

Thomas M. Workman, Jr., PhD, LPC, NCC

1065 Red Tail Hollow ◇ (724) 880-5548
Washington, PA 15301 ◇ tmwjconsult@yahoo.com

Education	<p>Ph.D. Counselor Education & Supervision Duquesne University (CACREP accredited) Dissertation: A Dynamic System: Restraints, Violence, Compassion Satisfaction, and Supervision</p> <p>M.S. Community & Agency Counseling California University of Pennsylvania (CACREP accredited)</p> <p>B.A. Psychology with a concentration in Industrial/Organizational California University of Pennsylvania</p>
Certifications	<p>Licensed Professional Counselor (PC007937) National Certified Counselor (NCC)</p>
Teaching Experience	<p>Franciscan University (CACREP) August 2015 - Present <i>Assistant Professor (Tenure Track)</i> <i>Program Director</i> <i>Clinical Coordinator</i> 1235 University Blvd., Steubenville, OH 43952</p> <p>Westminster College Summer 2017 <i>Adjunct Professor</i> 319 S Market St, New Wilmington, PA 16172</p> <p>Duquesne University (CACREP) August 2015 - August 2016 <i>Adjunct Professor</i> 600 Forbes Ave., Pittsburgh, PA 15282</p> <p>Franciscan University August 2014 - August 2015 <i>Adjunct Professor</i> 1235 University Blvd., Steubenville, OH 43952</p>
Courses Taught	<p>Human Growth & Development (10) Addictions Counseling (7) Counseling Theories (7) Therapeutic Techniques (3) Career Counseling (3) Adolescent Psychology (2) Crisis Intervention & Trauma Counseling (2) Internship Supervision (1) Educational Psychology (1)</p>

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- Current Activities
- Contracted with Pennsylvania Department of Drug & Alcohol Programs (DDAP) to develop an evidence-based treatment training program across Pennsylvania. This program is a comprehensive program to train clinicians in cognitive-behavioral strategies through an online module and then in-person activities. All work activities are currently funded by DDAP.
- Current Research Activities
- Currently working on clinical trial using breathing training devices to treat panic disorder with Palo Alto Health Sciences
 - Currently working on data analysis regarding the effect of mental health services on the reduction of total healthcare costs.
- Presentations
- Workman, T.M. (2019, July). *Overview of Addictions Counseling*. Presentation at Information on Addictions Conference, Mauritius, Africa
- Workman T. M. & Caridad, K. (2018, October). Summary of the opioid epidemic and proposed solutions. Presentation at Opioid Operations Command Center, Harrisburg, PA.
- Workman, T.M. (2018, July). *Addictions 101: History, etiology, and treatment*. Presentation at ACOPC, University of Pittsburgh, Pittsburgh, PA.
- Workman, T.M. (2017, November). *Empowerment in counseling*. Panel discussion at Franciscan University, Steubenville, Ohio.
- Workman, T.M. (2017, November). *Professional development and career planning in the counseling profession*. Panel discussion at Duquesne University, Pittsburgh Pennsylvania.
- Workman, T.M. (2017, April). *Ethics and boundaries in the helping profession*. Presentation at Franciscan University, Steubenville, Ohio.
- Workman, T. M. (2014, November). *Professional perceptions of the predictive validity of behavioral demonstrations on post-treatment outcomes with substance abusing youth in residential treatment*. Poster presentation at Pennsylvania Counseling Association, State College, Pennsylvania.
- Workman, T. M. (2013, October). *Post-adoption depression: A case for recognition*. Presentation at Duquesne University Graduate Research Symposium, Pittsburgh, Pennsylvania.

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Manuscripts Workman, T. M., Snyder, N. L., Caridad, K. (2018). White Paper: Summary of the opioid epidemic and proposed solution. Unpublished manuscript.

Workman, T., Perry, E., & Thompson, C. (2013). Chapter 6: Group work theories. In W. J. Casile (Ed.), *Group work leadership instructor's manual*. Sage Publications: Los Angeles, CA.

- Clinical Experience
- Cognitive Behavior Institute *April 2017 - Present*
Clinical Supervisor/Psychotherapist
- Provide face-to-face & video psychotherapy
 - Implement evidenced-based treatment coupled with feedback-informed treatment
 - Co-Director for the Opioid Alliance
 - Develop proposals for governmental & grant-based initiatives for combating the opioid epidemic
 - Quantitative analysis of clinician performance & quality assurance
 - Provide group supervision & consultation for advanced practitioners
 - Advocacy & political work regarding opioid epidemic
- Independent Contractor** *April, 2015 – April, 2017*
- Provided policy development & implementation for psychiatric clinics & addiction treatment centers
 - Quality assurance system development
 - Assistance with credentialing & state licensing
 - Clinical & administrative supervision
 - Program evaluation & action planning based in research
- Stepping Stones Psychiatric Care *April, 2015 – April, 2017*
Psychotherapist
- Provided individual therapy & completed relevant documentation
 - Conducted initial Biopsychosocial assessments & evaluative summaries
 - Implemented evidenced-based treatment plans & interventions
- Gateway Rehabilitation Center *May, 2011 – August, 2015*
Clinical Manager
- Data-driven decision making
 - Significantly increased annual census & budgetary surplus by developing standard operating procedures based on best-practices & statistical analyses
 - Oversaw regulatory compliance
 - Responsible for the selection, evaluation, & termination of employees
 - Provided clinical & administrative supervision for therapists & supervisors
- Abraxas Center for Adolescent Females

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Senior Treatment Supervisor

January, 2011 – May, 2011

- Developed & implemented clinical programming & operational policy
 - Performed frequent site & chart audits ensuring compliance with regulatory agencies
 - Provided clinical supervision for Treatment Supervisors
 - Responsible for the selection, evaluation, & termination of supervisory level positions
 - Significantly reduced frequency of physical interventions through staff training & policy development
- Abraxas Center for Adolescent Females

Treatment Supervisor

September, 2010 – Jan, 2011

- Researched & implemented best practice guidelines & evidenced-based approaches
- Provided individual & group clinical supervision for counselors & other direct care staff members
- Focused on the development of staff members through education, supervision, & role modeling of appropriate skills
- Responsible for the selection, evaluation, & termination of staff members

Pyramid Healthcare, Inc.

May, 2010 – September, 2010

Adolescent Counselor

- Facilitated group/individual sessions & completed related documentation
- Developed treatment plans using best practice guidelines
- Developed group material to meet needs of clients
- Maintained communication & relationships with referral sources
- Maintained client charts & audits of client charts

Abraxas Center for Adolescent Females

May, 2009 – May, 2010

Treatment Supervisor

- Researched & implemented evidenced-based approaches
- Provided individual & group clinical supervision for counselors & other direct care staff members
- Focused on the development of staff members through education, supervision, & role modeling of appropriate skills
- Responsible for the selection, evaluation, & termination of counselors & other care staff members

Abraxas Center for Adolescent Females

October, 2007 – May, 2009

Counselor

- Provided training and supervision for interns
- Facilitated group & individual counseling sessions
- Developed & implemented treatment plans

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Selected Trainings Certifications	Safe Crisis Management® Instructor Certification (<i>expired</i>) Dialectical Behavior Therapy DDAP Clinical Supervision Certification Stress in Adolescence Trainer Prolonged Exposure Therapy
Specializations	Substance Use Disorders, Trauma & PTSD, Anxiety, Depression, Panic Disorder, OCD, Bipolar, ODD, Borderline Traits, Self-Injurious Behavior, Crisis Intervention
Professional Membership	American Counseling Association (ACA)