

Milo C. Milburn, Ph.D., LPCC-S
Clinical Mental Health Counseling
Franciscan University of Steubenville
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LICENSURES

Supervising Counselor (LPCC-S)—Ohio

Licensed Psychologist—Pennsylvania

CERTIFICATIONS

Certified Trauma Therapist (ITT, Inc.)

EDUCATION

Franciscan University of Steubenville
Steubenville, OH 43952
Degree: MA in Counseling, 1999

Duquesne University
Pittsburgh, PA 15219
Degree: Ph.D. in Clinical Psychology, 1992

Marshall University
Huntington, WV
Degree: M.A. in Psychology, 1978

West Virginia University
Morgantown, WV
Degree: B.A. in Psychology, 1974

MEMBERSHIPS

American Counseling Association

WORK EXPERIENCE

Chair
Clinical Mental Health Counseling Department
Franciscan University of Steubenville
Steubenville, OH 43952
July 2007 to August 2014

Assistant/Associate/Full Professor
Clinical Mental Health Counseling Department
(Formerly: Graduate Counseling)
Franciscan University of Steubenville
Steubenville, OH 43952
August 1991 to present

Center Mental Health Consultant
Pittsburgh Job Corps Center
Highland Drive
Pittsburgh, PA 15206
March 1990 to present

Private Practice
Pittsburgh, PA
April, 1984 to July 2002

Director of Children's Unit
Staunton Clinic
Sewickley, PA 15143
August 1990 to August 1991

Coordinator of Clinical Services (1989 to 1990)
Psychologist (1979 to 1989)
Parent and Child Guidance Center
Banksville Road
Pittsburgh, PA 15216

SCHOLARLY ACTIVITY

Articles—Refereed Journal:

- Milburn, M. (2011). Cognitive-behavior therapy and change: Unconditional self acceptance and hypnosis in CBT. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*: Volume 29(3), Page 177-191.
- Milburn, M. (2015). "To forgive is to be sane and realistic": Contributions of REBT to the psychology of forgiving. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 33, 325-340.
- Porada, K., Sammut, S., & Milburn, M. (2018). Empirical investigation of the relationships between self-acceptance, irrationality, and dispositional forgiveness. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 36, 234-251. <https://doi.org/10.1007/s10942-017-0284-0>.

Peer Review

To date, I have done nine peer reviews for the *Journal of Rational-Emotive & Cognitive-Behavior Therapy*.

Workshop/Webinar Presentations:

- Belanger, K., Neher, K., & Milburn, M. (2019). *Supervising adverse childhood experiences & Multimodal Supervision*.
- Jungers, C., Milburn, M., & Kissinger, D.M. (2012). *Process issues, problems, & resolutions in supervision*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH
- Jungers, C., Kissinger, D.M., and Milburn, M. (2013). *Clinical supervision basics: Starting, guiding, & ending a supervision relationship*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH

Jungers, C., Kissinger, D.M., & Milburn, M. (2016). *Clinical supervision for counseling interns: How to respond to trainees' and sites' pressing (and sometimes competing) needs*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH

Kissinger, D.M., Jungers, C., & Milburn, M. (2014). *Ethical issues in clinical supervision*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH

Milburn, M., Jungers, C., & Kissinger, D. M. (2011). *Enhancing counselor supervision: A review of major models and issues*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH

Milburn, M., Jungers, C., & Kissinger, D.M.(2015). *Enhancing clinical supervision through a review of supervisory Theories and Models*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH

Milburn, M. and Luht, J. (2013). *Take a deep breath: Stress reduction techniques for Job Corps staff and students*. Nationally-presented Webinar for Job Corps staff (1 APA approved CEU).

Milburn, M. (2017, 2018, 2019, 2020). *Motivational Interviewing*. Two-hour presentation to NUR 620 (Health Promotion) Graduate Nursing course.

Milburn, M. (2018). *Forming good mental health counselors & social workers: Cultivating practical wisdom*. Presented as part of *Annual supervision workshop*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH

Milburn, M. (2019). *Assertive communication*. Presentation to the annual Leadership Summit, sponsored by the Center for Leadership at Franciscan University.

Milburn, M. (2020). *Coping with times of uncertainty*. Webinar for Franciscan University Faculty and Staff, Steubenville, OH

Milburn, M. (2020). *Anger management*. Webinar for staff of all Job Corps Centers operated by Odle Management Group, LLC.

Milburn, M. (2020). *Assertive Communication*. Webinar for staff of all Job Corps Centers operated by Odle Management Group, LLC.

Milburn, M. (2020). *Crisis intervention*. Webinar for staff of all Job Corps Centers operated by Odle Management Group, LLC.

Workman, T., Kissinger, D.M., Jungers, C., & Milburn, M. (2017). *Annual supervision workshop*. Workshop presented to site supervisors (3 CEUs). Franciscan University, Steubenville, OH

Workman, T. & Milburn, M. (2018). *Dealing with escalated individuals*. Training open to faculty and staff of Franciscan University.

Dissertation:

Milburn, M. (1992). *Forgiving another: An empirical-phenomenological investigation*. Unpublished doctoral dissertation, Duquesne University, Pittsburgh. Available at <https://sites.google.com/site/milomilburnphd/home/forgiving-or-forgiveness>.

Research Measures:

Milburn, M. (2015) Transgression Narrative Test of Forgiveness-Milburn Revision (TNTF-MR) (Revised from Berry, et al., 2001).

Milburn, M. (2016). *Structural Assessment of Forgiving Process*. 45 item assessment instrument developed for research undertaken with assistance of students of CSL 630 PJ: AT—Cognitive Behavior Therapy. Available at <https://sites.google.com/site/milomilburnphd/home/forgiving-or-forgiveness>.

In-House Publications:

Milburn, M. (2008). *Skill enhancement for counseling interns*. Supplement for CSL 626: Internship in Clinical MH Counseling II.

Milburn, M. (2008) *Teaching techniques of counseling*. Supplement for CSL 504: Theories & Techniques of Clinical MH Counseling I.

Milburn, M. (2012) *Teaching techniques of counseling* (2nd ed.). Supplement for CSL 504: Theories & Techniques of Clinical MH Counseling I.

Milburn, M. (2015) *Teaching techniques of counseling* (3rd ed.) Supplement for CSL 504: Theories & Techniques of Clinical MH Counseling I.

Milburn, M. (2016). *Skill enhancement for counseling interns* (2nd ed.). Supplement for CSL 626: Internship in Clinical MH Counseling II.

Milburn, M. (2016). *REBT Forgiving Project Facilitation Manual*. Manual for research undertaken with assistance of students of CSL 630 PJ: AT—Cognitive Behavior Therapy.

Milburn (2019). *Clinical Mental Health Counseling Program Faculty Position Statement*.

Milburn, M. (2020). *Skill enhancement for counseling interns* (3rd ed.). Supplement for CSL 626: Internship in Clinical MH Counseling II.

Milburn, M. (2020 & 2021). 25 CBT or DBT handouts for Pittsburgh Job Corps staff and/or students.

Interviews:

Brief commentaries during *Franciscan University Presents* episode with Paul Vitz (*Faith of the Fatherless*), September 2014.

Forgiveness. Anna Mitchell, *Son Rise Morning Show*: EWTN Radio, 7/21/16.

Face Time interview, providing information on the psychology of forgiving to Jacquelyn Kellar, Broadcast Editor for the *Baylor Lariat*, 9/16/16.

Stimpson Chapman, E. (Autumn 2016). How forgiving can change the world. *Franciscan Magazine*, Autumn.

Pacwa, Fr. Mitch (aired 1/11/17). Forgiveness. *EWTN Live*.

Fortenberry, C. (2018). Interview regarding initiatives for teaching excellence and innovation at Franciscan University, for an article for *Franciscan Way* magazine.

Get the Most Out of Advent While Avoiding Holiday Stress. Video interview by Delaney Dodson and Katie Karp. <https://weare.franciscan.university/advent-2018/>

SERVICE

At Franciscan University:

30 years teaching

Served 7 years as department chairman

Served 7 years as Coordinator of Practicum & Internship in the department

Have served on multiple committees—

Wrote proposal for 4+1 Program, a cooperative effort between the Psychology and Clinical MH Counseling departments, benefitting qualifying seniors majoring in psychology. Wrote changes for catalogs after the 4+1 program was approved.

In 2013 put together the last “Application for Program Approval” which earned Clinical Mental Health Counseling at Franciscan another 5 years of approval by the Ohio Counselor, Social Worker and Marriage & Family Therapist Board. The compressed (zip) files collected and sent in support of this application totaled more than 6.4 megabytes of data. Our CACREP accreditation will suffice from now on.

Prior to site visit from the Council for Accreditation of Counseling and Related Programs (CACREP) to comply with their directives:

1. Wrote proposal for changing out MA from 48 semester hours to 54 (since changed to 60 to comply with changed CACREP standards)
2. Wrote proposal on short notice for changing the name of our degree and department to Clinical Mental Health Counseling.
3. Wrote proposal on short notice for changing the names of most of our courses to reflect that ours is a Mental Health Counseling program.
4. Wrote corresponding changes to catalogs after proposals were approved.

Principal Author of *Franciscan University's Institutional Response to Report of On-Site Review of 2009 CACREP Standards*, submitted 2/4/14. (Wrote the bulk of the main response, as well as writing:

1. Updated departmental mission statement
2. Updated program goals
3. Appendix 4 Master Matrix for Program Goals (illustrating where they are fulfilled in what courses)
4. Appendix 6 Master Matrix for CACREP Clinical Mental Health Standards
5. Created the Disposition Surveys (Appendix 7)

6. Created separate Student Outcomes Assessment Forms for each course taught in the Clinical Mental Health Counseling Department, with the exception of a single form for Practicum/Internships—22 in all (Appendix 8)

7. Updated Integration Paper (Capstone Project) directions, incorporated the scoring rubric I created, and created an Integration Paper Rubric for Program Assessment—CACREP CMHC Standards (Appendix 9)

8. Updated self and site supervisor evaluation forms (Appendix 10)

9. Developed the overview of our ongoing process of program self-assessment (Appendix 13)

10. Developed a revised Exit Survey (Appendix 14)

We were granted accreditation, with no planned re-visit for the full 8 years.

2017, 2018, 2019, 2020: Presented an extended lecture to Debra Facello's (Diann Schmitt's in 2020) Health Promotion course on Motivational Interviewing.

External Service:

For the past 10 years, I have given about half a dozen to a dozen talks per year on aspects of the Christian life. I have given numerous talks on similar topics for many years prior to that, but with lower frequency.

I have worked on about two retreats per year for the same length of time.

I have been one of the main leaders of a lay community in the Pittsburgh area for 14 years.

I was the senior leader of that same community June 2013 to June 2021.

For many years, I served as an Extraordinary Minister of Holy Communion at my home parish, Our Lady of Grace in Scott Township, PA. (Merged with St. Bernard's into St. Michael the Archangel Parish)

7/30/16: "It is mercy I desire and not sacrifice." Day of reflection for Pastoral Council of St. Therese Parish, Mooresville, NC.

I served as a member of the Evangelization Team at Our Lady of Grace. In this capacity, I have served as a facilitator of the *Doors of Mercy* program and a program based on *The holy year of mercy: A faith-sharing guide with reflections by Pope Francis*, published by The Word Among Us Press.

Invited participant in the "Reunion Gatherings" initiated by Pittsburgh Bishop David Zubik and Reed Carpenter, and involving leaders from numerous Christian Faith Traditions and ethnic/cultural backgrounds.