Alan J. Whitlock, Ph.D.
Licensed Psychologist (Idaho, Psy-340)
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Education

Ph. D.	Counseling Psychology, University of Utah (APA Approved Program), 1994
Internship	Washington State University Counseling Services (APA Approved Internship), 1993-1994
M. S.	Clinical Psychology, University of Idaho, 1990
B. S.	Psychology, University of Houston, 1971

Current Employment

Lecturer: Over eighteen years at the University of Idaho. Teach two courses per semester in the Psychology and Communication Studies Department, serve on committees, and coordinate undergraduate advising. Teach an Internship (Psy 498: Peer Advising) each semester and alternate teaching Survey of Helping Professions (Psy. 347) and Introduction to Psychology (Psy. 101H) for Honors students.

Licensed Psychologist (ID-Psy340): Private practice at the Counseling Center of the Palouse in Moscow, Idaho. Psychotherapy with adults, adolescents, couples, and families. Major focus on depression, anxiety, adjustment to life change, work stress, family stress, relationship stress, and career isssues.

Teaching Experience, Current

Psy. 498	Internship: Peer Advising, U. of Idaho. Select, supervise and design training for seven to ten outstanding students to become peer advisors for freshmen and sophomore psychology undergraduates. Peer Advisor duties include: academic advising, study skills advising, peer mentoring, referral to appropriate resources, and upgrading advising materials.
Psy. 347	Survey of Helping Professions, U. of Idaho. Psychotherapy methods and professional issues in the field of clinical psychology, counseling psychology, school psychology, social work, and other helping professions.
Psy. 101H	Introduction to Psychology, U. of Idaho. Broad survey of the field of psychology for Honors students. Includes self exploration using projective and objective psychological testing instruments.

Teaching Experience, Past

Ed. Psy. 521	Interviewing and Counseling, U. of Utah. Graduate course focused on interviewing, assessment, diagnosis, and counseling skills.
Psy. 496	Applied Behavior Analysis, U. of Idaho. Analysis of behavior utilizing learning theory and exploration of cognitive-behavioral approaches for changing behavior.
Psy. 320	Social Psychology, U. of Idaho. Exploration of the psychology of groups and their influence on the individual.
Psy. 310	Psychology of Personality, U. of Idaho. Survey course of theories of personality development.
Ed. Psy 262	Behavioral Self-Control, U. of Utah. Cognitive-behavioral approach to altering problematic behavior. Each student took part in a self-change project.
Ed. Psy. 261	Career and Life Planning, U. of Utah. Exploration of interests, aptitudes, values, goal setting, and reducing self-imposed limitations. Utilized multiple psychological tests.

Counseling Experience

Over seventeen years post-Doctoral experience as a therapist (12/15/94 until present) conducting psychotherapy with adults, adolescents, couples, and families. Prior to this, three years of post-Masters experience as a therapist in two university counseling centers (U. of Utah, Washington State U.). Experience in a mental health center (Valley Mental Health, SLC, Utah) with chronically depressed adults. Experience at the University of Utah Medical School conducting group therapy sessions with substance abusers. Prior to attending graduate school, five years experience as a counselor and supervisor in residential treatment centers for substance abusers in Houston and Dallas, Texas.

Workshop Presentations:

Operation Head Start, coping strategies for Native Americans with substance abuse disorders, Moscow, Idaho.

Career and Life Planning Workshops for career selection or change, Salt Lake City, Utah.

Lecture series for Dallas County (Texas) inmates regarding substance abuse.

Research

Doctoral Dissertation: Examination of a Peer Counseling Program (Natural Helpers) in a High School Setting. Master's Thesis: Evaluation of Change in Self-Esteem and Social-Relatedness of Peer Counselors in a High School Setting.

Professional Affiliations/Honors

Editorial Reviewer for McGraw-Hill, Pearson/Allyn & Bacon, Prentice Hall, Worth, Sage, and Wiley Publishers. Teaching award from Associated Students of the University of Idaho (ASUI). Elected Vice-President and Secretary of Executive Committee of the Texas Association of Drug Abuse Services. Selected as Peer Evaluator for the Texas Peer Evaluation and Technical Assistance Project (substance abuse). William G. Reece Award for research in psychology, U. of Idaho; Phi Kappa Phi National Honor Society.

Updated: 8/30/2012