

Curriculum Vitae
Shelia E. Lumar
 Shelia.lumar@untDallas.edu

- Ph.D. Family Studies
 Texas Woman's University
 Denton, TX
- M.S. Human Resources Management
 Tarleton State University,
 Killeen, TX
- M.S. Counseling Psychology
 University of Central Texas,
 Killeen, TX
- B.S. Social Sciences
 Kansas State University,
 Manhattan, KS

PROFESSIONAL LICENSURES/ CERTIFICATIONS

Licensed Professional Counselor-Supervisor (LPC-S)
 Licensed Chemical Dependency Counselor (LCDC)
 National Certified Counselor (NCC)
 Master Addiction Counselor (MAC)

TEACHING APPOINTMENTS

- | | |
|--|--------------|
| Senior Lecturer of Substance Abuse
Human Services, Leadership Program
University of North Texas at Dallas
Dallas, TX | 2024—Present |
| Program Coordinator
Human Services, Leadership & Management
University of North Texas at Dallas
Dallas, TX | 2015—2022 |
| Lecturer of Substance Abuse
Human Services, Leadership Program
University of North Texas at Dallas
Dallas, TX | 2015—Present |
| Assistant Professor
Stephen F. Austin State University
Nacogdoches, TX | 2013—2015 |

Visiting Assistant Professor Stephen F. Austin State University Nacogdoches, TX	2012—2012
Adjunct Professor Texas Woman's University Denton, TX	2011—2012
Adjunct Professor Richland College Dallas, TX	2009—2017
Graduate Teaching Assistant Texas Woman's University Denton, TX	2009—2012
Adjunct Professor Cedar Valley College Dallas, TX	2007—2009
PROFESSIONAL EXPERIENCE	
Psychotherapist/Owner	Lumar Counseling & Family Services, LLC 2011—Present
Psychotherapist	Hope's Door Plano, TX 2009—2011
Psychotherapist/ Clinical Manager	Texas Woman's University Denton, Texas 2008—2010
Program Director	Cedar Valley College Dallas, TX 2008—2009
Director of Adult Services	Community Gatepath Burlingame, CA 2005—2007
Director of Programs	MAC's Children & Family Services Daly City, CA 2003—2005
Family Relations Director	Texas A & M University Cooperative Extension Service Fort Hood, TX 2000—2003

Site Director	Communities in Schools Killeen, TX	1995—2000
Shelter Director	Families in Crisis Killeen, TX	1990—1995

TEACHING: UNDERGRADUATE COURSES

University of North Texas at Dallas

CDFS 3310 Family Crisis
 CDFS 3315 Communications in Family
 CDFS 4413 Family Life Education
 CDFS 4323 Family Law & Public Policy
 HSML 1300 Helping Professions in the Human Services
 HSML 3100 Interpersonal and Professional Communications
 HSML 3600 Human Behavior in the Social Environment
 HSML 3850 General Addictions
 HSML 4100 Chemical Addictions
 HSML 4120 Theoretical Approaches to Addictions Treatment
 HSML 4150 Groups Process & Techniques
 HSML 4400 Theory of Leadership and Nonprofit Management
 HSML 4500 Diversity & Social Justice for the Human Services
 HSML 4525 Problems of Youth
 HSML 4650 Assessment of Chemical and Behavioral Addictions
 HSML 4660 Intervention Strategies for Behavioral and Chemical Addictions
 HSML 4850/51 Internship
 PACS 4000 General Mediation

Stephen F. Austin State University

HMS 201 Family Life Education
 HMS 241 Introduction to Early Childhood Education
 HMS 242 Family, School & Community Relations
 HMS 336 Adult Development
 HMS 340 A Family Approach to Middle/Adolescent Development
 HMS 342 Career Services Prep Early Childhood Education & Family Life
 HMS 353 Parenting Education
 HMS 420 Practicum in the Human Sciences
 HMS 443 Infant and Toddler Growth

Texas Woman's University

FS 1511 Human Development
 FS 1513 Human Development Lab
 FS 3733 Family Life and Consumer Education
 FS 4103 Trends and Issues in Family Sciences
 FS 4233 Family Communication

FS 4385 Family Development
FS 4583 Parenting Issues & Education
FS 4603 Occupational Issues in Family Sciences
FS 4713 Family Economics
FS 4733 Family Financial Planning
FS 4803 Public Policy: A Family Perspective

Richland College

SOCI 2301 Marriage & Family
PSYC 2301 Introduction to Psychology
PSYC 2314 Developmental Psychology

Cedar Valley College

PSYC 2301 Introduction to Psychology
BUSS 2213 CO-OP Field Placement Supervision

TEACHING: GRADUATE COURSES

University of North Texas at Dallas

COUN 5740 Group Process & Techniques

Texas Woman's University

FS 5713 Time Management for Families

Stephen F. Austin State University

HMS 551 Family Studies
HMS 552 Parent Education and Family Studies
HMS 575 Independent Study
HMS 586 Aging Over the Lifespan

CURRICULUM DEVELOPMENT

Program and Professional Certificate Development:

Developed the Peer Support Recovery Specialist Certificate-15 credit hours (2021).
University of North Texas at Dallas, Dallas TX.

Developed Substance Abuse Standalone Certificate for Professionals-12 credit hours
(2021), University of North Texas at Dallas, Dallas, TX.

Co-Developer for the Nonprofit Management Certificate-12 credit hours (2021)
University of North Texas at Dallas, Dallas, TX.

Co-Developer for the Nonprofit Management Minor (2021) University of North Texas at
Dallas, Dallas, TX.

Developed Substance Abuse Minor-18 credit hours (2020), University of North Texas at Dallas, Dallas, TX.

Course Development:

HSML 4351 Career Readiness for Peer Support Specialists (2021), University of Texas at Dallas, Dallas, TX.

HSML1300 The Helping Professions in Human Services (2016), University of North Texas at Dallas, Dallas, TX.

HMS 4420 Family Policy, Child Development and Family Program, Stephen F. Austin State University, Nacogdoches, TX, (2014)

HMS 3890 Family Sexuality, Child Development and Family Living Program, Stephen F. Austin State University, Nacogdoches, TX (2014)

ACCREDITATION AND CERTIFICATION PREPARATION & CURRICULUM REVIEW

Course Mapping for the Human Services Board-Certified Professional Credential (2018). Council of Standards for Human Services Education.

Academic Liaison for Certification of the Certified Family Life Educational Credential, UNT Dallas, 2017

Course Mapping for Certified Nonprofit Professional Credential (2015). The National Leadership Alliance, Kansas City, KS.

HONORS AND AWARDS

Distinguish Grant Award: Honorable Mentioned (2014), Stephen F. Austin State University, Nacogdoches, TX

Senior Class Favorite Faculty Member (2012), Texas Woman's University, Denton, TX

Who's Who Among Students in American Universities & Colleges (2012), Texas Woman's University, Denton, TX

Senior Class Favorite Faculty Member (2011), Texas Woman's University, Denton, TX

College of Professional Education Outstanding Student Award for Research (2011), Texas Woman's University, Denton, TX

GRANTS

Internal Grants

Shephard, N., Lumar, S. & Terry, M. (2014). Food Insecurity Among College Students. Research Grant. Office of Research and Sponsored Programs (not funded)

Lumar, S. (2013, November). Office of Research and Sponsored Programs Mini Grant. (funded)

Lumar, S. (2013, January). James I Perkins Professional Development Fund. (Funded)

External Grants

Lumar, S. (2017, Oct.). Blue Cross & Blue Shield of Texas, Richardson, TX (funded)

Lumar, S. (2013, August). Texas School Read Project-Lead Agent. University of Houston Health Science & Child Development Institute. (funded)

RESEARCH INTERESTS

Incarceration and Ex-offer Reentry

Family Dynamics

Family Crisis & Trauma

Conflict & Crisis

Addictions and Substance Abuse Education & Treatment

Professional Development and Career Planning in the Human Sciences

PEER-REVIEWED PUBLICATIONS

Lumar, S. & Ladd, L. (2021). Family members' reactions to their formerly incarcerated loved one's return home. *Global Encyclopedia of Public Administration, Public Policy and Governance*, 1-10.

Lumar, S. (2011). Exploring the implications of ex-offender reentry on family members utilizing the double ABCX model of family stress, adjustment and adaptation in a mixed methods approach. Published Doctoral Dissertation, Texas Woman's University, Denton, TX

PEER-REVIEW PRESENTATIONS AT PROFESSIONAL MEETINGS

Lumar, S. & Washington-Goss, N. (2024). Understanding the Implication of Mental Health on Families of Color. A workshop presented at the Atlanta Black Child Development Institute Annual Conference. Atlanta, GA

Lumar, S., Wahington-Goss, N., Moore, J. & Cain-Ferguson, D. (2023). Exploring the impact of a family member's addiction of the family. A Panel Presentation presented at the UNT Dallas Mental Health Symposium. Dallas, TX

Lumar, S. (2019) It's all in the Family: Intergenerational family trauma. A workshop presented for Genesis Women's Program. Dallas Texas

Lumar, S. (2018). A family affair: Trauma in the family and the implications on family well-being. A workshop presented at the St. Luke Mental Health Conference. Dallas, TX.

Lumar, S (2017). Professional & interpersonal communications for the workplace. A workshop presented at the Great Dallas Metropolitan Headstart Annual Conference, Dallas, TX

Lumar, S. (2017). What can this CFLE Do For Me? A workshop presented at the Texas Council on Family Relations Annual Conference, Austin Texas

Lumar, S. & Washington, N. (2016). Parental involvement and the incarcerated parent. A workshop present at the 46th Annual National Black Child Development Conference. Orlando, Florida

Lumar, S. (2016). Case management & documentation for Headstart Programs. A workshop presented at the Great Dallas Headstart Annual Conference. Dallas, TX

Burney, S., Hunt, M, & Lumar, S. (2014). The combined effects of deployment and post-traumatic stress disorder on families. A poster presentation presented at the Texas Council on Family Relations Annual Conference. Fort Worth, Texas

Eagleton, B. Gutierrez, E. & Lumar, S. (2014). The coming out process of homosexual adolescents: Implications on the family. A poster presentation presented at the Texas Council on Family Relations Annual Conference. Fort Worth, TX

Gutierrez, A. & Lumar, S. (2014) Reunifications challenges when the young child returns home from foster care. A poster presentation presented at the Texas Council on Family Relations Annual Conference. Fort Worth, TX

Lumar, S. & Washington, N. (2014). It's my turn: Why am I raising my grandchildren. A workshop presented at the Texas Council of Family Relations, Fort Worth, TX

Lumar, S & Ladd, L (2014). The experiences of siblings and adult children that provide physical, financial, and emotional support to their Incarcerated family member after their release from prison. A poster presentation presented at the Bright Ideas conference. Stephen F. Austin State University, Nacogdoches, TX

Thomas, S., Taylor, M. & Lumar, S. (2014) Choosing your peers before they choose you. A poster presentation presented at the Texas Council on Family Relations

Annual Conference. Fort Worth, TX

Washington, N & Lumar, S. (2014). FCS Building partnerships: A framework for urban families of color. A workshop presented at the Texas Affiliate-American Association of Family Sciences. Richardson, TX

Wylie, D. & Lumar, S. (2014). Alcoholic parents: Who Are They. A poster presentation was presented at the Texas Council on Family Relations Annual *Conference*. Fort Worth, TX

Burch, E., Espinoza, J. & Lumar, S. (2013) The backpack Program: What is it and why do we need It? A poster presentation presented at the Texas Council on Family Relations, Austin, TX

Lumar, S. & Ladd, L. (2013). The experience of siblings and adult children that provide physical, financial, and emotional support to their incarcerated family member after their release from prison. A poster presentation Presented at the National Council of Family Relations Conference. San Antonio, TX.

Mattson, H., Thornton, D. & Lumar, S. (2013). Growing pains: Adjustment to new family additions. A poster presented at the Texas Council of Family Relations, Austin, TX

Washington, N. & Lumar, S. (2013). W.E.L.C.O.M.E. A Framework for Encouraging Family Engagement. A workshop presented at the National Black Child Development Institute Conference. New Orleans, LA.

Saracino, M. & Lumar, S. (2013). Theories of behavior and social development: Infancy through adolescent. A workshop presented at Texas Association of Teachers Professional Development Conference, Dallas, TX.

Lumar, S. & Ladd, L. (2013). Family member's experiences with Ex-offender Reentry. A workshop presented at the Groves Conference on Marriage & Families, Boston, MA.

Lumar, S., Saracino, M. & Newman, T. (2013). The Ex-offender and reestablishing the parental role after release from incarceration. A workshop. presented at the International Parent Education Conference, Denton, TX

Ladd, L., Lumar, S. & J. Newquist (2013). The exosystem influences the family. A workshop presented at the International Parent Education Conference, Denton, TX

Lumar, S. & Ladd (2012). Exploring the implications of ex-offender reentry from a family stress perspective. A poster presentation presented at the National Council on Family Relations, Phoenix, AZ, 2012

Lumar, S. (2012, January). Family life education. A workshop presented at the University of Texas at Arlington-Social Work Program, Arlington, TX

Lumar, S (2011, June). Pre-employment training for ex-offenders after release from incarceration. A professional development training workshop presented at Cedar Valley College, Dallas, TX

Lumar, S. (2008, August). When love hurts. A workshop presented at the Child Care Conference, Cedar Valley College, Dallas, TX

ACADEMIC PROFESSIONAL EXPERIENCE

Human Services Management Leadership Program Coordinator	University of North Texas at Dallas Dallas, TX	2016—Present
National Council on Family Relations Program Approval Coordinator	School of Human Sciences Stephen F. Austin State University Nacogdoches, TX	2014—2014
Internship Faculty Supervisor Sciences	School of Human Sciences 2013—2015 Stephen F. Austin State University	
Texas School Ready Grant Manager	School of Human Sciences Stephen F. Austin State University	2013—2015
Child Development and Family Living On-line Completer Program Coordinator	School of Human Sciences Stephen F. Austin State University	2013—2015

ACADEMIC SERVICE

Program Service

Program Coordinator Human Services Leadership Student Organization (HSLO)	Human Services, Management & Leadership Program	2015—Present
Campus Director for Nonprofit Leadership Alliance	Human Services, Management & Leadership Program	2015—2018

Certified Family Life Educator Program Liaison	Child Development & Family Living Program Stephen. F. Austin State University Nacogdoches, TX	2014—2015
Jacks Council of Family Relations (National Council of Family Relations Student Affiliate Organization)	Child Development & Family Living Program Stephen F. Austin State University Nacogdoches, TX	2013—2015
CDFL Online Completer Program Program Coordinator	Child Development & Family Living Program Stephen F. Austin State University Nacogdoches, TX	2013—2015
<i>School Service</i>		
Child Development & Family Studies CFLE Program Approval Coordinator	University of North Texas at Dallas, Dallas, TX	2017—Present
Child Development & Family Studies Search Committee Committee Chair	University of North Texas at Dallas, Dallas, TX	2015—2016
Project Management Leader National Leadership Alliance Academic Program Compliance Reviewer	University of North Texas at Dallas Dallas, TX	2016—Present
Showcase Saturday Committee Member	School of Human Sciences Stephen F. Austin State University Nacogdoches, TX	2012—2015
Scholarship Committee Committee Member	School of Human Sciences Stephen F. Austin State University Nacogdoches, TX	2012—2015

College Services

Perkins Professional
Development Committee
Committee Chair

Perkins College of Education
Stephen F. Austin State
University, Nacogdoches, TX

2014—2015

PCOE College
Council Committee
Member

Perkins College of Education
Stephen F. Austin State
University, Nacogdoches, TX

2013—2015

Scholarship
Committee Committee
Member

Perkins College of Education
Stephen F. Austin State
University, Nacogdoches, TX

2012—2015

University Service

Academic Affairs
Committee Chair

University of North Texas at Dallas
Dallas, TX

2016—2018

Academic Affairs Committee
Member

University of North Texas at Dallas
Dallas, TX

2015—2016

Academic Probation &
Suspension Committee
Committee Member

University of North Texas
at Dallas, Dallas, TX

2016—2018

Grade Appeal Committee
Committee Member

University of North Texas at Dallas,
Dallas, TX

2016—2019

Strategic Planning Committee
Member

University of North Texas at Dallas,
Dallas, TX

2015—2019

QEP Assessment
Team member

University of North Texas at Dallas
Dallas, TX

2016—Present

SFA Strategic Planning
Committee
Committee Member

Stephen F. Austin State
University Nacogdoches, TX

2014—2015

Mental Health and its
Effects on the Minority
Students Panelist

Office of Multicultural Affairs
Stephen F. Austin State University
Nacogdoches, TX

2014—2014

Sexual Relations Discussion Series Panelist	Office of Multicultural Affairs Stephen F. Austin State University Nacogdoches, TX	2014—2014
Student Employee of the Year Award Committee Committee Member	Career Services Nacogdoches, TX	2014—2014
Critical Thinking Assessment Rubric Development Committee Member	Stephen F. Austin State University Nacogdoches, TX	2013—2015
Office of Multicultural Activities Caucus Member	Stephen F. Austin State University Nacogdoches, TX	2013—2016
Graduate Faculty Committee Member	Stephen F. Austin State University Nacogdoches, TX	2012—2015
CIVIC ENGAGEMENT		
President	Texas Council on Family Relations State Affiliate	2018—2020
Policy Chair	Texas Council on Family Relations State Affiliate	2015—Present
Proposal Reviewer	Texas Council on Family Relations State Affiliate	2014—Present
Proposal Reviewer	Journal of Family & Consumer Sciences	2013—2013
Membership Committee	National Council on Family Relations Annual Conference	2013—2013

PROFESSIONAL DEVELOPMENT AND CONFERENCE ATTENDANCE

SPECIALIZED TRAINING

Focus on Substance Abuse Prevention Webinar, Quantum Units [online]

Ethic for Mental Health Professionals. Webinar, Quantum Units [online]

Treatment for Mental Health Professionals. Webinar, Quantum Units [online]

HIV & Drug Abuse Webinar, Quantum Units [online]

Sexually Transmitted Diseases in Special Populations. Webinar, Quantum Units [online]

Alcohol and Problems in Intimate Relationships. Webinar, Quantum Units [online]

Gambling Problems: An introduction for Behavioral Healthcare Providers.
Webinar, Quantum Units [online]

Schedule II Controlled Substances. Webinar, Quantum Units [online]

Veterans and Mental Health. Webinar, Quantum Units [online]

Family Sexuality Across the Lifespan (2014), Texas Council on Family Relations
Annual Conference, Austin TX,

Parental Incarcerations Incarceration and Offspring Well-being: Implications for
sibling relationship quality, Groves Marriage and Family Conference, Boston, MA

Family Strengthening Interventions for Incarcerated Families and Their Families:
Adding to the Knowledge Base, Grove Marriage and Family Conference, Boston,
MA.

New Faculty Orientation Training, Stephen F. Austin State University,
Nacogdoches, TX

Family Processes Amongst Families with Adolescents, National Council on Family
Relations Annual Conference, Phoenix, AZ

Implications of Divorce & Divorce Education, National Council on Family Relations
Annual Conference, Phoenix, AZ,

Anthem Strong Families Curriculum & Facilitation Training, Anthem
Strong Families, Dallas, TX

Domestic Abuse in Later Life. Webinar, Quantum Units [online]

HIPPA Privacy Rules. Webinar, Quantum Units [online] Therapy Never

Includes Sex. Webinar, Quantum Units [online]

Grief & Depression. Webinar, Quantum Units [online]

Basic Hepatitis C. Webinar, Quantum Units [online]

What is HIV. Webinar, Quantum Units [online]

Sexuality Transmitted Diseases. Webinar, Quantum Units [online]

Child Abuse & Neglect. Webinar, Quantum Units [online]

LEADERSHIP TRAINING

Leadership Professional Development Training. Sponsored by University. North Texas at Dallas Office of Human Resources Management. Dallas, TX

Nonprofit Leadership Association Professional Development Conference. Sponsored by the Nonprofit Leadership Alliance Association. Houston, TX

Council of Administrators of the Family and Consumer Sciences: New and Emerging Leaders, Sponsored by the Council of Administrators of the Family & Consumer Sciences. Tulsa, OK.

Community Engagement in Preparing Family Sciences Professionals (2013), National Council on Family Relations Annual Conference, San Antonio, TX

ASSESSMENT TRAINING

Field-base Experiential Module Training, Stephen F. Austin State University, Nacogdoches, TX

TracDat Training, Stephen, Austin State University, Nacogdoches, TX

TECHNOLOGICAL TRAINING

Canvas Training, Office of Distant Learning, Information & Technology. University of North Texas at Dallas, Dallas, TX

Desire to Learn Instructional Training. Office of Informational & Technology, Stephen F. Austin State University, Nacogdoches, TX

Online Certification Instructional Course, Stephen F. Austin State University Nacogdoches, TX

Desire 2 Learn Learning Management System, Stephen F. Austin State University, Nacogdoches, TX

ePortoflio Training (2011), Richland College, Dallas Community College District, Dallas,

TX

Blackboard Learning Management System Training, Dallas Community College District,
Dallas, TX

PROFESSIONAL MEMBERSHIPS

Board Member, Hope Restored Mission

Past President & Board Member, Texas Council on Family Relations Executive Committee

Board Member, Texas Council of Family Relations

Board Member, Youth Revive

Member, Texas Counseling Association

Chapter Member, North Texas Metro Counseling Association