

David Pfaff, PhD, LPC

Educator, Clinical Mental Health Therapist, & Clinical Supervisor



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Education

December 2020, University of the Cumberland

PhD Counselor Education & Supervision (CACREP)

- Graduated Chi Sigma Iota
- Dissertation topic - *A quantitative study: The indirect effects of implicit bias on the relationship between participant social group affiliation and emotional experiences.*

May 2014, Oklahoma City University

MEd Applied Behavioral Studies/Licensed Professional Counseling

- Graduated High Honors & Phi Kappa Phi
- Capstone research - *The social, cognitive, and evolutionary psychology of membership in Caucasian hate groups.*

May 2003, University of Oklahoma

BA Anthropology & Minor Psychology

- Area of focus and capstone research in Cultural Anthropology

Professional Licenses

May 2023 – Present, Texas Licensed Professional Counselor

License #91590, Texas Behavioral Health Executive Council

April 2018 – Present, Oklahoma Board Approved LPC Supervisor

Oklahoma State Board of Behavioral Health Licensure

December 2015 – Present, Oklahoma Licensed Professional Counselor

License #5943, Oklahoma State Board of Behavioral Health Licensure

Teaching - Academic (8 years)

Fall 2022 – Present, Core Faculty Texas Tech University Health Sciences Center

Clinical Mental Health Counseling program (CACREP)

- Alpha Eta Society & Chi Sigma Iota, faculty member representative.
- Faculty advisor and member/chair of multiple course curriculum committees.
- Teaching virtual courses asynchronously and synchronously: Couples & Family Counseling, Counseling Practicum, Counseling Internship, Multicultural Counseling, Foundations of Counseling & Ethical Development, Psychopharmacology for Counselors, Abnormal Behavior, Treatment Planning & Case Management.

Spring 2021 – Summer 2022 Adjunct Professor, Seton Hall University

Professional & School Counseling program

- Wrote standardized curriculum for Multicultural Counseling and Psychology.
- Teaching virtual courses asynchronously: Counseling Practicum, Counseling Internship, Advanced Counseling Internship, Counseling Theories, Advanced Counseling Skills.

Spring 2017 – Summer 2022, Adjunct Professor, Oklahoma City University

Applied Behavioral Studies/Licensed Professional Counseling program

- 2021 Excellence in Teaching Award for Adjunct Faculty
- Teaching courses onsite and virtually: Counseling Practicum, Counseling Internship, Marriage and Family Counseling, Multicultural Counseling, Advanced Counseling Techniques, Behavior Pathology, Career Counseling, and Group Counseling.

Fall 2019, Adjunct Professor, University of Central Oklahoma

Undergraduate Psychology program

- Courses taught onsite: Introduction to Psychology

Fall 2017, Teaching Assistant, Southern Nazarene University

Licensed Professional Counseling Program

- Courses taught onsite: Professional Orientation and Ethics

Summer 2017, Teaching Assistant, University of the Cumberlands

Licensed Professional Counseling Program

- Courses taught synchronously: Theories and Techniques in Treating Addictions

Teaching - Conferences & Presentations

Invited & Scheduled:

- June 2026. *Emotion Focused Therapy for Couples (EFT-C)* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- May 2026, Children's Behavioral Health Conference, Oklahoma Department of Mental Health and Substance Use Services, Oklahoma City, OK.
- April 2026. *Acceptance and Commitment Therapy 303: ACT for trauma* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- January 2026. *Acceptance and Commitment Therapy 302: ACT for problematic substance use* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- December 2025, *Clinical supervision in the age of AI* [Conference]. Momentum 2025 Conference, Oklahoma Department of Mental Health and Substance Use Services, Oklahoma City, OK.
- November 2025. *Acceptance and Commitment Therapy 302: ACT for Problematic Substance Use* [Professional Presentation]. Oklahoma Counseling Institute, Edmond, OK.
- November 2025. *Acceptance and Commitment Therapy 201: From approach to application* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- October 2025, *Family and Relationship Therapy: A Primer for APRILNs* [Professional Presentation]. Kramer School of Nursing, Oklahoma City University, Oklahoma City, OK.
- September 2025. *Acceptance and Commitment Therapy 101: From paradox to approach* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.

Provided:

- June 2025. *Emotion Focused Therapy (EFT-C) for Relationships* [Professional Presentation]. NorthCare

Behavioral Health, Oklahoma City, OK.

- June 2025. *Acceptance and Commitment Therapy 204: Ethics & the ACT Therapist* [Professional Presentation]. Your Life Behavioral Health & Wellness Clinic at TTUHSC, Lubbock, TX.
- June 2025. *Acceptance and Commitment Therapy 201: From approach to application*. [Professional Presentation]. Your Life Behavioral Health & Wellness Clinic at TTUHSC, Lubbock, TX.
- June 2025. *Acceptance and Commitment Therapy 101: From paradox to approach* [Professional Presentation]. Your Life Behavioral Health & Wellness Clinic at TTUHSC, Lubbock, TX.
- May 2025. *Acceptance and Commitment Therapy Interventions for Substance Abuse* [Conference]. Oklahoma Counseling Institute Summer Super Summit, Oklahoma City, OK.
- May 2025. *Emotion Focused Therapies: From Approach to Relationships* [Professional Presentation]. Centers Counseling Clinic, Midland, TX.
- April 2025. *Acceptance and Commitment Therapy 302: ACT for Problematic Substance Use* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- March 2025. *Acceptance and Commitment Therapy 201: From approach to application* [Professional Presentation]. Center for Counseling and Well-being, University of Central Oklahoma (UCO), Edmond, OK.
- January 2025. *Acceptance and Commitment Therapy 301: ACT for Suicidality* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- December 2024. *Acceptance and Commitment Therapy 101: From paradox to approach* [Professional Presentation]. Center for Counseling and Well-being, University of Central Oklahoma (UCO), Edmond, OK.
- November 2024. *Acceptance and Commitment Therapy 201: From approach to application* [Professional Presentation]. Restore Behavioral Health, Norman, OK.
- September 2024. *Acceptance and Commitment Therapy 101: From paradox to approach* [Professional Presentation]. Restore Behavioral Health, Norman, OK.
- June 2024. *Emotion Focused Therapies 101: An Introduction to EFTs* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- April 2024. *Acceptance and Commitment Therapy 201: From approach to application* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- January 2024. *Acceptance and Commitment Therapy 101: From paradox to approach* [Professional Presentation]. NorthCare Behavioral Health, Oklahoma City, OK.
- November 2023. *Attachment, Borderline Personality Disorder, and Best Practices* [Professional Presentation]. Restore Behavioral Health, Norman, OK.
- October 2023. *Family and Relationship Therapy: A Primer for APRILNs* [Professional Presentation]. Kramer School of Nursing, Oklahoma City, Oklahoma City, OK.
- February 2023. *Family and Relationship Therapy: A Primer for APRILNs* [Professional Presentation]. Kramer School of Nursing, Oklahoma City University, Oklahoma City, OK.
- October 2022. *Family and Relationship Therapy: A Primer for APRILNs* [Professional Presentation]. Kramer School of Nursing, Oklahoma City University, Oklahoma City, OK.
- June 2021. *Setting Boundaries & Self-care* [Conference]. Hugh O'Brian Youth Leadership Seminar, Edmond, OK.
- January 2021. *Self-care and stress management during the pandemic* [Community Presentation]. U.S. Social Security Administration, Moore, OK
- October 2020. *Mental wellness and stigma in the workplace* [Community Presentation]. World Mental Health Day, Root Insurance Company, Atlanta, GA.
- February 2016. *The psychology of membership within Caucasian hate groups* [Conference]. Oklahoma Counseling Association Mid-Winter Conference, Oklahoma City, OK.
- February 2014. *The intensifying concern of Caucasian hate groups within the US using a multidisciplinary*

approach [Conference]. Oklahoma Counseling Association Mid-Winter Conference, Oklahoma City, OK.

Scholarship - Publications

Published:

- Pfaff, D.S. (2025). Book Forward. In M. Mahr (Ed.). *The Power of Positive Psychology and Mindfulness: Rehabilitation and Mental Health Counseling*. Kendal Hunt Publishing.
- Pfaff, D.S. (2025). Depression and Anxiety: Applying Positive Psychology and Mindfulness. In M. Mahr (Ed.). *The Power of Positive Psychology and Mindfulness: Rehabilitation and Mental Health Counseling*. Kendal Hunt Publishing.
- Pfaff, D.S., Noble, N., & Winkelman, L. (2025). Integrating Emotional Intelligence, Mindfulness, and Positive Psychology in Counseling Treatment. In M. Mahr (Ed.). *The Power of Positive Psychology and Mindfulness: Rehabilitation and Mental Health Counseling*. Kendal Hunt Publishing.
- Pfaff, D.S. (2025). Acceptance & Commitment Therapy. In Bill Owenby & Katherine Campbell (Eds), *The Encyclopedia of Mental Health Trainings, Certifications, and Credentials*. Arizona: ONBLLC Publishing.
- Pfaff, D.S. (2025). Emotion Focused Therapy. In Bill Owenby & Katherine Campbell (Eds), *The Encyclopedia of Mental Health Trainings, Certifications, and Credentials*. Arizona: ONBLLC Publishing.
- Pfaff, D.S. (2025). Transtheoretical Model Stages of Change. In Bill Owenby & Katherine Campbell (Eds), *The Encyclopedia of Mental Health Trainings, Certifications, and Credentials*. Arizona: ONBLLC Publishing.
- Pfaff, D.S. (2025). The University of Rhode Island Change Assessment. In Bill Owenby & Katherine Campbell (Eds), *The Encyclopedia of Mental Health Trainings, Certifications, and Credentials*. Arizona: ONBLLC Publishing.
- Werries, J., Pfaff, D.S., & Bender, S. (2024). Attachment and Developmental Concerns in Trauma Treatment. In C. Stark, J. Tapia, K. Rogalla, & K. Bunch (Eds.), *Professionals' Guide to Trauma-Informed Decision-Making*. Springer Publishing.
- Pfaff, D.S. (2020). *A Quantitative Study: The Indirect Effects of Implicit Bias on the Relationship Between Participant Social-Group Affiliation and Emotional Experiences* (Publication # 30568618) [Doctoral dissertation, University of the Cumberland]. ProQuest Dissertations Publishing.

Manuscripts accepted:

- Pfaff, D.S. & Mahr, M. (2025). Sick Cell & Hemophilia. In Brodwin, M. G., Siu, F. W., Howard, J., Brodwin, E. R., & Du, Ashley T. (Eds). *Medical, psychosocial, and vocational aspects of disability (6th ed.)*. Elliott Fitzpatrick, Athens, GA.

Scholarship - Interviews

May 2025. Podcast interview: *Feeling Drained? How to Restore Your Emotional Energy*. Texas Tech Health Check, hosted by Melissa Whitfield.

Link: <https://open.spotify.com/episode/59rPfbDXhPTiPgaf2EMxv>

November 2024. Blog interview: *Grief During the Holidays*. TTUHSC Daily Dose, by Sara Sales.

Link: <https://dailydose.ttuhsc.edu/2024/Decemberemberember/shp-grief-and-holidays.aspx>

August 2022. Podcast interview: *Why I Became a Therapist & Educator*. The Why I Network, host Kojo Thompson

Link: <https://www.thewhynetwork.com/271490/11089383-why-i-became-a-therapist-with-dr-david-pfaff>

- October 2021, Podcast interview: *Adverse Childhood Experiences*. Relatively Normal, host Marc Piasant, 4(84)
 Link: <https://anchor.fm/Marchc-paisant7/episodes/Relatively-Normal---S4---Ep84---Childhood-Trauma-with-Dr--David-Pfaff-e1891fb>
- September 2021, Podcast interview: *Problematic Substance Use & Addictions*. In the Weeds, host Jacob Phelps
 Link: <https://anchor.fm/intheweedsokc/episodes/Addiction-and-or-Problematic-Substance-Use-e17cdvh>
- August 2021, Podcast interview: *Relationships and mental health*. In the Weeds host Jacob Phelps
 Link: <https://open.spotify.com/episode/7dbnKF0U4CGzxm1cleKmwX>
- June 2021, Podcast interview: *Depression and coping*, In the Weeds, host Jacob Phelps
 Link: <https://open.spotify.com/episode/0mMQSm9pYo5qYAtWen0sQ8>
- May 2021, Podcast interview: *Anxiety and coping*. In the Weeds, host Jacob Phelps
 Link: <https://open.spotify.com/show/4D271AI2BJmKqhnDezntGn>
- February 2021, Podcast interview: *Suicidality and prevention*. Relatively Normal, host Marc Piasant, 3(62)
 Link: <https://open.spotify.com/episode/2hm2hqWxuSj27T7cKEOTXj>
- January 2021, Article interview: *Suicidality and prevention*. Blunt Therapy, by Randy Withers
 Link: <https://www.blunt-therapy.com/therapists-share-their-thoughts-on-suicide/>
- January 2021, Article interview: *Motivation and self-care*. MyFitnessPal, by Julia Malacoff
 Link: <https://blog.myfitnesspal.com/clever-ways-to-convince-yourself-to-work-out/>
- May 2020: Podcast interview: *Mental health stigma*. Relatively Normal, host Marc Piasant, 2(33):
 Link: <https://open.spotify.com/episode/5Og9iUXxpcIvZHd0oqlJ6n?si=nyShb-SuQ-69NsWueVypkg>

Scholarship - Grants

Developing (Submitted June 2025):

- Granting agency: Internal TTUHSC School of Health Professions, grant number: pending, dates: emerging research with application due June 2025, principal investigator: Sherry Rosenblad, co-investigators: David Pfaff, Zach Sneed, title: Enhancing Mindfulness-Based Counseling with Neurofeedback: A Feasibility and Process Evaluation Study, percent of effort: 30%, award amount: requesting \$10,000.

Not funded:

- Granting agency: KaBOOM, grant number: not funded (first alternate), dates: application and interview process 09/15/2016 - 10/07/2016, principal investigator: David Pfaff, title: *Community-Built Playgrounds (Build it with KaBOOM! and Build it Yourself)*, percent of effort: 100%, award amount: estimated costs upwards of \$100,000.

Scholarship - Research Interests

- An emerging research study with Dr Sherry Rosenblad and Dr Zach Sneed. The proposed pilot study will examine the practicality and acceptability of commercially available neurofeedback devices into clinical mindfulness-based counseling practices. Specifically, the study utilizes the Emotiv EPOC-X headset to

monitor clients' cognitive and emotional states as mindfulness interventions are introduced and practiced. Given this is a pilot study, the intent is to design further clinical protocols as well as support future research and applications.

- Rosenblad, S. R., Pfaff, D., & Sneed, Z. (2025). *Neurofeedback & biofeedback: Effectiveness in treating mental health disorders*. [Manuscript in preparation].
- Doctoral dissertation research: "A quantitative study: The indirect effects of implicit bias on the relationship between participant social group affiliation and emotional experiences". Utilized a quasi-Bayesian mediation design to study whether participant biases had a mediating effect on emotional valence and intensity in reaction to racial stimuli.
- Master's research into the affective components of hatred and social movement affiliation within hate groups, as framed through social, cognitive, and evolutionary psychological perspectives. Research included investigation of demography, composition, patronage, and social climates of where these groups and their membership originate and subsist. This research has continued, with findings presented at the Oklahoma Counseling Association conferences in 2014 and 2016.

Scholarship - Peer Reviews

Scholarly articles:

1. May 2025. *A study on the Effects of Individual Mental Health and Regional Characteristics on High-Risk Drinking*. Alcoholism Treatment Quarterly.
2. November 2024. *The Inter-Relatedness of Trauma and Substance Use and the Social Determinants of Health*. Alcoholism Treatment Quarterly.
3. June 2024. *Common Therapeutic Factors in Group Therapy for Substance Use Disorders*. Alcoholism Treatment Quarterly.
4. January 2024. *Forgiveness, Resentment, Well-Being, and College Student Substance Use in Southern Appalachia and West Texas*. Alcoholism Treatment Quarterly.

Books:

1. August 2024. *Becoming a School Counselor*. Cognella, Inc.
2. April 2024. *The Mind Delusion, How It Arises and Why it's Here to Stay*. Cambridge University Press.
3. March 2024. *Knowledge Doesn't Exist & Other Thoughts on Critical Thinking*. Cambridge University Press.
4. December 2023. *Makerspace Counseling for Health and Wellness: Creativity in Action*. Cognella, Inc.
5. January 2023. *Staying ALERT to Suicide: A Clinician's Guide to Suicide Assessment and Healing from Client Suicide*. Roman & Littlefield Publishing.
6. March 2022. *Modern Integrative Counseling and Psychotherapy*. Roman & Littlefield Publishing.
7. May 2017. *Theories & Therapies, Theories of Counseling and Psychotherapy in Context and Practice (3rd ed.)*. SAGE Publications, Inc.

Service - Clinical (12 years)

November 2020 – Present. Clinical Mental Health Therapist and Sole Proprietor

David Pfaff Counseling, LLC

Owner and sole proprietor of David Pfaff Counseling, LLC, providing outpatient clinical mental health therapy to the public and licensure supervision to LPC candidates. Primary theoretical approaches include Acceptance and Commitment, Emotion-Focused, and Insight-Oriented therapies. Areas of focus: emotional

regulation, trauma, grief, relationships, attachment, suicidality, self-harm, diversity, inclusion, identity, gender, and substance use.

August 2017 – January 2021. Clinical Mental Health Therapist, Center for Counseling and Well-Being
University of Central Oklahoma

Outpatient mental health therapist providing treatment to university students within a university center for counseling and wellbeing. Services include intakes, assessment, individual and group therapies, and case management. Also provided outreach through advocacy, training, and guest lecturing.

June 2014 – August 2017. Clinical Coordinator Children's Crisis Unit & Clinical Therapist
Red Rock Behavioral Health Services

Directing the day-to-day clinical operations of the Children's Crisis Unit, an inpatient mental health facility for youth and adolescents experiencing acute mental health crisis. Also, served as a licensed and nationally certified outpatient mental health therapist providing treatment to youth and adults within a community mental health setting.

Service - Community

- 2024 – Present. Consultant and training provider to the Center for Counseling and Well-being at the University of Central Oklahoma. Services are pro bono.
- 2022 – Present. Preceptor and training provider to the Kramer School of Nursing, Psychiatric Nurse Practitioner Program at Oklahoma City University. Services are pro bono.
- March 2022. Consultant and subject matter expert, Psychological Support for Ukraine.
- 2021 – Present. Team sponsor for the Oklahoma City Memorial Marathon, a charitable cause directly benefiting the Oklahoma City National (Bombing) Memorial and Museum.
- April 2016. Discussion panel member and subject matter expert on suicidality. *OKC Civic Center production of 'night, Mother'.*
- May 2015 – January 2017. Facilitator for *Strengthening Families Program*, Red Rock Behavioral Health & Oklahoma Department of Human Services.

Service - Committee work

- June 2025 – Present, OKCU Krammer School of Nursing Advanced Practice Advisory Board, member.
- May 2025 – Present. TTUHSC Institutional Review Board (IRB), member.
- 2023 - Present. 5302 & 5318 Course Curriculum Work Group Committee, chair.
- 2023 – Present. 5332 Course Curriculum Work Group Committee, chair.
- 2023 – Present. 5301 & 5303 Course Curriculum Work Group Committee, member.
- 2022 – Present. Admissions committee, Clinical Mental Health Counseling program, School of Health Professions.
- 2022- 2023. 5302 & 5303 Course Curriculum Work Group Committee, member.
- 2022 – 2023. 5307 Course Curriculum Work Group Committee, member.
- 2022 -2023. 5340 & 5342 Course Curriculum Work Group Committee, member.

Service - Professional Memberships

- American Counseling Association
- Oklahoma Counseling Association
- Oklahoma Association for Multicultural Counseling & Development
- Chi Sigma Iota National Honors Society
- Phi Kappa Phi National Honors Society
- Alpha Eta Society
- Association of Contextual Behavioral Sciences (ACBS)

Other Relevant Training & Certifications

Telehealth for Mental Health Professionals: 2-Day Distance Therapy Training,
PESI, April 2020

Mental Health First Aid Instructor Certification
National Council for Behavioral Health, June 2018

American Society of Addiction Medicine (ASAM) Criteria Training
Oklahoma Department of Mental Health and Substance Abuse Services, February 2016

Oklahoma Forensic Competency Evaluator Certification
Oklahoma Department of Mental Health and Substance Abuse Services, January 2016

Collaborative Assessment and Management of Suicidality (CAMS)
Oklahoma Department of Mental Health and Substance Abuse Services, January 2015

Addiction Severity Index (ASI)
Oklahoma Department of Mental Health and Substance Abuse Services, September 2014

Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
Oklahoma Child Trauma Training Program, June 2014 (basic) and May 2015 (advanced)