

Carrie L. Wilbert, Ph.D.
University of Wisconsin—Stout
Department of Counseling, Rehabilitation and Human Services
Rehabilitation Counseling Program, M.S., (online)
Rehabilitation Services Program, B.S.
Email: wilbertc@uwstout.edu

Education

Ph.D., Counselor Education and Supervision (CACREP-Accredited), August 2025.
The University of Iowa, Iowa City, Iowa.
College of Education, Certificate – College Teaching
Doctoral thesis: *Phenomenological study: Video Relay Interpreters and their experiences with occupational stress, wellness and mental health counseling.*

M.S., Rehabilitation and Addiction Counseling, August 2018.
St. Cloud State University, St. Cloud, Minnesota.
Master's Thesis: *Case conferencing reduces occupational stress in VRS interpreters: A qualitative study.*

B.S., Psychology, May 2001.
Northwestern University, 2001. St. Paul, Minnesota.

Licensures and Certifications

Certified Rehabilitation Counselor, Commission on Rehabilitation Counselor Certification.
#00323753 (March 2018- March 2028).

Nationally Certified ASL/English Interpreter, Registry of Interpreters for the Deaf, Certification of Interpretation (CI), (1995); Certificate of Transliteration (CT) (1996); National Interpreter Certification (NIC), (2011). (December 1995 to Present). #17539.

LMHC, Licensed Mental Health Counselor, Iowa, #099081. (July 20, 2020-Sept 30, 2026).

LPC, Licensed Professional Counselor, Wisconsin #11740-125 (April 21, 2025-February 28, 2027)

RESEARCH AND SCHOLARSHIP

Refereed Journal Publications

Johnson, E. T., **Wilbert, C. L.**, Simon, T., Hawkins, A. M., & Yaghmaian, R. (2025). "Give us a chance": Recommendations from Black women living with HIV multimorbidity. *AIDS care*, 37(10), 1753–1767. <https://doi.org/10.1080/09540121.2025.2536180>

(Article noted for its methodology.)

Wilbert, C. L., Lund, E. M., & Johnson, E. T. (2021). Qualitative exploration of case conferencing and occupational stress with video relay sign language interpreters. *Journal of Interpretation* 29(1), 2.

Research Articles in preparation

Wilbert, C. L. (2025). Phenomenological study: Video Relay Interpreters and their experiences with occupational stress, wellness and mental health counseling. Dissertation thesis.

Presentations

Invited Presentations

Wilbert, C.L. *Minnesota Hospital Consortium Case Conferencing*. Ethical decision making virtual supervision group for emergency healthcare interpreting. American Sign Language Interpreter Services (ASLIS), Minneapolis, MN. (March-May, 2023).

Wilbert, C. L. *Case Conferencing: Ethical decision-making*. Workshop, Z Video Relay Service, Professional development presentations for ZVRS Interpreters in MN, SD, TX, NE, KS, IN, AZ, & FL (April-August 2017).

Malcolm, K., & **Wilbert, C. L.**, *Reflective Practice Facilitator Training*, CATIE Center, St. Catherine University. Workshop series providing online professional development for sign language interpreters leading supervision groups (January-November 2015).

Refereed Presentations

Rutherford-Self, T., **Wilbert, C.L.**, Boyle, C., Mitchell, T. *Suicidality is not one size fits all: Exploring issues of culture and privilege in supervision*. Association for Counselor Education and Supervision 2025 (ACES), Philadelphia, PA. (October 2025).

Johnson, E.T., **Wilbert, C.L.**, Crowder, G., Brady, E., Bridges-Mata, S. *Excellence in engagement: An evaluation of exemplar NAMI affiliates*. National Alliance of the Mentally Ill Conference 2025 (NAMICON), online conference, (June 11, 2025).

Wilbert, C.L. *Have stress? Learn how to increase your resilience and better manage stress and trauma from your interpreting work*. Workshop presentation for the Minnesota Registry of Interpreters for the Deaf Fall Conference. Hamline University, St. Paul, MN. (October 26, 2024)

Rutherford-Self, T., **Wilbert, C.L.**, Boyle, C., Mitchell, T. *Suicidality is not one size fits all: Exploring issues of culture and privilege in supervision*. North Central Association for Counselor Education and Supervision 2024 (NCACES), Rosemount, IL. (October 17, 2024)

Rutherford-Self, T., **Wilbert, C.L.** *Preparing and Supporting Counselors-in-training to Work with Suicidal Clients: A Wellness Approach*. Accepted workshop presentation for the American College Counseling Association. Orlando, FL. (February 22, 2024).

Woodbridge, L., Simon, T., Duys, D., **Wilbert, C.L.** *Increasing Program's Responsiveness to the Needs of Counseling Master's Students Who Are Caregivers*. Workshop presented at the North Central Association for Counselor Education and Supervision (NCACES), 2022 Omaha, NE (September 29, 2022).

Kim, J., Han, E., **Wilbert, C. L.** *Broaching international students: Benefits for the field and for supervisor-supervisee relationships*. North Central Association for Counselor Education and Supervision (NCACES). Workshop accepted for the 2020 conference in Omaha, Nebraska but not presented due to COVID-19 conference cancellation. (October 15-17, 2020).

Wilbert, C. L., & Dalen, J. *Employing multicultural competency and social justice in counseling with clients who are deaf and hard of hearing*. Workshop presented at the American Counseling Association—Iowa Chapter, Grandview University, Des Moines, IA. (September 20, 2019).

Wilbert, C. L. *Exploring case conferencing, ethical decision making & occupational stress*. Workshop presented at the Iowa Registry of Interpreters for the Deaf, Fall Conference, Des Moines, IA. (October 13, 2018).

Refereed Poster Presentations

Johnson, E., **Wilbert, C. L.** *Vulnerable populations: Identifying the needs of aging African American women with HIV multimorbidity*. Poster Presentation, National Conference of Rehabilitation Educators, Spring Conference, originally scheduled for San Diego, CA but due to COVID-19 rescheduled to an online format (September 2020 – February 2021).

Wilbert, C. L., Simon, T., Johnson, E. *"Give us a chance": Recommendations from African American women living with HIV multimorbidity*. Poster Presentation, National Conference of Rehabilitation Educators, Spring Conference, originally scheduled for San Diego, CA but due to COVID-19 rescheduled to an online format (September 2020 – February 2021).

Wilbert, C. L. *Counseling clients who are deaf and hard of hearing requires critical action*. Poster Presentation, National Conference of Rehabilitation Educators, Spring Conference, San Diego, CA (April 18, 2019).

Wilbert, C. L., Vesely, B., Knopf, A. H. *Treatment recommendations for adolescents with co-occurring substance use and mental health disorders who are deaf*, Poster Presentation, National Conference of Rehabilitation Educators, Spring Conference, Anaheim, CA (March 15, 2018).

Non-refereed Presentations

Wilbert, C.L. *Deaf Personhood: Linguistic and Cultural Minority*. Guest presenter for University of Iowa course CSED:5249 Medical and psychosocial aspects of Disability,

(April 19, 2023).

Wilbert, C.L. *Counseling considerations for clients who are culturally Deaf.* Presentation for University of Iowa, & Iowa Vocational Rehabilitation Services Mentors RCE: 6341 Occupational Information, Job Development and Placement. (March 29, 2021).

Wadsworth, J.S., **Wilbert, C.L.**, Stotz, A. *Orientation to mentoring counseling students for Vocational Rehabilitation counselors.* University of Iowa. (November 16, 2020).

Wilbert, C.L., Laurion, R.L., Bell-Slater, T., Schwarzkopf, S., Feltman, J. *The hands behind the screen or the face in front of you.* Online panel presentation of Deaf community members and ASL Interpreters discussing the benefits and challenges of using Video Relay Services, presented as part of the professional development series from ZVRS and Purple Video Relay Services. (June 25, 2020).

Wilbert, C.L., Dalen, J., & Davis, E. *Systems of Power I, A workshop discussion on privilege: The misuse and benefits in the interpreting world.* Presentation for community referral agency, Hands Up Communications, in Cedar Rapids, IA. (August 24, 2019).

Contracts, Grants, and Sponsored Research

Funded

National Alliance of the Mentally Ill (NAMI) Project Evaluation grant, evaluating the strengths of affiliate chapters funded projects. Awarded to the University of Iowa, Community and Behavioral Health, Public Health PI: Dr. Eboneé T. Johnson, Research team members: Hawkins, A., **Wilbert, C.L.** \$50,000 (September 2024).

University of Iowa. Office of the Dean, Graduate Student Travel Grant and the Audrey Quails Travel Grant, College of Education. Travel funding for presentation for the National Council on Rehabilitation Educators (NCRE) Conference and North Central Association of Counselor Education and Supervision Conference (NCACES). \$600 per conference (April 2019, September 2022, September 2024).

Minnesota Commission Serving Deaf, Deafblind and Hard of Hearing, St. Paul, Minnesota. Sign language interpreting access grant for The ABILITY Event Conference, St. Cloud State University \$4,000 (February 2018).

Minnesota Commission Serving Deaf, Deafblind and Hard of Hearing, St. Paul, Minnesota. Sign language interpreting access grant for The ABILITY Event Conference, St. Cloud State University \$3,800 (March 2017).

TEACHING, COUNSELING, & SUPERVISION

Teaching Experience

University of Wisconsin—Stout

Rehab 101-100, 900. Fall, 2025 3 credit course, 2 sections. Introduction to Rehabilitation. Undergraduate course

Rehab 102-100, 900 Fall, 2025 3 credit course, 2 sections. Community Resources. Undergraduate course.

Rehab 701-900 Fall, 2025. 3 credit course. Introduction to Clinical Rehabilitation Counseling. Graduate course. Online/asynchronous.

Rehab 713-900 Fall, 2025 3 credit course. Foundations of Clinical Rehabilitation Counseling. Graduate course. Online/asynchronous.

Minnesota State University—Mankato, MN.

Minnesota State University—Mankato, MN. CSP 647 01/02 Crisis Intervention Strategies. Spring, 2024. 3 credit course, 30 graduate students in clinical mental health counseling, higher education and affairs counseling and professional school counseling (two sections).

Minnesota State University—Mankato, MN. CSP 473/573 Counseling the Chemically Dependent Family. Spring, 2024. 3 credit course, 18 undergraduate students in alcohol and drug studies/4 graduate students in counseling specialties.

Minnesota State University—Mankato, MN. CSP 618 Introduction to Mental Health Counseling, Fall, 2023. 3 credit course. 27 graduate students.

Minnesota State University—Mankato, MN. CSP 473/573 Counseling the Chemically Dependent Family. Fall, 2023. 3 credit course, 18 undergraduate/2 graduate students.

Minnesota State University—Mankato, MN. CSP 470/570 Group Process. Fall, 2023. 3 credit course. 9 undergraduate students.

University of Iowa, Instructor of Record

University of Iowa, CSED:4197:0EXV Citizenship in a Multicultural Society. Summer, 2023 3 credit course. 16 undergraduate students.

University of Iowa, CSED:6346.0001 Rehabilitation Counseling Practicum. Fall, 2022. 3 credit course. 7 MA counseling students.

University of Iowa, CSED: 4185.0001 Introduction to Substance Use. Summer 2022. 3 credit course. 26 undergraduate and MA counseling students.

University of Iowa, RCE: 6500.0001 Research Methods and Program Evaluation. Spring 2022. 3 credit course. 37 MA school/rehabilitation/clinical mental health counseling students.

University of Iowa, RCE: 6342.0001 Psychosocial Aspects of Health and Disability Across the Developmental Lifespan. Fall 2021. 3 credit course. 23 MA rehabilitation/clinical mental health counseling students.

University of Iowa, RCE: 4185.001 Introduction to Substance Use. Summer 2021. 3 credit course. 27 undergraduate and MA counseling students.

Teaching Internship: University of Iowa, RCE: 5230:0001 School Counseling Program Leadership and Management. Fall, 2020. 3 Credit Course, 11 graduate students in school counseling.

Responsibilities: Assisted instructor with planning hybrid model (synchronous and asynchronous class meeting) for course taught during COVID-19; facilitated in person class on racial equity and leadership for professional school counselors.

Teaching Internship: University of Iowa, RCE: 5222.0001 Counseling Children and Adolescents in Schools. Spring, 2020. 3 Credit Course, 11 graduate students in school counseling.

Responsibilities: Assisted instructor in planning course originally and then pivoting when COVID required course to turn to online instruction. Responsible for grading participation exercises, jigsaw group presentations, and individual reflection essays. Responsible for preparation and instructing in person class and on-line class. Solicited feedback from students and instructor on teaching and grading.

Teaching Assistant: University of Iowa, RCE: 4199 OEXW. Counseling for Related Professions. Fall, 2019. 3 Credit Course, 40 undergraduate students enrolled in a variety of majors.

Responsibilities: Choose textbook, created course syllabus, responded to all correspondence from students by email and in person, graded all assignments and assigned final grades.

Teaching Assistant. Rehabilitation and Counselor Education, Dr. John Wadsworth, supervisor. RCE: 4199 Counseling for the Related Professions, undergraduate course required for Human Relations minor. (August 2019 to December 2019).

Teaching Assistant: St. Cloud State University, CEEP 675, Section 001 Research Methods, Spring 2018. 3 Credit Course, 21 graduate students enrolled in rehabilitation, rehabilitation and addiction, college and school counseling.

Responsibilities: Graded weekly assignments providing written and verbal feedback to master level counseling students. Feedback from class assignments were designed to

prepare their final project, a formal research proposal composed of 4 article critiques, research question(s), literature review, and a methods section.

Teaching Assistant: St. Cloud State University, CPSY 101, Section 001/003; Applied Psychology, Fall 2017. 3 Credit Course, 90 undergraduate students enrolled in a variety of majors (e.g., psychology, business, undeclared).

Responsibilities: Graded weekly reflection assignments related to course content; class presentations on career counseling related to Krumboltz's' Happenstance theory; created extra credit written assignment and rubric for grading.

Teaching Assistant: St. Cloud State University, CEEP 668 Section 001 Counseling Procedures, Fall, 2017. 3 Credit Course, 21 graduate students enrolled in rehabilitation and rehabilitation and addiction counseling.

Responsibilities: Working with a second teaching assistant, provided coordination of students in a hybrid online synchronous course. Assisted in in-person and virtual observation and provision of feedback for graduate students' counseling microskills e.g., paraphrase, reflection and summarization of role modeling counseling sessions.

CLINICAL EXPERIENCE

Clinical Counseling Experience

Clinician, MWR Counseling, LLC. Hiawatha, Iowa. Fully licensed mental health counselor in Iowa. Provide mental health, trauma-informed counseling for individuals ranging in age from 16 years to 72 years of age, with diverse concerns including chronic illness/disability, depression, anxiety, grief, substance use, trauma and emotional dysregulation using strengths based, culturally focused, client centered therapy and DBT. Facilitated groups to assist members in learning and practicing skills to enhance their emotional regulation. (*May 2021 to present*).

Associate Clinician, Clinical Internship. Murray, Wilson and Rose, Counseling and Behavioral Services, LLC., Hiawatha, Iowa; Susan Murray, LMHC, PhD, supervisor. Provided individual and group mental health counseling as a provisionally licensed mental health counselor for a variety of diverse adult and adolescent clients with differences in disabilities, age, and diagnoses in a private practice setting. (*July 2020 to May 2021*).

Counselor, CommUnity Crisis Services and Food Bank, Iowa City, Iowa. Provide crisis de-escalation services to individuals at risk for suicidal ideation, self harm, and harm to others. Crisis counseling provided to clients in their homes and virtually during COVID. Provide referrals and follow up for substance use treatment, housing, food insecurity, and continuing care. (*September 2018 to July 2020*).

Qualified Rehabilitation Counselor (QRC), Internship. State of Minnesota, Department of Labor and Industry, Vocational Rehabilitation Unit. Mr. Mike Hall, MA., MS., supervisor. Provided vocational rehabilitation counseling for clients in litigation with employers for denial of workers compensation claims. *(January to May 2018)*.

Supervisory Experience

Group/Individual Supervision: University of Iowa, Fall, 2022. CSED: 6346.0001 Practicum in Rehabilitation Counseling. 3 credit course. 7 graduate rehabilitation counseling students. Provided group and individual supervision for students in their 160-hour practicum in vocational rehabilitation services (IA) and students with disabilities services.

Supervision Internship: University of Iowa, Fall, 2020. RCE:6349:0002. Fall20 Practicum in Clinical Mental Health Counseling, 3 Credit Course. 8 graduate clinical mental health counseling students.

Responsibilities: Under supervision of practicum course instructor and supervision internship instructor, provided triadic and individual supervision for 6 CMHC students during their mental health practicum experience, and practicum course instruction. Designed Qualtrics feedback questionnaire for students to evaluate their experience in supervision.

Other Professional Positions

Video Interpreter. ZPVRS Video Relay Service. Remote. Initiated and led case conferencing ethical decision-making workshops; received exemplary reviews in providing video relay interpreting services *(April 2006 - Present)*.

Interpreter Coordinator. State of Minnesota, Department of Human Services (DHS), Deaf and Hard of Hearing Services Division (DHHS). Provided interpreting and access to division director and to chief lobbyist of the Minnesota Commissions Serving Deaf and Hard of Hearing People (MNCDHH). Provided education, information, referral and coordination services for organizations, businesses, and other state government agencies. *(January 1999-March 2003)*.

Staff Interpreter. University of Minnesota, Minneapolis/St.Paul campus. Provided graduate and undergraduate students, staff, and faculty with interpreting and education services for a variety of clients who were Deaf, DeafBlind and hard of hearing for coursework, extracurricular responsibilities, legislative and political events, faculty and staff responsibilities. *(September 1993-December 1998)*.

Wilbert Counseling, Consulting and Interpreting Services. Provide private rehabilitation counseling assessments of independent living needs for Veteran's Administration clients in Iowa. Provide interpreting, consulting, and accessibility coordination services for a variety of clients

who are Deaf, DeafBlind and hard of hearing in a myriad of settings including business, medical, mental health and conference interpreting. *(September 1989 - Present)*.

Graduate Assistantship Positions

Graduate Research Assistant. University of Iowa, Counselor Education. Dr. John Wadsworth, supervisor. Provide administrative support and mentoring for rehabilitation counseling program and graduate students with ASL and Deaf Culture experience, funded through a training grant with the Rehabilitation Services Administration. *(January 2020 - May, 2023)*.

Graduate Research Assistant. The Riley Grant Assistantship, University of Iowa Labor Center, Iowa City, Iowa; Dr. Jen Sherer, supervisor; Dr. Claudia Corwin, MD, MPH, Principal Investigator. Assisted Primary Investigator in a qualitative research project designed to advance the needs of injured immigrant workers in the Iowa Worker's Compensation System. Responsibilities included writing, submission of IRB, coordination and conduction of interviews, preliminary data analysis, and written report of activities. *(August 2019 - May 2020)*.

Graduate Research Assistant. University of Iowa, Iowa City, IA. Rehabilitation and Counselor Education. Dr. Eboneé Johnson, supervisor. Assisted Primary Investigator in qualitative data analysis for project investigating the lived experiences of African American women living with HIV and two or more co-morbid health conditions. *(August 2018 - July 2019)*.

Lead Graduate Assistant. Rehabilitation and Addiction Counseling Program. St. Cloud State University. Advanced to lead graduate assistant in second year. Provided programmatic coordination for 8 graduate assistants; co-coordinated the annual ABILITY Event Conferences, assisted with administrative tasks, masters counseling program recruitment; and teaching assistant for three courses. *(August 2016 - May 2018)*.

SERVICE AND LEADERSHIP

Professional Service

The University of Iowa

President, -Elect, Past-President, *August 2020—May 2023*
Chi Sigma Iota, Rho Upsilon Student Chapter

President, UI-ARCA, University of Iowa *March 2019 – May 2022*
American Rehabilitation Counseling Association, Student Chapter

College of Education, Graduate Student Executive Committee *August 2018-May 2021*

National

Adjudicator, Ethical Practices System, Registry of Interpreters for the Deaf *2015 - present*

Mediator, Ethical Practices System, Registry of Interpreters for the Deaf 2000 - 2015

State

Minnesota Rehabilitation Association: Student Representative 2016 - 2017
President of the Board, Minnesota Registry of Interpreters for the Deaf 2000-2002, 2015
Past President of the Board, Minnesota Registry of Interpreters for the Deaf 2014
RID Region III Conference Planning Committee member 2010
Historian, Minnesota Registry of Interpreters for the Deaf 1996 - 1999
Conference Planning Committee member, Minnesota Registry of Interpreters for the Deaf 1995 – 1997

Current Professional Memberships

National

American Counseling Association (ACA)
Association for Counselor Education and Supervision (ACES)/NCACES
American Rehabilitation Counseling Association (ARCA)
Registry of Interpreters for the Deaf – Certified Member #17539

State

American Counseling Association – Iowa Chapter, Member
Minnesota Registry of Interpreters for the Deaf – Certified Member

Other Service

Ethical Decision-Making Coach, Senior Interpreting students at 2012 -2018
St. Catherine University (SCU), St. Paul, MN.,
Department of ASL and Interpreting Studies.

Initiated and coordinated two “Listening Sessions” to improve relationships 2015
between members of the MRID Board, Deaf, Interpreter
and LGBTQIA+ Communities.

President, MRID, creator of innovative monthly accessible videos in sign language 2015
providing updates to the state of Minnesota, Deaf and Interpreting communities.

Minnesota Department of Education (MDE) Taskforce Committee Member 2015
for the Educational Interpreters’ Licensure Revisions, as President of
Minnesota Registry of Interpreters for the Deaf (MRID).

ASL Interpreter Stakeholder Coordinator, coordinated grassroots efforts 2013 - 2014
to lobby members of the Minnesota Hospital Consortium to improve services
provided to Deaf, Deafblind and hard of hearing patients.

Deaf Culture Salon Coordinator Chair, St. Paul, Minnesota, community initiative to bring training and topics of interest to the Minnesota Deaf community including “Get out the Vote”. 2008 - 2010

Stakeholder committee organized to pass legislation requiring national certification for K-12 Educational Interpreters in Minnesota 1999 - 2001

Scholarships and Professional Development

Student Volunteer—North Central Association of Counselor Education and Supervision (NCACES). Volunteered for NCACES Fall Conference. Received \$100. (October, 2024)

ARCA/ACA Virtual Conference scholarship recipient. Student member registration fee paid. \$99.00 (*April, 2021*).

Mentimeter software program recipient. Dr. Erin Barnes, Principal Investigator, University of Iowa, Rehabilitation Counselor Education Department, College of Education. (*Spring 2019*).

Student Leader – National Council on Rehabilitation Education. Sponsored Volunteer Program for Spring Conference. Waived student conference registration fee of \$250 (*Spring 2018*).

Eugene R. Perkins and Lorraine Andrews Perkins Vocational Rehabilitation Scholarship, St. Cloud State University. \$500.00 (*April 2018*).

Rehabilitation Studies Grant, Masters of Rehabilitation and Addiction Counseling, St. Cloud State University, Rehabilitation Services Association, Office of Special Education and Rehabilitation Services (*August 2016 – August 2018*).

Awards and Honors

Dr. William “Bill” Downey Scientific Poster Presentation Award, 2nd placem National Council for Rehabilitation Education. (*March 2018*)

Community Service Award

Minnesota DeafBlind Association: DeafBlind Interpreter of the Year Award (*October 2010*).

References Available Upon Request