

Allison Bronwyn Ford, PhD, LCMHC, NBCC

150 Providence Road, Suite 101
Chapel Hill, NC 27514

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 Clinical Mental Health Counselor with the North Carolina Board of Licensed Clinical Mental Health Counselors, February 1999. (License No. 3292)

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

Pupil Personnel Services Certificate, endorsements in Secondary Guidance and Middle School Guidance, State Board of Education, Commonwealth of Virginia, 1990-1995.

Clinical Mental Health Counseling

Licensed Clinical Mental Health Counselor, Triangle Behavioral Health, PLLC (January, 2008 - present)

Conduct comprehensive evaluations, individual psychotherapy, family consultation and clinical case management for college students and adults in a solo private practice. Specialize in working with individuals who are experiencing problems with depression, bipolar disorder, anxiety, substance abuse, or the psychological effects of a concussion or traumatic brain injury.

Consult with families of individuals with chronic mental illness and/or a Traumatic Brain Injury regarding therapeutic resources and rehabilitation services in the community and throughout the state of North Carolina.

Provide comprehensive mental health evaluations, including mental health and neurocognitive testing, as well as written reports for individuals and families involved in the immigration process in North Carolina. Clients come from a broad spectrum of racial, ethnic and multicultural backgrounds from around the world. Understanding of and respect for multicultural differences, vulnerable and marginalized populations, and the emotional impact of potential deportation on the family system is important to this work.

Consultant and Program Developer, Wounded Warrior Project (May, 2010 - May, 2011)

Developed a unique program for the Wounded Warrior Project, entitled the Independence Program. The Independence program for severely injured warriors is a community-based reintegration program that is designed to address the specific therapeutic needs of an individual with a moderate to severe traumatic brain injury (TBI). The program is a collaborative process among the warrior and his or her caregiver, the physician, a clinical supervisor, and a community support staff person.

Created the entire program protocol including designing mental health and neurocognitive evaluation forms, selecting all assessments, identifying roles of community support care givers and clinical supervisor, encouraged goal setting in areas related to daily living skills, cognitive impairment, social and recreational activities and physical exercise, and selected outcome measurements of patient progress.

Licensed Professional Counselor, NC Neuropsychiatry (December, 1998 – December, 2007)

Conducted comprehensive evaluations, individual, group and family psychotherapy, and clinical case management for adolescents, college students and adults within a private neuropsychiatry clinic. Developed experience in working with individuals who have an acquired brain injury and a co-morbid psychiatric condition.

Implemented a Day Treatment Program for adults with chronic mental illness and/or mild traumatic brain injury. Provided individual therapy, clinical case management and supervision of all community support caregivers for patients participating in the Day Treatment Program. Provided comprehensive assessments, treatment planning, and identification of resources in the community upon discharge.

Clinical Research Coordinator, NC Neuropsychiatry (December, 1998 – February, 2001)

Conducted comprehensive evaluations of children, adolescents, and adults participating in clinical research regarding Major Depression, Attention Deficit Hyperactivity Disorder, Generalized Anxiety Disorder, Social Anxiety, and Post Traumatic Stress Disorder.

Completed numerous administrative responsibilities related to the initiation, implementation, and close out of clinical research studies.

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

Provided individual, group and family therapy services to adolescents and their families participating in a Day Treatment Program 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.

Counselor, University of Virginia (August, 1993 – August, 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.

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

Provided crisis counseling, individual and small group counseling, curricular educational guidance, and identified students at risk. Advised faculty members and parents on adolescent development, student behavior modification, and improving communication with youth. Established a parent education program. Directed Project CALM, a benchmark conflict resolution, peer mediation program for middle school students which was a prototype for system-wide application.

University Teaching and Clinical Supervision Experience

Adjunct Professor in Clinical Mental Health Counseling Program, Montreat College, Durham campus (May, 2014 - August, 2017)

Taught graduate level courses in the Master's program for clinical mental health counselors including Professional Orientation to Counseling, Ethics & Ethical Practice in Counseling, Counseling Skills, Mental Health Diagnosis & Treatment, Counseling Theories & Techniques, Group Counseling and Counseling Practicum & Internship. Most classes were taught on campus and include a format of direct instruction, group discussion, experiential activities and student presentations. Clinical case studies provided students opportunities for case conceptualization, treatment planning and practicing counseling and diagnostic skills. All courses utilized some online instruction through Skype for Business, weekly online communication, and posting of online assignments through Moodle. All classes taught meet CACREP standards.

Clinical Assistant Professor in School Counseling Program, UNC at Chapel Hill (August, 1998 – December, 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 (August – December, 1998)

Taught Practicum in Counseling, a graduate level course, designed to provide the student with knowledge and practice of counseling skills, case conceptualization, 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 discussed critical counseling issues, developed a personal counseling style, and received critical feedback.

Assistant Professor in Counselor Education, Hofstra University (August, 1997 – August, 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, 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.

Graduate Instructor in Counselor Education, University of Virginia (August, 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 Research Assistant, University of Virginia (August, 1993 - May, 1995)

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.

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.

Counselor Supervisor, University of Virginia (January - May, 1994)

Provided individual supervision on a weekly basis in which Master's level counseling students discussed critical counseling issues, developed a personal counseling style, and received 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 was used as an instructional tool for counselor supervisors in training.

Research Manuscripts and Publications

Ford, A. B. (2006, February) Understanding Mood Disorders: How family and friends can help. Patient Newsletter, NC Neuropsychiatry, Chapel Hill, NC

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. (2010, September) Recognizing the emotional and behavioral changes following TBI and learning ways to cope. Wounded Warrior Project, Educational Symposium, Lakeshore Foundation, Birmingham, Alabama.

Ford, A. B. (2010, September). Relaxation Strategies for Warriors coping with TBI. Wounded Warrior Project, Educational Symposium, Lakeshore Foundation, Birmingham, Alabama.

Ford, A. B. (2009, May). Understanding TBI and Its Impact. TBI Support Group, Fearington Village, Chapel Hill, NC.

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

Gualtieri, C. T. & Ford, A. B. (2005, September). A Productive Lifestyle Model with Patients Post Brain Injury. UNC Hospital, Grand Rounds, Chapel Hill, NC.

Ford, A. B. (2004, December). 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 Orthopedic 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, Licensed Clinical Mental Health Counselors Association of North Carolina

Member, National Board Certified Counselors

Member, North Carolina Counselors Association