

Zach Budes

525 Tipton Ave, Knoxville, TN 37920

zbudes@vols.utk.edu | (615) 498-0666

Education

PhD Counselor Education

University of Tennessee, Knoxville Anticipated Graduation: Summer 2021

Dissertation: *The Effect of Deliberate Practice on Counseling Skill Development*

Chair: Dr. Casey Barrio Minton

Certificate: Evaluation, Statistics, and Measurement Summer 2020

Minor: Statistics Anticipated Completion Fall 2020

MA Clinical Mental Health Counseling
Tennessee Technological University

August 2016

BS Psychology
Tennessee Technological University

May 2014

Research and Scholarship

Publications

6. **Budes, Z.** & Barrio Minton, C. (Under review). Enhancing counselor education and supervision through deliberate practice. *Counselor Education and Supervision*.
5. Luke, C., **Budes, Z.** & Diambra, J. (Under review). Using an experiential group to promote engagement in a career counseling course. *Teaching and Supervision in Counseling*.
4. Klar, M., **Budes, Z.**, Datta, S., Moore, E., & Lamsen, L. (Under review). Evaluating first year residents' communication skills: A health literacy curriculum needs assessment. *Surgery*.
3. **Budes, Z.** (2020, August). Essentials of career-focused counseling: The essential toolbox for counselors-in-training [Review of the book *Essentials of career-focused counseling*, by C. Luke]. *Career Convergence*.
https://associationdatabase.com/aws/NCDA/pt/sd/news_article/315591/_self/layout_details/false
2. **Budes, Z.** (2020). Feedback-informed-treatment: A deliberate approach to responsible practice. *International Journal of Responsibility*, 3(2), 79–95.
<https://commons.lib.jmu.edu/ijr/vol3/iss2/8>

1. Luke, C., & **Budesa, Z.** (2019). Review of the Self-Directed Search. In K. B. Stoltz and S. R. Barclay (Eds.) *A Comprehensive Guide to Career Assessment* (7th Ed.). National Career Development Association.

Presentations

5. **Budesa, Z.** (2020, October 26-27). *Evaluating first year residents' communication skills: A health literacy curriculum needs assessment* [Paper presentation]. American College of Surgeons' Virtual Simulation Summit, Virtual conference.
4. Luke, C., Redecop, F., & **Budesa, Z.** (2020, July 14-16). *Career-focused counseling: A neuroscience-informed, ethical perspective* [Conference session]. National Career Development Association Conference, Virtual conference [Presentation canceled due to COVID-19 pandemic].
3. **Budesa, Z.** (2020, February 29). 'What am I even doing?' *How deliberate practice can benefit counselors* [Conference session]. Smoky Mountain Counseling Association One-Day Conference, Knoxville, TN, United States.
2. **Budesa, Z.**, Hightower, J., Gonzalez-Rosario, L. (2019, October 10-13). *Improvised learning: Applying theater improvisation techniques to teach counseling skills to counselors-in-training* [Conference session]. Association for Counselor Education and Supervision Conference, Seattle, WA, United States.
1. **Budesa, Z.**, Hightower, J., Gonzalez-Rosario, L. (2019, February 16). *Understanding best practices for working with clients in an inpatient setting* [Conference session]. Smokey Mountain Counseling Association One-Day Conference, Jefferson City, TN, United States.

Research in Process

Budesa, Z., & Minton, C. B. (2020, November 10). *The effect of deliberate practice in counselor education field experiences* [Dissertation].
<https://doi.org/10.17605/osf.io/fxwy2>

- Primary investigator for dissertation study
- Investigation into the benefit that deliberate practice has in the development of relationship skills for counseling students in practicum and internship.
- Completed proposal and pursuing IRB approval

Lamsen, L., Klar M, **Budesa, Z.**, Datta, S., Heidel, R., Jeter, J., & Wilson, G. (In process). *Simulation-based pain management training to support patient engagement with new opioid prescription guidelines.*

- Cardinal Health grant funded education and research on opioid prescription practices
- Serving as data collection liaison and statistician
- Finalizing data collection and beginning analysis

Duenyas, D., Luke, C., & **Budesa, Z.** (In process). *Examining self-awareness and perceived neuroscience-informed technology competency: Implications for professional counselors.*

- Working on a team of three as data analyst
- Investigation into the types of neuro-informed technology that counselors use, and how that interacts with self-consciousness
- Manuscript in final preparation

Barrio Minton, C., Gibbons, M., **Budesa, Z.**, & Matthews, L. (In process). *Developmental counseling and therapy (DCT) in counseling supervision.*

- Working on a team of four as co-researcher
- Investigation into the experience and efficacy of DCT-based supervision
- Currently in data collection process

Luke, C. & **Budesa, Z.** (In process). *The 8-factor model and neuro-informed counseling outcomes.*

- Working as co-investigator on team of two
- Investigation into how counseling outcomes can be described and measured across 8 factors of human experience
- Currently in initial qualitative data collection phase

Lamsen, L., **Budesa, Z.**, & Klar M. (In process). *Economy of time and motion: Measuring surgery residents' suturing skill reliably and efficiently.*

- Working on a team of three as methodologist and data analyst
- Investigation into the reliability and ease of use of three common measures of surgical skill
- Currently in final data collection phase

Leadership, Supervision & Teaching Experiences

Doctoral Supervision Internships

Supervisor for COUN 559 CMHC Internship

Fall 2019 & 2020

- Provided weekly rotating individual and triadic supervision of 5 first semester interns
- Lead group supervision for internship students with faculty instructor
- Engaged in weekly triadic supervision of supervision with faculty supervisor
- Reviewed recordings of supervisees work to provide midterm and final evaluations

Supervisor for COUN 555 Practicum in Counseling

Spring 2019 & 2020

- Worked with 4-5 practicum students in weekly individual sessions
- Co-facilitated group supervision for practicum students with faculty instructor
- Completed weekly triadic supervision of supervision with faculty supervisor
- Reviewed recordings of supervisees work to provide midterm and final evaluations

Teaching Internships

COUN 551 Theory and Practice of Counseling

Teaching Intern/Co-Instructor

Fall 2019

- Developed modules and lessons, and served as primary instructor for 6 class meetings
- Provided support for primary instructor in remaining 7 class periods
- Graded papers and final exams equally with instructor of record
- Engaged in weekly supervision and planning with faculty supervisor

COUN 545 Lifespan Development

Teaching Intern/Co-Instructor

Spring 2019

- Planned four lessons and served as primary instructor for those class meetings
- Divided planning and instruction with primary instructor for remaining classes
- Assisted instructor of record with grading lifespan development reflection paper
- Completed supervision and planning sessions with faculty supervisor

COUN 560 Practicum in Grief Support

Graduate Teaching Assistant

Fall 2019

- Served as primary instructor during two class meetings
- Taught three shorter lessons throughout other classes
- Aided instructor of record planning and instruction for remaining classes
- Assisted instructor of record with grading of final papers and group projects

Leadership Experience

Program Evaluation of Field Experience Assessment Procedures

Spring 2020

- Evaluated the methods by which practicum and internship students are assessed by faculty and doctoral supervisors
- Completed interviews, focus group, and survey of students and faculty across the program
- Provided program faculty with a written evaluation report including recommendations for enhancing the assessment and feedback procedures within field experience courses

Counseling and Related Professional Experience

Graduate Research Assistant

UT Center for Advanced Medical Simulation

June 2019- Present

The Graduate School of Medicine at the University of Tennessee, Knoxville

- Collaborated with faculty and students across different departments of the medical center and university campuses to conduct interdisciplinary research
- Partnered with department head and research fellow to develop and evaluate novel curriculum for medical residents
- Engaged in data gathering, statistical analysis, research design and support
- Served as liaison between Center for Advanced Medical Simulation and the Institutional Review Board
- Oversaw data collection for studies involving employees and patients of the medical center

Doctoral Coordinator*Grief Outreach Initiative*

August 2018- July 2019

University of Tennessee, Knoxville

- Coordinated with Knox County school counselors to identify children in need of services
- Paired university students with community students for mentorship experience
- Served as Graduate Teaching Assistant for Practicum in Grief Support course
- Served as Camp Coordinator for *Camp Aliya*, which included tasks such as volunteer and camper recruitment, training, financial management

Private Practice Counselor*Infinite Possibilities*

July 2018 - May 2019

- Provided outpatient counseling in a private practice setting
- Maintained a caseload of 8-15 clients, including individuals, couples, and families
- Completed intake and career assessments, treatment plans, and regular updates to case files
- Maintained documentation in accordance with insurance requirements, and state and federal guidelines

Counselor (Inpatient and Outpatient)*Ten Broeck Tennessee*

October 2017- August 2019

- Provided individual and group counseling in adult inpatient and outpatient settings
- Completed biopsychosocial assessments, treatment planning, and discharge planning for inpatient unit
- Facilitated partial hospitalization and senior program group therapy, intake sessions
- Worked on interprofessional treatment teams with physicians, nurses, and patients to provide effective care for all patients

Child and Adolescent Mobile Crisis Counselor*Youth Villages*

July 2016- October 2017

- Provided mobile crisis response for children and adolescents and their families
- Completed crisis assessments to determine risk of harm and identify available mental health supports
- Facilitated the process of hospitalization when needed, including admission, insurance precertification, and transportation
- Completed follow-up calls and visits to assess additional needs and safe plan

LEADERSHIP AND PROFESSIONAL SERVICE

Professional Development Co-Chair, Upsilon Theta Chapter of CSI, 2020-2021

Member, Tennessee Technological University Counseling Programs Advisory Board, Spring 2020-Present

Reviewer, *Journal of Mental Health Counseling Research* Section, Spring 2020-Present.

Reviewer, *International Journal on Responsibility*, Special Issue: “What responsibility do mental health professionals hold toward clients and the public at large?”, Fall 2019.

Licenses and Professional Memberships

Licensed Professional Counselor (TN) Mental Health Service Provider Designation License #3981	Nov. 2018- Present
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Association for Counselor Education and Supervision	2018-Present
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Chi Sigma Iota , Upsilon Theta Chapter	2019-Present
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Association for Counselor Education and Supervision	2018-Present
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Southern Association for Counselor Education and Supervision	2018-Present
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American Counseling Association	2014-Present
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AWARDS

Outstanding First Year Doctoral Student. (2019).
Counselor Education Program, University of Tennessee, Knoxville

J. Wallace & Katie Dean Graduate Fellowship. (2018-2019).
University of Tennessee, Knoxville.