

Maria Alayza, Ph.D., LMHC, LMFT, BC-TMH

SUMMARY OF QUALIFICATIONS

- Mental health counseling experience with children, adults, couples, and families through individual and group sessions.
- Experience in providing psychotherapy services virtually, at school, community sites, as well as in a traditional office.
- Experience in case management and clinical administrative work.
- [Media](#) experience across diverse outlets, including TV and radio appearances and published op-eds since 2024.
- Bilingual: English and Spanish

EDUCATION

PhD Counseling Education and Supervision*

December 2025

Florida Atlantic University, Boca Raton, FL

Dissertation Title: *Posttraumatic Growth*

Following Pregnancy Loss: Understanding

the Influence of Positive Religious Coping

and the Moderating Effect of Perceived Social Support

Certified Professional Coaching Program

December 2021

University of Miami, FL

Master of Science in Counseling, GPA 3.9

December 2020

Specializations:

- **Clinical Mental Health Counseling**
- **Marital, Couple, Family Therapy**

Barry University, Miami Shores, FL

Bachelor of Arts in Psychological Science, GPA: 3.9

May 2017

Minor: Sociology

Honors: Magna Cum Laude

University of Vermont, Burlington, VT

CREDENTIALS

Licensed Mental Health Counselor (LMHC), Florida

MH #21877

Licensed Marriage and Family Therapist (LMFT), Florida

MT#4572

Board Certified Telemental Health Provider (BC-TMH)

#4033

COUNSELING & THERAPY EXPERIENCE

Clinical Counselor- Positive Therapy FL

January 1, 2026 – Present

- Provided virtual individual, couples and family therapy to individuals, integrating Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Trauma-informed approaches.
- Lead the Maternal Mental Wellness Program.

Clinical Counselor- The Resilience and Cognitive Behavior Therapy Center

August 22, 2022 – November 30, 2022

August 14, 2023 – August 13, 2024

- Provided virtual individual and couples therapy to adult individuals, integrating Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Clinical Counselor- Mental Health & Art Therapy LLC, Miami, FL

January 3, 2022 – July 29, 2022

- Provide in-person individual counseling to seniors with severe mental illness living at an assisted living facility.
- Provide counseling services integrating Art Therapy, Cognitive Behavioral Therapy and Acceptance and Commitment Therapy.

Clinical Counselor-Children Home Society of Florida, Miami, FL

March 8, 2021 – November 3, 2021

- Provided virtual and in-person individual counseling to children and adults using TFEBT primarily.

- Provided virtual and in-person family therapy to individuals involved in dependency cases.
- Facilitated supervised and therapeutic visitations for court-mandated families.
- Worked collaboratively with the clinical dependency team (case managers, social worker, guardian ad litem, etc.)

Counselor, Intern - *Trauma Resolution Center*, Miami, FL

September 10, 2020 - December 11, 2020

- Provided virtual and in-person individual counseling to minors and adults using the Traumatic Incident Reduction (TIR) therapeutic approach.
- Conducted virtual and in-person psychoeducational parenting groups.
- Conducted psychoeducational groups on: psychobiology of trauma, impact of trauma in children, trauma bonding and cycle of violence.

TEACHING EXPERIENCE

- Assistant Professor, Nova Southeastern University **May 2026 - Present**
 - Summer 2026: Practicum, Continuing Internship, Community Mental Health
 - Fall 2026: Practicum, Human Growth and Development, Diagnosis and Treatment of Adult Psychopathology
- Adjunct Faculty, Barry University **January 2026 – August 2026**
 - Practicum (CSL 694)
 - Legal and Ethical Issues (CSL 600)
 - Individual Counseling Procedures (CSL 652)
- Graduate Teaching Assistant, Florida Atlantic University **August 2022 – December 2025**
 - MHS 6830: Internship
 - MHS 6421: Counseling Children
 - MHS 6800: Practicum
 - MHS 6401: Counseling Theories & Techniques
 - MHS 5005: Processes in Counseling
 - MHS 6930: Couples Counseling
 - MHS 6510: Group Counseling
 - MHS 6470: Human Sexuality
 - MHS 6482: Lifespan Development
 - MHS 6700: Legal, Ethical and Professional Issues in Counseling

GUEST SPEAKER/LECTURER

- **Alayza, M.,** Ponce, J., & Lam, H. (Panel, Foundations for Clinical Mental Health Counseling Course) (2025, October 27). Florida Gulf Coast University. Virtual
- Ponce, J & **Alayza, M.** (Invited speaker, Counseling and Human Diversity Course) (2024, September 3). *Enhancing Cultural Competence with the Latino population*. [Lecture]. University of Arkansas. Virtual
- **Alayza, M.** (Invited speaker, Families and Intimate Relationships Course) (2023, November 20). *Family Dynamics within the Hispanic population*. [Lecture]. St. Edward's University. Virtual

RESEARCH EXPERIENCE

Co-Investigator

- Vásquez-Colina, M., Blanco, S. & **Alayza, M.** (Under review). A Systematic Review of the Literature on Undergraduate Students' Academic Success at Hispanic-Serving Institutions. *Journal of Hispanic Higher Education*.

Co-Investigator

- Ponce, J., **Alayza, M.,** Dosal-Terminel, D., & Machuca, R. (In progress). A 30-year content analysis of the Hispanic population within counseling scholarship.

Co-Investigator – *A Qualitative Content Analysis of Clinical Supervisors of SEB Counselors who Practice in Spanish* 2024

- Collected data from research participants
- Assisted and collaborated with data analysis, along with other research team members

Research Assistant - *Seeing I Laboratory*, University of Vermont, Burlington, VT

August 2016 - May 2017

- Presented a proposal for future investigation based on the I-sharing research
- Collected data from research participants to evaluate responses focusing on I-sharing behaviors
- Assisted and collaborated with faculty and graduate students within the Social Psychology Department

PUBLIC SCHOLARSHIP

- **Alayza, M.** (2024). *5 things to do if anxiety is taking over your life*. DC Journal; My Journal Courier; The Daily Star.
- **Alayza, M.** (2025). *El impacto invisible en la salud mental*. La Opinion.

PRESENTATIONS & WEBINARS

National

- **Alayza, M.** (2026, February 27). *Relational Coping and Family Support: Navigating Posttraumatic Growth After Pregnancy Loss*. Education session presented at the International Association of Marriage and Family Counselors (IAMFC) Conference. Davie, FL.
- Ponce, J. & **Alayza, M.** (2025, September 13). *Elevating Hispanic/Latine Scholarship in Counseling Journals: A 30-Year Content Analysis*. Roundtable session presented at the AARC Conference. Daytona Beach, FL
- **Alayza, M.**, Chiu, L., Ponce, J. E., & Salhia, Y. (2024, November 9). *From what's wrong to what happened: Trauma-informed and culturally responsive considerations in counselor education for Latin* communities*. Education session presented at the Southern Association for Counselor Education and Supervision (SACES) conference. Dallas, TX.
- Dosal-Terminel, D., Carter H., **Alayza, M.**, Papis, V. (2024, September 6). *A Qualitative Content Analysis of Cultural and Linguistic Factors in Clinical Supervision of Spanish-English Bilingual Counselors*. Poster presented at the Association of Assessment and Research in Counseling (AARC) conference. Pittsburgh, PA.
- **Alayza, M** (2024, February 15). *Trauma-informed and culturally responsive pedagogy with the Hispanic/Latinx population*. Roundtable at the AACTE 76th Annual Meeting Holmes Program. Aurora, CO.
- **Alayza, M**; Ponce, J; Moshe R; Kwok, S & Irvine, T (2023, October 14). *Burn Bright & Not Out: Infusing Wellness in Supervision Models for Burnout Prevention in Counseling Students & Supervisees*. Education session presented at the ACES Conference. Denver, CO.
- Bossie, C., Nelson, R. & **Alayza, M.** (2023, September 8). *Show me what you got: Simulated Session as a Means of Counselor Education Assessment*. Education session presented at the AARC Conference. Nashville, TN.
- Ponce, J. & **Alayza, M.** (2023, June 3). *Infusing Multicultural Sensitivity and Competence in CBT Treatment with Latinx Clients*. Education session presented at the NBCC Bridging the Gap Symposium: Eliminating Mental Health Disparities. Atlanta, GA.

State

- **Alayza, M.** (2025, November 14). *Healing the Self: Exploring Posttraumatic Growth after Pregnancy Loss*. Session presented at the Florida Counseling Association Convention (FCA). Fort Lauderdale, FL.
- Ponce, J. & **Alayza, M.** (2023, April 28). *Bridging the gap with culturally responsive ACT interventions*. Florida Counseling Association. Webinar
- Ponce, J. & **Alayza, M.** (2022, October 1). *Sitting with anxiety: ACT Interventions to Enhance Client's Psychological Flexibility*. Education session presented at the 73rd Florida Counseling Association Convention. Online.

Local

- **Alayza, M.** (2019, April 13). *Dance/Movement Therapy (DMT) for Mental Wellness*. Presented at the 11th Annual Graduate Student Conference. Barry University, Miami Shores, FL

PROFESSIONAL LEADERSHIP AND SERVICE

- Secretary – Florida Counseling Association (FCA), Executive Board (July 2026 - Present)
- Reviewer - International Journal for the Advancement of Counseling (Present)
- Secretary - Florida Association for Multicultural Counseling and Development (2025-2026)
- Assisted delivering Exit Exams at FAU (Spring 2023, Summer 2023, Spring 2024, Summer 2024, Spring 2025)
- Assisted in Master and Doctoral interviews at FAU (Fall 2022, Spring 2023, Fall 2023, Spring 2024, Spring 2025)

- Vice President – Beta Rho Chi Chapter CSI (2024-2025)
- Conference Committee Member for AARC 2024 Conference
- Ambassador of the School of Education, Graduate Professional Student Association, Florida Atlantic University (Spring 2023, Fall 2023, Spring 2024, Fall 2024)
- Local Arrangement Co-chair – Florida Educational Research Association (FERA) Conference 2023
- IAPC Chair for Peru – International Association of Psychology and Counseling (2022-2023)
- Social Media Co-chair – Southern Association for Counselor Education and Supervision (2022-2023)
- President-elect – Beta Upsilon Chapter Chi Sigma Iota (2019)

CASE MANAGEMENT AND ADMINISTRATIVE EXPERIENCE

Clinical Services Coordinator - *CARE Center, Barry University, Miami, FL* **August 2019 - August 2020**

- Ensured that the CARE Center had appropriate policies, procedures, and clinical and administrative forms
- Trained and supervised staff by facilitating training, staff meetings, and employee evaluations
- Participated in Clinic Oversight Committee meetings to ensure compliance with policies and procedures
- Presented budget, attendance, billing, and financial reports of income, expenditures, cash flow, etc.
- Implemented and transitioned the administration of the clinic to virtual platforms, coordinating services remotely

Senior Graduate Assistant - *CARE Center, Barry University, Miami, FL* **September 2017 - August 2019**

- Conducted intakes, scheduled appointments, processed payments, and updated and maintained client database
- Audited files to ensure compliance with CARE Center, University, and State and Federal Regulations
- Provided outstanding customer service and maintained ongoing communication with CARE Center staff

AWARDS, SCHOLARSHIPS & HONORS

- 2025 FAU Department of Counselor Education Outstanding Graduate
- 2024 ACES/Region Diversity Scholarship Recipient
- 2023 CCE Board Certified-TeleMental Health (BC-TMH) Provider training award from the NBCC Foundation

PROFESSIONAL DEVELOPMENT

- 2025 ADHD Conference: Restore Identity, Reclaim Strength, and Support Neurodivergent Minds, Online, 2025
- Florida Counseling Association (FCA) Convention, Fort Lauderdale, 2025 (Presenter)
- Association for Counselor Education and Supervision (ACES) Conference, Philadelphia, 2025
- Association of Assessment and Research in Counseling (AARC) Conference, Florida, 2025 (Round table)
- Association of Assessment and Research in Counseling (AARC) Conference, Pittsburgh, 2024 (Poster)
- Southern Association for Counselor Education and Supervision (SACES) Conference 2024 (Presenter)
- Washington Week AACTE, Washington DC, 2024
- AACTE 76th Annual Meeting Holmes Program, Aurora, 2024
- The Evolution of Psychotherapy Conference, Anaheim, 2023
- Institute on Teaching and Mentoring Conference, Tampa, 2023
- Association for Counselor Education and Supervision (ACES) Conference, Denver, 2023 (Presenter)
- Florida Counseling Association (FCA) Convention, Tampa, 2023 (Graduate volunteer)
- Association of Assessment and Research in Counseling (AARC) Conference, Nashville, 2023 (Graduate volunteer and Presenter)
- Bridging the Gap Symposium: Eliminating Mental Health Disparities (NBCC), Atlanta, 2023 (Presenter)
- International Association of Marriage and Family Counselors (IAMFC) Conference, St. Petersburg, 2023
- Southern Association for Counselor Education and Supervision (SACES) Conference, Baltimore, 2022
- Florida Counseling Association (FCA) Convention, Online, 2022 (Presenter)
- American Counseling Association (ACA) National Conference, New Orleans, 2019 (Graduate volunteer)
- American Counseling Association (ACA) National Conference, Atlanta, 2018 (Graduate volunteer)
- Florida Counseling Association (FCA) Convention, Orlando, 2018 (Graduate volunteer)

MEDIA APPEARANCES

- Telemundo (TV) interview on the importance of mental health and self-care
- Univision (TV) interview on raising awareness of challenges and resources related to mental
- Univision (TV) interview on stigma about mental health care in the Hispanic culture
- Univision (TV) interview on adolescent mental health
- WQBA 1140 AM (radio) interview on social media and its mental and emotional impact
- WQBA 1140 AM (radio) interview on ways to cope with anxiety
- 670 AM La Nueva Poderosa (radio) interview on challenges and resources related to mental
- La agenda Hispana (radio) interview on the basics of mental health
- Watch all interviews [here](#)

TRAINING COURSES & WORKSHOPS

- Essentials of Reproductive Therapy: Infertility, Pregnancy Loss, Trauma, Donor Conception, and More, Psychotherapy Networker, PESI, online Training, 2023
- Acceptance and Commitment Therapy for Depression and Anxiety Disorders, Psychwire online Training, 2022
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT), March 2021
- Adoption Competency Training for Mental Health Professionals, June 2021
- “Children’s Functional Assessment Rating Scale” - Florida Department of Children and Families, 2021
- “Service Delivery for the Deaf or Hard-of-Hearing” - Florida Department of Children and Families, 2021
- “Functional Assessment Rating Scale” - Florida Department of Children and Families, 2021
- “Civil Rights for Community Partners” - Florida Department of Children and Families, 2021
- “Health Insurance Portability and Accountability Act” - Florida Department of Children and Families, 2021
- “Security Awareness” - Florida Department of Children and Families, 2021
- Telehealth for Mental Health Professionals: 2-Day Distance Therapy Training, 2020
- Trauma Incident Reduction Therapy, Training at The Trauma Resolution Center, 2020
- Mindfulness-Based Stress Reduction Training, Mindful Kids Miami, 2019
- DCF Online Training, Identifying and Reporting Child Abuse and Neglect February 2019
- Crisis Counselor Certificate, 30 hours of training, Crisis Text Line, 2018

AFFILIATIONS

- American Counseling Association (ACA)
- Florida Counseling Association (FCA)
- International Association of Marriage and Family Counselors (IAMFC)
- Association for Counselor Education and Supervision (ACES)
- Southern Association for Counselor Education and Supervision (SACES)
- Association of Assessment and Research in Counseling (AARC)
- Psi Chi International Honor Society in Psychology
- Alpha Kappa Delta, International Sociology Honor Society
- Chi Sigma Iota, International Honor Society for Counseling (CSI)