

# Allison Hrovat, MEd

---

## **Assistant Professor of Counseling**

223 Lally

(518) 458-5469

[hrovata@strose.edu](mailto:hrovata@strose.edu)

Allison Hrovat joined the Counseling Department this Fall as an Assistant Professor. She is teaching courses in the mental health counseling concentration as well as across the core curriculum. Allison is currently completing her PhD in Counseling and Counselor Education from Syracuse University, and previously received her MEd in Community Counseling from Ohio University as well as her MEd in Curriculum and Instruction/Spanish Education from Boston College.

Allison brings with her extensive experience working in a variety of community settings, including work in domestic violence programs, rape crisis centers, and community mental health agencies. Though her clinical work has recently focused on treating adults, she has experience working with children, adolescents, adults, couples and families. Allison's clinical work has primarily focused on the treatment of trauma, chronic mental illness, addictions, grief, and interpersonal conflict and violence. Her clinical work is rooted in a humanistic orientation, while also influenced by an integrated feminist perspective. Additionally, Allison believes in the value of creativity to self-expression and personal wellness, and has committed to exploring multiple methods of communication with clients through art and other modalities. Allison also has a strong interest in group work, and has expertise in developing and implementing groups in a variety of treatment settings, including present-centered group therapy for survivors of sexual assault and abuse, and therapeutic groups for survivors of assault at higher risk for being re-victimized due to their (dis)ability status.

Allison is passionate about supervision and mentoring and is interested in promoting the professional identity development of counselors-in-training through those practices. As an instructor, she sees the classroom as a space for learning, growth, exploration and compassion. She is committed to providing students opportunities to safely explore their own strengths, growing edges, and cultural identities, while also reflecting critically and compassionately about the needs of one another, and of the communities and clients that counselors serve. In addition to her work as a counselor educator, supervisor, counselor and researcher, Allison is invested in service to the community as well as to her profession.

## **Selected Presentations**

Hrovat, A.M. April 2014, session at the New York State Mental Health Counseling Association Conference in Albany, NY. "The art of farewell: Using creative expression in therapeutic termination."

Hrovat, A.M. & Levine, C. February 2014, session at the Association for Specialists in Group Work, Orlando, FL. "The conversation starts with us: Intentional and reflective co-leadership."

Hrovat, A.M., Snyder, S., & Thaxton, S. October 2013, session at the Association for Counselor Education and Supervision Conference in Denver, CO. "Affirming diversity of perspective and unity of purpose: Reflecting team supervision in action."

Levine, C. & Hrovat, A.M. July 2013, session at the American Mental Health Counselors Association Conference in Washington, DC. "Inviting the sacred: Exploring spirituality with LGBTQ clients."

Luke, M. & Hrovat, A.M. June 2013, roundtable session at the International Interdisciplinary Conference on Clinical Supervision in Garden City, NY. "Professional identity in supervision: The missing link."

Hrovat, A.M. & Luke, M. March 2013, educational session at the American Counseling Association annual conference in Cincinnati, OH. "Is the personal theoretical? Trainees' experiences of learning counseling theory."

Hrovat, A.M. & Miller, A. November 2012, roundtable presentation at the Western Association for Counselor Education and Supervision in Portland, OR. "Masks as a tool for self-discovery: Exploring counselor identity through creative expression."

#### Selected Publications

Goodrich, K.M., Hrovat, A.M., & Luke, M. (2014). Professional identity, practice and development of Kenyan teacher-counselors: An ethnography. *Journal of Counselor Leadership and Advocacy, 1*, 44-66.

Hrovat, A.M., Thompson, L. K., & Thaxton, S.L. (2013). Preparing counselors-in-training for multidisciplinary collaboration: Lessons learned from a pilot program. *VISTAS 2013*.

Luke, M. & Hrovat, A.M. (2013). Not just for playing charades: The role of non-verbal communication. In J. DeLucia-Waack, S. Korta, E. Martin, F. Colvin, & K. Maertín (Eds). *School counselors share their favorite classroom guidance activities*. Alexandria, VA: Association for Specialists in Group Work.

Hrovat, A.M., & Luke, M. (in revision). Is the personal theoretical? A critical incident analysis of student counseling theory journals. *The Journal of Counselor Preparation and Supervision*.