

# Connie J. Honsinger, Ph.D.

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## SUMMARY OF QUALIFICATIONS

- High-energy trauma education specialist with strong leadership, communication & presentation skills
- Doctorate in Counselor Education and Supervision with a specialization in crisis and trauma
- National Board Certified and experienced teacher, professional school counselor, resident in counseling, and adjunct professor
- Experience as a Risk/Threat Assessment Coordinator, trained in Signs of Suicide (SOS), Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid and Sources of Strength
- Experience in developing strategy, promoting collaboration, and leading through change; contributions include development and implementation of the trauma-sensitive practices into the positive behavior intervention tiered system of supports at the state and local levels, creation of Promote Respect anti-bullying program for the entire school district
- Lead division efforts for school climate improvement through the implementation of positive behavior intervention and supports, trauma informed care, social emotional learning and restorative practices
- Created and implemented professional development for teachers, administrators, and other staff K-12 in large division with 67 schools
- Served on the Virginia Governor's Children's Cabinet for trauma-informed care
- National and local conference presenter and guest lecturer
- Adjunct Professor: University of Richmond, Eastern Mennonite University, Virginia Commonwealth University
- Co-Lead Trauma Informed Community Network (TICN) schools' group & higher ed workgroup
- Scholarly contributions to the field of education supporting trauma-sensitive practices, healing centered engagement, vicarious trauma, student and educator resilience

## CURRENT POSITIONS

***Adjunct Professor, Eastern Mennonite University, Graduate Certificate Program in Trauma & Resilience in Educational Environments, Fall 2019-Present***

**Responsibilities:** Research, develop curriculum, and teach online asynchronous graduate courses: Research in Risk and Resiliency, Neuroscience for Educators, Self-Care and Resilience for Educators, Trauma, Restoration, and Resilience, Trauma & Resilience for Health Care Settings. Initiate, facilitate and moderate discussions, create and evaluate assignments, prepare course materials such as syllabus, projects, presentations, and video lectures.

**Adjunct Professor, University of Richmond, Fall 2019-Present, Graduate School of Professional and Continuing Studies**

**Responsibilities:** Research, develop curriculum, and deliver quality online synchronous graduate courses for the School of Professional and Continuing Studies: Mindfulness for Educators and Trauma and Resilience in the Classroom. Teach and model mindful awareness practices that can support educator and student wellness, self-awareness, self-regulation, and behavioral practices that can be incorporated into the classroom environment. Initiate, facilitate and moderate discussions, create and evaluate assignments, prepare course materials such as syllabus, projects, presentations, and video lectures.

## **PREVIOUS POSITIONS**

**Trauma Education Specialist, Chesterfield County Public Schools, 2017-Retired 11-1-2023**

**Responsibilities:** Developed implementation plan for the district, created trauma-informed leadership team, developed training curriculum and presentations for K-12 administration, teachers, student support personnel, and other staff in all 67 schools. Provided professional development and ongoing follow up training in multi-tiered systems of support integrating trauma-sensitive practices, social emotional learning, positive behavioral supports, and restorative practices for all staff K-12. Collected and monitored district data on discipline practices, disproportionality, attendance, and school climate as well as tiered fidelity assessments.

**Part-time Resident in Counseling, Trauma-focused CBT Treatment, 2015-2019**

Greater Richmond SCAN, Richmond, VA

**Resident in Counseling Responsibilities:** Assessed and diagnosed mental health disorders, created trauma-focused treatment plans, provided trauma-focused cognitive behavioral therapy for individuals ages 5-18 who had been impacted by trauma, wrote progress notes, facilitated court-ordered 20-week parenting courses for parents and caregivers charged with abuse. Facilitated groups for non-offending caregivers of children who have been sexually abused, and for young women exposed to human trafficking and communicate with parole officers, social workers, guardian ad litem, and the courts.

**Licensed Professional School Counselor, 2003 – 2017, Chesterfield County Public Schools, Chesterfield, VA**

**Responsibilities:** Develop and implement a comprehensive school counseling program that improves student outcomes in academic, behavior, and career domains. Lead, advocate, & collaborate to promote equity and access for all students by connecting the school counseling program to the school's mission and improvement plan. Uphold the ethical and professional standards of ASCA, deliver direct and indirect services with students that

include instruction, advisement, individual and group counseling, consultation, collaboration, and referrals.

## **SUMMARY OF PROFESSIONAL EXPERIENCE**

2019 – Present	<b>Adjunct, University of Richmond</b> , Richmond, Virginia
2019 – Present	<b>Adjunct, Eastern Mennonite University</b> , Lancaster, PA
2017 – 2023	<b>Trauma Education Specialist</b> , Chesterfield County Public Schools, Chesterfield, VA
2015 – 2019	<b>Resident in Counseling</b> , Greater Richmond SCAN, Richmond, VA
2003 – 2017 Schools,	<b>Licensed Professional School Counselor</b> , Chesterfield County Public Chesterfield, VA
1989 – 1999 Chesterfield, VA	<b>Special Education Teacher</b> , Chesterfield County Public Schools,
1987 – 1989	<b>Special Education Teacher</b> , Omaha Public Schools, Omaha, NE
1986 – 1987	<b>Special Education Teacher</b> , Grand Island Public Schools, Grand Island, NE

## **ACADEMIC PREPARATION**

Ph.D.	<b>Walden University, Minneapolis, MN</b>	2018
	Counselor Education and Supervision with a Specialization in Crisis and Trauma *CACREP Accredited Program	
M.Ed.	<b>Virginia Commonwealth University, Richmond, VA</b>	2003
	Counselor Education, Licensed K-12	
BS	<b>University of Nebraska-Lincoln, Lincoln, NE</b>	1986
	Dual Degree: General Education & Special Education Certified NK-8, LD, ED, ID	

## **LEADERSHIP EXPERIENCE**

- **District Trauma Education Coordinator and School Improvement Team Member**, worked with all 65 K-12 school leadership to provide training and resources to all staff.
- **ACE Interface Certified Trainer**, trained with Dr. Robert Anda, principal researcher of ACE Study
- **Governor's Children's Cabinet for Trauma Informed Care**
- National & Local Conference, **Presenter**
- **Trauma Informed Care Specialist**, Chesterfield School Division Committee **Creator / Trainer**
- **Trauma Informed Community Network (TICN)Co-Chair Schools Committee & Trainer**: Greater Richmond SCAN, CASA, Richmond Public Schools, Community Organizations; Mega Mentors,
- **Positive Behavioral Intervention & Supports Division Team**

- **Promote Respect Creator /Trainer**, Chesterfield County, Assist with development of program and training all 67 school division teams K-12
- Lead school **Risk/Threat Assessment Coordinator, trained in Signs of Suicide (SOS), Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid and Sources of Strength**

## PUBLICATIONS

*The Predictive Nature of Vicarious Trauma in School Counselors, Dissertation*

*A Culture of Caring in Principal*, November/December issue, 2018

*Preparing Trauma-Sensitive Teachers: Strategies for Teacher Educators*

The Teacher Educators Journal (TEEJ), Spring Issue, 2019

## RECOGNITION AND HONORS

**Thirty Years of Service to Chesterfield County Public Schools**

**Certified Adverse Childhood Experiences (ACE) Interface Trainer**, trained with Dr. Robert Anda  
**National Board Certification**, School Counseling K-12, achieved 2013.

**Virginia Elementary School Counselor of the Year Award**, VSCA, 2011

**American School Counselor Association, School Counselor of the Year** semi-finalist,  
Recognition Ceremony Washington, DC. 2011

Qualified as an **Expert Witness** in court: Impact of Trauma on Children

**Olweus Bullying Prevention Program, Certified Trainer**, trained school teams in Chesterfield  
County, Henrico County, Virginia Beach, & Winchester

Awarded \$13,000 grant from **Bully Free Virginia Project** to implement the Olweus Bullying  
Prevention Program at Alberta Smith Elementary School, Chesterfield, VA

Awarded \$4,000 grant to cover cost of participation in the **Olweus Training of Trainers**

Appeared on **PBS, Virginia Currents Program** to discuss support for children in grief

## PRESENTATIONS

Honsinger, C. (2025). Trauma: Implications for Lawyers and the Clients You Work With.  
University of Virginia Law Students, Charlottesville, VA.

Honsinger, C. (2025). The Impact of Trauma, Stress, and Adversity. Redeemer Episcopal Day  
School, Midlothian, VA.

Honsinger, C. (2023). Developing Trauma-Sensitive Spaces. Communities in Schools (CIS).  
Chesterfield, VA.

Honsinger, C. (2023). The Impact of Stress and Adversity. K-12 Principal Meeting. Chesterfield  
County Public Schools, Chesterfield, VA.

Honsinger, C., Ackley, M. (2022). Understanding Adverse Childhood Experiences: Building  
Self-Healing Communities. Virginia Commonwealth University, Richmond, VA.

Honsinger, C. (2019). Burnout, Compassion Fatigue, and Vicarious Trauma: Caring for the Helping Professional. Restorative Justice in Education Conference. Eastern Mennonite University, Harrisonburg, VA.

Honsinger, C. (2019). Self-Care for the Helping Professional. Virginia Society for Clinical Social Workers. Richmond, VA.

Honsinger, C., Mullen, T. (2019). Burnout, Compassion Fatigue, and Vicarious Trauma: Caring for the Helping Professional. Virginia Summit on Childhood Trauma and Resilience. Richmond, VA.

Honsinger, C. (2019). Creating Trauma-Sensitive Environments That Benefit Everyone. Commonwealth Autism (CA's) Annual Conference. Richmond, VA.

Honsinger, C. (2019). Addressing Vicarious Trauma: The Importance of Self-Care. Virginia Society for Clinical Social Workers – Richmond Chapter. Richmond, VA.

Honsinger, C. (2019). Creating Trauma-Sensitive Schools. Special Education Advisory Committee. Chesterfield, VA.

Cartwright, R., Jones, R., & Honsinger, C. (2019). Adverse Childhood Experiences and Resilience. Chesterfield County Public Schools Family and Community Engagement. Chesterfield, VA.

Jones, R., & Honsinger, C. (2019). Understanding the Impact of Adversity. Chesterfield Mental Health. Chesterfield, VA.

Jones, R., & Honsinger, C. (2019). Understanding the Impact of Adversity. John Tyler Community College. Chesterfield, VA.

Gervais, E., Honsinger, C., Micou, L., & Phelps, J. (2018). Rethinking the PBIS Framework: Meeting the Social & Emotional Needs of All Learners. Virginia School Board Association Spring Network Forum. Crewe, VA.

Honsinger, C. (2018). Connecting Trauma-Sensitive Practices and Equity when Addressing Difficult Behaviors. Virginia Is for ALL Learners: Education Equity Summer Institute – Policy, Practice, and Preparation – Closing Achievement Gaps in Virginia. Richmond, VA.

Honsinger, C. (2018). Trauma-Informed Care. Chesterfield Board of Supervisors. Chesterfield, VA.

Bulifant, R., & Honsinger, C. (2018). Well-Being: Considering the Whole Child. Spring Into Wellness: A Mind, Body, and Wellness Fair. Chesterfield, VA.

Honsinger, C. (2018). Vicarious Trauma in School Counselors. Virginia School Counselor Association Conference. Hampton, VA.

Honsinger, C. (2018). Creating Trauma-Sensitive Environments that Benefit All Students. Virginia School Counselor Association Conference. Hampton, VA.

Honsinger, C. (2018). Building a Trauma-Informed School Culture. Mental Health & Wellness Symposium. Richmond, VA.

Honsinger, C., & Micou, L. (2018). Know Thyself Support Your Kids: The Crossover of SEL and Trauma-Informed Practices. Virginia PreK Teacher Institute. Williamsburg, Va.

Cartwright, R., & Honsinger, C. (2018). The Impact of Adverse Childhood Experiences. New Educator Conference. Chesterfield, VA.

Honsinger, C. (2018). ACES in Our Community: TEDX RVA Salon Facilitator. Virginia Treatment Center for Children. Richmond, VA.

Honsinger, C. (2015). R-E-S-P-E-C-T Find Out What it Means to Me! Virginia School Counselor Association Conference. Hampton, VA.

Honsinger, C. (2015). Helping the Helpers. Virginia Counselors Association Annual Convention. Hot Springs, VA.

Honsinger, C. (2014). Secondary Traumatic Stress, Vicarious Trauma, and Burnout: Helping the Helper. Virginia School Counselor Association Conference. Midlothian, VA.

Honsinger, C. (2013). Bullying Prevention. Table Talk: Meals with Meaning. Chesterfield County Public Schools. Chesterfield, VA.

Honsinger, C. (2012). Bullying Prevention for Parents and Caregivers. Working Together to Make a Difference Parent Symposium. Chesterfield, VA.

Honsinger, C. (2012). On the Ground Bullying Prevention Implementation. Olweus Bullying Prevention Networking Meeting. Charlottesville, VA.

Honsinger, C., & Ilakkuvan, V. (2012). Bullying Prevention. Health for Success Conference. Longwood University. Farmville, VA.

Honsinger, C. (2009). Bullying Prevention School Kickoff Assemblies. Stop Bullying Now, Virginia Statewide Networking Conference. Richmond, VA.

Honsinger, C. (2009). Creating Positive School Climates. Virginia School Counselor Association Conference. Richmond, VA.