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Educational Experience

Doctor of Philosophy in Education, Department of Human Services, Counselor Education Program, cognate area in Clinical Psychology, University of Virginia, August 1996.

Master of Education, specializing in Middle and Secondary School Counseling, University of Virginia, May 1990.

Bachelor of Arts, Psychology Major, Mary Washington College, May 1987.

Honors

Recipient of the 1996 William H. Van Hoose Memorial Award, Curry School of Education, University of Virginia.

Recipient of the 1995-1996 Dissertation Award, Curry School of Education, University of Virginia.

Recipient of the 1995 Elsie Hughes Cabell Endowed Scholarship, Curry School of Education, University of Virginia.

Member, Lambda Nu Chapter of Chi Sigma Iota, the International Honor Society for Counseling Professionals.

Graduate Instructorships, Department of Human Services, University of Virginia.

Professional Licensure and Certifications

Licensed Professional Counselor with the North Carolina Board of Licensed Professional Counselors, Feb. 1999. (License No. 3292)

National Board Certified Counselor, Oct. 1998. (Certificate No. 54463).

Clinical Counseling, Supervision and Teaching Experience

Licensed Professional Counselor, Triangle Behavioral Health, PLLC (Jan. 2008 - present)

Conduct comprehensive evaluations of adolescents and adults. Provide individual, group and family psychotherapy to children, adolescents, and adults within a solo practice. Provide clinical case management for all patients with chronic mental illness or Traumatic Brain Injury under her care. Consult with families of individuals with a Traumatic Brain Injury regarding appropriate therapeutic resources in the community.

Specialize in working with adolescents and adults who have moderate to severe mental illness, traumatic brain injury and addiction. Most common diagnoses of her treatment population include Mood Disorders, such as Major Depression and Bipolar I and II Disorder; Anxiety Disorders, in particular PTSD, Panic Attacks, and Generalized Anxiety; Psychotic Disorders, such as Schizoaffective Disorder and Schizophrenia; and Traumatic Brain Injury. Provide treatment services to individuals who have experienced an acquired brain injury and have a co-morbid psychiatric condition. Assist families with identifying appropriate resources and rehabilitation services both in the local community and throughout the state of North Carolina.

Licensed Professional Counselor, NC Neuropsychiatry (Dec. 1998 – Dec. 2007)

Conducted comprehensive evaluations of children, adolescents and adults. Provide individual, group and family psychotherapy to children, adolescents, and adults within a private neuropsychiatry clinic. Provided clinical case management for all patients with chronic mental illness or patients participating in the NCN Day Treatment Program.

Specialized in working with adolescents and adults who have chronic mental illness, traumatic brain injury and addiction. Most common treatment population included individuals diagnosed with Mood Disorders, such as Major Depression and Bipolar I and II Disorder; Anxiety Disorders, in particular PTSD, Panic Attacks, and Generalized Anxiety; Psychotic Disorders, such as Schizoaffective Disorder and Schizophrenia; Behavior Disorders such as ADHD and Oppositional Defiant Disorder; and Substance Abuse and Dependence. Experience in working with individuals who have an acquired brain injury and a co-morbid psychiatric condition.

Clinical Research Coordinator, NC Neuropsychiatry (Dec. 1998 – Feb. 2001)

Conducted comprehensive evaluations of children, adolescents, and adults participating in clinical research. Completed numerous administrative responsibilities related to the initiation, implementation, and close out of clinical research studies. Research participants for various studies included individuals with Major Depression, Attention Deficit Hyperactivity Disorder, Generalized Anxiety Disorder, Social Anxiety, and Post Traumatic Stress Disorder.

Clinical Assistant Professor in School Counseling Program, UNC at Chapel Hill
(Aug. 1998 – Dec. 1999)

Taught graduate level courses in the Master's program for school counselors including Tests and Measurements and Human Development. The Tests and Measurements course provided students with knowledge and skills in statistics and measurement, test selection and use, test preparation and scoring, and the interpretation of test results. The Human Development course provided students with the knowledge of physical, emotional, cognitive, social and moral developmental changes occurring across the lifespan, birth to old age.

Visiting Professor in Counselor Education, NC State University (Aug. – Dec. 1998)

Taught Practicum in Counseling, a graduate level course designed to provide the student with knowledge and practice of counseling skills, case conceptualization, and treatment planning and interventions while working with his or her own clients in a practicum setting. Provided individual and group supervision on a weekly basis in which students discuss critical counseling issues, develop a personal counseling style, and receive critical feedback.

Assistant Professor in Counselor Education, Hofstra University
(Aug. 1997 – Aug. 1998)

Taught several graduate level courses to Master's level counseling students. Counseling Practice in Contemporary Society was a 6 credit hour course which had didactic discussion about numerous counseling issues. The Counseling Practicum course provided students with knowledge and practice of counseling skills, case conceptualization, and treatment planning and interventions while working with their own clients in a practicum setting. Individual and group supervision was provided on a weekly basis. The course, Understanding Psychopathology in Counseling, provided students with an understanding of psychopathology in children, adolescents and adults and its relationship to treatment, planning, and referral in counseling.

Counselor Supervisor and Faculty Director of a community based counseling center at Hofstra University which provided counseling services to adolescents and parents in the community. Developed all counseling materials necessary for implementing the new counseling center, conducted initial intake assessments of potential clients, and provided individual and group supervision for all counselor interns.

Faculty Advisor for the Lambda Nu chapter of Chi Sigma Iota, the International Honor Society for Counseling Professionals, at Hofstra University.

Faculty coordinator of the Sixth Annual Middle School Counseling Conference, Group Counseling in the Middle School, which was co-sponsored by Hofstra University, Nassau Counselor's Association, and Western Suffolk Counselor's Association. Participants engaged in dialogue and experiential activities to enhance their ability to facilitate group counseling.

Clinical Case Manager and Counselor, Snowden at Fredericksburg
(June, 1995 - June, 1997)

Provided individual, group and family therapy services to adolescents and their families within an acute care psychiatric hospital. Co-facilitated multi-family groups and parent education/support groups to ensure and maintain therapeutic gains after the patient is discharged. The patient population included individuals with depression, hypomania, anxiety, suicidal and/or homicidal thoughts, substance abuse, eating disorders, sexual abuse and other traumas, acting out behavior, poor impulse control, attention deficit hyperactivity disorder, and personality disorders.

Graduate Instructor in Counselor Education, University of Virginia
(Aug. 1993 - May, 1995)

Developed and initiated, as its sole instructor, a graduate level course titled Counseling Adolescents, which expanded the school counseling program for Master's students. Co-instructor of several graduate level courses including: Middle/Secondary School Counseling Internship, Introduction to Middle and Secondary School Counseling, and Secondary School Counseling. Led class lectures and discussion, met with students to evaluate progress, selected course materials, and designed syllabus.

Graduate Assistant, University of Virginia (Aug. 1994 - May, 1995)

Created the Counselor Education Student Handbook and improved the program descriptions and brochures for the Master's and Doctoral programs in Counselor Education as part of the CACREP accreditation process. The handbooks and brochures were designed to facilitate the graduate student's successful experiences at the University of Virginia.

Counselor Supervisor, University of Virginia (Jan. - May, 1994)

Provided individual supervision on a weekly basis in which Master's level counseling students discuss critical counseling issues, develop a personal counseling style, and receive critical feedback.

Initiated and completed a major project to videotape the application of three theoretically different approaches to counselor supervision. The videotape captures clinical supervision in action and will be used as an instructional tool for counselor supervisors in training.

Counselor, University of Virginia (Aug. 1993 – Aug. 1994)

Provided personal and career counseling to adults in the Charlottesville community through the Personal and Career Development Center at U.Va. Led a small group counseling experience for counselors in the Master's program.

Graduate Research Assistant, University of Virginia (Aug. 1993 - May, 1994)

Developed and published a research study investigating the current training needs of contemporary school counselors as perceived by practicing school counselors and counselor educators in the Southeastern United States.

School Counselor, Lynnhaven Middle School, Virginia Beach, VA
(Aug. 1990 – June, 1993)

Provided crisis counseling, individual and small group counseling, curricular educational guidance, and identified students at risk for abuse, depression, and suicide for agency referral. Advised faculty members and parents on adolescent development, student behavior modification, and improving communication with youth.

Created and implemented the school's first small group counseling program on topics such as developing friendships, stress management, self-esteem, truancy, understanding separation and divorce, and career decision making. Established the first parent education program and a support group for single parents.

Directed Project CALM, a benchmark conflict resolution, peer mediation program for middle school students which was a prototype for system-wide application.

Sole counselor representative on a blue ribbon panel to evaluate and enhance all school operations and curricula, leading to a smooth transition from a junior high school setting to a middle school environment. Restructured the guidance and counseling department and developed an Advisor-Advisee program to facilitate group discussion of social and emotional issues.

Administrative coordinator of the standardized IOWA testing program for all eighth grade students and Career Exploration Day for 7th and 8th grade students.

Graduate Research Assistant, University of Virginia, (Aug. 1989 - May, 1990)

Conducted literature reviews and gathered appropriate testing and literature information for 25 Master's level counseling students at the University of Virginia's Continuing Education Center in Southwest Virginia.

Research Manuscripts and Publications

Ford, A. B. & Lee, C. C. (1996). School Counselors' and Counselor Educators' Perceptions of School Counselor Training Needs. Virginia Counselors Journal, 24, 25-39.

Ford, A. B. (1998). Post Divorce Parental Conflict, the Coparental Relationship, and the Parent-Adolescent Relationship in Predicting Adolescent Adjustment to Divorce. Unpublished doctoral dissertation, University of Virginia.

Professional Presentations

Ford, A.B. (2005, Nov.). Neuropsychiatry, Neuropsychology and Important Aspects of Treatment. RMI Conference, Mathews, NC

Ford, A.B. (2004, Dec.). A Productive Lifestyle Model in Psychotherapy with Patients in Rehabilitation. Wake Medical Hospital, Rehabilitation Treatment Team, Raleigh, NC

Ford, A.B. (2004, June). A Productive Lifestyle Model in Psychotherapy with Patients Post Injury. Raleigh Orthopaedic Seminar, Raleigh, NC

Ford, A. B. (1999, March). A Counseling Collaborative: Designing a School Based Counseling Center. Paper presented at the American Counseling Association's Annual Convention, San Diego, CA.

Ford, A. B. (1996, November). Post Divorce Parental Conflict, the Coparental Relationship, and the Parent-Adolescent Relationship in Predicting Adolescent Adjustment to Divorce. Paper presented at the Virginia Counselors' Association Convention, Roanoke, VA.

Ford, A. B. & Lee, C. C. (1994, November). School Counselors' and Counselor Educators' Perceptions of School Counselor Training Needs. Paper presented at the Virginia Counselors' Association Convention, Williamsburg, VA.

Ford, A. B., Smiley, E., & Shoffner, M. (1994, November). A Training Model for Counselor Supervision: Implications for Counselor Education. Paper presented at the Virginia Counselors' Association Convention, Williamsburg, VA.

Professional Organizations

Member, American Mental Health Counselors Association
Member, Association of Licensed Professional Counselors
Member, National Board Certified Counselors
Member, North Carolina Counselors Association
Member, Addiction Professionals of North Carolina
Member, Association of Addiction Professionals