

CHRISTINA D. MECCA-McCLORY, MSW, LCSW-S

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[UTA Faculty Profile](#)
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EDUCATION

PhD	University of Texas at Arlington, School of Social Work Dissertation: "Somatic Therapies in Social Work Education: A Mixed-Methods Study of Faculty Perspectives and Curriculum Integration" Committee: Micki Washburn (chair), Laura Kunkel, Karen Magruder, Christine Spadola Anticipated Defense: March 2027	Expected: May 2027
MSW	University of Texas at Arlington, Social Work Concentration: Direct Practice With Children and Families	July 2020
BA	University of Kansas, Social Work Honors: Delta Epsilon Iota Honors Minor: Psychology	May 2014
AA	Johnson County Community College, Psychology Honors: Student Honor Roll Minor: Criminal Justice	July 2011

LICENSURE

Licensed Clinical Social Worker–Supervisor (LCSW-S), Texas
License No. 103400

Licensed Independent Clinical Social Worker (LICSW), Washington
License No. SWI.LW.61660554

Licensed Clinical Social Worker (LCSW), Colorado
License No. CSW.09931694

Licensed Clinical Social Worker (LCSW), Utah
License No. 14218015-3501

LEADERSHIP, HONORS, AND AWARDS

Graduate Dean's Research Fellowship	2023-2025
Multicultural Scholars Program Advisory Board Member	2013-2014
Delta Epsilon Iota Honors Scholar	2013-2014
EOF Student Leader Scholarship Recipient	2013-2014
Multicultural Scholars Program Member	2011-2013
JCCC Student Honor Roll	2008-2011

TEACHING EXPERIENCE

University of Texas at Arlington, Arlington, TX

Fall 2025-Present

Adjunct Professor, Department of Social Work

Course Duties: Revise syllabi to meet accreditation standards; develop and organize online course content, modules, assignments, examinations and learning activities within Canvas; deliver asynchronous instruction using digital teaching platforms; facilitate student engagement through announcements, discussion boards, virtual meetings, and individualized communication; grade assignments and provide timely feedback; monitor student participation and academic progress; maintain accurate course records and grades; adapt instructional materials to support diverse learning needs; and provide academic guidance and referrals to university resources as needed.

- **Courses Taught:**

- **Social Welfare Policy and Services;** This course examines how social goals are met by social welfare institutions. Conceptual schemes are developed for analyzing the structure of social welfare institutions and evaluating social welfare sub-systems. The social work profession is also examined in the context of the evolution and function of the contemporary American social welfare system.
- **Introduction to Social Work;** This course provides an overview of the social work profession, its fields of practice, methods of social intervention, its historical context, and its relationship to the social welfare system. This course is open to all students and satisfies the requirement for Social and Behavioral Sciences in the core curriculum. This course is required for the Bachelor of Social Work (BSW) program.
- **Social Work Professionalism and Student Success;** This course equips students with skills and resources to prepare for academic and professional success. The course empowers diverse students to identify their individual needs, reflect on opportunities for growth, determine what resources and self-care strategies are appropriate, recognize the faculty role in their development, and formulate a plan for an actively engaged and enriched experience from campus to career.

RESEARCH EXPERIENCE

My research focuses on curriculum development, trauma as an embodied experience, the role of somatic therapies in supporting nervous system regulation, and how physiological, psychological, social, and environmental systems interact to shape mental health and recovery. I am especially interested in how social work education prepares practitioners to integrate emerging mind-body approaches into trauma-informed, culturally responsive, whole-person approaches to care. My broader interests include maternal mental health, chronic illness, nature-based interventions, psychoneuroimmunology, nutritional psychology, epigenetics, therapeutic art, and interdisciplinary models of mental and physical health care.

University of Texas at Arlington, Arlington, TX

August 2025-Present

Somatic Therapies in MSW Curricula Doctoral Dissertation Researcher, Micki Washburn (Chair)

- Conducting a mixed-methods study examining the integration of somatic therapies within Master of Social Work programs in the United States, with a focus on faculty perspectives and curricular integration. Developing a survey instrument, obtaining expert feedback, administering a nationwide survey, conducting participant interviews, analyzing quantitative and qualitative results, and preparing the dissertation manuscript.

University of Texas at Arlington, Arlington, TX

August 2024–August 2025

Tech Abuse DV Graduate Research Assistant, Rachel Voth Schrag

- Collaborated with a multidisciplinary team to create a technology abuse clinic for survivors of domestic violence, created and administered surveys, supervised MSW interns, oversaw clinic client operations, and contributed to the writing of manuscripts and grants.

University of Texas at Arlington, Arlington, TX

August 2023–December 2025

IPE Graduate Research Assistant, Catherine LaBrenz

- Conducted a study on interprofessional collaboration, created Canvas course shells and material surrounding child maltreatment, graded assignments, created and administered research surveys, and contributed to the writing of manuscripts.

RESEARCH FUNDING

National Institute of Justice, Office on Victims of Crime, University of Texas Medical Branch, Evaluation of Technology-based Advocacy Services: Assessment of Program Outcomes, (\$590,041.00), Role: Graduate Research Assistant

Department of Justice, Interprofessional Education to Promote Equity in Mandated Reporting: A Certificate Program Approach, (\$880,841.00), Role: Graduate Research Assistant

University of Kansas School of Social Welfare, Communications Trends Study: Developed and conducted a study to evaluate the communication trends of undergraduate students and the subsequent effects on marketing and student retention, (\$1,500), Role: Undergraduate Research Fellow

PUBLICATIONS

Journal Articles

Jenkins, L., LaBrenz, C., Wisdom, D., & Mecca-McClory, C. (2026). Family Resource Centers and the Prevention of Child Maltreatment: A Scoping Review. *Child Abuse & Neglect*, 171, 107839. <https://doi.org/10.1016/j.chiabu.2025.107839>

LaBrenz, C., Shipe, S., Panisch, L. S., Wisdom, D., Pelletier, T., Childress, S., Rodgers, A. H., & Mecca-McClory, C. (2025). Working toward reunification as a case goal: does family structure matter? *Children and Youth Services Review*, 179, 108627. <https://doi.org/10.1016/j.childyouth.2025.108627>

Book Chapters

LaBrenz, C., Washburn, M., Jenkins, L., Orwig, T., & Mecca-McClory, C. D. (2025). Preparing social work students for multi-cultural child protection work: Lessons from an interprofessional education module. In R. Baikady & C. Reyes-Quilodran (Eds.), *Social Work in multicultural contexts: Issues, challenges, and concerns*. Routledge and Springer Nature.

Books

Mecca-McClory, C. D., & The Research Methods Consortium. (2023). *Doctoral Research Methods in Social Work* (R. L. Mauldin, Ed.). Mavs Open Press. <https://uta.pressbooks.pub/advancedresearchmethodsinsw>

PRESENTATIONS AND INVITED LECTURES

Mecca-McClory, C. (2027, January). Toward Embodied Social Work Education: A Conceptual Framework for Integrating Somatic Approaches into MSW Curricula. [Conference presentation proposal under review]. *Society for Social Work and Research Annual Conference*, San Francisco, CA.

Jenkins, L., LaBrenz, C., Wisdom, D., & Mecca-McClory, C. (2026, January). Strengthening Families and Communities: A Scoping Review of Family Resource Center Outcomes. *Society for Social Work and Research Annual Conference*, Washington, D.C.

PettyJohn, M. E., Mecca-McClory, C., Edwards, L., Rowan, N., & Voth Schrag, R. (2026, January).

Technology-facilitated abuse: Experiences and service preferences of survivors and community-based advocates. [Flash talk]. *Society for Social Work and Research Annual Conference*, Washington, D.C.

Voth Schrag, R., **Mecca-McClory, C.**, Edwards, L., Rowan, N., & PettyJohn, M. (2026, January). Survivor Perspectives on Interventions Aimed at Addressing Technology Facilitated Abuse: A Scoping Review. *Society for Social Work and Research Annual Conference*, Washington, D.C.

PROFESSIONAL EXPERIENCE

Clinical Therapist | CVS MinuteClinic **08/25–Present**

- Administering therapeutic assessments and providing interventions for a diverse population of clients ages 13+, including delivering both EAP short-term counseling and longer-term interventions.

Clinical Director and Therapist | Cosmic Mother Counseling **02/24–Present**

- Providing therapy to women and adolescents, specializing in chronic illness, anxiety, PTSD, perinatal and postpartum mental health, grief and loss, and depression.

Home Study Specialist | CK Family Services **07/17–Present**

- Conducting court-ordered kinship caregiver home assessments, foster care and adoption home assessments, and adoption readiness reports for children being prepared for adoption.

Clinical Case Manager, Behavioral Health | Aetna **05/22–08/25**

- Provided case management, care coordination, crisis intervention, condition monitoring and education, and clinical assessments to medically intensive children on Medicaid and their families.

Student Success Counselor | The University of Texas at Arlington **01/20–08/20**

- Provided advising, counseling, case management, referrals, outreach, academic community support, and university student retention and academic recruitment support to first-generation college students.

Youth Life Skills Trainer | CK Family Services **11/16–04/18**

- Provided community-based services to specified youth and their foster families to grow positive relationships and social skills.

PCAP (Parent-Child Assistance Program) Advocate | Community Services Northwest **03/15–02/16**

- Provided community outreach, home visitation, case management, and advocacy services to high-risk mothers with histories of substance use during pregnancy and their families.

Youth Attendant Care Specialist | Bert Nash Community Mental Health Center **04/14–11/14**

- Provided community-based services to high-risk youth and their families, led psychosocial groups, respite and attendant care, database entry, case manager school data support, and PRN peer support.

Case Manager | reStart, inc. **08/13–05/14**

- Provided counseling, community outreach, resource development, financial and career planning, crisis intervention, and therapeutic and life skills group facilitation for twelve diverse clients residing in a vocational living center for homeless adults with dual diagnoses and substance use disorders.

PROFESSIONAL TRAINING

Becoming a Social Work Supervisor: 40-Hour Supervision Course, Brandi Felderhoff, PhD, LCSW-S, APHSW-C, & Angie Lutts, LCSW-S, 2026

Social work supervision training required by the Texas State Board of Social Worker Examiners, including instruction in ethical supervision, cultural competence, professional responsibilities, and supervisory practice.

Certified Somatic Mind-Body Healing Practitioner, Inner Wellsprings Academy, 2026

Trauma-informed training in mind-body healing, somatic awareness, emotional processing, nervous-system regulation, and approaches for supporting reconnection with bodily and emotional experiences.

Sound Therapy & Sound Healing Practitioner, Complementary Therapists Accredited Association, 2026
Therapeutic application of sound and vibration, including individual and group sound-healing sessions, sound baths, trauma-informed practice, and the use of multiple sound-healing instruments.

Art Therapy Life Coach Certification, International Academy of Life Coaching & Entrepreneurship, 2026
Therapeutic art-based coaching techniques supporting emotional expression, stress reduction, self-awareness, confidence, and personal growth through structured creative activities.

Positive Psychology Art Coaching, Mira Khatib, 2026
Positive psychology principles and creative activities supporting children's confidence, self-esteem, emotional expression, coping skills, strengths identification, positive self-talk, and well-being.

Parenting with EFT Tapping Practitioner Certification, Graham Nicholls & Coach Hall, 2026
Child development, parenting psychology, mindfulness, relational communication, parental stress, and the use of Emotional Freedom Techniques with parents, children, and adolescents.

Health and Wellness Coaching Certification, Felix Harder, 2026
Holistic wellness assessment, nutrition and exercise fundamentals, healthy lifestyle planning, client motivation, and individualized wellness programming.

Diploma in Mindfulness Practice, Academy of Applied Psychology, 2026
Mindfulness principles and practices related to self-awareness, reflective practice, emotional regulation, stress reduction, focused attention, thought-pattern recognition, relationship development, and professional applications of mindfulness.

Prevention and Treatment of Anxiety, Depression, and Suicidal Thoughts and Behaviors Among College Students, Free State Social Work, 2025
Recognition, prevention, assessment, and clinical response to anxiety, depression, suicidal thoughts, and suicidal behaviors among college students.

The Body Keeps the Score: Trauma Healing Through the Senses- Two-Day Trauma Conference, Bessel van der Kolk, MD, and Licia Sky, BFA, PESI, Inc., 2024
Neurobiological, developmental, relational, and sensory effects of trauma, including traumatic memory, complex and developmental trauma, attachment disruption, physiological dysregulation, trauma assessment, and body-based approaches to healing and self-regulation.

Maternal Mental Health Intensive for Teens (PMADs), Selini Institute, 2022
Assessment and treatment of perinatal mood and anxiety disorders among adolescent and young parents, including adolescent brain development, trauma, attachment, risk and protective factors, diagnostic assessment, suicide risk and safety planning, parent–infant attachment, and evidence-based interventions.

Mindfulness Parenting Practitioner, Life Success Academy, 2021
Mindfulness-based parenting approaches emphasizing present-moment awareness, intentional responding, reflective practices, positive psychology, meditation, stress reduction, and practical strategies for supporting children's emotional well-being, coping, and resilience within parent–child relationships.

Bert Nash Community Mental Health Center, Youth Services Department, 2014
Trainings in telemedicine, trauma-informed care, Applied Suicide Intervention Skills Training, safe crisis management, motivational interviewing, targeted case management, parent support, wraparound facilitation, community psychiatric support, psychosocial rehabilitation, crisis intervention, nonviolent crisis intervention, and independent-living skills.

COMMUNITY SERVICE

- Youth Mentor & College Prep Coach** | Awesome Ambition **11/11–11/14**
- Mentored at-risk adolescent girls and facilitated psychosocial, life-skills, college preparation, and career-development activities.
- House Aide & Case Manager** | Mother's Refuge & New House **02/12–08/13**
- Provided parenting and infant-care education, psychosocial and life-skills groups, client intake, advocacy, and support to teen mothers and survivors of domestic violence.
- Financial Counselor** | Hillcrest Transitional Youth Housing **02/12–12/12**
- Taught budgeting, financial planning, and independent-living skills to adolescents preparing for education, employment, and adulthood.

ADDITIONAL QUALIFICATIONS

- Basic conversational Spanish; continuing to develop professional vocabulary.
- Proficient in Microsoft Office, Canvas, virtual service platforms, online course development, and digital document preparation.
- More than 10 years of prior experience in management, operations, administration, and client services across non-social-work settings.
- Experienced with national and international travel and willing to travel for conferences, professional development, recruitment, and other university-related responsibilities.