

# DR. JOHN R. RITCHIE

2005

Western Carolina Counseling  
Services, P.A.  
103 Sylvan Hts.  
Sylva, North Carolina 28779  
828 586-8700  
Fax 828 586-1051

Counseling and Psychological  
Services Center – Bird Bldg.  
Western Carolina University  
Cullowhee, North Carolina 28723  
828 227-7469 Fax 828 227-7004  
Ritchie@email.wcu.edu

## EDUCATIONAL BACKGROUND

Ph.D. Educational Psychological Studies - Counseling, School of Education,  
University of Colorado, 1984  
Dissertation: Counselor Skill Training as a Psychotherapy Intervention

M.Ed. Counselor Education, School of Education, Boston University, 1973

B.A. Psychology major, Stanford University, 1969

Licensed Psychologist, #1322, North Carolina, 1985

## PROFESSIONAL WORK

### Within a University Setting

Director 1984 to Present, Counseling and Psychological Services Center, Western  
Carolina University

Administrative responsibilities and consultation services involve the budget,  
goals and policies, programs, interagency liaison, campus referrals, Center  
promotion, staff selection and supervision, testing responsibilities, campus  
committees and coordination of all services. The staff consists of four  
psychologists, one to three Interns, and a secretary/ psychometrist. Personal  
clinical and developmental services include, yearly, about 150 psychotherapy  
sessions, 40 intakes, 25 emergencies, 25 presentations, 150 supervision  
sessions, and 6 semester-long groups.

Counselor 1981-1984, Counseling and Psychological Service Center, Western  
Carolina University

Counselor 1977-1980, University Counseling Center, University of Colorado,  
practicum and internships

Instructor 1978-1981, University of Colorado, Boulder

Teaching or Research Assistant 1976-1978, University of Colorado, Boulder

Instructor 1975-1976, State University of New York, New Paltz

Hall Director 1973-1974, Boston University, Boston

### Non-University Settings

Psychologist 1985 to Present, Western Carolina Counseling Services, Private Practice

Counselor 1980-81, Employee Assistance Program, Denver

Trip Director and Counselor 1979, 1976, 1972, Wilderness Ventures, Wyoming; Wilderness Experience Program, Colorado; and Camp D-Arrow, Maine

Counselor 1977-1978, Arapahoe Mental Health, Denver

Coordinator 1974-1975, North American Wilderness Survival School, New York

Counselor 1973, Barndom Associates, Boston

Counselor 1972-1973, Center for Alternative Education, Boston

Program Developer 1970-1972, VISTA Volunteer, Phoenix

Teacher 1968, Volunteers in Asia, South Korea

### **PROFESSIONAL DEVELOPMENT**

#### Training (4-20 days each)

Safe Zone (LGBT) 2003; Psychomotor Therapy 1995, 1994, 1993, 1989, 1988; Transactional Analysis 1992, 1990; Integrative (Psychomotor) Psychotherapy 1992, 1991, 1990; Meditation and Psychotherapy 1991; Group Process 1990; Family Therapy 1986; Psychosynthesis 1985; Men's Quest 1984; Gestalt Therapy 1979; NLP 1978; Creativity 1978; Hypnosis 1977; Biofeedback 1977; and Group Leadership 1973

#### Workshops (2-7 days each)

Alcohol Environmental Strategies 2004, NIAAA Alcohol Abuse Prevention 2003, HIPAA- Privacy 2003, Enneagram 2002, Birthing Regression 1992, Past Life Regression 1992, Hakomi 1990, Therapeutic Kinesiology 1990, Body Psychotherapy 1990, Holotropic Breathing 1990, Food Addiction 1990, Healing the Wounded Man 1989, Couples Path 1988, Male Development 1988, Gestalt Therapy 1987, Imagery 1987, Male Socialization 1986, Chemical Dependency 1984, Men's Quest 1984, Couples Enrichment 1982, Meditation 1982, Spiritual Healing 1982, Taking Charge of Your Life 1979, Self Exploration 1976

#### Professional Organizations

American Psychological Association, North Carolina Psychological Association, American College Personnel Association, American Counseling Association, Western North Carolina Psychological Association, Southeastern Psychomotor Society, and Association of University and College Counseling Center Directors

## Leadership Positions

President (2002) and Vice President (2001), Staff Forum of Western Carolina University, Chair (on the average) of two or three committees each year over the past twenty years, Co-hosted the Southern College Health Association conference 2004

## Staff Awards

Collaboration (Student Affairs) 2001, Staff Award (Counseling Center) 1998, Administrator of the Year (Association of Education and Office Personnel) 1998, Research (Student Affairs) 1997, 1994, Community Service (Student Affairs) 1997

## Conferences

National: APA 1988; AUCCCD 2004,2003,1999, 1998, 1997, 1996, 1995, 1994, 1993, 1991, 1989, 1987, 1986; ACPA 2001,1999, 1991, 1990, 1989, 1986, 1981; AACD 1980; AHP 1978; AEE 1984, 1980; NOCM 1987, 1986. Regional: SCHA 2004, 2003; SCCCPC 1988, 1986; RMPA 1980, 1979. State: NCCCPC 2002, 1998, 1997, 1995, 1994, 1992, 1990, 1988, 1986, 1985, 1984; CPGA 1980, 1979, 1978

## Presentations Attended

Over 250 presentations at national and regional conferences and over 300 presentations at employment sites and local areas. Topics included psychotherapy, psychopharmacology, alcohol treatment, family therapy, gender issues, hypnosis, personality disorders, depression, anxiety disorders, art therapy, eating disorders, dream work, sexual abuse survivors, leadership, spirituality and psychotherapy, play therapy, Gestalt therapy, Psychodrama, multicultural therapy, legal and ethical issues, testing/assessment, racism, cognitive therapy, managed care, sexual harassment, brief therapy, diversity/multiculturalism, stopping violence, learning communities, civility, gay/lesbian issues, computer software/scheduling/data analysis, DBT, explosive children, crisis management, suicide, action plans, conflict management, coaching, AA/NA, laughter therapy, personality assessment, bullying/violence, EMDR, domestic violence, customer service, supervision, personal development, difficult people, CISD, energy therapy, university/staff governance, dissociation, outcome assessment, and strategic planning.

## **PROFESSIONAL ACTIVITIES**

### Presentations Given

National and Regional: Southern College Health Association (Developing Suicide Prevention Services), Southern Association for College Student Affairs (Responding to Suicides), North Carolina College Counseling Center Personnel (System Interventions) 1997, (Meeting Personal Staff Needs) 1995, Freshmen Year Experience (Personal Growth Wilderness Programs) 1984, North Carolina Association of Education Office Personnel (Confronting Conflict)1983, and North Carolina Housing Office (Adventure Training) 1982

Campus and Local Community. Given over 650 presentations to university faculty, staff, students, and community organizations. Topics include family systems, relationships, crisis intervention, alcohol abuse, conflict management, cognitive restructuring, group leadership, communication, self defeating behaviors, stress

management, stopping male violence, changing behavior, codependency, gender issues, counseling skills, sexual assault/harassment, suicidality, grief/loss, non-violence, relaxation, learning outcomes assessment, psychotherapy, staff enhancement..

#### Presentations Given on Male Topics

National and Regional: North Carolina Association for Office Personnel 1994; American College Personnel Association 1990; Association of University and College Counseling Center Directors 1987; Southeastern Conference for Counseling Center Personnel 1988,1986; WWNC and KISS-Radio 1989; WKFT-TV Carolina Spotlight 1987

#### Workshops and Retreats (1-3 days, each lead on Male Topics)

National and Regional: N.C. Planned Parenthood Personnel 1995; Appalachian State Univ. Counseling Center 1994; American College Personnel Assoc. 1991; Smoky Mountain Men's Retreat 1992, 1991, 1990,1989; N.C. Center for the Advancement of Teaching 1988; Mountain Area Health Education Center 1988; Univ. of Georgia Counseling Center 1986

#### Groups Facilitated

Lead over 115 semester-long structured and unstructured counseling groups on university campus: psychotherapy, psychomotor, enhancing relationships, stress management, assertiveness, adult children of alcoholics, dysfunctional families, couples, and men's support. Started three community men's groups, meeting weekly, and one has continued since 1987.