended the JU BRCHS commencement April 14, 2023
- Charter Day, JU Palm Coast Fall 2022-Present
- Attended School of Applied Health Sciences Graduation Celebration at the River House Fall 2022-Present
- Attendance at all week-of-welcome events Fall 2022-Present
- Annual CMHC student interviews and admissions Fall 2022-Present
- Fall Faculty Conference Fall 2022-Present
- BRCHS New Graduate Student Welcome Gathering Fall 2022-Present

**SERVICE TO THE COUNSELING PROFESSION**

- Association for Assessment and Research in Counseling, Member** 2023-Present
- American Counseling Association (ACA) Governing Council, Board Member** 2017-2024
- Financial Affairs Committee and Investment Affairs Subcommittee, *Appointee* 2023-Present
- Governance and Board Operations Committee, *Appointee* 2023-Present
- Executive Committee, *Appointee* 2021-2023
- Association for Counselor Educators and Supervisors (ACES), Member** 2020-Present
- Journal of Faith Integration in Counseling, Editorial Board Reviewer** 2023-Present
- American Counseling Association (ACA), Ethics Committee/Task Force Members** 2020-2021
- American Counseling Association (ACA), Graduate Student Committee Liaison** 2018-2021
- National Employment Counseling Association (NECA), President** 2014-2016
- Director of Professional Affairs 2023-Present
- Executive Board Member 2013-Present

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**CLINICAL EXPERIENCE**

The Gainer Group, Counseling and Consulting, Port Orange, FL August 2022 - Present  
*CEO*

- Engage in individual, couple/family, and group counseling services
- Supervision for master's level counselors working to obtain licensure.
- Consulting services include on Counseling Supervision, Counselor Identity Development, Wellness and Stress Management, Counselor Education, DEI, Spiritual and Ministerial Identity Development, Money Management, Leadership Development, and Business management.

Gateway Counseling, Inc., Pocatello, Idaho February 2021-May 2022  
*Clinical Director*

- Oversee clinicians and clinical service programming
- Evaluate groups to determine their clinical effectiveness and financial viability
- Review/sign off on all comprehensive diagnostic assessments and treatment plans/case management plans of new or inexperienced clinicians

Harmony Hills, Orlando, Florida August 2017-December 2019  
*Program Therapist*

- Provided group and individual therapy services for ages 18-65
- Provided treatment for substance use and co-occurring disorders
- Coordinated initiatives designed to promote the organization and its services to the community as the community outreach specialist

Aspire Health Partners, Orlando, Florida October 2016-April 2019  
*Assessment Specialist II/ Census Liaison*

- Assess client's mental status and determine diagnostic impressions,
- Service clients who are voluntary admitted or admitted under Baker/Marchman Act status

- Provide provisional diagnoses for mental health, substance abuse, and co-occurring disorders and determine appropriate treatment/service needs and facilitate placement

Adapt Behavioral Services, Inc., Maitland, Florida

*Marriage and Family Therapist*

March 2010-June 2016

- Provided in-home/office/school family and mental health and career counseling services between the ages of 6-65
- Established and maintained effective working relationships with clients, colleagues, and other professionals including psychiatrists, case managers, and primary care physicians

United Against Poverty, Orlando, Florida

*Education Coordinator/Intern Supervisor*

May 2014-Jan 2016

- Developed agency education department to include programs oriented toward low socioeconomic communities
- Created and managed budget and implementation of programs
- Created and maintains partnerships with local organizations including Orange County Public School (OCPS) Tech Centers, Goodwill, and University of Florida IFAS Extension Orange County; Foster OCPS partnership and made CFOC an extension site for the GED course
- Maintained \$83,000 Dr. Phillips Grant by adhering to the reporting requirements of the grant