

Carlos Jesus Castañeda Jr. PhD, LPC, NCC  
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## **EDUCATION & BACKGROUND**

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### *Education*

- December 2023      Texas Tech University, Lubbock, TX  
 Doctorate in Counselor Education and Supervision  
 CACREP Accredited
- May 2019            Palo Alto University, Palo Alto, CA  
 Master's in Clinical Mental Health - Counseling Concentration  
 CACREP Accredited  
 Chi Sigma Iota Honors – Pi Alpha Upsilon Chapter Honor Society
- May 2016            The University of Texas at Austin, Austin, TX  
 Bachelor of Science in Psychology  
 Minor in Educational Psychology

### *Licenses and Training*

- 2022 - Present      Licensed Professional Counselor # 83105  
 National Certified Counselor
- 2022                  Autism Diagnostic Interview Revised (ADI-R)
- 2022                  Conners Adult ADHD Rating Scales (CAARS)
- 2021                  Eye Movement Desensitization and Reprocessing Training &  
 Certification Rick Levinson, Austin, TX
- 2021                  Texas MINI Training – UT Southwestern Youth Depression Suicide  
 Research Network Program, Dallas, TX
- 2021                  Clinician-Administered PTSD Scale for DSM V (CAPS V)  
 Training – UT Southwestern Youth Depression Suicide Research  
 Network Program, Dallas, TX
- 2020                  Acceptance and Commitment Immersion Training  
 Steven C. Hayes
- 2020                  ADOS Certification & Training – The University of Alabama at  
 Birmingham
- 2020                  Becoming Solution Focused in Therapy – PESI

## **RESEARCH & SCHOLARSHIP**

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**Research Interests:**

- Artificial Intelligence & Mental Health
  - AI support for individuals with autism spectrum disorder
  - AI applications in mental health interventions
- Autism Spectrum Disorder (ASD)
  - Social camouflaging and social asking behaviors
  - Co-occurring mental health challenges in individuals with ASD
  - Gender-specific assessments and experiences, with a focus on women with ASD
  - Self-Diagnosis
  - Delayed and misdiagnosis of ASD for women and people of color
- Trauma and Mental Health
  - Impact of trauma on mental health in individuals with ASD
  - Virtual Reality and EMDR in Treating Trauma for individuals with ASD and allistic individuals
- Cyberbullying and its effects on mental health
  - Romantic and Social Relationships
  - Dating experiences during the COVID-19 pandemic for individuals with ASD

**Research Experience & Publications:**

Castaneda, C., & Noble, N. (2024). AI Chatbots as Therapeutic adjuncts: Reducing distress in autistic adults between counseling sessions. (Proposal Accepted for the full manuscript in "Artificial Intelligence in Professional Counseling and Counselor Preparation: Innovations and Applications" in the *Journal of Counselor Preparation and Supervision (JCPS)*).

Noble, N., Bueno, N., Lourenco, M., Stafford, J., O'Connor, J., Williams, A., & Castañeda, C. (2024). Seeking and attaining romantic relationships: Counseling individuals with autism spectrum disorder. *The Family Journal*, 32(3), 447—455. <https://doi.org/10.1177/10664807241248182>

Dissertation: *Delayed and Denied: A Phenomenological Investigation of Women with autism and Their Experiences with Late Diagnosis*

*Adults with autism spectrum disorder's dating life: Challenges before and during the COVID- 19 Pandemic Submitted to The Family Journal: Pending Review*

- Current Research: Principle Investigator
- Coinvestigators: Dr. Nicole Noble & Katherine Braeuer July 2021 - Present
- St. Edward's University, Austin, TX

*Youth Depression Suicide Research Network – Texas Tech Health Sciences Center El Paso & The Texas Child Healthcare Access Through Telemedicine (TCHATT)*

- Recruitment
- Administer assessments.
- Assess inclusion and exclusion criteria.
- Obtain informed consent.
- Source documentation and case report for completion.
- Obtain medical history or evaluate concomitant medication.
- EDC system access and data entry and clean up.
- Regulatory and essential documents, other record keeping or admin function.
- Directing the research team members and assessing compliance with study

- protocol.
- Determine significance of subject safety indicators (e.g., AE/SAEs, UADEs, SUSAW, UPIRSOs, etc.).
  - Determine the significance of protocol deviations and violations.
  - Data analysis and manuscript preparation.

## **PROFESSIONAL SERVICE**

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### **Assistant Professor of Psychology and Behavioral Neuroscience, Tenure Track**

- August 2024 - Present

### **Adjunct Faculty (Remote) Palo Alto University, Palo Alto, CA**

- June 2024 - Present

### **Visiting Assistant Professor Psychology, St. Edward's University, Austin, TX**

- August 2023 – May 2024
- MAC Program & Undergraduate Psychology Program

### **Adjunct Faculty, St. Edward's University, Austin, TX**

- May 2022 – December 2023
- MAC Program

### **Owner, Clinician: The Missing Peace Clinic PLLC**

- January 2021 – Present
- A developed private practice that provides mental health services for children, adolescents and adults with autism spectrum disorder.
- Contracted counseling & assessment services for Austin-based school districts, universities, and government-based entities.

### **Behavioral Health Therapist, Total Primary Care, Austin, TX**

- June 2022 – June 2023
- Provide counseling and screening services for patients of Total Men's Primary Care and Total Primary Care.
- Supporting the growth of the telehealth behavioral program for Total Primary Care.
- Educate and train medical staff on mental health.

### **Senior Mental Health Clinician, Texas Tech University Health Sciences Center, El Paso, TX**

- April 2020 – May 2022
- Provided counseling, educational, and referral services to children and adolescents across west Texas under The Texas Child Health Access Through Telemedicine (TCHAT) Program to decrease the prevalence of suicide and school shootings.
- Provided consultation and psychoeducation to school staff and families.
- Facilitated the Wellness Group for TTUHSC El Paso Staff, Medical Students and Community Partners to reduce burnout and trauma from the COVID-19 Pandemic.
- Assessed PTSD research for children and adolescents for the Texas Youth Depression & Suicide Research Network. Program is in collaboration with UT-Southwestern.
- Supervised medical students, psychiatry fellows, psychiatry residents, and psychology fellows in telehealth sessions with patients to implement

counseling techniques in their sessions.

### **Behavioral Health Specialist V – Counseling, El Paso State Supported Living Center El Paso, TX**

- August 2019 – March 2020
- Performed behavioral health duties to individuals by providing emotional assessments, social groups/group counseling, and individual counseling.
- Provided supervisory roles through ensuring legal compliance with the DOJ, training new staff, and developing behavioral health plans of actions to improve individual quality of life. PROFESSIONAL PRESENTATIONS

### **Counseling-Related Presentations**

1. Castañeda, C. (2024, Fall). Innovations In Therapy – Artificial Intelligence and Virtual Reality in Mental Health. Psych On The Hilltop Event at St. Edward’s University.
2. Castañeda, C. (2024, Fall). Guest Lecturer on Treating Clients with Autism Spectrum Disorder. Introduction Into Career Planning. The University of Texas at Austin.
3. Castañeda, C. (2023, Summer). Growing Counselor Competency of Clients of Color with autism. 2023 NBCC Foundation Symposium.
4. Castañeda, C. (2023, Spring). Empowering Diversity: Recognizing and Treating Autism in Minority Populations. The Missing Peace Clinic at St. Edward’s University.
5. Castañeda, C. (2023, Spring). Navigating Autism Diagnosis: Overcoming Challenges for Minority Populations. Southern Association for Counselor Education and Supervision Webinar Series.
6. Castañeda, C. (2022, Fall). Counseling Neurodiverse Clients CEU. Capitol of Texas Counseling Association.
7. Castañeda, C. (2022, Spring). LatinX Task Force Mentorship Talk – Life after PAU: Diverse Career Paths. Palo Alto University.
8. Castañeda, C. (2020, Spring). Cofacilitator: Palo Alto University 2021 Counselor Education Distance Learning Conference Symposium.
9. Castañeda, C. (2021, April). Challenges for Students with Autism Spectrum Disorder Due to the COVID-19 Pandemic. Texas Tech University Mini Conference.

### **Community Service Presentations**

1. Castañeda, C. (2022, Spring). Health fair with an emphasis on Mindfulness, Stress and Anxiety, Healthy Relationships, and Healthy Eating. Eastlake High School Health Fair.
2. Castañeda, C. (2021, August). Handling Grief and Loss for Students during the COVID-19 Pandemic. Region 18, Midland, TX.
3. Castañeda, C. (2021, January). Your Students’ Mental Health. Capt. Walter E Clarke Elementary School, El Paso, TX.
4. Castañeda, C. (2020, December). Anxiety Management for Students. Education Service Center Region 19, El Paso, TX.
5. Castañeda, C. (2020, October). Autism Spectrum Disorder. Texas Tech University Health Sciences Center Child Psychiatry for the Primary Care Provider Grand Rounds Series.
6. Castañeda, C. (2020, Summer). Caregiving Challenges When Staying Home and Staying Safe.

Alzheimer's Association West Texas Chapter Virtual Programs.

7. Castañeda, C. (2020, Fall). Augmentative and Alternative Communication for Individuals with Autism Spectrum Disorder. University of Texas at El Paso – Speech Language Pathology Graduate Department.
8. Castañeda, C. (2020, Fall). Care for Caregivers: How to Incorporate Self Care as a Practitioner. The University of Texas at El Paso – Speech Language Pathology Graduate Department.
9. Castañeda, C. (2020, Fall). Treating Individuals with Autism Spectrum Disorder in Your Health Profession. The University of Texas at El Paso Health Sciences Center.

## **TEACHING EXPERIENCE**

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### **Teaching Interests:**

- Clinical Practice
  - Practicum and Internship Supervision
  - Counseling Skills & Techniques
  - Crisis & Trauma Counseling
  - Assessment in Counseling
- Counseling Theory and Ethics
  - Counseling Theory
  - Counseling Ethics
  - Counseling & Guidance
- Developmental Psychology
  - Life-Span Development
  - Human Growth & Development
- Specialized Areas
  - Psychopharmacology
  - Chemical Dependency
  - Counseling Research
  - Counseling Neurodivergent Individuals: Theory and Application (Elective)

### **Courses Instructed:**

August 2024 – December 2024

Assistant Professor Psychology Tenure Track

PSYC/SOCW-2326 Chemical Dependency Issues (Two Sections)

Department of Psychology and Behavioral Neuroscience St. Edwards University, Austin, TX

August 2024 – December 2024

Assistant Professor Psychology Tenure Track

PSYC-3438 Research Methods (Two Sections)

Department of Psychology and Behavioral Neuroscience St. Edwards University, Austin, TX

June 2024 – August 2024

Adjunct Faculty

COUN-630 Crisis & Trauma Counseling

Department of Counseling Palo Alto University, Palo Alto, California

January 2024 – May 2024

Visiting Assistant Professor

PSYC-3340 Counseling & Guidance

Department of Psychology and Behavioral Neuroscience St. Edwards University, Austin, TX

January 2024 – May 2024

Visiting Assistant Professor

PSYC-2310 Lifespan Development (Two Sections)

Department of Psychology and Behavioral Neuroscience St. Edwards University, Austin, TX

January 2024 – May 2024

Visiting Assistant Professor

PSYC-3438 Research Methods

Department of Psychology and Behavioral Neuroscience St. Edwards University, Austin, TX

August 2023 – December 2023

Visiting Assistant Professor

CNCO-6356 Human Growth & Development

Department of Counseling St. Edwards University, Austin, TX

August 2023 – December 2023

Visiting Assistant Professor

CNSL-6368 Internship I

Department of Counseling St. Edwards University, Austin, TX

August 2023 – December 2023

Visiting Assistant Professor

PSYC-3438 Research Methods

Department of Psychology and Behavioral Neuroscience St. Edwards University, Austin, TX

August 2023 – December 2023

Visiting Assistant Professor

PSYC-3328 Cross-listed with SOCW-3327 Families & Intimate Relationships

Department of Psychology and Behavioral Neuroscience St. Edwards University, Austin, TX

May 2023 – August 2023

Adjunct Faculty

CNSL-6367 Counseling Practicum

Department of Counseling St. Edwards University, Austin, TX

May 2023 – August 2023

Adjunct Faculty

CNSL-6355 Advanced Psychopathology & Psychopharmacology

Department of Counseling St. Edwards University, Austin, TX

January 2023 – May 2023

Adjunct Faculty

CNC0-6351 Counseling Skills and Techniques

Department of Counseling St. Edwards University, Austin, TX

January 2023 – May 2023

Adjunct Faculty

CNC0-6368 Counseling Internship I

Department of Counseling St. Edwards University, Austin, TX

August 2022 – December 2022

Adjunct Faculty

CNC0-6351 Counseling Skills and Techniques

Department of Counseling St. Edwards University, Austin, TX

August 2022 – December 2022

Adjunct Faculty  
CNSL-6371 Crisis and Trauma Management  
Department of Counseling St. Edwards University, Austin, TX  
May 2022 – August 2022  
Adjunct Faculty  
CNC0-6351 Counseling Skills and Techniques  
Department of Counseling St. Edwards University, Austin, TX

### **Teaching Assistant Positions**

January 2022 – May 2022

*Remote Teacher Assistant*

Department of Counseling Palo Alto University, Palo Alto, CA Counseling Ethics

- Co-taught course under the supervision of Assistant Professor
- Involved and empowered students to develop a forum on mental health policy and engaged students in activities regarding the California Code of Ethics for Licensed Professional Counselors.
- Engaged students in simulated role-play learning environments to teach communication and interviewing skills.

August 2021 – December 2021

*Teacher Assistant*

Department of Counseling Texas Tech University, Lubbock, TX Ethical and Legal Issues in Counseling, Graduate course

- Co-taught course under the supervision of Assistant Professor
- Developed and planned recordings of unethical actions a counselor can make in a mock session for students to identify broken codes of ethics.
- Involved and empowered students to develop a forum on mental health policy and engaged students in activities regarding the Texas Code of Ethics for Licensed Professional Counselors.
- Engaged students in simulated role-play learning environments to teach communication and interviewing skills.

### **HONORS & AWARDS**

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2024 Hopelab Early Career Research Grant

2022 National Board for Certified Counselors Doctoral Mental Health Fellowship Recipient

2021 TTU Jack and Pat Adkins ED Scholarship

2020 TTU Jack and Pat Adkin ED Scholarship

2020 TTU Competitive Tuition Scholarship

2016 UT Austin President's Achievement Scholarship

2015 UT Austin President's Achievement Scholarship

2015 UT Austin Orientation Adviser Leadership Award

2014 UT Austin President's Achievement Scholarship

2014 UT Austin David Ivey Scholarship

2013 UT Austin Award University Grant

2013 President's Achievement Scholarship

2012 President's Achievement Scholarship

2012 State of Texas Top Ten Percent Scholarship

**PUBLIC SERVICE**

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2023: Impact Plan National Board for Certified Counselors Foundation: Empowering Diversity: Recognizing and Treating Autism in Minority Populations. 03/24/2023.

2023-Present: Project SpectrUS is a program created by my practice that provides sliding scale to free sessions for neurodivergent individuals of all lifespans from low SES backgrounds.

**PROFESSIONAL IDENTITY**

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**Membership**

Association for Counselor Education and Supervision (ACES)

Southern Association for Counselor Education and Supervision (SACES)

Texas Association for Counselor Education and Supervision (TACES)

National Board for Certified Counselors (NBCC)