

Kyra E. Antares, PhD

Licensed Psychologist

Education

Doctorate in Counseling Psychology Western Michigan University	August 2020
Master of Arts– Depth Psychology Vermont College of Union Institute and University	May 2005
Bachelor’s-Eating Disorder Counseling Union Institute and University	June 2003

Private Practice

Licensed Psychologist Oregon License #3421 Kentucky License #276040 Michigan License # 6301019275 Find the Key Therapeutic and Consultation Services Eugene, Oregon findthekeytherapy.com	August 2020-present
---	----------------------------

- Provide counseling to adults with a variety of presenting concerns, including: trauma, chronic post-traumatic stress disorder, perfectionism, identity development, minority stress, anxiety, depression, disordered eating, foster and adoptive concerns, obsessive compulsive disorder, bipolar disorders, parenting concerns, grief and loss, acute stress, and relationship concerns.
- Maintain client records in Simple Practice
- Manage client billing
- Manage client schedule
- Provide referrals and collaborate with treatment team members for client care
- Provide anti-racism consultation to individuals and organizations.

University Teaching Experience

Course Instructor Psychology Department Midway University Midway, Kentucky	Oct 2023-Dec 2023
--	-------------------

Undergraduate Online Course Description:

Counseling Theories and Techniques (PSY 337) – 3 Credits. This course is designed to introduce students to the major schools of counseling and psychotherapy with an emphasis on theory and associated techniques. Through various modalities, students will learn the historical development of each major theoretical approach, including Psychoanalytic, Neo-analytic, Person-centered, Humanistic and Affective, Behavioral, Cognitive, Post-modern, and Family Systems therapies. Students will also gain an understanding of the dynamics and complexity associated with counseling diverse populations in various settings. This includes cultivating an appreciation for the roles that diversity and personal values play in the counseling process.

Responsibilities:

- Monitor and comment on student discussion forums
- Grade discussion posts, responses, and weekly assignments

drkeyantares@gmail.com
859-200-8013
www.findthekeytherapy.com

- Provide students with support related to course material
- Hold office hours
- Provide additional course material to aid in engagement and comprehension
- Provide feedback on course performance, comprehension, and writing skills
- Manage Canvas course website

Course Instructor

Jan 2022-June 2022

Counseling Psychology Department
University of Oregon
Eugene, Oregon

Graduate Level Course Descriptions:

Social Aspects of Behavior (CPSY 635) 4-5 Credits. This course introduces research and concepts related to social influences on human behavior, including prejudice, conformity, aggression, prosocial behavior, internalized social norms, and social cognition.

Theories of Counseling (CPSY 614) 3 Credits. Overview of selected historical and current counseling theories, including polyvagal, depth approaches, and trauma theory.

Responsibilities:

- Lectured and facilitated class periods
- Formulated Syllabus
- Managed Canvas course website
- Designed assignments
- Graded assignments and presentations
- Organized lectures and in-class activities
- Held office hours
- Provided students with support with course material

Doctoral Associate – Teaching Assistant

May 2018-June 2018

Course Instructor: Dr. Mary Z. Anderson
Counselor Education and Counseling Psychology Department
Western Michigan University
Kalamazoo, Michigan

Graduate Level Course Description: *CECP 6510 Personality Assessment*. Survey of theory of personality assessment and the basic concepts of non-projective measurement, with emphasis on the administration, scoring, and interpretation of various instruments. Served as Teaching Assistant for one semester.

Assessments included in course:

- MMPI-2
- MCMI-IV
- NEO-3 PI

Responsibilities:

- Entered MMPI-2 and MCMI-IV scores into qglobal and generated score reports for student assessment administrations
- Created a chart of two and three-point codes to be an easy reference for students
- Provided feedback to students on practice interpretations and end of semester interpretive reports
- Checked scoring of NEO-3-PI
- Responded to student concerns via email
- Attended class sessions and contributed to class discussions

Doctoral Associate – Teaching Assistant
Course Instructor: Dr. Ariel Anderson

Sept 2013 – May 2017

Teaching, Learning, and Educational Studies Department
Western Michigan University
Kalamazoo, Michigan

Course Description: *Education 2500 Human Development: Applications in Education* (both online and in class). This course traces the psychological and social development of human beings from conception through adolescence, with specific emphasis on applications in the field of education. Consideration is given to those factors which facilitate or inhibit normal progress in the areas of physical, emotional, social, intellectual, and moral development. I served as Teaching Assistant for this course for four years/eight semesters.

Responsibilities:

- Designed and taught a class session entitled “Diversity in Development” to address the ways in which race, gender, and sexual orientation influence child development.
- Instructed class periods in Dr. Anderson’s absence
- Managed course website
- Created and coordinated study groups
- Created study help sheet for students to assist with studying for exams
- Assisted with classroom technology
- Devised accommodations for students with disabilities
- Graded papers
- Assisted students during office hours

Course Description: *Education 3500 Young Children, Their Families, and Their Society* (both online and in class). Students in this course study the effects of family, peer group, and society on the development of young children. Emphasis is placed on family styles and child-rearing practices and their effects on learning and other behavior. Family constellations, the learning of gender roles, the effects of divorce, and similar phenomena will be studied. Consideration will be given to the effect of cultural and subcultural differences on early childhood development and students will look at the contemporary American scene as it affects young children. Co-taught ED 3500 for four years/10 semesters (this is a seminar-style course).

Responsibilities:

- Generated a three-class session unit focused on systemic racism and White privilege in education, and facilitated this unit each semester
- Worked with Dr. Anderson to create an online version of the class, and assisted with teaching the course, grading, interacting with students in the online learning forum
- Stimulated discussion and deeper thinking in classroom discussions focused on race, sexual orientation, socioeconomic status, and gender.
- Instructed class periods in Dr. Anderson’s absence
- Managed course website
- Collaborated in the process of choosing a new textbook and redesigning the course
- Assisted with classroom technology
- Devised accommodations for students with disabilities
- Graded papers
- Assisted students during office hours

Doctoral Associate – Teaching Assistant

Sept 2013-Dec 2016

Course Instructor: Dr. James Croteau

Counselor Education and Counseling Psychology Department
Western Michigan University
Kalamazoo, Michigan

Graduate Level Course Description: *CECP 6040: Counseling Techniques*. This course is an introductory laboratory study of the concepts and skills required in interviewing and counseling. In addition to developing basic techniques and skills, special attention is given to the impact of interview settings, interviewer/counselor

attire, sex, ages of clients, and their social, economic, cultural, and ethnic backgrounds. Served as Teaching Assistant for three fall semesters in condensed format, and one Spring semester in regular format.

Responsibilities:

- Evaluated live counseling simulations and recordings
- Demonstrated counseling skills, such as active listening, multicultural competence, visible attending, basic empathy, in counseling role plays with instruction team
- Taught course material on counseling techniques with Dr. Croteau and the teaching team
- Participated in instructing a multicultural workshop class session, which explicated, confronted and discussed cultural stereotypes to increase multicultural awareness and competence in counselor trainees
- Facilitated counseling role plays and provided direct feedback during and after role plays to improve counselor performance
- Assisted with course organization
- Participated in strategy and planning meetings with instruction team
- Managed course website
- Supported students with questions and concerns

Publications

Books

Antares, K. (2023). *Transracial Adoption, Racism, and Identity: Between Two Worlds*. Lexington Books.
Antares, K. (2000). *Finding a break in the clouds: A gentle guide and companion for breaking free from eating disorders*. Vancouver, B.C.: Trafford Publishing.

Dissertation

Antares, K. (2020). *Between Two Worlds: A Phenomenological Exploration of Experiences and Understandings of Race for Black, Transracially Adopted Emerging Adults*.

Book Chapter

Antares, K., & Johnston, A. (2005). *Eating Disorders as a Messenger from the Soul*. In S. G. Mijares, Ph.D. & G. S. Khalsa, Ph.D. (Eds.) *The Psychospiritual Clinician's Handbook: Alternative Methods for Understanding and Treating Mental Disorders*. New York: Routledge Press.

University Counseling Center Clinical Experience

American Psychological Association Doctoral Intern

Aug 2019-Aug 2020

University of Oregon Counseling and Psychological Services
University of Oregon
Eugene, OR

Supervisor: Brett Vicario, Ph.D.

40 hours per week, direct and indirect

- Provide counseling to University of Oregon students with a range of presenting concerns, including eating and body image, anxiety, depression, adjustment disorders, trauma, crisis, personal development, family of origin concerns, identity development, stress, relationship concerns, etc.
- Complete a full year supervision and training rotation focused on practicum coordination and supervision, and teaching counseling skills
- Co-facilitate process groups of various topics
- Conduct six outreach initiatives with campus partners
- Complete a year-long consultation project with a campus partner
- Provide supervision to master's level practicum interns
- Perform case management duties, such as managing appointments, maintaining updated chart information, seeking consultation, and making referrals

- Participate in weekly individual and group supervision

**Doctoral Assistant – Psychotherapist
Sindecuse Counseling Services**

Sept 2017-2019

Western Michigan University

Kalamazoo, Michigan

Supervisor: Brian Fuller, Ph.D.

20 hours per week, direct and indirect

- Provide psychotherapy to Western Michigan University students with a range of presenting issues, including anxiety, depression, adjustment disorders, disordered eating, specific phobia, posttraumatic stress disorder, dissociative identity disorder, gender dysphoria, LGBT identity development, racial identity development, trauma, personal development/discovery, bipolar disorder, bipolar II disorder, cyclothymic disorder, borderline personality disorder, stress, relationship concerns, and substance use/abuse related issues
- Perform case management duties, such as making referrals, writing student letters, seeking consultation, maintaining updated chart information
- Conduct client intake assessments
- Write session and contact notes using Point and Click software
- Provide crisis intervention counseling, including hospitalizations
- Participate in weekly group supervision with colleagues and supervisors, including giving case presentations
- Engage in weekly individual supervision with doctoral supervisor
- Participate in campus outreach initiatives, such as informational panel presentations for students

Multicultural Presentation Experience

Being Anti-Racist: Making It Personal

April, 2021

Designed for people working in higher education in counseling centers, admissions offices, academic advising, and teaching, this 90-minute presentation provides an explanation of racial socialization narrative work, anti-racism, and an overview of research-supported factors impacting the experiences of students of color on college campuses in the United States. Also emphasized are ways to build personal and institutional anti-racist identities.

Addressing White Client Racism in Session

December, 2020

University of Oregon, Connections Event 2020

Designed for counseling professionals looking for ways to deal with white clients enacting racism in session. This 90-minute presentation examines the common professional issues and questions that arise related to this topic, anti-racism as a personal and professional identity development process, the relevance of racism to mental health, and the “who you are determines what you do” approach to handling instances of racism in session.

Working with College Students of Color: Internal and External Change

February 2020

Washington State University

Presented original talk focused on important factors in effective and progressive work with college students of color to university counseling center staff

LGBTQ+ Panelist

March 2013-2019

Participant in a four-speaker panel in several undergraduate courses at Western Michigan University.

Speakout panels are an initiative of the Office of LGBT Student Services. Each panelist tells the personal story of coming out and then answers questions from the class about LGBTQ+ identities.

Guest Lecturer: My Personal Racial History

2018-2019

Multicultural Counseling Course, Professor: Dr. Joseph R. Morris

Presentation about my personal racial history and my journey related to White anti-racism for masters and doctoral students in a multicultural counseling course.

Race Talk Panelist

December 2016

Student Assembly for Racial Equity and Cultural Inclusion, Western Michigan University

Narrative sharing related to racial socialization as a White woman in the US as part of a race talk panel.

Racial Socialization Peer-Educator Workshop

Fall 2015

Western Michigan University

Worked with 4 doctoral student colleagues to create a critical storytelling racial socialization panel workshop. This workshop was designed to help students examine their racial socialization, and to shed light on the presence of systemic racism in their personal lives.

Race Focused Film Discussion Group Co- Facilitator

2014-2016

Western Michigan University

Co-facilitators created a forum in which students and community members could engage in conversations about race and racism utilizing the medium of film to inspire discussion. Co-Facilitators chose films, advertised events, led discussions, provided discussion questions and handouts, and planned/scheduled events each semester for nine semesters

Seita Scholar Mentor

2013-2014

Western Michigan University

Mentor for student in the Seita Scholar program (support program for students who have aged out of the foster care system, and have received a scholarship to attend Western Michigan University)

Refereed Conference Presentations

Antares, K. and Simmons, D. D. (January 2017). *Addressing White Client Racism in Counseling Sessions*. Co-facilitated a roundtable discussion at the National Multicultural Conference and Summit in Portland, Oregon.

Antares, K., Greene, M., Butler, M., Nutten, T., Malone, W. (April 2016). Racial Socialization Awareness: Critical Storytelling in Anti-Racism Education. Co-presented and facilitated a roundtable discussion focused on the experience of using racial socialization narratives in multicultural peer educator training at the Great Lakes Regional Counseling Psychology Conference, Indiana University, Bloomington, Indiana.

Antares, K., Morris, J. R. (April, 2016). Racism as a Mental Health Issue. Co-facilitated a roundtable discussion at the Great Lakes Regional Counseling Psychology Conference, Indiana University, Bloomington, Indiana.

Antares, K. (April, 2015). Reducing Stigma Toward Polyamorous/Non-Monogamous Clients and Families. Facilitated a roundtable discussion at Great Lakes Regional Counseling Psychology Conference, Ball State University, Muncie, Indiana.

Antares, K. & Enkhtur, O. (April 2014). Building Global Community: Connecting International and Domestic Students. Co-facilitated a roundtable discussion at Great Lakes Regional Counseling Psychology Conference, Cleveland State University, Cleveland, Ohio.

Antares, K. (April 2013). Self-Compassion and LGBT Research Implications. Poster presentation at Great Lakes Regional Counseling Psychology Conference, Western Michigan University, Grand Rapids, Michigan.

Additional Clinical Experience

Counselor

Jan 2019-June 2019

Clinical Psychology Services

Portage, Michigan

Supervisor: Margaret Ajayi-Nabors, PhD, LP

20 hours per week

- Provided counseling to clients ages 4-78 with a variety of presenting concerns, including: attention deficit hyperactivity disorder, anxiety, depression, disordered eating, adoption and attachment, parenting concerns, relationship issues, identity development processes, schizoid personality disorder, obsessive compulsive disorder, persistent depressive disorder, grief, and adjustment
- Maintained client contact notes in Therapy Notes
- Managed schedule

- Participated in group supervision
- Managed referrals to and communication with multi-disciplinary treatment teams, when applicable

Depth Psychology Consultant

Fall 2005-June 2012

Center for Mindful Living Practices
Berea, Kentucky

Supervisor: Carol Peachee, MA, LPCC

- Individual and couple's depth-focused consulting
- Women's support group facilitation
- Participated in weekly individual supervision

Eating Disorder Support Group Facilitator

June 2006-Nov 2007

The Dry Dock Recovery Center
Richmond, Kentucky

- Facilitated weekly eating disorder support group free to the community
- Presented original conceptual framework for recovery
- Addressed several stages of recovery within the group
- Addressed issues related to binge eating disorder, anorexia nervosa, and bulimia nervosa

Eating Disorder Support Group Facilitator

June 1998-August 2001

Beaumont Hospital
Royal Oak, Michigan

Supervisor: Dr. Alexander Sakeyfo

- Facilitated weekly eating disorder support group free to the community, including hospitalized patients in the eating disorders treatment program at the hospital
- Addressed several stages of recovery within the group
- Addressed issues related to anorexia nervosa and bulimia nervosa

Clinical Training Experience

Master's Level Intern

Jan 2016-Aug 2016

Clinical Psychology Services

Kalamazoo, MI

Supervisor: Margaret Ajayi-Nabors, Ph.D.

20 hours per week, direct and indirect

- Provided individual counseling to clients ages 7-92 with a variety of presenting issues, including ADHD, depression, anxiety, obesity, gender dysphoria, LGBT identity development, racial identity development, relationship concerns, trauma, physical disabilities, cognitive disabilities, disordered eating, borderline personality disorder, medical diagnosis coping, low self-worth, personal development, and adjustment disorders. Clients were diverse in terms of age, socioeconomic status, race, ethnicity, religious affiliation, ability status, health status, sexual orientation, and gender identity.
- Couples Counseling
- Assessments
 - Wechsler Intelligence Scale for Children (WISC) – Fifth edition
 - Wechsler Adult Intelligence Scale (WAIS) – Fourth Edition
 - Wechsler Preschool and Primary Scale of Intelligence (WPPSI) – Fourth Edition
 - Bayley-III Scales of Infant Development
 - Bariatric Surgery Readiness Assessment
 - Beck Depression Inventory
 - Beck Anxiety Inventory
 - Eating Habits Inventory
 - Repeatable Battery for the Assessment of Neuropsychological Status
 - Mental Status Examination
- Created and Facilitated a lecture for bariatric surgery patients
 - Title: What are We Really Hungry For? Food and Hunger as Metaphor

- Prepared assessment reports
- Utilized Kareo File Management Software
- Used Appointment Plus Scheduling Software

Advanced Practicum Student Supervisor

January-April 2017

Counseling and Psychological Services

Western Michigan University

Supervisor: Dr. Joseph R Morris

15 hours per week, direct and indirect

- Provided individual supervision for six master's level counseling practicum students
- Attended counseling practicum class to participate in instructional discussions and feedback
- Observed live counseling sessions
- Reviewed supervision session recordings
- Reviewed and gave feedback on practicum counselor notes in Titanium
- Provided support in the use of Titanium software

Advanced Practicum Group Counselor

Sept-Dec 2015

Counseling and Psychological Services

Western Michigan University

Supervisor: Dr. Mary L Anderson

15 hours per week, direct and indirect

- Co-facilitated a student self-discovery group
- Worked with doctoral colleague to plan each week's group
- Maintained progress notes for each group member in Titanium
- Engaged in weekly supervision with supervisor and co-facilitator
- Engaged in weekly group supervision with practicum group class
- Reviewed session recordings

Advanced Practicum Group Counselor

Sept-Dec 2015

GFM Synergy Center Mental Health Services

Kalamazoo, Michigan

Supervisor: Dr. Mary L Anderson

8 hours per week, direct and indirect

- Co-facilitated a recovery-focused therapy group for clients recently discharged from inpatient substance abuse treatment centers
- Facilitated group sharing activities and therapeutic art projects
- Reported to supervisor about group experience

Advanced Practicum Student Counselor

May-August 2015

Counseling and Psychological Services

Western Michigan University

Supervisor: Dr. Mary Z Anderson

15 hours per week, direct and indirect

- Provided individual counseling to students with a variety of presenting concerns, including anxiety, disordered eating, academic difficulty, identity development, personal discovery/self-exploration, relationship issues, trauma, depression, adjustment, and substance use concerns
- Maintained client contact notes in Titanium
- Reviewed session tapes
- Presented case conceptualizations
- Participated in individual and group supervision

Practicum Student Counselor

May -August 2014

Counseling and Psychological Services

Western Michigan University

Supervisor: Dr. Janee Steele

15 hours per week, direct and indirect

- Provided individual counseling to students with a variety of presenting concerns, including: anxiety, disordered eating, academic difficulty, identity development, personal discovery/self-exploration, relationship issues, trauma, depression, adjustment, and substance use concerns
- Maintained client contact notes in Titanium
- Reviewed session tapes
- Presented case conceptualizations
- Participated in individual and group supervision

Awards

Outstanding Doctoral Student in Counseling Psychology Western Michigan University Department of Counselor Education and Counseling Psychology Departmental award acknowledging an outstanding doctoral student in counseling psychology.	2020
Dr. Joseph R. Morris Award for Outstanding Contributions to Multicultural Counseling and Psychology Western Michigan University	2019
Bess L. Stinson Scholarship Western Michigan University College of Education and Human Development award for academic accomplishments and demonstrated commitment to education.	2018
Kenneth Bullmer Excellence in Counseling Psychology Award Western Michigan University Merit Scholarship for studies in counseling psychology	2015
Phi Kappa Phi Love of Learning Grant Phi Kappa Phi Academic Fraternity These grant funds were used to purchase screening rights to show the film "The Cherokee Word for Water" on Western Michigan University's campus in the Spring of 2015.	2014
Martin Luther King/Rosa Parks/Cesar Chavez Future Faculty Fellowship Western Michigan University Fellowship given to select students seeking demonstrating a strong desire to teach at the college/university level following graduation	2012
Bronze Medal for Academic Excellence Union Institute and University	2004

Entrepreneurial Teaching Experience

Workshop Facilitator, Online Course Instructor, Speaker
Woman on Earth

Sept 2005-June 2012

Berea, Kentucky

Responsibilities:

- Designed and taught courses focused on women's issues from a depth psychology perspective
- Created and facilitated workshops and intensives
- Created advertising materials and marketed programs
- Created and managed business website

Online Courses Designed and Facilitated

Women's Body Peace Forum

This eight-week online intensive helps women untangle limiting beliefs and emotions about their bodies, and form Body Peace - a lasting relationship of love and respect between body and self. Students are given writing, reading, film, and creative assignments. An online message board is used to share and discuss assignments.

Follow the Dream

This eight-week online course guides participants through study in depth-oriented dream work, and facilitates a productive, reciprocal relationship with dreaming. Participants communicate on an online message board and work with reading, journal and creative assignments individually.

Workshops Created and Facilitated

The Shadow and the Guard

This program is an in-depth study of an original shadow model – *the shadow and the guard*. Participants learn practical and conceptual tools for discovery and integration of the psychological shadow.

The Body Peace Experience

This program combines Yoga, Mindfulness Meditation, and Expressive Arts Therapies as a series of experiences allowing women to embody peace and self-acceptance.

Feeding the Feminine Soul: What are Women Hungry For?

This weekend program focuses on relationships with food, the body, and eating from depth psychology and mindfulness perspectives.

Building the Inner Captain

This program uses personification to facilitate individuation by examining and working with the archetype of captain.

My Life, the Movie

This writing workshop allows participants to conceptualize their lives as a movie. Through creative writing, they apply mythic themes, practice character study/development and enact dynamic plot creation, leading to personal transformation.

Masks and Mirrors

Through applied creativity and mask-making, participants meet an aspect of their psychological shadow – a previously hidden aspect of self.

Treasures in the Dark: Discovering and Integrating the Feminine Shadow

This is an intensive course on the psychological shadow. This course includes 2 weekend workshops plus 6 weeks of correspondence coursework (film studies, journal exercises, reading assignments, phone sessions, and creative activities).

Discovering Woman, Together

This program focuses on re-imagining self-concept associated with gender.

It is a six-week program uses archetypal psychology to produce a series of events inviting women to consciously reframe womanhood using a variety of creative modalities.

Volunteer Experience

Peer-Reviewer

Western Michigan University's Hilltop Review Graduate Student Research Journal
Graduate Student Association
Western Michigan University
Kalamazoo, Michigan

March 2016
Nov 2014

- Reviewed manuscripts for content, structure, grammar/writing,
- Reviewed manuscripts for APA format adherence

Secretary of the Board

2011-2012

White House Clinics Federally Qualified Health Care Center
Madison, Jackson and Rockcastle Counties, Kentucky

- Attended monthly meetings to discuss staff and leadership changes, budget decisions, policies for operation
- Voted on proposed changes to policy, staff and budget use
- Created meeting reports and distributed to members of the board