

MICHAEL W. KESLER, Ph.D.
Vermont State Licensed Psychologist - Doctorate
New York State Licensed Psychologist

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UNIVERSITY EDUCATION

Ph.D. - Counseling Psychology, 1998
Department of Counseling and Special Education,
Brigham Young University
A.P.A. Accredited Program

M.S. - Counseling and Guidance, 1990
Department of Educational Psychology,
Brigham Young University
A.P.A. Accredited Program

B.A. - Radio, TV, Motion Picture Production, 1984
University of North Carolina - Chapel Hill

LICENSURE/CERTIFICATION

Vermont State Board of Psychological Examiners, since 2019
Licensed Psychologist - Doctorate - License # 048.0134183, Expires 2020

New York State Licensed Psychologist - License # 014595-1, since 1999

PUBLICATIONS

Promoting student development through cooperative efforts of campus housing and a counseling center, *Journal of College and University Housing* - Vol. 23, pp. 8-12.

PROFESSIONAL EXPERIENCE

Clinician - Maple Leaf Clinic, Wallingford, Vermont, 2019-Present

- Outpatient Individual and group psychotherapy to adults, children, and families.
- Administer and interpret psychological assessments and neuropsychological assessments.
- Provide community-based psychoeducation.

Chairperson - Division of Psychology and Human Services, College of St. Joseph, Vermont, 2008-2019

- Adjunct Professor, 2010; Associate Professor, 2013; Chairperson of the division, 2011 in graduate and undergraduate programs in Clinical Psychology, Clinical Mental Health Counseling, Community Counseling, Psychology, and Human Services.

Graduate and Undergraduate Courses taught:

ACC 410/PSY 410	Research Methods I
ACT 160A	Happiness: Pursued or Created?
CRJ 263	Media & Crime
ENG 115	Writing Using APA Format
GED 505	Educational Psychology
GPS 502	Advanced Theories of Psychotherapy
GPS 506	Family Systems
GPS 518	Diversity and Professional Relationships
GPS 529	Advanced Human Growth & Development
GPS 531	Sections of Graduate Field Experience I & II
HUS 260A	People & Parenting Skills in <i>The Andy Griffith Show</i>
HUS 260/360	Black Women in Film: A Celebration
HUS 315	Culture & Community
HUS 336	Family Dynamics
HUS 420A/B	Undergraduate Field Experience I & II
HUS 460A/GPS 560A	Introduction to Autism Spectrum Disorders
INT 201	Conflict, Cooperation, and Community
PSY 102	Introduction to Psychology
PSY 104	Human Growth & Development
PSY 121	Stress Management
PSY 201	Principles of Learning
PSY 260A	Movies, Meanings, & Messages
PSY 329	Infant & Early Childhood Development
PSY 334	Adult Development & Aging
PSY 360A	Psychology of <i>Star Trek</i>
PSY 360A	Psychology of Heroism: Is There a Hero in You?
PSY 450	History & Systems of Psychology
PSY 453	Seminar in Psychology & Human Services

Training in Traumatology - College of St. Joseph, 2018 - 2019

- Training in Traumatology in following topics: Compassion Stress and Fatigue, Self-Care Plans, Vicarious Trauma, Acute Traumatic Stress Management/Psychological First Aid, Grief and Loss.

Applied Behavioral Specialist - Community, Work, and Independence (CWI), 1995 - 2010

- Applied Behavioral Specialist for eleven service sites training intellectually challenged adults.
- Trained new staff in therapeutic techniques and teaching skills, taught workshops for seasoned staff on behavior management, principles of learning, dealing with personality differences in the workplace, stress and time management, principles of good instruction, improving social and problem-solving skills, etc.
- Taught weeklong courses to state-certify staff in effective and safe training of intellectually challenged adults. Revised and streamlined statewide teaching curricula in behavior management techniques.
- Staff development and training in a clinical setting serving MR/DD adult population.
- Developed effective treatment plans and supervised their implementation. Worked with local and general practitioners in treatment of clients. Effectively managed case load of approximately 150 consumers.

Staff Psychotherapist - Adirondack Samaritan Counseling Center, 1993 - 1995, 1997 - 2000

- Conducted child, individual, marital, and group therapy dealing with a wide variety of issues and diagnoses (personality disorders, depression, anxiety, domestic violence, relationship issues, ADHD, etc.).
- Consultant to community Parents' Advisory Board at local library and county Youth Justice Task Force serving at-risk youth.

Instructor/Consultant - Adirondack Samaritan Counseling Center, 1993 – 1995

- Instructor/consultant for adult education programs, local civic and religious groups, and county court system.
- Developed, taught, supervised, and revised adult education classes, support groups, psycho-educational groups addressing current psychological issues such as parenting skills, effective management of children with ADD/ADHD, learning disabilities, women's issues, domestic violence, etc.
- Trained bereavement counselors.

Instructor, College of Student Life - Brigham Young University (BYU), July 1993

- Responsibilities mainly focused on teaching Native American high school juniors how to better succeed at college using a variety of tools from stress management to study skills.

Intern Therapist for Counseling and Development Center (APA approved site) - BYU, 1991 - 1993

- Individual, marital, group therapy across a wide range of young adult concerns and disorders, with students from a variety of religious, ethnic, and racial backgrounds. Group therapy topics included issues of family of origin, male-female relationships, self-defeating behavior, gender identity, behavior therapy, and general issues.
- Administered and interpreted full spectrum of psychological assessments, performed career and academic counseling, intake interviews, crisis intervention, health center rotations, served on case management committee.

Instructor, College of Student Life - BYU, 1991 - 1993

- Taught Student Development 115—Life Planning and Decision Making, focusing on theories of young adult development (Perry, Chickering, Erikson), wellness, values clarification, time management, self-assessment, etc.
- Trained and supervised master's level counseling students, developed and coordinated outreach program training of student peer advisors, served on training committee of Counseling and Development Center.

Graduate Assistant, Educational Psychology Testing Center – BYU, 1990 – 1991

- Performed assessments, screenings, counseling, and play therapy sessions for children with learning challenges.
- Advised parents regarding findings of assessments and made recommendations for individualized educational plans.

Instructor, College of Student Life/Housing Office - BYU, 1989 - 1990

- Developed and taught curricula for Heritage Developmental Community Project (a for-credit course designed to teach theories of young adult development and focus on enhancing a balanced lifestyle). Topics in the class included assertiveness and social skills training, physical, intellectual, and spiritual development, decision-making, stress management, and study skills development, etc.
- Led in-service training of this curriculum for professors, psychologists, and resident assistants teaching sections of the class.

Intern, Division of Family Services - State of Utah, 1989 – 1990

- Developed teaching and treatment guide for parents and counselors of abused children.

U.S. Navy Reserve Chaplain Candidate - Active Duty, Great Lakes Naval Training Station (IL.), 1989

- Taught support groups and morality classes for new recruits, trained them in appropriate use of Navy resources.

Day Treatment Therapist, Wasatch Mental Health Center (UT), 1988 - 1989

- Performed individual and group counseling sessions for behavior disordered at-risk teenagers.

Laboratory Instructor

Counseling and Development Center/Educational Psychology Department - BYU, 1987 - 1988

- Taught lab section of Educational Psychology 546 (Helping Relationships)—introductory class for potential therapists. Focused on listening, relationship, communication, and empathy skills. Tested and videotaped students on these skills to evaluate progress and offer suggestions for further growth.
- Presenter for Southern Adirondack Library System's Panel of Presenters.

PROFESSIONAL AFFILIATIONS

American Psychological Association (Past)