

Zandra L. Rutledge, PhD, LPC-S

Cell: (214) 597-5527

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Education:

Doctor of Philosophy Counselor Education and Supervision (2023)

Grand Canyon University, Phoenix, AZ

Master of Arts in Professional Counseling (2015)

Amberton University, Garland, TX

Bachelor of Science in Accounting

University of Houston, Houston, TX

Professional License

Licensed Professional Counselor Supervisor | License No. 74027

Professional Experience

Assistant Professor of Master of Professional Counseling, College of Humanities and Social Sciences, Dallas Baptist University (November 2024 – present)

Adjunct Professor, The King's University, Southlake, TX

August 2024 – December 2024

Licensed Professional Counselor, YourLife Counseling and Consulting Associates,

Desoto, TX, January 2020 – Present

Outpatient Behavioral Therapist, John Peter Smith Hospital, Ft. Worth, TX

June 2018 – 2020

Licensed Professional Counselor, Specialized Transformation Counseling, PLLC, Desoto,

TX, March 2015 – January 2020

Behavioral Health Assessment Specialist, John Peter Smith Hospital, Ft. Worth, TX

October 2019 – March 2022

Mobile Assessor, Behavioral Health Connections, Dallas, TX

April 2017 – February 2019

Client Services Manager, Real Options for Women, Plano, TX

August 2015 – May 2018

PRN Intake Therapist, Dallas Behavioral Health Hospital, Dallas, TX
June 2016 – February 2017

PRN Intake Therapist, Sundance Behavioral Hospital, Arlington, TX
January 2016 – May 2016

Presentations

Rutledge, Z., (2024) "Lost in Counsel-lation: How an Identity Crisis can Make You Afraid to Advocate," TACES Mid-Winter Conference.

Rutledge, Z., (2024) "Self-Awareness in Counseling," Cozy Conversations & Coffee.

Rutledge, Z., (2024) "Empower Yourself More in 2024," hosted by BOSI at DeSoto Public Library.

Rutledge, Z., & Rutledge, M., (2024) "Love, Marriage, and Life," DD Ingram Show on Fishbowl Radio & Facebook Live.

Rutledge, Z., (2023) Guest Lecturer, Family Life Counseling Practicum, The King's University, Southlake, TX.

Rutledge, Z., (2023) "A Woman after God's Own Heart," Graceland Community Baptist Church.

Rutledge, Z., (2023) "Emotional Wellbeing," hosted by BOSI at DeSoto Public Library.

Rutledge, Z., & Adkins, D., (2022) "Socialization to Doctoral Research Culture," Grand Canyon University.

Rutledge, Z., (2022) "Beauty behind the Mask," hosted by BOSI at DeSoto Public Library.

Rutledge, Z., & Rutledge, M., (2022) "What Creates Fractures in Relationships," King Charles Show on Fishbowl Radio & Facebook Live.

Rutledge, Z., & Rutledge, M., (2021) "Tips for Rebuilding and Creating Healthy, Long-lasting Bonds," King Charles Show on Fishbowl Radio & Facebook Live.

Rutledge, Z., & Rutledge, M., (2021) "Cultivate Marriage Seminar," Harvest Fellowship Baptist Church.

Rutledge, Z., (2020) "Am I OK? Mental Health & the Law during COVID-19 & the Holidays," The Dallas Alumnae Chapter of Delta Sigma Theta on Zoom and Facebook Live.

Rutledge, Z., (2020) "How to Handle Stress in the Workplace," Dallas Black UX's Black in Design Summit 2020, Plano, TX.

Rutledge, Z., & Rutledge, M., (2019) "Communicating Love," Love Remix Couples Retreat, Houston, TX.

Rutledge, Z., & Rutledge, M., (2019) "The Grace Factor," Fishbowl Radio & Facebook Live.

Rutledge, Z., & Rutledge, M., (2019) "When You Look in the Mirror, What Do You See?" Deltas Teen Health Fair, Dallas, TX.