

VITA

Clifton W. Mitchell, Ph.D.

Licensed Psychologist, HSP

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Human Development and Learning
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EDUCATION:

- Ph.D. Counseling Psychology 1992
Indiana State University, Terre Haute, IN
Program fully APA approved
- M.A. Clinical Psychology 1976
Western Kentucky University
Bowling Green, KY
- B.A. Psychology 1974
Virginia Polytechnic Institute and State University
Blacksburg, VA

CURRENT STATUS:

Professor in the Counseling Program in the Department of Human Development and Learning at East Tennessee State University teaching courses in agency counseling primarily. Joined the faculty in 1992 and received promotion to Full Professor in 2001.

EMPLOYMENT IN EDUCATION:

Assistant Professor of Counseling: 8/92 - Present

East Tennessee State University, Johnson City, TN.

Professor and Counseling Program Coordinator in the Department of Human Development and Learning at East Tennessee State University teaching graduate level courses in agency counseling. Courses taught include: Counseling I (HDAL 5550), Counseling in Community Agencies (HDAL 5250), Legal and Ethical Issues in Counseling (HDAL 5430), Supervision of Practicum (HDAL 5570), Internship (HDAL 5880), Human Relations and Group Processes (HDAL 5100), Methods of Research and Statistics (HDAL 5950), Systems of Personality (5957), and an Independent Study - Introduction to Hypnosis (HDAL 5900).

EMPLOYMENT IN EDUCATION: (continued)

Stress Management Consultant: 1/90-8/91
Union Hospital, Terre Haute, IN.

Designed and taught stress management classes for a broad spectrum of adults. Taught basics for understanding the physiological response patterns along with relaxation, cognitive restructuring, assertiveness, and time management.

Statistics Instructor: Fall, 1990

Fellowship at Indiana State University, Terre Haute, IN.

Taught undergraduate statistics course: Introduction to Applied Statistics (EPSY 302). Also tutored graduate students in statistics.

Statistics Consultant: Summer, 1990

Contracted with education administration doctoral candidates.

Designed and taught a 12 hour seminar which prepared these doctoral students for statistics proficiency allowing them to by-pass traditionally taken advanced statistics course.

Techniques Lab Instructor: Summers, 1990 & 1991

Fellowship at Indiana State University, Terre Haute, IN.

Taught laboratory section of Techniques of Counseling (COUN 533) course for master's level students. Included role-plays, group exercises and discussions, self and other critiques, written and oral evaluations.

Career and Life Planning Instructor: Fall-Spring, 1988-1989

Fellowship at Indiana State University, Terre Haute, IN.

Taught and helped design Career and Life Planning (COUN 135), an undergraduate course for students desiring in-depth career exploration and study. Work included administration and interpretation of SVIB-SCII, SDS, MBTI, as well as group exercises and discussions on career choice.

Psychology Instructor: Summer 1978 and Fall 1986-Summer 1988

Full-time faculty member Western Kentucky University, Bowling Green, KY.

Taught Introduction to Psychology (PSY 100) and Personal Adjustment & Mental Hygiene (PSY 250). Teaching load consisted of four courses per semester plus summers. Class sizes ranged from 20 to 150 students.

Continuing Education Instructor: 1984-1988

Western Kentucky University, Bowling Green, KY.

Created and taught three eight-hour seminars: Introduction to the Stock Market, Introduction to Technical Analysis of the Stock Market, and Introduction to Personal Computers.

EMPLOYMENT IN EDUCATION: (continued)

Psychology Instructor: 1985-1986

Bowling Green Junior College, Bowling Green, KY.

Taught Introduction to Psychology (PSY 100) and Marriage & Family (PSY 153).

COUNSELING and PROFESSIONAL EXPERIENCE:

Psychology Intern: 10/91-9/92

Luton Mental Health Consortium, Nashville, TN. APA approved.

Providing community mental health services to a case load of over 20 clients as well as psychological services to an acute treatment facility at Middle Tennessee Mental Health Institute. Duties include individual therapy, treatment team participation, assessments, group work, and competency training. Experience includes work with depression, sexual abuse, physical and emotional abuse, adolescent adjustment problems, personality disorders, suicide, divorce and relationship issues, anxiety, alcohol and drug, compulsive behaviors, schizophrenia, and delusional disorders.

"Smoke Stoppers" Consultant: 10/90-8/91

Union Hospital, Terre Haute, IN.

Conducted 8-session "Smoke Stoppers" groups. Involved many behavioral and cognitive techniques (reinforcement, aversion conditioning, affirmations, etc.) and hypnosis.

Counselor: Spring, 1991

Fellowship at Indiana State University Counseling Center.

Provided weekly counseling to college students. Client problems included depression, grieving, sexual abuse, anxiety, relationship issues, and rape.

Counselor: Fall, 1990

Practicum at St. Mary of the Woods College, Terre Haute, IN.

Provided weekly counseling to college females. Client problems included depression, physical and emotional abuse, relationship issues, grieving, and career counseling.

Counselor: Fall, 1989

Practicum at Gibault School for Boys, Terre Haute, IN.

Provided weekly counseling to adolescent male sex offenders who had often been abused themselves.

"HELP" Line Counselor: 1985-1988

Barren River Mental Health Center, Bowling Green, KY.

Part-time crisis intervention help-line employee.

COUNSELING and PROFESSIONAL EXPERIENCE: (continued)

Staff Counselor: 1976-1978

Western Kentucky University Counseling Services Center,
Bowling Green, KY.

Primary duties were individual and group counseling of college students with a wide array of problems. This work also included vocational and academic concerns involving test interpretations, particularly the Strong-Campbell Interest Inventory and the Edwards Personal Preference Schedule.

Counselor: 1975-1976

Graduate assistant at Western Kentucky University Counseling
Services Center, Bowling Green, KY.

Duties included personal, academic, vocational, and group counseling. Provided exposure to many clients mostly involving personal counseling but also developed skills at test interpretation, especially the Strong-Campbell and the Edwards Personal Preference Schedule.

Inmate Counselor: 1974

Virginia State Penitentiary, Richmond, VA.

Counselor in a contingency management program that was designed to prepare and select maximum security inmates for movement to the general prison population. Duties included assessment and counseling of inmates, data analysis, and program evaluation and design.

PUBLICATIONS and VIDEOS:

Mitchell, C. W. (2007). *Effective techniques for dealing with highly resistant clients* (2nd ed). Johnson City, TN., Clifton Mitchell Publishing.

Genco, J. T., & Mitchell, C. W. (2006, June) Relationships between personality types and coping styles: A pilot study. *Journal of Psychological Type*, 66(6), 49-57.

Mitchell, C. W. (2004). How to tell when a client is ready to change. *The Advocate*, 27(7), 1,10-11.

Mitchell, C. W. (2003). Tips for treating highly resistant clients. *The Advocate*, 26(11), 1,10-11.

Mitchell, C. W. (2003). Highly resistant clients: We've all had them. *The Advocate*, 26(7), 1,10-12.

Mitchell, C. W., & Rogers, R. (2003). Rape, statutory rape, and child abuse: Legal distinctions and counselor duties. *The Professional School Counselor*, 6(5), 332-338.

PUBLICATIONS and VIDEOS: (continued)

Mitchell, C. W., Disque, G., & Robertson, P. (2003). When parents want to know: Methods for dealing with parental demands for confidential information. *The Professional School Counselor*, 6(2), 156-161.

Haren, E. G., & Mitchell, C. W. (2003). Relationships between the five-factor personality model and coping style. *Psychology and Education: An Interdisciplinary Journal*, 40(1), 38-47.

Mitchell, C. W. (2001). Using linear regression to predict short-term changes of the Standard and Poor's 500. *Technical Analysis of Stocks and Commodities*, 19(10), 26-33.

Disque, J. G., Robertson, P. E., & Mitchell, C. W. (2000). A Postmodern approach to counselor education admissions. In G. McAuliffe & K. Eriksen (Eds.), *Preparing counselors and therapists* (pp. 114-134). Virginia Beach, VA: The Donning Company.

Broeder, C. E., Quindry, J., Brittingham, K., Panton, L., Thomson, J., Appakandu, S., Breuel, K., Byrd, R., Douglas, J., Ernst, C., Mitchell, C., Olson, M., Roy, T., & Yarlada, C. (2000). The "Andro" project: The physiological and hormonal influences of androstenedione supplementation in men aged 35 to 65 years old participating in a high intensity resistance training program. *Archives of Internal Medicine*, 160, 3093-3104.

Mitchell, L. L., & Mitchell, C. W. (1998). Effects of premenstrual syndrome on coping style. *Psychology - A Journal of Human Behavior*, 34(1), 2-10.

Mitchell, L. L., & Mitchell, C. W. (1998). Premenstrual personality alterations and psychological type: An hypothesized, nonpathological explanation. *Journal of Psychological Type*, 47, 12-20.

Mitchell, C. W. (1997). Confidentiality issues surrounding client and parental rights and school records. *Global Visions for Counseling Professionals: The Journal of Tennessee Counseling Association*, 4(1), 21-23.

Mitchell, C. W., & Headly, T. (director) (1997). *Overcoming Roadblocks to Change: The Five Steps to Effective Group Facilitation* (video). Training video and manual for Tennessee's Families First program supervisors.

Mitchell, C. W., & Shuff, I. M. (1995). Personality characteristics of hospice volunteers as measured by Myers-Briggs Type Indicator. *Journal of Personality Assessment*, 65(3), 521-532.

PUBLICATIONS and VIDEOS: (continued)

Mitchell, C. W. (1994). Effects of subliminally presented auditory suggestions of itching on scratching behavior. *Perceptual and Motor Skills*, 80, 87-96.

Mitchell, C. W. (1994). Maintaining perspective in counseling situations. *Global Visions for Counseling Professionals: The Journal of the Tennessee Counseling Association*, 2(1), 28-29.

Shuff, I. M., Horne, A. M., Westburg, N. G., Mooney, S. P. & Mitchell, C. W. (1991). Volunteers under threat: AIDS hospice volunteers compared to volunteers in a traditional hospice. *The Hospice Journal*, 7(1/2), 85-107.

This article was also published the same year as a chapter in M. O. Amenta & C. B. Thelan (Eds.), *Aids in the hospice community*. New York: Haworth Press.

Mitchell, C. W. (1985, November). Nobody here but us fundamentalists: Why stockbrokers are not technicians. *Barron's National Business and Financial Weekly*, pp. 32-38.

PROFESSIONAL PRESENTATIONS and CONFERENCE TRAININGS:

Mitchell, C. W. (2008, December). *Ten Fundamental Principles for Preventing and Resolving Therapeutic Resistance*. To be presented at the Seventh Brief Therapy Conference, Milton H. Ericksonian Foundation, San Diego, CA.

Mitchell, C. W. (2008, October). *Ten Fundamental Principles for Preventing and Resolving Psychological Resistance*. Presented at the Summit for Clinical Excellence, Solutions to Human Dysfunction: Using the Latest Therapy, Tempe, AZ.

Mitchell, C. W. (2008, August). *New Perspectives on Therapeutic Resistance: A Social Interaction Model* (keynote), and *Maximizing Critical Junctures in the Therapeutic Dialogue* (breakout). Presented at the Summit for Clinical Excellence, Mastering Therapeutic Navigation, Park City, UT.

Mitchell, C. W. (2008, June). *Self-Improvement Through Precision Communication: Using Your Mind for a Change* (keynote), and *Working with Highly Resistant Youth* (breakout). Presented at the 2008 Juvenile Justice and Delinquency Prevention Conference, Hampton, VA.

Mitchell, C. W. (2008, May). *Self-Improvement Through Precision Communication: Using Your Mind for a Change* (keynote), and *Effective Techniques for Dealing with Highly Resistant Clients* (full day). Presented at the 34th Annual Conference of the Alabama Council of Community Mental Health Boards, Birmingham, AL.

PROFESSIONAL PRESENTATIONS and CONFERENCE TRAININGS: (continued)

Mitchell, C. W. (2008, May). *Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement* (keynote), and *Effective Techniques for Dealing with Highly Resistant Clients* (2-day training). Presented at the 31st Annual Advanced School on Addictions, Nashville, TN.

Mitchell, C. W. (2007, December). *Slowing Down to Go Faster: Utilizing Resistance for Solution Development*. Presented at the Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, Phoenix, AZ.

Mitchell, C. W. (2006, November). *Using Your Mind for a Change*. Keynote address presented to the 17th Annual Symposium on Professional Collaboration and Inclusive Education, College of William & Mary, Williamsburg, VA.

Mitchell, C. W. (2006, November). *Current and classic ethical dilemmas in behavioral healthcare*. Presented to the Peninsula, A Division of Parkwest Medical Center, Knoxville, TN.

Mitchell, C. W. (2006, June). *An Introduction to Hypnosis in Therapy*. Helen Ross McNabb Center, Knoxville, TN.

Mitchell, C. W. (2005, January). *Legal and ethical issues for school counselors*. Presented to the Watauga Counseling Association, Johnson City, TN.

Disque, J. G., & Mitchell, C. W. (2003, September). *Mind/Body approaches to supervision and resistance*. Paper presented at the 2003 Southern Association of Counselor Educators and Supervisors (SACES) Conference, Chattanooga, TN.

Mitchell, C. W. (2003, September). *Effective methods for dealing with highly resistant clients*. Presented to Frontier Mental Health, Johnson City, TN.

Mitchell, C. W. (2003, October). *Breaking down barriers to change: Effective methods for dealing with highly resistant clients*. Presented at the Families First Counselors, Johnson City, TN.

Mitchell, C. W. (2003, September). *Legal and ethical issues regarding child abuse*. Presented at the Tennessee Early Intervention Conference in Gatlinburg, TN.

Mitchell, C. W. (2003, March). *Legal and ethical issues for counselors*. Presented to Frontier Mental Health, Johnson City, TN.

Mitchell, C. W. (2003, February). *Breaking down barriers to change: Effective methods for dealing with highly resistant clients*. Presented at the Alabama American Mental Health Counselors Association, Birmingham, AL.

PROFESSIONAL PRESENTATIONS and CONFERENCE TRAININGS: (continued)

Mitchell, C. W. (2002, October). *Becoming A CACREP Liaison: Yes, No, Maybe So?* To be presented at the 2002 National Convention of the Association of Counselor Educators and Supervisors, Park City, Utah.

Mitchell, C. W. (2002, July). *Techniques for understanding and treating highly resistant clients.* Presentation to the 2002 American Mental Health Counselors Association National Convention, Atlanta, GA.

Mitchell, C. W. (2002, July). *Legal and ethical issues for counselors.* Presentation to the Martha Polk Chapter of the Tennessee Counseling Association (TCA) Dyersburg, Tennessee.

Mitchell, C. W. (2002, May). *Legal and ethical issues for school counselors.* Presented to the Watauga Counseling Association Spring workshop, Johnson City, TN.

Mitchell, C. W. (2001, November). *Child abuse: A clarification of school counselor obligations.* Presentation to the 2001 Tennessee Counseling Association's (TCA) annual conference in Nashville, Tennessee.

Mitchell, C. W., & Mitchell, L. L. (1999, November). *Educating students about private practice: Teaching the business of counseling.* Presentation to the 1999 National Convention of the Association of Counselor Educators and Supervisors (ACES) in New Orleans, Louisiana.

Disque, G. J., Robertson, P. E., & Mitchell, C. W. (1999, November). *Admissions process in counselor education: Challenges as we move toward 2000.* Presentation to the 1999 National Convention of the Association of Counselor Educators and Supervisors (ACES) in New Orleans, Louisiana.

Mitchell, C. W. (1998, November). *How to approach and effectively deal with difficult legal and ethical dilemmas.* Presentation to the 1998 Tennessee Counseling Association's (TCA) annual conference in Nashville, Tennessee.

Mitchell, C. W. (1998, February). *A review of three of Tennessee's most important laws regulating the practice of counseling and related ethical codes.* Presentation to the Lookout Mountain Counseling Association, Chattanooga, Tennessee.

Mitchell, C. W. (1997, November). *Let's examine the law: A review of three of Tennessee's most important laws regulating the practice of counseling.* Paper presented at the 1997 Tennessee Counseling Association's (TCA) annual conference in Knoxville, Tennessee.

PROFESSIONAL PRESENTATIONS and CONFERENCE TRAININGS: (continued)

Disque, J. G., Robertson, P., & Mitchell, C. W. (1997, October). *Predicting excellence: The admissions process in counselor education*. Paper presented at the 1997 Southern Association of Counselor Educators and Supervisors (SACES) Conference, Louisville, Kentucky.

Thompson, C. L., Mitchell, C. W., et al. (1997, October). *IDEA exchange for counselor educators and supervisors*. Teaching innovations presented at the 1997 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Louisville, Kentucky.

Disque, G., & Mitchell, C. W. (1996, November). *Techniques for Enhancing Therapeutic Effectiveness*. Paper presented at the annual conference of the Tennessee Counseling Association (TCA), Memphis, Tennessee.

Mitchell, C. W. (1996, April). *Preparing counselors for interactions with medical professionals*. Paper presented at the annual world conference of the American Counseling Association (ACA), Pittsburgh, Pennsylvania.

Mitchell, C. W., & Mitchell, L. L. (1995, November). *Understanding and treating the psychological changes which accompany PMS*. Paper presented at the annual meeting of the Tennessee Counselors Association (TCA), Nashville, Tennessee.

Mitchell, C. W. (1995, November). *Clash of the disciplines: Preparing counselors for dealing with medical professionals*. Paper presented at the 1995 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Knoxville, Tennessee.

Thompson, C. L., Mitchell, C. W., et al. (1995, November). *Second annual IDEA exchange for counselor educators and supervisors*. Teaching innovation presented at the IDEA exchange presentation at the 1995 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Knoxville, Tennessee.

Mitchell, C. W. (1995, April). *Effective procedures for dealing with dismissal of impaired students*. Paper presented to the 44th national convention of the American Counseling Association (ACA), Denver, Colorado.

Mitchell, C. W. (1995, March). *Breaking down barriers to change: Effective methods for dealing with resistance*. Presentation to the Smoky Mountain Counseling Association (SMCA), Carson Neuman College, Jefferson City, Tennessee.

Mitchell, C. W. (1994, November). *Confidentiality for minors in school and private practice*. Paper presented at the annual meeting of the Tennessee Counselors Association (TCA), Chattanooga, Tennessee.

PROFESSIONAL PRESENTATIONS and CONFERENCE TRAININGS: (continued)

Mitchell, C. W. (1994, November). *The fundamental principle of cognitive therapy effectiveness*. Paper presented at the annual meeting of the Tennessee Counselors Association (TCA), Chattanooga, Tennessee.

Mitchell, C. W. (1993, November). *Breaking down barriers to change: Effective methods for dealing with resistance*. Paper presented at the annual meeting of the Tennessee Counseling Association (TCA), Memphis, Tennessee.

Mitchell, C. W. (1993, November). *Developing effective procedures for dealing with dismissal of problem/impaired graduate counseling students*. Paper presented at the 1993 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Charleston, South Carolina.

Mitchell, C. W. (1992, October). *Using your mind for effective stress management*. Presented to the annual conference of the Tri-State Association for Behavioral Analysis, Kingsport, Tennessee.

Mitchell, L. L. & Mitchell, C. W. (1990, October). *Premenstrual syndrome-related personality and cognitive processing alterations as indicated by the Myers-Briggs Type Indicator*. Paper co-presented at the Great Lakes Regional Meeting of the Association for Psychological Type, Dayton, Ohio.

Mitchell, L. L. & Mitchell, C. W. (1990, May). *Premenstrual syndrome-related personality and cognitive processing alterations as indicated by the Myers-Briggs Type Indicator*. Paper co-presented at Southeast Regional Meeting of the Association for Psychological Type, Atlanta, Georgia.

KEYNOTE PRESENTATIONS

The motivational/educational keynote, *Self Improvement Through Precision Communication: Using Your Mind for A Change*, has been presented to over 300 conventions, organizations, and businesses since 1988. Clients have included:

Intel

Alabama Council of Community Mental Health Boards Annual Conference

Tennessee Advanced School of Addictions

Virginia Department of Criminal Justice Services Annual Conference

Carter Wallace Company

17th Annual Symposium on Professional Collaboration and Inclusive Education

East Dairyman's Association,

Radiological Society of Virginia and North Carolina

Virginia State Prison Principals

Virginia Community College Association of Financial Aid Administrators

Leadership Terre Haute, Terra Haute, IN

National Association of Purchasing Managers
American Society of Training and Development
Virginia Department of Transportation
Tusculum College Counselors
Lynchburg College
Leadership Hawkins County, Rogersville, TN
Leadership Bristol, Bristol, TN.
UETEC Educators, Johnson City, TN
SPLASH Youth Leadership summer workshop.
Clayburn County Chamber of Commerce, Clayburn, TN
Upper East Tennessee Human Services Head Start
Southwest Virginia Community College
Southeast Association of Community Action Agencies
Northeast Tennessee Adult Protective Services
Tennessee State Leadership Conference
North East Tennessee Institute of Internal Auditors
Department of Veterans Affairs, Johnson City, TN
Leadership Kingsport, Kingsport, TN
First Tennessee Area Development District
First Tennessee Conference on Aging
Tennessee's Community Correction Association's
Tennessee Association of Human Resource Agencies
Virginia Highlands Community College
Tennessee Court Appointed Special Advocates (CASA)
Tennessee State Public Health Association

NATIONAL TRAININGS

A partial list of audiences and sponsors of the training seminar, ***Effective Techniques for Dealing with Highly Resistant Clients***, includes:

Alabama Council of Community Mental Health Boards
Alabama Mental Health Counselors Association (ALMHCA)
Alcohol and Drug Council of Middle Tennessee
Argosy University
Ben Franklin Institute—Summit for Clinical Excellence
Chattanooga Area Psychotherapy Association (CAPA)
Chemical Dependency Counselors of Washington State
Community Counseling Program Northern Kentucky University
Connecticut Association of Addiction Professionals (CAAP)
Council for Alcohol and Drug Abuse Services (CADAS), Chattanooga, TN
Cross Country Education
Department of Counseling and Human Development - Walsh University
Dunn Mental Health Center, Richmond, IN
Frontier Mental Health, Gray, TN
Florida Mental Health Counselors Association

George Fox University Graduate Department of Counseling
Graduate Counseling Program - Xavier University
Helen Ross McNabb Center, Knoxville, TN
Hillsborough Community College
Idaho Mental Health Counselors Association
Indiana University School of Social Work
Jackson Area Council on Alcoholism and Drug Dependency (JACO)
Kentucky Mental Health Counselor Association
Maryland Association for Addiction Professionals (MAAP)
Memphis Recovery Centers
Milton H. Ericksonian Foundation
National Association of Social Workers – Florida
National Association of Social Workers – Hawaii
New York Mental Health Counselors Association (NYMHCA)
New Jersey Mental Health Counselors Association (NJMHCA)
Ohio Mental Health Counselors Association
Oregon Association for Marriage and Family Therapy (OAMFT)
Plateau Mental Health Center, Cookeville, TN
Peninsula Mental Health, Knoxville, TN
PESI Health Care
Seattle Pacific University Department of Marriage and Family Therapy
School of Professional Counseling - Lindsey Wilson College
Smoky Mountain Counseling Association
Tennessee Advanced School on Addictions (TASA) (2)
The Hart Center, Memphis, TN
University of Cincinnati Counseling Program
University of North Florida Counseling Center
University of Tennessee Counseling Program
Virginia Advisory Committee on Juvenile Justice
Virginia Association of Alcohol and Drug Abuse Counselors
Virginia Association of Marriage and Family Therapy
Virginia Community and Residential Care Association
Virginia Department of Criminal Justice Services (DCJS)
Virginia Drug Court Association
Virginia Juvenile Justice Association
Virginia Rehabilitation Association
Washington Association for Marriage and Family Therapy (WAMFT)
Washington State Mental Health Counselors Association

GRANT and FUNDED ACTIVITY:

For the Families First grant project funded by the Tennessee Department of Human Services and administered through the Sociology and Anthropology departments, Tom Headly and I wrote, directed, edited, participated in, etc. a training video entitled Overcoming Roadblocks to Change: The Five Steps to Effective Group Facilitation (listed under publications) which was used to train Families First supervisors throughout the state. I also wrote a training manual to accompany the video. In addition, I made

two presentations (6/12/97, Knoxville and 6/26/97, Nashville) which presented the ideas in the video to trainers from across the state as well as Families First state administrators.

Instructor for JOBSWORK grant project which is administered through the Sociology and Anthropology departments and provides matching funds to university and department.

Mitchell, C. W. (2002). President's Grant-in-Aid. Travel and tuition funds received for attending seminar entitled Helping Difficult and Challenging Clients. \$139.00 pending.

Mitchell, C. W. (1995). President's Grant-in-Aid. Travel and tuition funds received for attending seminar by David Burns on cognitive therapy. \$300.00 approved and funded.

Mitchell, C. W. (1995). Research Development Committee funding received for publication of article entitled "Effects of subliminally presented auditory suggestions of itching on scratching behavior." \$450.00 approved and funded.

Mitchell, C. W. (1994). President's Grant-in-Aid. Travel and tuition funds received for attending Institute for Behavioral Healthcare seminar on DSM-IV updates and training. \$325.00 approved and funded.

UNIVERSITY SERVICE:

- Supervise Family Services Counselors through University Sponsored Grant, 1999 – 2005.
- "Fundamentals of Effective Group Leadership." Presentations to Upward Bound Tutor counselor training, ETSU. Ten (10) presentations: 6/05, 6/04, 6/2/03, 6/3/02, 5/31/01, 6/6/00, 6/8/99, 6/9/98, 6/3/97, 6/5/95, 6/3/94.
- "What Type are You, Understanding Relationships and Career Choices Using The Keirsey Temperament Sorter." Presentation at Student Preview, ETSU, 8/24/01, 200+ in attendance.
- Served on University Parking, Traffic, and Security Committee, 1999 – 2000.
- Served on the Institutional Review Board (IRB), 1996 – 1999.
- "Programming Yourself for Success in College," presentation to entering freshmen participating in ETSU's Student Preview Program, 8/28/99.
- "Programming Yourself for Success in College," presentations to Upward Bound Middle School program participants, 7/26/99 and 12/14/98.

UNIVERSITY SERVICE: (continued)

- "Programming Yourself for Success in College," presentation to Talent Search program participants, 6/15/99.
- "Programming Yourself for Success in College," presentation to entering freshmen participating in ETSU's Student Preview Program, 8/27/98, 400+ in attendance.
- Committee member, New Faculty Orientation Committee, 1997.
- "Professors are People Too," presentation at Preview orientation, ETSU, 8/22/97.
- Committee member, President's Grant-in-Aid Committee, 1993 – 1996.
- Faculty Senate Representative for College of Education, 1994 – 1995.
- Faculty Development and Evaluation Committee of the Faculty Senate, 1994 – 1995.
- Task Force for SACS Recommendations 20 & 21, 1994 – 1995.
- Graduate Faculty representative to oral and thesis defenses in psychology and geography, 1994.
- "Self-Improvement Through Precision Communication." Presentations to ETSU JOBSWORK program participants, ETSU, Johnson City, TN. Three (3) presentations: 4/6/95, 4/7/95, and 4/21/95.
- "Student Evaluation of Instruction: Limits, Myths, and Ways to Improve Its Use," presented to ETSU faculty, ETSU, Johnson City, TN, 4/11/95.
- "ETSU Sexual Harassment Prevention Workshop." Presentations to faculty and staff of ETSU, Johnson City, TN. Three presentations: 1/19/95, 1/26/95, and 2/21/95.
- "Advanced Therapeutic Dialogue Techniques." Seminar for University Counseling Center staff, ETSU, Johnson City, TN, 4/16/93.
- "Developing Linguistic Skills for Exceptional Counseling." Seminar for University Counseling Center staff, ETSU, Johnson City, TN, 11/2/92.

COLLEGE and DEPARTMENT SERVICE:

- Program Coordinator for Counseling, June 2002 – May 2008.
- Serving on Long Range Planning Committee for the College of Education, 2001 – present.

COLLEGE and DEPARTMENT SERVICE: (continued)

- Member of Blake Snider's mentoring committee 2003 – present.
- Served as chair of mentoring committee for Dr. Amy Malkus, 2001 – 2004.
- Serving as chair of Graduate Faculty Status committee, 2001 – present.
- Serving as HDAL library coordinator, 1993 – present.
- Served on two (2) hiring committees for education foundations positions, 2000.
- Non-teacher education committee and subcommittee for revising the College of Education mission statement, 1999.
- Technology Dissemination Committee, 1999.
- Dissertation committee for ELPA student.
- Task Force committee to examine combining Clinical Psychology and Counseling programs, 1998-1999.
- Technology & Cultural Diversity Grant Proposal Review Committee, 1997.
- Doctoral Screening Committee in ELPA
- Continuous improvement committee, HDAL.
- Committee for review of graduate faculty, 1996.
- Coordinated Ed Jacob's training seminar for student development, 1996.
- Search committee for Professional Advisor position, 1995.
- Search committee for early childhood tenure-track position, 1995.
- Search committee for EDFN tenure-track research position, 1994.
- NCATE committee for Monitoring & Assessing Programs; Ensuring Competence, 1994-1995.
- Graduate Core Courses Committee, 1994.
- 5950 committee for alignment/unification of the graduate research course, 1994.
- College of Education committee to develop a governance document, 1994.

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- Coordinated and directed installation of new intercom/monitoring system for clinic, 1992 –1994.
- Distinguished faculty award committee, 1993.
- Graduate tests and measurement/assessment committee, 1992.
- Admissions boards for the College of Education.

PROGRAM SERVICE:

- Coordinator or Community Agency Option of Counseling program, 1997 – 2008.
- Wrote, coordinate, and currently maintain the Counseling Student Handbook .
- Wrote, coordinate, and currently maintain the Practicum Handbook.
- Wrote, coordinate, and currently maintain the Internship Handbook.
- Coordinate Practicum and Internship enrollments and student sign-ups.
- Coordinate the twice annual special administration of the National Counselor Exam (NCE) to our graduating students.
- Designed, constructed, and maintain Counseling Program web site, 1999 - 2002.
- Installed new audio visual equipment in therapy room 323D, 2001.
- Prepared, disseminated survey and collect and analyzed data from the survey of employers and supervisors of our graduate, 2000 –2001.
- Coordinated, updated, and prepare all graduate catalog changes, 1996 – 2001.
- Wrote the Counseling Program Five Year Review for state performance funding, 1999.
- Wrote self-study and coordinated CACREP accreditation review of Counseling Program from which program received seven years accreditation – 1998.
- Presentation to Chi Sigma Iota, Introduction to Hypnosis, 1997.

PROFESSIONAL and COMMUNITY SERVICE:

Active Listening, Faculty/Staff lunch, Johnson City, TN., 3/24/05.

PROFESSIONAL and COMMUNITY SERVICE: (continued)

"Increasing Counselor Effectiveness with Active Listening." Seminar for Contact Ministries of Johnson City, Kingsport, Grey, and Jonesboro. 4/21/05, 4/29/04, 10/14/03, 4/29/03, 2/25/03, 8/20/02, 2/18/02, 1/12/01, 5/3/01, 10/11/01, 10/18/01, 3/25/00, 4/1/00, 10/9/00, 10/15/99, 3/12/98, 9/16/97, 9/19/95, 3/23/95, 11/4/94, 3/22/94, and 9/21/93.

Current legal and ethical for counselors, Watauga Counseling Association, Johnson City, TN., 1/27/05.

Legal & ethical issues surrounding child abuse and neglect, Tennessee Early Intervention Services in-service, Johnson City, TN., 7/26/2004 and 6/1/2004.

"Breaking down barriers to change: Effective methods for dealing with highly resistant clients." Half-day training to be presented to area mental health professionals, Greene Valley Developmental Center, Greenville, TN, 11/13/02.

Served as a reviewer for Anxiety, Stress and Coping: An International Journal and have been asked to review future articles as needed.

Consult approximately 1.5 times per week with regional mental health organization and professionals on legal, ethical, or licensure issues.

"How to Make Smart Career Choices." Presentation to Tech Quest Academy Summer Career Camp participants, Wytheville Community College, Wytheville, VA, 7/29/02.

"How to Make Smart Career Choices." Presentation to entering students at Virginia Highlands Community College, Abingdon, VA, 2/23/02 and 4/28/01.

"An Introduction to the Use of Hypnosis in Therapy." Half-day training to area mental health professionals, Greene Valley Developmental Center, Greenville, TN, 10/15/01, 30+ in attendance.

"Methods for Dealing with Highly Resistant Clients." Half-day Presentation to Families First Counselors, Johnson City, TN, 4/6/01.

"Legal and Ethical Issues for School Counselors." Seminar presented to the Cock County School Counselors and administrators, June 7, 1999, Newport, TN.

"Seminar on Ethical Dilemmas." Presentation to Sullivan County Middle School counselors concerning legal and ethical issues, Piney Flats, TN, 10/3/97.

"Overcoming Roadblocks to Change: The Five Steps to Effective Group Facilitation." Seminar presented to Families First supervisors, 6/12/97, Knoxville, TN and 6/26/97, Nashville, TN.

PROFESSIONAL and COMMUNITY SERVICE: (continued)

"Avoiding the Worry by Avoiding the Voids." Johnson City Area Homebuilders Association, Johnson City, TN, 8/8/96. 65+ in attendance.

In 1995-1996 I spear-headed a state legislative battle that fought to reinstate student's right to apply for the Tennessee Psychological Examiner's License.

"Breaking Down Barriers to Change: Effective Methods for Dealing with Client Resistance." Two (2) presentations for Counselors as Drug Abuse Prevention Specialists' workshop, Sheraton Motel, Johnson City, TN, 9/22/94. 40+ in attendance.

"The Cardinal Rule of Effective Communications." Presentation to Kingsport Downtown Rotary Club, Kingsport, TN, 9/22/94. 60 in attendance.

"Positive Communication Skills." Consultation with Community Coordinated Services for Greeneville teachers, Greeneville, TN, 8/1/94. 35 in attendance.

"Effective Communications for Business and Self Improvement." Presentation to Kingsport Chamber of Commerce Small Business Council, Kingsport, TN, 6/22/94.

"Abuse, Suicide, and Duty to Warn: Ethical Strategies for College Advisors." Consultation with Northeast State Technical Community College, Blountville, TN, 5/18/94. 15 in attendance.

"Talking Yourself Into Change." Presentation to The Correctional Counseling Institute's Domestic Violence Counseling Group, Johnson City, TN, 5/10/94. 18 in attendance.

"A Cognitive Approach of Weight Loss." Presentation to Weight Watchers, Eastman Chemical, Kingsport, TN, 4/27/94. 13 in attendance.

"Breaking Down the Barriers of Resistance in Counseling." Presentation for Talent Search/Upward Bound Inservice to area school counselors, Tusculum College, Greeneville, TN, 3/9/94. 75+ in attendance.

"Preparation for Licensed Psychological Examiner's Orals." with Dr. Linda Mitchell, workshop for ETSU counseling graduate students, ETSU, Johnson City, TN, 12/18/93. 5 in attendance.

"Words Can Make or Break You!" Presentation to One Room Drop in School (ORDIS), Kingsport, TN, 11/17/93. 35 in attendance.

PROFESSIONAL and COMMUNITY SERVICE: (continued)

The presentation, Self Improvement Through Precision Communication: Using Your *Mind* for A Change, has been presented to the following local and regional organizations over the last nine years:

Annual Counselor In-service, Tusculum College, Greeneville, TN., 2/24/05.

Leadership Hawkins County, Rogersville, TN, 1/21/05, 1/16/04, 1/18/02, 7/21/00, 7/16/99, and 8/14/98.

Leadership Bristol, Bristol, TN, 1/13/05.

UETEC Educators In-service, Johnson City, TN., 10/24/03.

SPLASH Youth Leadership summer workshop, Churchill, TN, 6/20/02.

Clayburn County Chamber of Commerce appreciation dinner, Lincoln Memorial College, Clayburn, TN, 3/4/02.

Upper East Tennessee Human Services Headstart Staff Inservice, Kingsport, TN, 2/28/00.

Southwest Virginia Community College 25th Office Professionals Inservice, Richlands, VA, 4/26/00.

Northeast Tennessee Food Stamp Eligibility Counselors Inservice, Pigeon Forge, TN, 9/27/00.

Northeast Tennessee Adult Protective Services Inservice, Gatlinburg, TN, 10/26/00.

Rogersville Teacher Inservice, Rogersville, TN, 8/19/99.

Clinch School Family Open House, Clinch, TN, 10/14/99.

Cherokee High School Women's Basketball Team and family members, Rogersville, TN, 11/3/99.

Leadership Kingsport, Communications Day, Kingsport, TN, 1/8/98 and 1/9/97.

Upward Bound student participants, Johnson City, TN, 11/17/97. 85+ in attendance.

Tennessee State Leadership Conference, Kingsport, TN, 11/13/97. 30+ in attendance.

National Association of Purchasing Managers, Johnson City, TN, 10/16/97. 10+ in attendance.

PROFESSIONAL and COMMUNITY SERVICE: (continued)

Sullivan House in patients, Blountville, TN, 7/10/97. 10+ in attendance

Institute of Internal Auditors, Kingsport, TN, 5/30/97. 50+ in attendance.

Science Hill High School Learning Center, Johnson City, TN, 5/19/97. 50+ in attendance.

Kingsport Kiwanis Club, Kingsport, TN, 4/18/97. 75+ in attendance.

Fresh Start program in Kingsport, TN, 2/26/97, 3/26/97. 10+ in attendance each.

Department of Human Services, Johnson City, TN, 10/25/96. 37 in attendance.

Department of Veterans Affairs, Johnson City, TN, 9/3/96. 23 in attendance.

Institute of Internal Auditors, Kingsport, TN, 3/28/96, 9 in attendance.

American Society of Training and Development, Kingsport, TN, 1/16/96, 16 in attendance.

Leadership Kingsport, Communications Day, Kingsport, TN. 1/11/96, 25 in attendance, and 1/12/95, 25 in attendance.

Greeneville Breakfast Exchange, Greeneville, TN, 9/28/95. 10 in attendance.

District 6 Society of Radiologic Technologist, Johnson City, TN, 9/16/95.

Kiwanis Club of Elizabethton, Elizabethton, TN, 7/25/95. 30 in attendance.

Tennessee Community Corrections Annual Training and Conference, Memphis TN, 6/13/95. 90 in attendance.

First Tennessee Area Development District annual meeting, Johnson City, TN, 6/7/95. 90 in attendance.

Elizabethton Rotary Club, Elizabethton, TN, 5/24/95. 45 in attendance.

First Tennessee Development District's 1995 Conference on Aging, Johnson City, TN, 5/10/95. 120 in attendance.

Fresh Start participants, Families First program, Johnson City, TN, 4/21/95.

Fresh Start Graduation, Families First program, Rogersville, TN, 4/7/95.

Fresh Start Graduation, Families First program, Greeneville, TN, 4/6/95.

Clifton W. Mitchell, page 21

Johnson City Junior League, Johnson City, TN, 3/31/95. 55 in attendance.

Presentation for Virginia Highlands Community College inservice, Abingdon, VA, 10/7/94. 30+ in attendance.

Presentation to Tennessee Association of Human Resource Agencies Annual Training and Conference, Pigeon Forge, TN, 9/8/94. 45 in attendance.

Tennessee's Community Correction Association's Annual Spring Training, Gatlinburg, TN, 5/25/94. 65 in attendance.

Tennessee Association of Human Resource Agencies' conference, Nashville, TN, 3/2/94. 100 in attendance.

The Business Forum, Johnson City, TN, 5/18/93. 15 in attendance.

Johnson City Area Homebuilders Association, Johnson City, TN, 5/13/93. 65+ in attendance.

PROFESSIONAL DEVELOPMENT and CONTINUING EDUCATION:

'Brief Strategic Treatment for the Anxiety Disorders,' seminar presented by Reid Wilson, Ph.D., 9/18/08, Johnson City, TN.

'The Life Span: Ethical & Legal Issues,' seminar presented by G.Harold Naramore, MD, Johnson City, TN, 4/9/08.

'We Are Family: Keep Families Resilient,' seminar presented by Mary Pipher, Ph.D., Johnson City, TN, 2/14/08.

'Dealing with Your Most Challenging Clients: and Keeping Your Soul Alive Solution-Based Therapy,' seminar presented by Bill O' Hanlon, MS, LMFT, Johnson City, TN, 12/12/07.

'Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy,' Phoenix, AZ, 12/6/07-12/10/07.

'Dialectical Behavior Therapy: Making it Work in the Real World,' seminar presented by Nancy Mercer, LCSW, LCAS, Elizabethton, TN, 11/7/07.

'The Ethics of Self-Care,' seminar presented by Alan Forrest, Ed.D. Fran Steigerwald, Ph.D., Johnson City, TN, 9/14/07.

'Living in the "Shadow of the Ghosts: Grief Seminar,' presented by Heritage Family & Washington County Memory Gardens, Johnson City, TN, 6/27/07.

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'Best Practices for Suicide Assessment and Documentation,' seminar presented by Sherry Lynch, Ph.D., Johnson City, TN, 10/19/06.

'Ethical Challenges and Legal Challenges When Treating Suicidal Clients,' seminar presented by W. Ed Smith, Ph.D., Johnson City, TN, 10/18/06.

'Ethics: The *Right* Stuff,' seminar presented by William "Wally" Scott, Ph.D., Diane L. Whitehead, Ph.D., Johnson City, TN, 8/30/06.

'The Myth of the Barbie Doll and the Man of Steel,' seminar presented by Arden Greenspan-Goldberg, LCSW, Nashville, TN, 5/28/2006-6/2/2006.

'Compassion Fatigue,' seminar presented by David J. Powell, Ph.D., Nashville, TN, 5/28/2006-6/2/2006.

'How to Improve the Effectiveness of Your Clinical Work by 65% Without Hardly Trying,' seminar presented by Scott Miller, Ph.D., Johnson City, TN, 4/14/06.

'Social Work Career Day 2006,' Johnson City, TN, 3/22/06.

'Motivational Interviewing,' seminar presented by Sue Coffey-Ramsey, Johnson City, TN, 9/24/04.

'Treating Pursuit and Distance Relationships,' seminar presented by Philip Deluca, Ph.D., 8/13/03, Asheville, NC. (MAHEC)

'Helping Difficult and Challenging Clients,' seminar presented by Aldo Pucci, Johnson City, TN, 11/8/02.

'The Top Twenty Psychotropic Drugs of All Time,' seminar presented by James M. Turnbull, M.D., 7/22/02, Johnson City, TN.

'Healing and Hope: Pathways to Recovery,' annual conference of the American Mental Health Counselors Association, 7/18-20/02, Atlanta, GA.

'Dreams: Awakening Your Sleeping Genius,' seminar presented by Arthur Benard, 5/22/02, Johnson City, TN.

'Rx for Motivating the Unmotivated client,' a training seminar presented by Elliot Kaplan, 4/26/01, Knoxville, TN.

'The Mankind Project: New Warrior Weekend Retreat,' weekend retreat and training, March, 2001, Reidsville, NC.

'How to Develop Humor as a Coping Skill,' 11/2/00, Johnson City, TN.

'A Search for New Understanding of Lesbian, Gay and Bisexual Issues,' a seminar sponsored by HDAL, August, 2000, ETSU.

Clifton W. Mitchell, page 23

'Cognitive Therapy for Depression and Anxiety,' a training seminar presented by Dr. John Ludgate, 6/16/00, Johnson City, TN.

'Exploring and Enhancing Spirituality,' a training seminar presented by Douglas Smith, May, 2000, Johnson City, TN.

'Emotional Intelligence,' a training seminar presented by William Polonsky, November, 1999, Kingsport, TN.

'How to Help Adult and Child Survivors of Sexual Abuse,' a seminar presented by Adena Bank Lees, November, 1998, Johnson City, TN.

'Creative Group Counseling,' a seminar presented by Dr. Ed Jacobs, April, 1998, Bristol, TN.

'Pathways to Healing,' a seminar presented by Sondra Barrett, March, 1998, Johnson City, TN.

'Minding Our Image,' world conference of the American Counseling Association (ACA), April, 1997, Orlando, FL.

'Groups: Process and Practice,' a seminar presented by Gerald and Marianne Corey, March, 1997, Kingsport, TN.

'Brief Counseling: Strategies and Techniques,' a seminar conducted by John Littrell, Ph.D., February 21, 1997, Chattanooga, TN.

'Confluence in Counseling,' world conference of the American Counseling Association (ACA), April, 1996, Pittsburgh, PA.

'The Evolution of Psychotherapy,' sponsored by The Milton H. Erickson Foundation, December, 1995, Las Vegas, Nevada.

'Foundations for the Future: Counselors Light the Way,' annual convention of the Tennessee Counselors Association (TCA), November, 1995, Nashville, TN.

'A Time for Professional Reflection,' annual conference of the Southern Association for Counselor Education and Supervision. November, 1995, Knoxville, TN.

'Feeling Good: Fast and Effective Treatments for Depression, Anxiety and Therapeutic Resistance,' a seminar conducted by David D. Burns, 10/2/95, Nashville, TN.

'Celebrating Diversity Through the Art of Counseling,' 44th national convention of the American Counseling Association (ACA). April, 1995, Denver, Colorado.

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'A Practitioner's Guide to the DSM-IV,' seminar presented by The Institute for Behavioral Healthcare and conducted by Allen Frances, M.D., 12/3/95, Chattanooga, TN.

37th annual convention of the Tennessee Counselors Association (TCA), November, 1994, Chattanooga, TN.

'Many Hands Make Lives Work,' 1994 annual convention of the Southern Association for Counselor Education and Supervision. Charlotte, NC.

36th annual convention of the Tennessee Counseling Association (TCA), November 1993, Memphis, TN.

Attained Licensed Psychologist status bringing program in alignment with state law 1180-2-.08 for those students seeking psychological Examiner licensure, October, 1993.

'Enhancing Professionalism Through Collaboration and Advocacy,' 1993 annual convention of the Southern Association for Counselor Education and Supervision. Charleston, SC.

'Breaking Through Denial: The SASSI, A New Addiction Measure' seminar by Dr. Glenn Miller of the SASSI institute, June, 1993.

'A New Approach to Treating Adult Survivors of Childhood Sexual Abuse: The Internal Systems Models' conducted by Dr. Richard Schwartz, January, 1993.

'Helping Children of Alcoholics' seminar funded by U.S. Department of Education, October, 1992.

'Non-coercive counseling and quality management' conducted by Dr. William Glasser, February, 1991.

'Smoke Stoppers Instructor Certification Training' conducted by The National Center for Health Promotion, October, 1990.

'Overview of the MMPI-2' conducted by Dr. James N. Butcher, March, 1990.

'Interpreting the MMPI' conducted by Dr. Carolyn Lee, Feb., 1989.

'Healing the Wounded Child Within' Two day therapy training conducted by David Groves, November, 1988.

'Creative Use of Differences' Two day Myers-Briggs Type Indicator seminar presented by Association for Psychological Type, October, 1988.

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'The Harvest of Neurolinguistic Programming' Introductory workshop presented by Dr. Stanley Brumfield, September, 1988.

'Clinical Hypnosis Workshop' Three days of training conducted by The American Society of Clinical Hypnosis. Basic training, October, 1987 and intermediate training, August, 1988.

'Enchantment and Interventions in Therapy' A five day hypnosis and family therapy workshop conducted by Stephen and Carol Lankton, July, 1988.

'Foundations of Family and Divorce Mediation' Four days of training conducted by the American Association of Family Counselors and Mediators, June, 1988.

'Resolving Traumatic Memories' Two day therapy training presented by David Groves Seminars, April, 1988.

'An Introduction to Reality Therapy and Control Theory' workshop conducted by Dr. J. Robert Cockrum, April, 1988.

LICENSES and CERTIFICATIONS:

Licensed Psychologist, Health Service Provider, State of Tennessee, October, 1993.

Certified Cognitive-Behavioral Therapist by The National Association of Cognitive-Behavioral Therapists, March, 1996.

AWARDS and HONORS:

2002 East Tennessee State University Distinguished Faculty Award in Teaching

Outstanding Faculty Award in Teaching 2001-2002, College of Education, East Tennessee State University

Membership in The Honor Society of Phi Kappa Phi (1990).