

CV

Gary A. Sibcy II
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PERSONAL DATA

Birth date: November 4, 1966
Birth Place: Middletown, Ohio
Marital Status: Married, Lory W. Sibcy
Children: Jacob Ryan (age 19)
 Jordan Alexis (age 15)

EDUCATIONAL BACKGROUND

Ph.D.

Clinical Psychology
The Union Institute & University
School of Clinical & Professional Psychology
July 1997-Dec. 2000

Licensed Clinical
Psychologist

Feb. 2003

Licensed Professional
Counselor & Licensed
Marriage and Family Therapist

November 15, 1995 to 2005

Spring, 1998 to 2005

Post-Graduate

12 hours of masters and doctoral level
psychology courses at University of
Virginia and Liberty University 1992-
1995

M.A.

Major: Counseling Psychology
Lynchburg, Va.
Liberty University Aug. 1990- May, 1992
Date Conferred, May 1992

B.S.

Major: Clinical Psychology
Minor: Philosophy
Liberty University
Lynchburg, Va. Aug. 1985-1990
Date Conferred: May, 1990

PROFESSIONAL WORK EXPERIENCE

Currently:

2009 to Present: Director of Ph.D. Professional Counseling Program
Center for Counseling and Family Development
Liberty University

Associate Professor of Professional Counseling

Responsibilities include teaching primarily doctoral level courses in professional counseling. These courses have included:

Coun 797: Counseling Seminar: Attachment Theory: Research and Practice
Coun 797: Counseling Seminar: Psychodynamic Theory in Professional Counseling
Coun 805: Advanced Psychopathology and Its Treatment
Coun 806: Cognitive Therapy and Professional Counseling
Coun 871: Advanced Quantitative Research and Statistics

Other Courses have included:

Couns 711: Addictions in Counseling
Coun 800 Psychological Assessment
Coun 612: Counseling the Child
Coun 705 Philosophy of Psychology and Christian Counseling
Coun 712 Psychopharmacology and Neuropsychology in the Helping Professions
Coun 745 Advanced Statistics/

Other responsibilities include administration of the doctoral program in professional counseling as well as chairing 3 to 5 doctoral dissertation per calendar year. Also, participation on CCFS Leadership Team

Clinical Psychologist, Piedmont Psychiatric Center

Responsibilities include individual caseload of 30 to 35 clients weekly; modalities include individual psychotherapy with children, adolescents, and adults; group psychotherapy, including a grant funded group on Dialectical Behavior Therapy for Borderline Personality Disorder, family therapy, couples therapy, psychological testing, and hospital consultations. Also, conduct psychological evaluations for both the adult and child and adolescent inpatient units.

Specialty treatments:

- focus on attachment informed treatments for mood disorders, especially chronic depression
- Special training in the treatment of Refractory Chronic Depression, using Cognitive Behavioral Analysis of Systems Psychotherapy, CBASP
- attachment based family therapy for complex oppositional defiant disorder in children and adolescents
- Treatment of chronic PTSD in both adults and children
- Attachment based therapies for children with attachment disorders and attachment disturbances
- Also, supervision of both Masters and Doctoral level interns in both inpatient and outpatient settings

Internship Supervisor: Centra Health

Supervision of both Masters and Doctoral level students in a variety of contexts and with a variety of populations within Centra Health's Psychiatric Treatment Programs

Clinical Director, Light Counseling Inc. (1995-1999)

Responsibilities include: Individual caseload of 25-30 clients per week. Job description includes /conducting group therapy /Clinical program development for focal groups and disorder specific treatment protocols/Psychological testing/Clinical supervision of master level interns/Writing a monthly column on relevant clinical topics in Light's newsletter "Light Source"/Presenting bi-monthly in-service workshops on relevant clinical topics/Clinical coordination of an intensive outpatient program, including program development for a specific trauma recovery track to be implemented in the fall of 1995. (1992-1999)

Pre-doctoral and postdoctoral clinical training

Practicum In Clinical Psychology

A 1000 hour (10 semester credit hours) clinical training experience that emphasized three areas of training: assessment, intervention, and supervision/consultation. Each area of training paralleled specialty course work in psychological testing, psychotherapy interventions, and supervision/consultation methods. The Learner was exposed to a high degree of patient contact. Patient population consisted of individuals experiencing moderate to severe mental disorders, including psychotic disorders, depressive disorders, anxiety disorders, childhood developmental disorders and disruptive behavioral disorders, severe personality disorders, and various cognitive disorders. Located at Virginia Baptist Hospital, under the supervision and training of 5 clinical psychologists (primary supervisor: Dan Owens, Ph.D., VA Lic # 1078). Learner was on site for minimum of 20hours/week; two hours of face-to-face (1:1) supervision/week, minimum of 3 hours didactic and case-conferencing/week. (1997-1999)

APA Consistent Internship in Clinical Psychology

A 2000 hour (full-time, onsite, 30 to 40 hrs/week, from August 1st, 1999 to October 12, 2000) training experience at Centra Health of Lynchburg, Virginia, which offers virtually a full-range of mental health services to the greater Lynchburg community. This internship provided the learner with a plethora of clinical exposure and experience with a wide variety of moderate to severe mental disorders. The learner had substantial responsibility for carrying out major professional functions within the context of a supervisory relationship. The learner participated in three major rotations (acute child psychiatry, acute adult psychiatry, and behavioral medicine) and two sub-rotations (emergency mental health and forensic psychology). In addition, the learner was assigned a minimum of six cases/wk ongoing psychotherapy cases throughout the internship, administered at least two psychological assessments/wk beyond those conducted within each rotation/wk, and was available for psychological consultations throughout the hospital. Patient contact was equal to or exceeded 1000 hours. This internship was consistent with the requirements of an APA approved internship, and included the following components: 5 full-time, onsite, clinical psychologists and at least two doctoral level interns; minimum of 2 hours face-to-face supervision/wk; 1 1/2 hours group supervision/wk; 2-3 hours didactic training/case conferencing/wk; internship evaluations at six months and the conclusion of the training experience.

Post-master Internship in Professional Counseling

Light Counseling Inc. Under the supervision of Dr. Tim Clinton and Dr. Ron Hawkins.

Provided individual, family and group psychotherapy to adults, children and adolescents presenting with a variety of clinical problems (1992-1994)

Home-based Family Therapist

Provided individual and family therapy for juvenile delinquents and their families in a home-based setting. The position also required extensive collaboration efforts with community organizations such as court service units and social services and Family Assessment and Planning Teams (FAPT) (Spring 1992 to fall of 1992)

Residential Youth and Family Counselor

Provided individual and family counseling for juvenile delinquent males and their families within a residential setting. (1990-1992)

Delta Outreach Detention Caseworker.

Responsibilities and tasks include: case management, intensive collaboration with Court Service Unit, Social Services and Mental Health, counseling and supervision of home-based adolescents who have been referred by the Amherst Juvenile and Domestic Court (1990-1992)

PROFESSIONAL MEMBERSHIPS

American Psychological Association
American Association of Christian Counselors

PROFESSIONAL PRESENTATIONS (just a sampling of recent)

Sibcy, Clinton (2012). Interpersonal Neurobiology, Counseling, Psychotherapy, and Spiritual Transformation. Three Hour Pre-conference workshop. National Conference on Christian Counseling. Branson Missouri, Sept, 27.

Sibcy (2012). Treating Children with Severe Mood Dysregulation: An Attachment-Based, Neurobiologically-Informed Approach. 75 min. workshop, National Conference on Christian Counseling, Branson Missouri, Sept, 28.

Sibcy, Clinton, Straub (2012). Cognitive Interpersonal Therapy: An Individual Treatment for Couples. Three Hour Pre-conference workshop, Presented at Marriage America Conference, Orlando Florida, April 12, 2012.

Sibcy, G. (2012). Treating Explosive Children: An attachment-based, neurobiologically-informed parent training model. 75 min workshop, Presented at Marriage America Conference, Orlando Florida, April 13, 2012.

Sibcy, G. (In Press). Helping Explosive Children: A parent training model. AACC Production.

Sibcy, G. (In Press). Helping People Change: The SECURE Model. AACC Production

Sibcy (2011). Behind the eyes: The neurobiology of relationships and spirituality. 3 hr pre-conference workshop, World Conference on Christian Counseling, Nashville, Tn., Sept, 2011.

Sibcy & Knight (2011). Attachment, Neurobiology, and Emotional Intelligence. Workshop, World Conference on Christian Counseling, Nashville, Tn. September 25th.

Sibcy and Clinton (2011). Helping Today's Children. 3 hr Webinar for AACC, September, 2011.

Sibcy, G and Kuhnley, (2011). Complex Oppositional Defiant Disorder. Diagnosis, treatment strategies, and psychopharmacology. 3 hr. Webinar for AACC, March 22, 2011.

Clinton, Sibcy, Straub (2010). Attachment, Neurobiology, Relationships. A Pre-conference workshop, National Conference on Christian Counseling, Branson, MO. Sept 23, 2010.

Sibcy, G.A. (2010). Complex Oppositional Defiant Disorder, An Integrated Treatment Approach. A workshop at the National Conference on Christian Counseling, Branson MO, Sept, 24, 2010.

Sibcy, G.A. (2010) Dialectical Behavior Therapy for Psychiatric Inpatient Care. 5 hour Grand Round Training, Virginia Baptist Hospital. October 2010.

Sibcy, G.A. (2010). Attachment-Based Treatments for Families and Children I: The Secure Base System. Training presented for Virginia Comprehensive Services providers, Sept, 10, 2010.

Sibcy, G.A. (2010). Attachment-Based Treatments for Families and Children II: Collaborative Problem Solving and Mentalization Strategies. Training presented for Virginia Comprehensive Services providers, Sept 10, 2010.

Sibcy, G.A. (2010). Attachment-based treatment strategies applied in school settings. Professional training (8 hrs) provided to Bedford County School, April 10, 2010.

Sibcy, G.A. with May, Sharon (2010). Attachment theory and couples therapy. Application of Emotion Focused Therapy and Cognitive Interpersonal Therapy (3hrs. CEU Training)

Sibcy, G.A. (2010). Attachment theory: applications for clinical practice. 40 hrs. of CEUs provided in five hour increments per month from Sept. 2009 through June 2010.

Sibcy, G.A. (2009). The neurobiology of relationships and counseling. A pre-conference workshop presented at The World Conference on Christian Counseling (AACC). Nashville Tennessee. 9/17/09.

Sibcy, G.A. (2009). Treating Chronic Depression: Attachment based cognitive-interpersonal psychotherapy for chronic depression. Workshop presented at the World Conference on Christian Counseling (AACC). Nashville Tennessee. 9/19/09

Sibcy, G.A. (2009). Attachment, Neurobiology, and the Power of Secure Base Relationships. Keynote Address: Texas Christian Counseling Association. San Antonio, Texas. Feb. 2009.

Sibcy, G.A. (2009). Attachment-Based Treatment for difficult children and adolescents. Keynote address: Texas Christian Counseling Association. San Antonio, Texas. Feb. 2009.

Sibcy, G.A. (2009). Attachment, Neurobiology, and Psychopathology. In one-day training provided to Bedford County Schools school psychologists, school counselors, and social workers. May, 2009.
Workshop presented to clinical staff at Bridges Residential Treatment Center June, 2004, Lynchburg Va.

Attachment Theory and Practice, Part I: A primer for clinicians. November 2004, Sponsored by Centra Health, 4 hour workshop

Attachment Theory and Practice, Part II: A primer for clinicians, March 2005, Sponsored by Centra Health, 4 hour workshop

Using Attachment Theory in the Classroom: Emotion Coaching Challenging Children. Full-day workshop presented to Amherst County Schools, March 25, 2005.

Angry and Defiant Children: working with complex ODD. A Pre-conference Workshop at the World Conference on Christian Counseling, Nashville, Tn. Sept. 28, 2005

Empirically Supported Treatments for Pediatric Bipolar Disorder: Integrating neurobehavioral, cognitive behavioral, and attachment theories. Workshop, at World Conference on Christian Counseling, Nashville, Tn., Sept 29, 2005.

Working with Explosive/Angry Children: An Attachment Informed Approach. A full-day workshop presented to Bedford Group Homes. February 10, 2006.

Building Emotional Intelligence in Children: A Pre-conference
A brief treatment package for assessing and treating attachment disturbances in parent-child relationships: The key to helping troubled children. Workshop at the World conference on Christian Counseling, Nashville, Tn., Sept, 2007

Sibcy, G.A. (1992). Irrational beliefs, emotionality and observed behaviors in an at risk adolescent population. Paper presented April 9, 1992 at the Virginia Psychological Association's spring convention.

Sibcy, G.A. (1993). Death Anxiety and Irrational Beliefs. Paper presented at the Virginia Psychological Association, Spring Convention 1993.

Clinical Diagnosis and Treatment Planning for Children and Adolescents. Workshop presented at the 1993 spring convention of the Virginia Counseling Association.

Juvenile Delinquency and Substance Abuse. Workshop presented at Central Virginia Community College, Spring 1993.

Research Directions in Religious Doubt. Co-presented with Gary Habermas at Liberty University. This workshop was professionally filmed for use as a training tape in research in statistics (April, 1995)

New Directions in Diagnosis and Treatment of ADHD. Workshop presented to Amherst County School teachers and school psychologists (June, 1997).

Attachment Theory: Clinical Applications Future Trends. Workshop presented at the World Conference on Profession Christian Counseling, Dallas TX, 1997.

Forgiveness Models: Research Trends and Clinical Innovations. Workshop

presented at Liberty University Clinical Counseling Special Series Workshops, March, 16th, 1998.

Diagnosing and Treating Self-Mutilation in Children and Adolescents. Workshop presented to clinical staff at Virginia Baptist Hospital (Oct. 2001).

Using Attachment Theory to Inform Residential Treatment of Foster Children. Workshop presented to staff at Bedford County Social Services. (Oct. 2001).

The growth of the self: using Greenspan's DIR model in treating children with severe attachment problems. A training presented to clinical staff at Bridge Residential Treatment Center (March 2003).

Attachment Theory in Clinical Practice: Why we love, feel, and act the way we do. Pre-conference workshop presented at International Conference on Christian Counseling, Nashville Tenn., (Sept. 2003).

Attachment and Marriage. Workshop presented at the International Conference on Christian Counseling, Nashville, Tenn. (Sept. 2003).

Attachment Theory and Family Therapy. Co-presented with Tim Clinton. Workshop presented at AACC regional conference in Greensboro, N.C. (March, 2004).

Diagnostic Issues for Pediatric OCD. Workshop presented to residents and Lynchburg Family Practice Residency Training Program, Lynchburg Va. Sept 22, 2004.

Attachment Theory and Practice within Residential Treatment Settings.

PUBLICATIONS

Books

Clinton, T. & Sibcy, G. (2002). Attachments: Why we love feel and act the way we do. Nashville: Integrity Press.

Clinton, T. & Sibcy, G. (2006). Why you do the things you do. Nashville: Integrity Press.

Clinton, T. & Sibcy, G. (2006). Loving your child too much. Nashville: Integrity Press.

Articles and book chapters

Clinton, Sibcy (2012). Christian Counseling, Neurobiology, and the Future. Journal of Psychology and Theology.

Sibcy, G. (2011). Attachment theory in Christian Counseling. In Encyclopedia of Christian Counseling. Baker Books.

Sibcy, G. (2011). Interpersonal Neurobiology and Christian Counseling. In Encyclopedia of Christian Counseling. Baker Books.

Sibcy, G. (2011). Oppositional Defiant Disorder. In Encyclopedia of Christian Counseling. Baker Books.

Sibcy, G. (2011). Interpersonal Psychotherapy. In Encyclopedia of Christian Counseling. Baker Books.

Gsibcy, G. (2011). Clinical interviewing strategies. In Encyclopedia of Christian Counseling. Baker Books.

Gsibcy, G. (2011). Developmental theory and clinical practice. Christian Counseling Today (Spring Issue).

Sibcy (2010). God Attachment System. In Clinton and Straub, God Attachment. Baker Books.

Sibcy (2010). Attachment across the life span: The secure base system. Mental Health Matters. Spring Issue.

Sibcy (2010). Attachment across the life span: Attachment styles. Mental Health Matters, Summer Issue.

Sibcy, G. (2005). Healthy Personality Development. News Digest, Centra Health, Fall Issue.

Judd, M., Sibcy, G. (2005). Crossing the line: working with psychosis. Christian Counseling Today, Summer Issue.

Sibcy, G. & Clinton, T. (In Press). Treating Oppositional Defiant Disorder: An attachment-based prescription. Christian Counseling Today, Summer Issue.

Clinton & Sibcy (2004). Attachments: Using attachment theory in practice. A video production with manual, a part of the Geneva Series produced by AACC.

Sibcy, G. (2004). Assessment and Treatment of Panic Disorder: A cognitive-behavior approach. A video production with manual, a part of the Geneva Series produced by AACC.

Sibcy, G. (2009). Helping your Angry Defiant Child. A video production, a part of the series Helping People God's Way, produced by AACC.

Sibcy, G. (2004). Using Attachment Theory to Treat Oppositional Defiant Disorder. New Digest, Centra Health.

Sibcy, Clinton, & Habermas (In Press). Attachment as a Metatheory for Christian Counseling. Eds (Clinton & Oschlinger, Competent Christian Counseling, Vol. II. Integrity Press, Nashville, Tenn.

Brende, J., Dill, J., Dill, B., & Sibcy, G. (1996). An integrated model for treating PTSD in a primary care setting. Southern Medical Journal.

Dill, B., Dill, J., Sibcy, G. & Brende, J. (1997). The RN's 'role in the office treatment of patient's with histories of abuse: An attachment informed approach. Journal of Gastroenterological Nursing.

Dill, B. Sibcy, G., Dill, J. (1998). Abuse, threat, and irritable bowel syndrome, what is the connection. Journal of Gastroenterological Nursing.

Sibcy, G.A. & Habermas, G.R. Religious uncertainty and negative emotionality: A new instrument for measuring religious doubt. Unpublished manuscript, submitted for

publication.

Sibcy, G. A. (1997). Out of control and dangerous: A model for treating conduct disordered children. Christian Counseling Today, Spring Issue.

Sibcy, G.A. (1996). Treating adult victims of childhood sexual abuse. Christian Counseling Today. Summer Issue.

Sibcy, G.A. (1994). Treating Panic Disorder. Christian Counseling Today. Fall Issue.

Sibcy, G.A. (2008). Understanding and helping those with PTSD. Video production, AACC.

Current Research Projects:

The God Attachment Project: A grant funded research project initiated in the fall of 2006. The focus was multileveled. The first was to examine the spiritual and relational experiences of a sample of first semester college freshmen. We measured multiple domains, including the quality of parent-child attachment, religious emphasis, perceived parental spirituality, loss, and potential trauma, God attachment, romantic attachment, mood regulation, and spiritual well-being. We also endeavored to develop a theory-based religious doubt scale. This scale is currently under construction and the manuscript is in preparation.

Other Research Activities

Dialectical Behavior Group Therapy Outcome Project: Co-principle investigator of a grant funded project designed to administer dialectical behavior therapy to patients at Piedmont Psychiatric Center. These patients have been diagnosed with severe Borderline Personality Disorder and are being treated within a multi-component treatment program which include psychiatric medication management, individual psychotherapy, and DBGT (administered by both a licensed clinical psychologist and a board certified psychiatrist). Careful pre- and post- test assessments have been administered. Because of the severity of the patients, no control group was used. The primary aim of the study was to assess whether adding the skills training group to this treatment refractory group of patients would result in improved functioning, not only in terms of standard outcome measure but also more ecologically valid measures such as fewer hospitalizations, fewer ED visits, and fewer non-psychiatric medical visits to general practitioners. This project began in January 2004 and extends to January 2006. The project is funded by the Centra Foundation.

Attachment-Based Family Therapy for Oppositional Defiant Disorder and Other Disruptive Behavior Disorder. This project is currently in the preparation phase, which involves the completion of a clinician treatment manual for administering Attachment-Based Family Therapy (50% complete). After the manual is complete, the next phase will be to secure funds for the study and to recruit and train therapists. At this point, the Centra Foundation has expressed an interest in funding such a project. Therapist will include both Master level interns in counseling, LPC's and perhaps some LCP's. The third phase would include the recruitment of patients and pre-test assessment. The fourth phase will be the actual treatment phase. The study's design will include random assignment into a waiting list control group (depending on whether the IRB will approve of it with such a population), an active control group (individual supportive-counseling) and the experimental group. Phase five will be post-assessment.

Sample of Recent, Relevant Trainings and Certificates:

Certified Practitioner of Cognitive Behavior Analysis System of Psychotherapy (January, 2013).

Treatment of Chronic Depression. Specialty training in Cognitive Behavioral Analysis of Systems Psychotherapy, Jim McCollough, Ph.D. VCU, Richmond Va. 2011, March 14-18. This training includes ongoing clinical supervision with a certified CBASP therapist. I should complete the certification process in Dec. 2012.

Neurofeedback Training in Smartmind, October 2010, Richmond Va..

Two-Years (2009-2010). Object Relations and Attachment Theory, Training and Supervision, Michel Kaufman, Washington School of Psychiatry. This involved once a month, 5 hour training held in Charlottesville Va. Total was 90 hours of continuing education.

March 2010. Two Day Training with David Burns: Cognitive Therapy for Anxiety Disorders. Held in Charlotte N.C.

April 2009. Two Day Training by John Briere. Treating Complex PTSD. Held in Durham, N.C.

April 2008, 14 day training in The Adult Attachment Interview, held at the Washington DC Institute of Psychiatry

June 2007, Two day Training with David Burns. Using CBT in with Difficult Cases. Held in Durham, NC.

March, 2005, Two Day Training by Donald Meichenbaum. Treating PTSD with Cognitive Behavior Therapy