

RANDY WITHERS, MA, MS, NCC, LPCA, LCAS

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OBJECTIVE

A dynamic leadership position in a community or non-profit agency that works with co-occurring disorders.

SUMMARY

I am a Licensed Professional Counselor Associate (LPCA) and Licensed Clinical Addiction Specialist Associate (LCAS), with Masters Degrees in Clinical Mental Health Counseling and Education. I specialize in Family Systems and Co-Occurring Disorders. Populations served include at-risk adolescents, teenagers, adults, and families. Full LCAS; Full LPC by June, 2018. Previous experience in teaching and administration.

CORE COMPETENCIES

- Comprehensive Clinical Assessments (CCA)
- Motivational Interviewing
- Cognitive Behavioral Therapy
- Psychoeducation
- Case Management
- Person Centered Plan Writing (PCP)
- Group and Individual Counseling
- Twelve Step Program Facilitation (TSPF)
- Psychological First Aid and Crisis Response
- Family Centered Therapy

THEORETICAL ORIENTATION

Evidenced-Based and Solution-Focused modalities such as MI and CBT, built on a foundation of the Person-Centered principles of congruence, empathy, and unconditional positive regard.

EDUCATION & CERTIFICATIONS

Master of Arts, Clinical Mental Health Counseling, 2014 *Lenoir-Rhyne University, Hickory, NC*

Master of Science, English Education, 1999 *Florida State University, Tallahassee, FL*

Bachelor of Arts, English/Writing; Minor, Psychology, 1997 *FSU, Tallahassee, FL*

- **National Board for Certified Counselors** – NCC #341669
- **North Carolina Board of Licensed Professional Counselors** – LPCA #A11110
- **North Carolina Substance Abuse Professional Practice Board** – LCAS-21668
- First Aid and CPR Certified

PROFESSIONAL HISTORY

Family Centered Therapist – Pinnacle Family Services, Hickory, NC: June 2017 – Present

I currently perform FCT and Intensive In-Home work with children and their families. Pinnacle uses FCT, but I am one of two therapists on the team with enough child MH experience to perform I-IH as well.

Residential SA Treatment Program Consultant – Miracles Asia, Thailand: April-May 2017

I was a contracted consultant for a substance abuse rehabilitation start up facility in Phuket, Thailand. I was charged with creating a policies and procedures manual, as well as devising an ethical and procedural framework for the agency and staff to follow. I also developed a 90-day treatment program based on a variation of Hazelden Betty Ford's Minnesota Model. The variation addresses trauma and related mental health concerns for persons in recovery from drug and alcohol addiction.

ROP, IOP, SACOT & CCA Counselor – The Cognitive Connection, Hickory, NC: 2015 – 2017

"The Cog" is the front line of the opioid epidemic in Hickory, NC. I conducted comprehensive clinical assessments (CCA), ran SAIOP and SAROPT groups, individual sessions, performed case management, and worked with the agency psychiatrist who was responsible for medication management for those clients recovering from severe opioid use disorders.

Case Manager -- Families First Support Services, Catawba Valley, NC: 2012 – 2015.

I supervised 7-9 families in 5 counties who had up to two children placed in therapeutic foster care. Responsibilities included case management, crisis response, and training.

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OPT Intern -- FOCUS Behavioral Health, Morganton, NC: 2013 – 2014

I worked at a level 3 offense-specific group home for male teenage sex offenders. Individual and group therapy. Also assigned to OPT sessions working with adolescents and teenagers.

Transition Specialist - Hastings Youth Academy, Hastings, FL: 2010- 2011

While applying to graduate school, I worked as a guidance counselor and intake specialist at a juvenile detention facility. Taught a language arts class, conducted counseling sessions, and served as a role model.

Admiral Farragut Academy, St. Petersburg, FL: 1999 to 2008

Special Assistant to the Headmaster: 2007 to 2008

I managed the research, development and writing efforts for a 300-page report needed for critical accreditation status; served as Chair for the FCIS/SACS committee and worked with a multi-disciplinary team of educators and administrators to collect and disseminate data.

Director of College Placement: 2002 to 2007

I created the Office of College Placement from scratch and brought the Upper School academic program into the 21st century by implementing Honors and AP programs and developing a college counseling program that helped the cadets market their strengths to some of the most prestigious universities in the country. Developed all program infrastructure including guidelines, performance requirements and targeted marketing plans; created first of its kind school profile to increase image and awareness of student achievements and marketability of high achieving students to premier universities and colleges.

Assistant Director, Upper School Academics: 2005 to 2007

My goal was to ensure high levels of student achievement by developing and coordinating class schedules, setting clear goals and motivating students to achieve their personal best. Managed small support staff and coordinated upper division academic program with department heads.

High School English Teacher: 1999 – 2007

Grades 10-12, Journalism, Literature and Writing Instruction.

PROFESSIONAL ORGANIZATIONS

- Catawba Valley Association of Counselors and Therapists (President, September 2015 – Present)
- American Counseling Association (ACA)
- National Board for Certified Counselors (NBCC)
- Licensed Professional Counselors Association of North Carolina (LPCANC)
- North Carolina Substance Abuse Professional Practice Board (NCSAPPB)

ARTICLES AND PRESENTATIONS

- Author. "Old Wars, New Battles: Combat Fiction for the High School Canon." *English Journal*. 1999
- Contributor. *A Curriculum of Peace: Selected Essays from English Journal*. 2006
- Speaker. Admiral Farragut Academy Cadet Graduation. 2003-2006.
- Editor-in-Chief, *Axis 6*. Counseling Insite.com. 2014-
- Presenter. Lenoir-Rhyne Mental Health Symposium. 2016.
- Presenter. "It Works if You Work It. The Strengths and Limitations of 12-Step Programs." Catawba Valley Association of Counselors and Therapists. 2017.
- Author. "5 Things to Ask Your Therapist Before Your First Session." Medium.com. 2015.
- Author. "10 Platitudes That Will Ruin a Therapy Session." Medium.com. 2016.
- Author. "Six Crazy Lies You Probably Believe About Narcotics Anonymous." Medium.com. 2017
- Author. "4 Reasons to Try SMART Recovery if 12-Step Programs Aren't Your Thing." Medium.com. 2017.

REFERENCES AND TRANSCRIPTS

Available upon request.