

CORY VIEHL, M.S., LPC, NCC

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EDUCATION

Georgia State University– Atlanta, GA

CACREP Accredited PhD in Counselor Education and Practice – In Progress

North Georgia College & State University– Dahlonega, GA

CACREP Accredited Master of Science in Community Counseling – May 2008

Graduate GPA – 3.76

North Georgia College & State University – Dahlonega, GA

Bachelor of Science in Psychology, Minor in Sociology – June 2003

Georgia Institute of Technology – Atlanta, GA

Computer Engineering – August 1999 – Spring 2001

LICENSURE/CERTIFICATION INFORMATION

Licensed Professional Counselor (LPC #006493)

National Certified Counselor (NCC #238546)

THESIS

Self-Expression or Self-Mutilation: The Motivation Behind Body Art

PROFESSIONAL/RESEARCH INTERESTS

- Gender roles and stereotypes
- Multicultural issues influencing counselor identity
- Counselor impairment and burnout; trauma training in counselor education programs
- LGBTQ counselors and compassion fatigue or burnout
- LGBTQ issues (bullying, suicide, depression, identity issues, conformity)
- Multicultural and diversity issues and student retention

PROFESSIONAL ORGANIZATION MEMBERSHIP

Member of LPCAGA since November 2006

PROFESSIONAL COUNSELING & SUPERVISION EXPERIENCE

January 2010 – Present:

Counseling Coordinator | Life University Student Success Center

Duties consist of providing individual/group short-term counseling, crisis-intervention, advising, and advocacy services to students at a small private university with student retention as primary focus. Specific duties include conducting intakes to determine student needs, providing counseling services or appropriate referrals to a diverse student population, organizing counseling requests, administering evaluative assessments as needed, updating and maintaining confidential progress notes, maintaining current knowledge of theory, practice and ethics within the counseling profession, assisting in coordination of a Student Assistance Program, research, coordination of intern schedules with new clients, interviewing of practicum/internship students, development and implementation of intern learning activities, and development and maintenance of practicum/internship resource book.

Supervision responsibilities include both administrative supervision of counselors and supervision of Master's level practicum/internship students through weekly counseling meetings, signing off on all case documentation for Master's level interns in training, reviewing audio tapes of sessions when necessary, and case/treatment plan conceptualization.

Outreach responsibilities include presentation of workshops to the Life University community, identification of issues related to the college student population and development and presentation of workshops designed to help students with these areas as well as participation in campus committees.

Other job duties include collection of research data, and updating and implementation of counseling forms.

May 2008 – January 2010:

Community Educator | Chestatee Hospital Inspirations Intensive Outpatient Program

Duties consisted of connecting the program to the community, consultation with family, case managers, social workers, and administrators. Responsible for all initial screenings and intakes, administration of Mini Mental State Examinations, brief Psychosocial Assessments, diagnostic impressions, and facilitation of meetings with treatment team. Other duties included developing and facilitating in-services for nursing homes, assisted living facilities, hospitals, rehabilitation clinics, in-patient hospitals, physical therapy facilities, and private practices. Responsible for conducting staff

in-services on topics including staff burnout, dealing with difficult clients, assessment protocol, and managing group dynamics.

Program Therapist | Chestatee Hospital Inspirations Intensive Outpatient Program

Duties consisted of providing individual and group counseling to geriatric and disabled adults, consultation with family and case workers, and management of caseload of 35 clients. Responsible for Mini Mental Status Examination, Psychosocial Assessment, diagnostic impressions, development of treatment plans and goals with clients as well as development, presentation, and facilitation of process and education groups. Other duties included developing patient education record with input from client, family, nursing homes, and assisted living facilities, maintaining consistent monthly treatment plan reviews, and maintaining daily individual notes for each client and each group. Educational and group process topics included, but were not limited to, grief/loss, adjustment, anger management, depression, anxiety, abuse (past & present), substance abuse, PTSD, isolation, low self-worth, medication compliance, and coping skills

TEACHING EXPERIENCE:

July 2010 – Current

Adjunct Faculty | Life University

Duties consist of developing lesson plans, class presentations, generating tests and class activities, and grading for students

Courses Taught:

Psychology of Adjustment - Assist students in gaining an understanding of and an appreciation for the complexities associated with adjusting to life challenges A broad study of the major topics include biological and social factors influencing thoughts and behavior, development, learning, abnormal behavior, and gender and cultural variables.

Introduction to Social Psychology - Assist students in gaining an understanding of and an appreciation for the elements of social psychology and how it differs from sociology in its nature and application. A broad study of the major topics include conformity, obedience, the application of social psychological theories and principles, aggression, media influence, and the self in a social world.

Abnormal Psychology –Assist students in gaining an understanding of and appreciation for problems of the mind and body and subsequent treatment for individuals struggling with disorders.

A broad study of the major topics include research, problems of stress and anxiety, disordered mood, schizophrenia, life-span issues, and societal implications in the mental health profession.

Psychology of Excellence - Assist students in gaining an understanding of and an appreciation for the components of excellence and its application in everyday life (various settings including academic, career, and relationships). A broad study of the major topics include relaxation, goal setting, communication, time management, conflict resolution, stress management, imagery, and emotional regulation.

Psychology of Motivation & Emotion - Assist students in gaining an understanding of and an appreciation for the components of motivation and emotion including physiological, psychological and social needs and their roles in everyday life. A broad study of the major topics include intrinsic & extrinsic motivation, the brain's role in motivation, the nature of emotion, emotional responses in variable settings, and self-regulation of motivation.

Human Sexuality - Assist students in gaining an understanding of and an appreciation for the components of human sexuality including sexual behaviors, sexual expressions, sexual scripts (personal and societal), and sexual orientation. A broad study of the major topics include sexual orientation, sex through the lifespan, gender/cultural differences in sexual expression and behaviors, sexual motivation, and sexuality in relationships.

Introduction to Psychology - Assist students in gaining an understanding of and an appreciation for the complexity of human behavior in general. A broad study of the major topics include research methodology, the brain, biological and social factors influencing behavior, development, learning, memory, personality, abnormal behavior, therapy, and gender, and cultural variables.

Introduction to Counseling –Assist students in gaining an understanding of and appreciation for counseling and the development of basic counseling skills. A broad study of the major topics include managed care, diversity issues in counseling, client-therapist interaction, therapeutic theories and techniques, alliance and rapport, clinical judgment and assessment, motivational interviewing, self-awareness and counter-transference issues, emergency/crisis in counseling setting, and psychopharmacology.

Patient/Practitioner Interaction –Assist students in gaining an understanding of and appreciation for counseling and the development of rapport with clients. A broad study of the major topics include diversity issues in counseling, client-therapist interaction, therapeutic theories and techniques, alliance and rapport, defining self in counseling, virtue ethics, avoiding burnout,

empathy and identification, communication utilizing cultural sensitivity, religion and spirituality in counseling, sexuality in counseling, and counseling clients with disabilities.

Environmental Psychology – New course for Life University. Responsible for generating all content related to this course and submission to the SACS Board for approval and admission into the Psychology curriculum. Assist students in gaining an understanding of and appreciation for the interaction of humans and their environment. A broad study of the major topics include theory, personal space, sustainability, crowding, ergonomics, space and design planning, and environmental perception and cognition.

August 2008 – January 2010:

Adjunct Faculty | North Georgia College & State University

Introduction to Psychology - Assisted students in gaining an understanding of and appreciation for the complexity of human behavior in general. A broad study of the major topics included research methodology, the brain, biological and social factors influencing behavior, development, learning, memory, personality, abnormal behavior, therapy, and gender and cultural variables.

August 2006 – August 2007:

Technology Assistant/Technology Teacher/ESOL (Early Intervention Program) | State Bridge Crossing Elementary School

Duties consisted of working with ESOL program for early intervention, as well as working with children with autism and various learning disabilities. Responsible for developing lesson plans utilizing technology for each grade level (Kindergarten-5th) as well as teaching students basic technology skills, typing skills, Microsoft Office applications, internet research, and other various integrations of technology into classroom lessons. Responsible for developing individual learning plans for students as well as tutoring individual students. Additional duties included maintenance of school calendar, assisting with school presentations, and updating and maintaining technology reference guides for teachers.

INTERNSHIPS

August 2007 – May 2008:

Graduate Staff Therapist | North Georgia College & State University Office of Student Counseling

Duties consisted of providing individual/group short-term counseling, crisis-intervention, advising, and advocacy services to students, academic staff, and faculty, at a mid-sized rural university. Responsible for working with Office of Student Affairs, Office of Student Life, and Office of Student Disabilities Services on student referrals, and providing consultative services to all academic and student services departments, with student retention as primary focus. Responsible for intake, assessment, and diagnostic impressions, development of treatment plans and behavioral contracts with clients as well as development and presentation of psycho-educational seminars/outreach programs.

PROFESSIONAL PRESENTATIONS

Counselor Impairment: Recognizing the signs of and coping with compassion fatigue, vicarious traumatization, and burnout – 25th Annual LPCAGA Conference, Savannah, Georgia. Presented June, 2013 with co-presenters Kan Guvensel and Melinda Paige

Counselor Impairment: Recognizing the signs of and coping with compassion fatigue, vicarious traumatization, and burnout – 7th Annual Counseling Graduate Student Conference, Upsilon Sigma Chi Chapter of Chi Sigma Iota, University of South Carolina, Columbia. Presented February 1, 2013 with co-presenters Kan Guvensel and Melinda Paige

SEMINARS / OUTREACH PROGRAMS / PROFESSIONAL PROGRAMS

The Communication Game – Seminar on communication in a relationship

Stress Happens – Program on stress management techniques

Stamped & Stabbed – Seminar discussing safety in regard to tattoos and piercings

Suicide: A Terminal Choice – Seminar on warning signs, communication techniques, and resources

Campus Violence – Program discussing campus violence involving a panel discussion representing various departments on campus

Jangled Bells – Seminar discussing coping skills for managing holiday stress

Sexual Identity – Program discussing sensitivity, communication, and resources

Sex, Drugs, & Rock N' Roll – Seminar discussing safe sex as well as drug/alcohol education

Relaxation and Stress Management – Seminar discussing diaphragmatic breathing, PMR, and imagery

Crisis Management – Seminar discussing safety issues and protocol for psychological emergencies

Time Management – Seminar to discuss various methods of time management, barriers to effective time management, and ways to avoid distractions

Sexual Identity – Sensitivity to diversity, communication, and resources presented to RAs

Drugs & Alcohol – Statistics and resources presented in a discussion forum to students

Resident Advisor Training – Assist in training new RAs through use of scenarios, debriefing, and emergency protocols

Relaxation – Seminar provided to faculty and staff highlighting components of effective relaxation skills, use of imagery, deep breathing

GROUP WORK

Sexual Identity – Sexual orientation issues, sex and sexual identity on a conservative campus, communication, resources (12 sessions)

Grief – Issues surrounding various areas of grief including deployment of family member or friend, loss of loved one, coping with terminal illness in family (8 sessions)

RESEARCH INVOLVEMENT

The Millennial Survey – Study conducted through Life University to investigate millennial attitudes and behaviors of Chiropractic population in comparison to normative millennial group

Sleep Issues – Article published in *Today's Chiropractic Lifesyle* discussing sleep disorders and treatment options for sleep issues.

The "Happiness" Project – Research study conducted with faculty, staff and students to measure pre and post "happiness." The study involves the introduction of daily affirmations, journaling or meditation and is assessing for any changes in reported "happiness" as a result of utilizing 1 of these tools daily for 21 days.

Student Success Center – Administer 2 well-being scales to students each quarter (pre and post) and assess changes in well-being. Also administer a counseling evaluation to assess whether well-being has changed as a result of counseling. Collect quarterly statistics for all students seeking counseling services.

COMMITTEE INVOLVEMENT

Diversity Committee, Life University – Discuss and plan programs with emphasis on diversity. Discuss and develop events for students. Examples include Asian Pacific Heritage week, GLBT Awareness Month, Latin American appreciation month, and more.

Student Retention Committee, Life University – Discuss statistics regarding retention of students. Develop action steps to address areas where students report the most difficulty on campus. Develop and implement an action/assessment form which serves as a student evaluation that will allow the committee to investigate specific areas on campus.

Chair, Staff Development Committee, Life University – Discuss programs for faculty/staff development including seminars, workshops, etc. Responsible for organizing structure of program, speakers, and all materials pertinent to each program.

SLP (Serving Lasting Purpose) Committee, Life University – Discuss programs and trainings which implement the SLP workshop for new hires. Develop training program to continuously engage faculty/staff in the process of making SLP part of their everyday lives.

SafeZone, Life University – Discuss programs and trainings which focus on multicultural and diversity issues on campus. Currently developing training program to be implemented through HR for all staff/faculty which includes awareness and sensitivity to diversity.

PROFESSIONAL REFERENCES

Lisa Rubin, Ph.D., BCPC, Licensed Psychologist

Director, Student Success Center

Life University

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Rebecca Koch

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Teresa B. Fletcher, PhD, LPC, NCC

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