

# Adam A. Saucedo, MA, LPC-S, RPT

## Personal History

Contact Information: 12030 Bandera Road, Ste. 108-J  
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adam@synchronicity-counseling.com

## Educational History

Palo Alto College, San Antonio, Texas (1999-2002)

Major: Psychology  
Degree: A.A.

University of Northern Iowa, Cedar Falls, Iowa (2002-2004)

Major: Psychology  
Degree: B.A.  
Honors: PSI CHI

University of Northern Iowa, Cedar Falls, Iowa (2004-2008)

Major: Mental Health Counseling  
Degree: M.A. - CACREP accredited  
Honors: CSI, Upsilon Nu Iowa Chapter

## Licenses and Certifications

Licensed Professional Counselor	License#: 66428	Effective: 02/23/12
Licensed Professional Counselor-Supervisor	License#: 66428	Effective: 06/30/15
Registered Play Therapist	Registration#: T3990	Effective: 12/07/18
Telemental Health Counseling and Supervision Certification		Completed: 03/18/20
WPATH GEI SOC7 Certified Member		Completed: 2021

## Professional Positions

*Owner/Clinical Director, Synchronicity Counseling, Helotes, Texas*  
Part-time status: September 2014 – May 2018; Full-time status: June 2018 – present  
Duties: Counsel children, adolescents, adults, and families regarding various mental health challenges. Assess, diagnose, and treat mental health disorders. Collaborate with clients to establish measurable goals and implement treatment plans to achieve an optimal level of mental health. Specializations include gender affirmative care, cognitive-behavioral therapy, and play therapy.

*Intensive Case Manager, Cenpatico Behavioral Health, San Antonio, Texas*

Full-time status: March 2015 – May 2018

Duties: Provide quality case management services to enrollees with severe mental health disorders who frequently utilize inpatient services. Assist with the implementation of policies and procedures regarding case management and utilization management functions, conduct appropriate knowledge/education and interventions for members to be at risk, participate in

on-going communication between case management staff, utilization management staff, and external stakeholders, conduct facility visits to assess barriers to stabilization, and maintain HIPAA compliance.

Supervisor: Jeriva Traylor, LPC

*Director of Behavioral Health Services, MedCenter Work Recovery, San Antonio, Texas*

Full-time status: Lead Counselor, June 2011 - June 2013/Director, June 2013 – September 2014

Duties: Conducted initial clinical interviews, administered psychological assessments, completed behavioral and pre-surgical evaluations, provided individual and group counseling, developed treatment plans, completed case notes, participated in multidisciplinary weekly staff meeting to discuss patient status, interviewed/hired/ supervised administrative and behavioral health staff, referred clients for continued counseling.

Supervisor: Richard Evans, PT

*Behavioral Intake Counselor/EAP Specialist, OptumHealth, San Antonio, Texas*

Full-time status: September 2009 – August 2011

Duties: Performed telephone intakes, administered risk assessments for substance and alcohol use, provided solution focused consultation to deescalate crises, determined member eligibility and benefits, made counseling referrals, triaged urgent cases, and processed requests for counseling. Assisted members in accessing providers and connecting members with Care Advocates/Managers.

Supervisor: Judy Goblirsch, LPC-S

*Counseling Intern, Association for the Advancement of Mexican Americans, San Antonio, Texas*

Full-time status: May 2009 – September 2009

Duties: Conducted individual and family therapy sessions, prepared treatment plans, administered assessments, maintained weekly case notes, and attended clinical staffing.

*Mental Health Services Senior Probation Officer, Bexar County, San Antonio, Texas*

Full-time status: February 2007 – May 2009

Duties: Monitored a caseload of offenders who were diagnosed with a mental health disorder; including conducting weekly home, school, and office visits, and preparing chronological reports to document progress for court proceedings and treatment purposes; conducted social history investigations; developed individual treatment plans; counseled juveniles and their families; referred juveniles and families for outside services; administered drug tests; facilitated and/or coordinated education/awareness groups; prepared and file court papers such as requests for petitions, motions to modify dispositions, and affidavits requesting a directive to apprehend, and served summonses; represented the department at court hearings and detention hearings.

Supervisor: Raul Ureste, LPC

*Counseling Intern, St. PJ's Counseling Center, San Antonio, Texas*

Part-time status: August 2006 – May 2007

Duties: Counseled individuals, families, couples, and groups regarding various mental health issues. Assessed, diagnosed, and treated mental disorders, specifically those affected by abuse, neglect, and/or trauma. Collaborated with clients to establish measurable goals and implemented treatment plans to achieve an optimal level of mental health.

Supervisor: Stuart Young, LPC

*Mental Health Tech III, Southwest Mental Health Center, San Antonio, Texas*

Full-time status: September 2006 – November 2006

Duties: Taught at-risk youth alternative ways to utilize proper anger management skills and assisting them in treatment plans to decrease negative behaviors. Assisted in teaching

adolescents everyday living skills to prepare them for a more successful future; activities consisted of communication skills, eating habits, and laundry responsibilities.

Supervisor: Leticia Canchola, RN

*Counselor-In-Training*, University of Northern Iowa, Cedar Falls, Iowa

Practicum Student: January 2006 – May 2006

Duties: Provided therapeutic services during one (8-hour) day per week for the spring semester at the University of Northern Iowa Counseling Center under live supervision by a UNI professor and four other practicum students. Each of the sessions were also videotaped and reviewed for feedback by the UNI professor and students. Participated in the disposition of cases, dialogued about the diagnosis of clients, prepared treatment plans, wrote case notes, and researched client issues.

Supervisor: Dr. Terry Kottman

*Graduate Assistant*, University of Northern Iowa, Cedar Falls, Iowa

Part-time status: August 2005 – May 2006

Duties: Monitored use of the Counseling Resource Room, assisted professors and the departmental secretary, helped with library research, provided guidance to students with scheduling, coordinated class activities in the absence of a professor, assisted with conference or workshop coordination, and participated in advisory committee meetings.

Supervisor: Dr. Ann Vernon

## **Teaching Experience**

*Teaching Assistant: Sensation and Perception*, Fall 2003

Duties: Constructed quarterly exams and weekly quizzes, prepared class readings, graded exams, communicated with students via e-mail, and maintain class grade records.

Supervisor: Dr. Otto MacLin

*Teaching Assistant: Counseling Skills*, Spring 2006

Duties: Co-taught basic counseling skills course via lecture, group activities, role-playing, and by examining case scenarios. Observed entry level counseling students during counseling sessions and provided immediate feedback. Reviewed and evaluated assignments such as, the transcriptional analysis of sessions, personal philosophy papers, and the counseling tapes of each student.

Supervisor: Dr. Linda Nebbe

## **Presentations**

Sauceda, A. (February 2023) *Working with Trans and Gender Diverse Youth From A Gender Affirmative Model in Play Therapy*. Oral Presentation for the Greater San Antonio Chapter of the Texas Association of Play Therapy. 3 CEU's provided.

Orr, A., Sauceda, A., & McLaughlin, R (October 2019) *Families in Conflict: Navigating Child-Custody Disputes with a Transgender Child*. Oral Presentation at Gender Infinity, 2019.

Sauceda, A. & Watts Hoggatt K. (September 2018) *Gender Affirmative Training for Mental Health Professionals: Part 1 Preparing Yourself and Your Practice to Provide Gender Affirmative Care*. Oral Presentation at the Pride Center of San Antonio, Texas. 6.5 CEU's provided.

Sauceda, A. & Watts Hoggatt K. (November 2018) *Gender Affirmative Training for Mental Health Professionals: Part 2 Practical Application to Assist with Developing Competency*.

Oral Presentation at the Pride Center of San Antonio, Texas. 6.5 CEU's provided.

Sauceda, A., Boyle, C., Self, T., & Meany-Walen, K. (March 2007) *Cracking the Code: Examining a Case Study in Ethical Decision-Making Using the 2005 ACA Code of Ethics*. Oral presentation at the American Counseling Association Conference, Detroit, MI.

Sauceda, A., Pisney, M., Decker, J., Daugherty, D., & MacLin, O. H. (April 2004) *Effects of near miss on the control of schedule for slot machine simulation*. Poster session presented at the 11<sup>th</sup> Annual University of Northern Iowa Undergraduate Social Science Research Conference, Cedar Falls, IA.

Sauceda, A., Waddell, A., Wang, M., Teig, S., & Williams, J. (April, 2003) *MMPI -2 Q-Set reliability*. Poster session presented at the 10<sup>th</sup> Annual University of Northern Iowa Undergraduate Social Science Research Conference, Cedar Falls, IA.

## **Publications**

Decker, J., Sauceda, A., Pisney, M., & MacLin, O. H. (April, 2004)  
*PCE\_Basic: A computerized framework for lineup administration*. Proceedings of the 11<sup>th</sup> Annual University of Northern Iowa Undergraduate Social Science Research Conference, Cedar Falls, IA.

Pisney, M., Decker, J., Sauceda, A., Daugherty, D., & MacLin, O. H. (April, 2004)  
*Measuring gambling behavior using the preference paradigm: A new methodology*. Proceedings of the 11<sup>th</sup> Annual University of Northern Iowa Undergraduate Social Science Research Conference, Cedar Falls, IA.

Sauceda, A., Pisney, M., Decker, J., Daugherty, D., & MacLin, O. H. (April 2004) *Effects of near miss on the control of schedule for slot machine simulation*. Proceedings of the 11<sup>th</sup> Annual University of Northern Iowa Undergraduate Social Science Research Conference, Cedar Falls, IA.

Sauceda, A., Waddell, A., Wang, M., Teig, S., & Williams, J. (April, 2003) *Inter-Rater and Test-Retest Reliability of MMPI-2 Q-Set*. Proceedings of the 10<sup>th</sup> Annual University of Northern Iowa Undergraduate Social Science Research Conference, Cedar Falls, IA, 259-260.

## **Professional Activities**

Vice President, Psi Chi, University of Northern Iowa Chapter, 2003-2004.

Vice President, Psychology Club, University of Northern Iowa Chapter, 2003-2004.

Member, American Counseling Association, 2005-2006.

Member and Co-Founder of Upsilon Nu Iota Chapter, Chi Sigma Iota, 2006.

Member, Association for Play Therapy, 2005-2016.

Member of World Professional Association of Transgender Health 2015.

Nationally Certified Counselor Certification#: 304150 Effective: 10/18/12 – 7/1/19

## **Awards and Scholarships**

President's List – University of Northern Iowa

Multicultural/Talent Achievement Scholarship – University of Northern Iowa

Full Tuition Scholarship – University of Northern Iowa

Graduate Assistant Scholarship – University of Northern Iowa

## **Specialized Training, Education, and Experience**

Graduate Course: Affirmative Therapy with Transgender Clients. Instructor – Colt Keo-Meier, PhD., Spring 2016 Southern Methodist University.

"Gender 101" by Johanna Olson-Kennedy, MD and Aydin Olson, MSW, ACSW at the Gender Infinity Conference 2015.

"Assessment and Treatment of Children and Adolescents with Gender Dysphoria: Ethical Implications for Mental Health Providers" by Denise O'Doherty, LPC, LMFT, LCDC, RN at the Gender Infinity Conference 2015.

"Practical Guidelines for Transgender, Non-Conforming Youth" by Lore Dickey, PhD at the Gender Infinity Conference 2015.

"Pubertal and Post-pubertal Youth: Blockers, Menstrual Suppression and Cross-Gender Hormones" by Jennifer Feldmann, MD, David Paul, MD, and Ximena Lopez, MD at the Gender Infinity Conference 2015.

"Pre-pubertal Youth: Identifying and Supporting the Young Ones" by Diane Ehrensaft, PhD at the Gender Infinity Conference 2016.

"Procedures and Timing for Masculinizing Chest Surgery" by Peter Raphael, MD at the Gender Infinity Conference 2016.

"Genital Surgery and Recovery" by Curtis Crane, MD at the Gender Infinity Conference 2016.

"Difficult Treatment Decisions for Non Binary Identified Youth" by Lisa Griffin, PhD at the Gender Infinity Conference 2016.

"Transgender Affirmative Mental Health Assessment for Surgeries" by Colt Keo-Meier, PhD at Legacy Community Health on July 22, 2016.

"Providing Mental Health Care for Youth with Non-Binary Gender Identities" by Alex Keuroghlian, MD, MPH, Associate Director, Division Of Education And Training, The Fenway Institute. Webinar by National LGBT Health Education Center, 2017.

Treating Transgender Clients with Eating Disorders Webinar presented by Allison Burnett, LICSW on June 21, 2017.

"Behavioral Health Services for Sexual and Gender Minority Adults: Where Data and Practice Intersect" Webinar by the National Council for Behavioral Health, 2017.

"What Providers Need to Know About Legal Issues Facing Trans Kids" by Asaf Orr, J.D. at the Gender Infinity Conference 2017.

"The Gender Affirmative Model" by Diane Ehrensaft, PhD. at the Gender Infinity Conference 2017.

"Informed Consent: The Role of Mental Health Care of Transgender Individuals by Aydin Olson-Kennedy, MSW at the Gender Infinity Conference 2017.

"Intersectionality in the 50 Minute hour: On Expanding Our Practice" by Daniel Phillip, PsyD at the Gender Infinity Conference 2017.

"Just a Boy/Girl" by Aydin Olson-Kennedy, MSW and Johanna Olson-Kennedy, MD at the Gender Infinity Conference 2017.

"Affirmative Mental Health Care for Transgender and Gender Diverse Youth" by Laura Edwards - Leeper, PhD and Kara Connelly, MD on May 10-11, 2018.

"10 Steps to Take When Your Child Comes Out as Transgender" by Lori Hass, LMFT at the Gender Infinity Conference 2018.

Puberty Blockers: When What, and How" by Johanna Olson-Kennedy, MD at the Gender Infinity Conference 2018.

"Know and Protect Your Rights in School" by Kali Cohn, J.D. Naiyolis Paloma, and Brian Klosterboer at the Gender Infinity Conference 2018.

"Neurodiversity, Autism, and Gender Identity" Samantha Hack, Emersyn Callaghan, and Megan Hack at the Gender Infinity Conference 2018.

"Transgender and Gender Expansive Children: Distinguishing Core Identity from Gender Expression" at the Gender Infinity Conference 2018.

World Professional Association for Transgender Health - Global Education Initiative. Best Practices in Medical and Mental Health Care - Foundations Training Course. March 21-22, 2019. New Orleans, Louisiana.

World Professional Association for Transgender Health - Global Education Initiative. Child Adolescent Specialty Session. March 23, 2019. New Orleans, Louisiana.

Participation in a 2-hour monthly consult group with a Senior Gender Specialist from November 2014 – March 2020.

Telemental Health Counseling and Supervision Certification provided by Renewed Vision Training on March 18, 2020.

27<sup>th</sup> Scientific Symposium World Professional Association for Transgender Health Conference. September 17-20, 2022. Montreal, Quebec.