

Heather L. Austin-Robillard

CONTACT INFORMATION

Center the Study of Addiction and Recovery Building
Room #208
(214)-277-4266
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EDUCATION

Tarrant Community College, Arlington, TX Aug 2004-May 2006

Major: Equivalent to Associates

University of North Texas, Denton, TX B.S. Aug 2006-Dec. 2008

Major: Psychology (Cum Laude)

Minor: Woman Studies

Senior Thesis: *Expressive Writing on Relationship Breakups Using Interpersonal Decentering.*

Texas Tech, Lubbock, TX Aug 2010-May 2012

M.S.-Marriage and Family Therapy

Texas Tech, Lubbock, TX June 2012- Dec 2016

Ph. D-Marriage and Family Therapy

Dissertation title: *Negotiating motherhood for women in recovery from eating disorders: Attempting to prevent transference.*

PROFESSIONAL EXPERIENCE

Private Practice March 2016-Present

- Individual, couple and family therapy
- Managing of case files and marketing.
- Specialization in addiction and recovery, infidelity and depression and anxiety.
- Supervise associate licensed marriage and family therapists in the community.

Instructor of Record Jan 2015- Present

Texas Tech University

Lubbock, Tx

- Developed online course sections for ADRS 2310: Understanding Drugs, Alcohol and Addictive behaviors and ADRS 2327: Substance Abuse Prevention; ADRS 3329: Relationships in Recovery; ADRS 4325: Treatment of Addictive Disorders.
- Taught above online classes as the instructor of record as well as ADRS 3325: Family Dynamics of Addiction.
- Manage and maintain updates for all online curriculum for ADRS classes, including creating lecture videos, assignments and course modules.
- Train or assist graduate students and other faculty teaching online sections of the ADRS classes.
- Proficient in blackboard development.

Graduate Teaching Assistant

Aug 2012-Aug2014

Texas Tech University

Lubbock, TX

- Taught courses in ADRS 2310: Understanding Drugs Alcohol and addiction
- Taught lecture portions of the class.
- Developed tests and power points.
- Graded papers and projects.
- Managed undergraduate teaching assistants.
- Proficiency in creating coursework online software or blackboard.

Family Therapist

Ranch At Dove Tree Treatment Center

May 2014-Oct 2015

Lubbock, TX

- Individual, Family and couples therapy for families of individuals in residential treatment for substance use disorders.
- Multifamily group therapy, both psychoeducational and therapeutic.
- Led multifamily groups about addiction and the effect addiction has on the family.
- Proficient knowledge on treatment planning and case notes for insurance companies.

Therapist

Texas Tech Family Therapy Center

Dec 2010- Dec 2013

- Individual, Couple and Family therapy with local community on a college campus.
- Observed and assisted with feedback on other therapist's clinical work.

Intensive Outpatient Therapists

March 2013-Aug 2013

Ranch at Dove Tree IOP

Lubbock, TX

- Individual therapy

- Group therapy on chemical dependency and recovery.
- Proficient knowledge on treatment planning for insurance companies.

Parent Empowerment Therapist

June 2012-Jan 2013

Lubbock County Juvenile Center

Lubbock, TX

- In-home family therapy with adolescents on probation and their families.
- Individual therapy with adolescents on probation either at school or when in the Detention facility.

Behavioral Health Researcher

May 2012-Sep 2012

Lubbock County Juvenile Center

Lubbock, TX

- Conducted research with long-term residents, including conducting assessments and entering data
- Collected data on Parent Empowerment Program.

WhyTry? Therapist

April 2011-Aug 2012

Lubbock County Juvenile Center

Lubbock, Tx

- Individual, group and family therapy with long term juvenile offenders.
- In-home aftercare family therapy with discharged juvenile offenders.
- Suicide assessments for high-risk juveniles.
- Help develop group topics involving anger management, substance abuse, sex education, and life skills and provide psychoeducation for long term juvenile offenders.

Behavioral Health Clerk

Oct 2010-June 2012

Lubbock County Juvenile Center

Lubbock, Tx

- Assist with administrative duties for behavioral health department.
- Track both WhyTry? And Parent Empowerment programs' data and participants.
- Audit suicide precaution assessments and checklists.

Pregnancy Counselor/Educator

Nov 2009-Aug 2010

American Pregnancy Association

Irving, TX

- Took incoming helpline calls in regards to pregnancy education.
- Assisted in referrals to physicians and financial assistance such as WIC and Food stamps.
- Reviewd and edited new and upcoming articals to be published on the website.

ORGANIZATIONS

Student Association of Marriage and Family Therapy

- Member November 2010-Spring 2014
- Social Representative August 2011-August 2012.
- Student Faculty Representative.

CERTIFICATIONS

Certified Together in Texas Premarital Trainer September 2010-Present

- Conduct Together in Texas Premarital Workshops for couples considering marriage.

RESEARCH EXPERIENCE

Presentations

Austin, H., Jenkins, S.R, Boals, A., Johnson, M., Stewart, K. (2009) *Interpersonal decentering in emotional narratives about romantic relationship breakups*. Presented at the Journal of Personality Assessment. Chicago, IL.

Dsuaza, C., Prouty, A., & Austin, H. (2012). *Binge eating in college population*. Presented Graduate Research Competition at Texas Tech University, Lubbock, TX

Dsuaza, C., Prouty, A., & Austin, H. (2012). *Binge eating in college population*. Presented at the Annual American Association of Marriage and Family Therapy Association, Charlotte, NC.

Publications

Jenkins, S.R., Austin, H., & Boals, A. (2012). Content analysis of expressive writing narratives about stressful relational events using Interpersonal Decentering. *Journal of Language and Social Psychology*.

Bradshaw, S., Shumway, S., Wang, E., Harris, K., Smith, D., & Austin-Robillard, H. (2015). Family functioning and readiness in family recovery from addiction. *Journal of Groups in Addiction and Recovery*,

Bradshaw, S., Shumway, S., Wang, E., Harris, K., Smith, D., & Austin-Robillard, H. (2015). Hope, readiness, and coping in family recovery from addiction. *Journal of Groups in Addiction and Recovery*.

Kimball, T., Shumway, S., Austin-Robillard, H. & Harris, K. (2017). Hoping and coping in recovery: A phenomenology of emerging adults in a collegiate recovery. *Alcoholism Quarterly*,

Journal Reviewer

Reviewed articles for the Journal of Substance Abuse groups. November 2105-January 2016

Research Team

- Reviewed articles for Journal of Groups in Addiction and Recovery November 2015-present.
- Family recovery program for Ranch at Dove tree with Dr. Shumway. September 2013-August 2016
- Addiction recovery fNIR research team. Trained in facilitating fNir research. September 2013-May 2014
- Dr. Sharon Rae Jenkins's Interpersonal Decentering scoring team. January 2008-December 2009. Department of Psychology, University of North Texas, Denton, TX. This included scoring data and entering into spreadsheet. I have also trained several other groups in this scoring system and have helped adapt changes for the manual.
- Binge eating within college students. January 2011-August 2012. Working with Anne Prouty, PhD and Cynthia Dsuaza, M.S. Helped create and administer surveys on eating habits. Currently working on cleaning data and researching articles.

CLINICAL AND SCHOLARLY INTERESTS

Eating disorders as related to family relationships.

Process addictions with high risk adolescents.

Women's Issues

Couples and infidelity

Marriage and Family Therapy personal relationships

PROFESSIONAL REFERENCES

Sterling Shumway, Ph. D, LMFT

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Community Family and Addiction Sciences
Texas Tech University
Lubbock, TX
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Texas Tech University
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Lubbock, TX 79409
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HOBBIES/SKILLS

- Hobbies: Zumba, yoga, pilates, painting and reading.
- Skills: Proficient Microsoft word and excel. Proficient in PC and Mac computers, proficient in SPSS, Proficiency in blackboard development. Intermediate level of French able to read it and speak some.