

Judith Richards, PhD, MFT, LPC, CADC II
Curriculum Vitae



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Education

Ph.D.

Counseling (Counselor Education & Supervision) 2015
Oregon State University
Corvallis, Oregon

Dissertation Title: *Historical and Current Trends in Counselor Education
Dissertations*

Coursework/ California Professional Clear Teaching Credential

Bethany University 2004-2006
Scotts Valley, California
Completed 17 of 35 credits required

Master of Arts

Marriage & Family Therapy 1990
University of San Francisco
San Francisco, California

Bachelor of Science

Biological Health/Nutrition 1975
Pennsylvania State University
University Park, Pennsylvania

Professional Interests

Research and practice interests include family systems and wellness, trauma informed treatment, integrating interpersonal neurobiological approaches to treatment, substance abuse including effects on families; dual diagnosis treatment, experiential adventure therapies including the use of outdoor wilderness and ropes course experiences.

Research Experience

Western Consortium for Public Health

1990-1992

Clinical interviewer for a large scale epidemiological study funded by the National Institute of Mental Health (NIMH) examining the satisfaction level with mental health services provided by various California counties for seriously emotionally disturbed children, adolescents, and their families. Both quantitative and qualitative data were gathered through separate face to face interviews with the child/adolescent and their parents. Measures included the Child Behavior Checklist, Wechsler Intelligence Scale for Children and the Diagnostic Interview Schedule for Children.

University of California Los Angeles

1975-1976

As a Peace Corps Volunteer in Liberia, West Africa, participated as a survey member for the Liberia National Nutrition Survey; a research project conducted by the School of Public Health at UCLA. Teamed with a Liberian counterpart; we traveled throughout the 9 counties in Liberia to collect data in rural up-country villages and towns. Both quantitative and qualitative data were gathered through face to face interviews with families caring for a child determined to be part of the sample population. Interview included collecting measurement of height, weight, length, arm circumference and fat fold.

Experience

Assistant Professor of Counseling

Western Seminary
San Jose, California

2018-present

Provide instruction and clinical supervision to graduate level MFT, LPC students. Serve as the San Jose Field Placement Coordinator, San Jose Addiction Studies Coordinator and the San Jose Site Coordinator.

Treatment Therapist (per diem)

Meadows Behavioral Healthcare
Sunnyvale, California

12-2021-present

The Therapist assesses and facilitates the care for assigned patients. Conducts individual, family, specialized and group psychotherapy and shares clinical information gained with the treatment team, and with other involved entities as appropriate. Promotes implementation of therapeutic milieu and daily program schedule. Provides patient care in a supportive and empathetic manner.

Intake and Referral Specialist

Good Samaritan Behavioral Health Services
Los Gatos, California

2013-2019

Complete initial authorizations for acute inpatient psychiatric admissions. Complete behavioral health assessments for intensive outpatient and partial hospitalization programs. Make recommendations for treatment in areas of chemical dependency, psychiatric/mental health and dual diagnosis programs. Job responsibilities include case consultation with psychiatrists, crisis and emergency evaluations, including responsibility for initiating the 5150 process. Interface with managed care companies to obtain benefits and authorizations for patients to access treatment services.

Family Therapist

Parent's Center
Santa Cruz, California

2012-2013

Through a contract with the County of Santa Cruz Mental Health Agency and Child Protective Services, family therapy is provided in the context of court ordered supervised visits with the goal of reunification. Family issues include substance abuse, criminality and domestic violence.

Dual Diagnosis Mental Health Therapist

Rebekah Children's Services
Gilroy, California

2010-2012

Provide individual and family therapy and case management services to dually diagnosed teen clients placed in residential recovery group homes.

Private Practice Clinical Supervisor

Corvallis, Oregon

2008-2009

Provided supervision services to interns in private practice working on hours towards LPC and/or CAADAC licensure.

Resident Director/Graduate Assistantship

Oregon State University
Corvallis, Oregon

2007-2009

This was a live in position in the residence hall with undergraduate students. Promoted and facilitated the development of community among residents, including setting and enforcing policies for appropriate conduct within the

residence hall community, participated in the selection and training process for Resident Assistants, and provided leadership, oversight and accountability for student government.

Addictions Counselor

Pacific Coast Youth Homes
Ben Lomond, California

2005-2006

Facilitated psychoeducational group therapy sessions addressing addiction issues with adolescent males in residential treatment

Adjunct Faculty Member

Bethany University
Santa Cruz, California

2003-2007

Taught undergraduate, graduate, online and adult degree completion courses in the areas of counseling, human development, addiction, and the behavioral sciences.

Director of Residence Life

Bethany University
Scotts Valley, California

2000-2004

In partnership with the dean of students, co-supervised resident directors, provided supervision for a team of resident assistants, and taught and facilitated a weekly Resident Assistant class. Responsibilities included residence hall living with 100 undergraduate students and the provision of counseling services, mentorship, leadership, crisis intervention services and student programming.

Regional Family Specialist

Missouri Department of Social Services
Cabool, Missouri

1999-2000

Provided family therapy for adolescent males in a residential treatment facility. Population included clients with substance addictions and juvenile sex offenders.

Primary Therapist

Piney Ridge Hospital
Waynesville, Missouri

1997-1999

Provided individual, group and family therapy services for children and adolescents in an inpatient psychiatric setting. Caseload included dually diagnosed clients from military families overseas.

CSTAR Family Therapist

Comprehensive Substance Abuse and Rehabilitation

Burrell Behavioral Health
Springfield, Missouri

1994-1997

Provided in-home clinical services for adolescents enrolled in a residential outdoor wilderness substance abuse treatment program. Services included in home family assessments, psycho educational group classes for parents and family therapy during aftercare. Participated in weekly treatment team staffings.

HIV/AIDS Support Group Facilitator

AIDS Project of the Ozarks
Springfield, Missouri

1993-1994

Facilitated bi-monthly support group services to persons with HIV/AIDS and their caregivers in rural Missouri.

Social Service Supervisor

Lives Under Construction Boys Ranch
Lampe, Missouri

1992

Provided individual and family therapy for adolescent males in residential treatment. Provided training and mentorship for staff.

Clinical Social Worker

McDowell Youth Homes
Soquel, California

1989-1991

Provided individual assessments, treatment planning, individual, group and family counseling services and evaluation of progress for adolescent males in group home treatment. Issues included substance abuse, gang involvement and criminal thinking. Facilitated weekly treatment team meetings. Provided consultation and training for home staff.

Student Assistance Program Counselor

Marriage and Family Therapy Intern

Pajaro Valley Unified School District

1989-1992

Watsonville, California

Provided individual and family counseling interventions for students through a student assistance program. Services were targeted to reach substance abusing clients who were in alternative education because of expulsion due to substance use and/or possession violations at the regular high school. Psychoeducational groups focused on drug and alcohol education were facilitated.

**Senior Girls Unit Coordinator
Marriage and Family Therapy Intern**

Odd Fellow-Rebekah Children's Home
Gilroy, California

1988-1989

Provided consultation, training and oversight to live-in residential staff responsible for the health and well-being of ten adolescent girls in treatment. As an intern, provided individual therapy sessions to a caseload of four children. Co-facilitated family sessions with a licensed therapist.

Teaching Experience

Assistant Professor of Counseling

Western Seminary
San Jose, California
Master of Counseling

Fall 2018- present

Addictions Counseling
Crisis and Trauma Counseling
Human Growth and Development Across the Lifespan
Legal and Ethical Issues
Psychopharmacology
Research Methods
Practicum, Internship, Advanced Internship

Adjunct Faculty

Evangel University
Springfield, Missouri
Master of Science in Clinical Mental Health Counseling
Addiction Counseling

Summer 2021

Adjunct Faculty

San Jose State University
San Jose, California
Master of Arts in Educational Counseling
Law and Ethics
Introduction to Counseling and Guidance
Advanced Assessment

Fall 2015, Spring 2016

Adjunct Faculty

Palo Alto University
Palo Alto, California
Master of Science in counseling courses: online format
Psychopathology I and II
Psychotherapy with Children and Adolescents

Spring 2015

Adjunct Faculty

William Jessup University
San Jose, California

2013

Taught an undergraduate course: Adult Development and Aging for the accelerated degree completion program

Doctoral Teaching Assistant

Oregon State University
Corvallis, Oregon
Master of Science in counseling courses:
Pre-practicum
Practicum II
Applied Psychopharmacology
Group
Leadership of School Counseling
Foundations of Community Counseling
Appraisal of the Individual

2006-2008

Graduate Teaching Assistantship

Oregon State University
Corvallis, Oregon
College of Education

2006-2007

Taught TCE 253 - Learning across the Lifespan for four terms. TCE 253 is required as a prerequisite to the double degree in education program. The average class size was 50 students. Responsible for curriculum development,

textbook selection, classroom teaching and the incorporation of Blackboard technology for 20% of the course.

Adjunct Faculty Member

Bethany University
Scotts Valley, California

2003-2007

Traditional undergraduate courses

Social Psychology
History and Systems of Psychology
Child Growth and Development
Adolescent Psychology
Addiction Studies

Graduate courses

Psychotherapy with Children and Adolescents

School of Distributed Learning courses/ Adult Degree Completion

Field Experience
Adolescent Psychology
Child Growth and Development
History and Systems of Psychology

E-campus courses

Child Growth and development

Supervision
(600 hours)

Doctoral Supervisor

Oregon State University
Corvallis, Oregon

2006-2008

Individual and group supervision for graduate counseling students (community and school counseling tracks): Practicum I, Practicum II, Internship, Group Counseling Procedures

Presentations

Rubel, D., Cook, J., Glover, T.M., McGlassen, T., **Richards, J.**, & Schamp, L. (2008). Using the practice of multicultural group work: Visions and perspectives from the field (Delucia-Waack & Donigian, 2004) as a catalyst for developing the multicultural awareness, knowledge, and skills of group work

students: The experience of Oregon State University doctoral students. WACES Conference, Palm Springs, California.

Publications

Richards, J., Dykeman, C., & Bender, S. (2017). Content, methodology, and design selections in counselor education dissertations. *Journal of Counselor Leadership and Advocacy*, 1-18.

<https://doi.org/10.1080/2326716X.2017.1402392>

Richards, J., Dykeman, C., & Bender, S. (2016). Historical trends in counsellor education dissertations. *British Journal of Guidance & Counselling*, 44, 550-561.

<https://doi.org/10.1080/03069885.2016.1213373>

Organizational Affiliations

American Association of Christian Counselors

American Counseling Association

Western Association for Counselor Education and Supervision

California Consortium of Addiction Programs and Professionals

California Association of Marriage and Family Therapists

National Alliance for Mental Illness

Community & Professional Service

Workshop Presentation at local church February 2023

Presented communication talk to church staff

Shared personal story: Untying the Knots and Connecting the Dots in the context of a church series on sexual brokenness and healing

California Works Opportunity and Responsibility to Kids

(CalWORKS) Therapist

May 2022-present

Program offers mental health counseling to low-income, high needs women struggling with full time employment as a result of complex trauma, housing instability, and/or a history of domestic violence in relationships.

Program Reviewer, WACES Conference

2018

Camp Kesem Mental Health Professional

Summer 2015

Santa Clara University students plan, fund raise and attend to children and

adolescents whose parents are dealing with a cancer diagnosis. The six day camp experience is offered at no cost to families.

Interviewer

Master of Science in Counseling Admissions Interviews 2007-2009

Ph.D. in Counseling Admissions Interviews

Oregon State University, Corvallis, Oregon

Program Reviewer, ACES Conference 2009

Small group leadership: parenting issues; community and spiritual development

Seminar/workshop speaker: community, academic, spiritual retreats

Peace Corps Volunteer in Liberia, West Africa