

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 and Counseling Experience

Licensed Psychologist (ID-Psy340): Over twenty years post-Doctoral experience in private practice at the Counseling Center of the Palouse in Moscow, Idaho. Psychotherapy with adults, adolescents, and couples. Major focus on depression, anxiety, adjustment to life change, work stress, relationship issues, and career issues. 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.

Teaching Experience

Retired from the University of Idaho Department of Psychology and Communication Studies on 12/31/13 as Instructor Emeritus after teaching for twenty years part-time. Prior to this experience teaching while a doctoral student at the University of Utah.

Courses Taught

- Psy. 498 Internship: Peer Advising, U. of Idaho. Selected, supervised and designed 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, school counseling, community counseling, social work, and other helping professions.

- Psy. 101H Introduction to Psychology, U. of Idaho. Broad survey of the field of psychology for Honors students. Included self exploration using objective and projective psychological testing instruments and exercises.
- 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.

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 (ASUD). 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: 4/10/2015