

VITA

Clifton W. Mitchell, Ph.D.
Licensed Psychologist, HSP (Retired)
3328 Berkshire Circle
Johnson City, TN 37604
423-854-9211 home 423-930-3677 cell
cliftmitch@comcast.net

EDUCATION:

- Ph.D. Counseling Psychology 1992
Indiana State University, Terre Haute, IN
Program fully APA approved
- M.A. Clinical Psychology 1976
Western Kentucky University
Bowling Green, KY
- B.A. Psychology 1974
Virginia Polytechnic Institute and State University
Blacksburg, VA

CURRENT STATUS:

International clinical trainer and keynote speaker with a love for teaching and over 30 years of training experience. Trainings include methods for dealing with resistance in therapy based on my book, *Effective Techniques for Dealing with Highly Resistant Clients*, and my new book, *Priming: Programming the Mind for Habit Change and Success*, that demonstrates how to use priming to radically intensify therapeutic communications and improve outcomes. This book also teaches a scientifically-based system for partnering with the subconscious to eliminate bad habits and create success-advancing behaviors. I also train mental health professionals in the management of difficult, perplexing legal and ethical issues with a seminar delivered in an exciting, dynamic game show format. As a keynote speaker, I have taught hundreds of mental health organizations, businesses, leadership groups, and civic organizations effective techniques for improving communications and for creating change through the precise use of language.

Professor Emeritus in the Counseling Program at East Tennessee State University teaching graduate courses counseling. Joined the faculty in 1992 and received promotion to Full Professor in 2001. Received the university's Teacher of the Year award in 2002. Retired 2017.

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PUBLICATIONS, DVDs, and VIDEOS:

Mitchell, C. W. (2018). *Priming: Programming the Mind for Habit Change and Success*. Johnson City, TN: Mind Management Publishing.

Disque, J. G., McCarter, C. B., & Mitchell, C. W. (2016). Group constellation: Experiencing the dynamic life of a group from the outside. In G. Crofts & K. Goodrich (Eds.) *Group Work Experts Share Their Favorite Supervision Activities, Vol 1..* Alexandria, VA: Association for Specialists in Group Work.

Mitchell, C. W. (2016). Fundamentals of resistance management. *Counselor: The Magazine for Addiction and Behavioral Health Professionals*, 17, 36-40.

Ivanov, A., & Mitchell, C. W. (2016). Counseling and Russians: Historical contexts, current needs, and immigrant dynamics. *Counseling Today*, 58(11), 61-66.

Mitchell, C. W. (2016). "I don't know"—The three most common words spoken in therapy. *The Sober World*, 5(1), 26, 54.

Mitchell, C. W. (2014). Is resistance dead? *Psychotherapy in Australia*, 20(2), 26-31.

Mitchell, C. W. (2014) Managing therapeutic resistance improves patient care outcomes. *Case In Point: Advanced Care Coordination*, 12(1), 15-16.

Mitchell, C. W. (2013). Reducing resistance in psychotherapy. In Koocher, G. P., Norcross, J. C., & Greene, B. A. (Eds.), *Psychologists' Desk Reference*. (3rd ed.). New York: Oxford University Press.

Mitchell, C. W. (2013). Is resistance dead? *Psychotherapy Networker*, 37(3), 18-23 & 60-61.

Mitchell, C. W. (2012). The limits of confidentiality: The duty to report and to warn. *Psychotherapy Networker*, 36(4), 46-47.

Mitchell, C. W. (2011). Eavesdropping to enhance social skills. In H. Rosenthal (Ed.), *Favorite Counseling and Therapy Homework Assignments, Classic Anniversary Edition*. NY: Brunner-Routledge

Mitchell, C. W. (2011). Techniques for managing silence in therapy. In H. Rosenthal (Ed.), *Favorite Counseling and Therapy Techniques, Classic Anniversary Edition*. NY: Brunner-Routledge

Mitchell, C. W., & Disque, J. G. (2010). *Managing therapeutic resistance which results from incompatible roles*. http://counselingoutfitters.com/vistas/vistas10/Article_50.pdf

Mitchell, C. W. (2007). *Effective techniques for dealing with highly resistant clients*

Clifton W. Mitchell, 3
(2nd ed.). Johnson City, TN: Clifton Mitchell Publishing.

Genco, J. T., & Mitchell, C. W. (2006, June) Relationships between personality types and coping styles: A pilot study. *Journal of Psychological Type*, 66(6), 49-57.

Mitchell, C. W. (2004). How to tell when a client is ready to change. *The Advocate*, 27(7), 1,10-11.

Mitchell, C. W. (2003). Tips for treating highly resistant clients. *The Advocate*, 26(11), 1,10-11.

Mitchell, C. W. (2003). Highly resistant clients: We've all had them. *The Advocate*, 26(7), 1,10-12.

Mitchell, C. W., & Rogers, R. (2003). Rape, statutory rape, and child abuse: Legal distinctions and counselor duties. *The Professional School Counselor*, 6(5), 332-338.

Mitchell, C. W., Disque, G., & Robertson, P. (2003). When parents want to know: Methods for dealing with parental demands for confidential information. *The Professional School Counselor*, 6(2), 156-161.

Haren, E. G., & Mitchell, C. W. (2003). Relationships between the five-factor personality model and coping style. *Psychology and Education: An Interdisciplinary Journal*, 40(1), 38-47.

Mitchell, C. W. (2001). Using linear regression to predict short-term changes of the Standard and Poor's 500. *Technical Analysis of Stocks and Commodities*, 19(10), 26-33.

Disque, J. G., Robertson, P. E., & Mitchell, C. W. (2000). A Postmodern approach to counselor education admissions. In G. McAuliffe & K. Eriksen (Eds.), *Preparing counselors and therapists* (pp. 114-134). Virginia Beach, VA: The Donning Company.

Broeder, C. E., Quindry, J., Brittingham, K., Panton, L., Thomson, J., Appakandu, S., Breuel, K., Byrd, R., Douglas, J., Ernst, C., Mitchell, C., Olson, M., Roy, T., & Yarlada, C. (2000). The "Andro" project: The physiological and hormonal influences of androstenedione supplementation in men aged 35 to 65 years old participating in a high intensity resistance-training program. *Archives of Internal Medicine*, 160, 3093-3104.

Mitchell, L. L., & Mitchell, C. W. (1998). Effects of premenstrual syndrome on coping style. *Psychology - A Journal of Human Behavior*, 34(1), 2-10.

Mitchell, L. L., & Mitchell, C. W. (1998). Premenstrual personality alterations and psychological type: A hypothesized, nonpathological explanation. *Journal of*

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Psychological Type, 47, 12-20.

Mitchell, C. W. (1997). Confidentiality issues surrounding client and parental rights and school records. *Global Visions for Counseling Professionals: The Journal of Tennessee Counseling Association*, 4(1), 21-23.

Mitchell, C. W., & Headly, T. (director) (1997). *Overcoming Roadblocks to Change: The Five Steps to Effective Group Facilitation* (video). Training video and manual for Tennessee's Families First program supervisors.

Mitchell, C. W., & Shuff, I. M. (1995). Personality characteristics of hospice volunteers as measured by Myers-Briggs Type Indicator. *Journal of Personality Assessment*, 65(3), 521-532.

Mitchell, C. W. (1994). Effects of subliminally presented auditory suggestions of itching on scratching behavior. *Perceptual and Motor Skills*, 80, 87-96.

Mitchell, C. W. (1994). Maintaining perspective in counseling situations. *Global Visions for Counseling Professionals: The Journal of the Tennessee Counseling Association*, 2(1), 28-29.

Shuff, I. M., Horne, A. M., Westburg, N. G., Mooney, S. P. & Mitchell, C. W. (1991). Volunteers under threat: AIDS hospice volunteers compared to volunteers in a traditional hospice. *The Hospice Journal*, 7(1/2), 85-107.

This article was also published the same year as a chapter in M. O. Amenta & C. B. Thelan (Eds.), *Aids in the hospice community*. New York: Haworth Press.

Mitchell, C. W. (1985, November). Nobody here but us fundamentalists: Why stockbrokers are not technicians. *Barron's National Business and Financial Weekly*, pp. 32-38.

KEYNOTE PRESENTATIONS

The keynotes, *The Art of Therapeutic Language: Using Priming for Self-Improvement and Client Success*, and *Self Improvement Through Precision Communication: Using Your Mind for A Change*, have been presented to over 300 conventions, organizations, and businesses since 1988. Clients have included:

Montana Licensed Clinical Professional Counseling Association
Southwestern School for Behavioral Health Studies Conference
Intel Corporation
Alabama Counseling Association

Alabama Council of Community Mental Health Boards Annual Conference
U.S. Journal Training Conferences
Co-Occurring Disorders and Treatment Conference
Louisiana Counseling Association

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Mid-Atlantic Addiction Research & Training Institute (MARTI)
Case Management Society of America (CMSA)
Department of Veterans Affairs, Johnson City, TN
Ben Franklin Institute's Summits for Clinical Excellence
Southwestern School for Behavioral Health Studies
Tennessee Advanced School of Addictions
Tennessee Association of Alcohol, Drug, & Other Addiction Services (TAADAS)
Virginia Department of Criminal Justice Services Annual Conference
Virginia State Prison Principals
Virginia Community College Association of Financial Aid Administrators
17th Annual Symposium on Professional Collaboration and Inclusive Education
Tennessee Association of Human Resource Agencies
Northeast Tennessee Adult Protective Services
Tusculum College Counselors
Southeast Association of Community Action Agencies
Tennessee State Leadership Conference
Tennessee Court Appointed Special Advocates (CASA)
First Tennessee Conference on Aging
Tennessee's Community Correction Association
American Society of Training and Development
Tennessee State Public Health Association
Carter Wallace Company
Eastern Dairyman's Association,
Radiological Society of Virginia and North Carolina
Leadership Terre Haute, Terra Haute, IN
National Association of Purchasing Managers
Virginia Department of Transportation
Lynchburg College
Leadership Hawkins County, Rogersville, TN
Leadership Bristol, Bristol, TN.
UETEC Educators, Johnson City, TN
SPLASH Youth Leadership summer workshop.
Clayburn County Chamber of Commerce, Clayburn, TN
Upper East Tennessee Human Services Head Start
Southwest Virginia Community College
North East Tennessee Institute of Internal Auditors
Leadership Kingsport, Kingsport, TN
First Tennessee Area Development District
Virginia Highlands Community College

NATIONAL and INTERNATIONAL TRAININGS

A partial list of audiences and sponsors of the training seminars, ***Effective Techniques for Dealing with Highly Resistant Clients*** and/or ***The Legal and Ethical Game Show Challenge*** includes:

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Achieving Clinical Excellence Conference (ACE)
Alabama Counseling Association
Alabama Council of Community Mental Health Boards
Alabama Mental Health Counselors Association (ALMHCA)
Alcohol and Drug Council of Middle Tennessee
American Counseling Association (ACA)
American Mental Health Counselors Association (AMHCA)
Argosy University
Arkansas Tech – Division of Children & Family Services
Ben Franklin Institute's Summits for Clinical Excellence
Brambleboro Retreat, Brambleboro, VT
Case Management Society of America (CMSA)
Centre for Experiential Training, Singapore
Chattanooga Area Psychotherapy Association (CAPA)
Chemical Dependency Counselors of Washington State
Child Focus Training Center, Cincinnati, OH
Clinical Social Work Association of Savannah, GA
Community Counseling Program Northern Kentucky University
Community Counseling Services, Inc, Marion, OH
Connecticut Association of Addiction Professionals (CAAP)
Co-Occurring Disorders & Treatment Conference, Washington State
Council for Alcohol and Drug Abuse Services (CADAS), Chattanooga, TN
Cross Country Education
Department of Counseling and Human Development - Walsh University
Dunn Mental Health Center, Richmond, IN
EMDR International Association
East Tennessee Mental Health Association
Family Services Society, Corning, NY
Frontier Mental Health, Gray, TN
Florida Mental Health Counselors Association
Florida Asso. of Marriage & Family Therapists (Orlando, Palm Beach, Dade Chapters)
George Fox University Graduate Department of Counseling
Georgia School of Addiction Studies
Georgia Society of Clinical Social Workers
Graduate Counseling Program - Xavier University
Greater Cincinnati Counseling Association (GCCA)
Health Affiliates Maine
Helen Ross McNabb Center, Knoxville, TN
Hillsborough Community College

HPR III Training Institute, Roanoke, VA
Idaho Mental Health Counselors Association
Indiana University School of Social Work
Jackson Area Council on Alcoholism and Drug Dependency (JACOA)
Kentucky Mental Health Counselor Association
Louisiana Counseling Association
Maryland Association for Addiction Professionals (MAAP)
Memphis Recovery Centers

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Mental Health Association of East Tennessee
Milton H. Ericksonian Foundation
Minnesota Social Service Association (MSSA)
Montana Licensed Clinical Professional Counseling Association
Mountain Area Health Education Center, Asheville, NC (MAHEC)
Mountain View Hospital, Gadsden, AL
National Association of Social Workers – Florida
National Association of Social Workers – Georgia
National Association of Social Workers - Miami – Dade
National Association of Social Workers – Hawaii
National Institute for the Clinical Application of Behavioral Medicine (NICABM)
New York Mental Health Counselors Association (NYMHCA)
New Jersey Mental Health Counselors Association (NJMHCA)
North Carolina Association of Social Workers (NASW-NC)
North Carolina Association for Marriage & Family Therapy (NCAMFT)
North Dakota Family Based Services Association (NDFBSA)
Northwest Youth & Family Services, Shoreham, MN
Ohio Mental Health Counselors Association
Oregon Association for Marriage and Family Therapy (OAMFT)
Plateau Mental Health Center, Cookeville, TN
Peninsula Mental Health, Knoxville, TN
PESI Health Care
Psychotherapy Networker Annual Convention
PsychOz Publications Training Events, Australia
Ridgeview Institute, Smyrna, GA
Seattle Pacific University Department of Marriage and Family Therapy
School of Professional Counseling - Lindsey Wilson College
The Samaritan Health & Living Center, Elkhart, IN
Smoky Mountain Counseling Association
Southwestern School for Behavioral Health Studies
Tennessee Association Alcohol, Drug & other Addiction Services (TAADAS)
Tennessee Advanced School on Addictions (TASA) (2)
Tennessee Community Corrections Association (TCCA)
Tennessee Psychological Association
The Hart Center, Memphis, TN
University of Calgary Dept. of Social Work, Alberta, Canada
University of Cincinnati Counseling Program
University of North Florida Counseling Center

University of Tennessee Counseling Program
U. S. Journal Training Inc.
Virtual Center for Excellence, Detroit, MI
Virginia Advisory Committee on Juvenile Justice
Virginia Association of Alcohol and Drug Abuse Counselors
Virginia Association of Marriage and Family Therapy
Virginia Community and Residential Care Association
Virginia Department of Criminal Justice Services (DCJS)
Virginia Drug Court Association

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Virginia Juvenile Justice Association
Virginia Rehabilitation Association
Washington Association for Marriage and Family Therapy (WAMFT)
Washington State Mental Health Counselors Association

SELECTED PROFESSIONAL PRESENTATIONS and CONFERENCE TRAININGS:

Mitchell, C. W. (2020, 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010, March). Presenting one or more of the following: *Treating the Highly Resistant Client: Techniques That Work, Part 1 & 2; The Legal and Ethical Game Show Challenge; and Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement; and Crafting Impactful Therapeutic Dialogue Through a Deliberate Utilization of Priming.* Psychotherapy Networker Symposium, Washington, D.C.

Mitchell, C. W. (2019, 2016, 2015, 2011, 2007). *Ericksonian Linguistic Techniques for Managing Resistance Through Priming and Embedded Suggestions; Resistance Management: Priming the Subconscious Mind; Slowing Down to Go Faster: Utilizing Resistance for Solution Development.* The International Congress on Ericksonian Approaches to Psychotherapy, Phoenix, AZ, San Francisco, CA, & San Diego, CA.

Mitchell, C. W. (2019, 2018, 2017, 2015, 2014, Multiple Dates Each Year). *Priming: Using the Hidden Power of Language for Superior Client Outcomes Self-Improvements (keynote) and/or The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader, and/or Effective Techniques for Dealing with Highly Resistant Clients.* Presented through U. S. Journal Training Conferences, Bellevue, WA; Clearwater, FL; Nashville, TN; Las Vegas, NV; and Dallas, TX.

Mitchell, C. W. (2019, 2018, 2016, 2015, 2014, 2013, 2012, 2011). Presenting one or more of the following: *Effective Techniques for Dealing with Highly Resistant Clients; The Legal and Ethical Game Show; Priming: Using the Hidden Power of Language for Superior Client Outcomes Self-Improvements.* Presented at the Minnesota Social Service Association (MSSA) Annual Conference, Minneapolis, MN.

Mitchell, C. W. (2019, 2013, 2011). *Effective Techniques for Dealing with Highly Resistant Clients, and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader.* Presented at the Louisiana Counseling Association Conference, New Orleans, LA.

Mitchell, C. W. (2019, 2018, 2017). *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements (keynote); Effective Techniques for Dealing with Highly Resistant Clients; and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader.* Presented at the National Association of Therapeutic Schools and Programs (NATSAP), Tampa, FL., San Antonio, TX, & Boise, ID.

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Mitchell, C. W. (2019, 2017, 2016). *Effective Techniques for Dealing with Highly Resistant Clients and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the Henrietta Weill Memorial Child Guidance Clinic and Adult Behavioral Health, Bakersfield, CA.

Mitchell, C. W. (2019). *Effective Techniques for Dealing with Highly Resistant Clients and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the Cumberland Heights Foundation, Nashville, TN.

Mitchell, C. W. (2019). *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements (keynote) and Crafting Impactful Therapeutic Dialogue Through a Deliberate Utilization of Priming, and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the Idaho Conference On Alcohol and Drug Dependency (ICADD), Boise, ID.

Mitchell, C. W. (2019). *Effective Techniques for Dealing with Highly Resistant Clients and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the Eastern Shore Hospital, Cambridge, MA. .

Mitchell, C. W. (2018, 2016, 2014, 2013, 2012, 2011, 2008). Presenting one or more of the following: *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements (keynote) and Crafting Impactful Therapeutic Dialogue Through a Deliberate Utilization of Priming, Effective Techniques for Dealing with Highly Resistant Clients; The Legal and Ethical Game Show; Priming: Using the Hidden Power of Language for Superior Client Outcomes Self-Improvements*. Fall Psychiatric Symposium, Knoxville, TN

Mitchell, C. W. (2018, 2013, & 2011). *Effective Techniques for Dealing with Highly Resistant Clients and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the Battleboro Retreat, Brattleboro, VT.

Mitchell, C. W. (2018 & 2015). *Priming: Using the Hidden Power of Language for Superior Client Outcomes Self-Improvements (keynote) and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented by the Mid-Atlantic Addiction Research & Training Institute (MARTI), Indiana, PA.

Mitchell, C. W. (2018, 2017, Multiple Dates Each Year). *Effective Techniques for Dealing with Highly Resistant Clients and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented through Vendome Chicago, IL, Atlanta, GA, Bedford, MD.

Mitchell, C. W. (2018 & 2012). *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements (keynote), Effective Techniques for*

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Dealing with Highly Resistant Clients, and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader. Presented at the Addictions Studies Institute, Columbus, OH.

Mitchell, C. W. (2018, Sept.). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented at the Mariners Inn Drug and Alcohol Center, Detroit, MI

Mitchell, C. W. (2018, May). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented at the Star Vista Organization, Detroit, MI.

Mitchell, C. W. (2018, April). *The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader.* Presented at Stormont Vail Health Family Services and Guidance Center, Topeka, KS.

Mitchell, C. W. (2016, 2013, & 2012). *Effective Techniques for Dealing with Highly Resistant Clients and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader.* Presented at Ridgeview Institute, Smyrna, GA

Mitchell, C. W. (2016). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented through TATRA Training Adelaide, Australia. 5 City tour included Sydney, Brisbane, Adelaide, Melbourne, and Perth.

Mitchell, C. W. (2015, Oct.). *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement (keynote) and Effective Techniques for Dealing with Highly Resistant Clients.* Presented at the Co-Occurring Disorders and Treatment Conference, Yakima, WA.

Mitchell, C. W. (2015, Sept.-Oct.). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented for Health Affiliates Maine; Portland, Lewiston, and Bangor, ME.

Mitchell, C. W. (2015, May). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented at the Centre for Experiential Training, Singapore.

Mitchell, C. W. (2015, May). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented at the Primary Care Network Pallister, Medicine Hat, Canada.

Mitchell, C. W. (2014, Sept.). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented at the Virtual Center for Excellence, Detroit, MI.

Mitchell, C. W. (2014, Sept.). *The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader.* Presented at the Clinical Social Work Association of Savannah, GA.

Mitchell, C. W. (2014, July). *Effective Techniques for Dealing with Highly Resistant Clients.* Presented at the Centre for Experiential Training, Singapore.

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Mitchell, C. W. (2014, June). *Effective Techniques for Dealing with Highly Resistant Clients*. Presented by the Dept. of Social Work, University of Calgary, Calgary, CA.

Mitchell, C. W. (2014, May-June). *Effective Techniques for Dealing with Highly Resistant Clients*. PsychOz Publications Trainings--Melbourne, Brisbane, & Sydney, Australia.

Mitchell, C. W. (2014, May). *The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the Trauma, Addiction, Intimacy Disorders Conference, Nashville, TN.

Mitchell, C. W. (2013, September). *The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the 2013 EMDRIA Conference, Austin, TX.

Mitchell, C. W. (2013, 2012, 2009, & 2008, Multiple Dates Each Year). *The Art of Therapeutic Language: Using Priming for Self-Improvement and Client Success* (keynote) and *Maximizing Critical Junctures in Therapeutic Dialogue: Challenges, Silence, "I don't know" Responses; New Perspectives on Therapeutic Resistance: A Social Interaction Model* (keynote); *The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*; and *Effective Techniques for Dealing with Highly Resistant Clients*. Presented at the Summit for Clinical Excellence, Chicago, IL., Atlanta, GA., Columbus, OH., Scottsdale, AZ., San Diego, CA., Philadelphia, PA., Tempe, AZ. and Park City, UT.

Mitchell, C. W. (2013, July). *Effective Techniques for Dealing with Highly Resistant Clients*. Presented at the Centre for Experiential Training, Singapore.

Mitchell, C. W. (2013, May). *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements* (keynote), *Effective Techniques for Dealing with Highly Resistant Clients*, and *The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader*. Presented at the Tennessee Association Alcohol, Drug & other Addiction Services (TAADAS) Conference, Murfreesboro, TN.

Mitchell, C. W. (2013, April). *Effective Techniques for Dealing with Highly Resistant Clients*. Presented at the Chattanooga Area Psychotherapy Association (CAPA), Chattanooga, TN.

Mitchell, C. W. (2013, March). *Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements* (keynote). Presented at the Case Management Society of America (CMSA) Conference, Knoxville, TN.

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Mitchell, C. W. (2012, Oct.). The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader and Effective Techniques for Dealing with Highly Resistant Clients. Presented at the 2012 Fall Social Workers Conference, Morristown, TN.

Mitchell, C. W. (2012, June). The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader and Effective Techniques for Dealing with Highly Resistant Clients. Presented at the Cross Cutting & Integrated Practice Conference, Lansing, MI.

Mitchell, C. W. (2012, May). The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader and Effective Techniques for Dealing with Highly Resistant Clients. Presented at the Indian Health Service (IHS) Conference, Nashville, TN.

Mitchell, C. W. (2012, March). The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader. Presented at the Chattanooga Area Psychotherapy Association (CAPA), Chattanooga, TN.

Mitchell, C. W. (2012, February). Effective Techniques for Dealing with Highly Resistant Clients (full day). Presented at the 28th Annual Intercourt Conference, Columbus, OH.

Mitchell, C. W. (2011, October). Priming: Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements (keynote), Effective Techniques for Dealing with Highly Resistant Clients, and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader. Presented at the 2011 National Association of Social Workers Alaska Conference, Anchorage, Alaska.

Mitchell, C. W. (2011, September). Effective Techniques for Dealing with Highly Resistant Clients (full-day). Presented at the 2011 Nashville Area Indian Health Service Sponsored Drug and Suicide Conference, Nashville, TN.

Mitchell, C. W. (2011, August). Effective Techniques for Dealing with Highly Resistant Clients (full day) and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader (full-day). Presented at the Symposium for the Advancement of Family Therapy, Knoxville, TN.

Mitchell, C. W. (2010, 2008). *The Solution is in the Interaction: Understanding and Applying a Social Interaction Model of Resistance Management; Ten Fundamental Principles for Preventing and Resolving Therapeutic Resistance*. Presented at the Brief Therapy Conference, Milton H. Ericksonian Foundation, Orlando, FL. and San Diego, CA.

Mitchell, C. W. (2011, April). Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvements (keynote) and The Legal and Ethical Game Show Challenge: Are You Smarter Than A Fifth Grader and Effective Techniques for

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Dealing with Highly Resistant Clients. Presented at the 2011 Annual Montana Licensed Clinical Professional Counseling Association Conference, Billings, Montana.

Mitchell, C. W. (2010, October). *Fun with Ethics: The Legal and Ethical Game Show Challenge*. Presented at the 2010 Achieving Clinical Excellence Conference, Kansas City, KA.

Mitchell, C. W. (2010, August). *Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement* (keynote), and *Current Legal and Ethical Issues for Mental Health Professionals* (breakout). Presented at the Southwestern School for Behavioral Health Studies, Tucson, AZ.

Mitchell, C. W. (2010, July). *Fun with Ethics: The Legal and Ethical Game Show Challenge*. Presented at the 2010 Annual Conference of the American Mental Health Counselors Association, Boston, MA.

Mitchell, C. W. (2010, May). *Effective Techniques for Dealing with Highly Resistant Clients* (full day). Presented at the 2010 Annual Conference of the Georgia Society of Clinical Social Workers (GSCSW), Atlanta, GA.

Mitchell, C. W. (2010, March). *Effective Techniques for Dealing with Highly Resistant Clients* (full day). Pre-conference Learning Institute presented at the 2010 Annual Conference of the American Counseling Association (ACA), Pittsburgh, PA.

Mitchell, C. W. (2010, January). *Strategies for Managing Resistance in Counseling*. Presented at the Greater Cincinnati Counseling Association (GCCA) 34th Annual Conference, Cincinnati, OH.

Mitchell, C. W. (2009, December). *New Perspectives on Therapeutic Resistance: A Social Interaction Model*. Presented at The National Institute for the Clinical Application of Behavioral Medicine (NICABM), Hilton Head Island, SC.

Mitchell, C. W. (2009, November). *The Art of Therapeutic Language: Using Priming for Self-Improvement and Client Success* (keynote), *Fundamental Principles for Preventing and Resolving Psychological Resistance* and *Essential Therapeutic Dialogue Techniques for Resistant Clients* (breakouts). Presented at the Annual Conference of the Alabama Counseling Association, Birmingham, AL.

Mitchell, C. W. (2009, November). *Effective Techniques for Dealing with Highly Resistant Clients* (full day). Presented at the 2009 Annual Conference of the Tennessee Psychological Association, Nashville, TN.

Mitchell, C. W. (2009, August). *Effective Techniques for Dealing with Highly Resistant Clients* (full day). Presented at the 2009 Georgia School of Addiction Studies, Savannah, GA.

Mitchell, C. W. (2009, July). *New Perspectives for Understanding, Treating, and*

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Connecting with Highly Resistant Clients. Presented at the 2009 American Mental Health Counselors Association (AMHCA) Annual Conference, Washington, DC.

Mitchell, C. W. (2009, April). *Effective Techniques for Dealing with Highly Resistant Clients* (full day). Presented at the 2009 Annual Conference of the Tennessee Community Corrections Association (TCCA), Memphis, TN.

Mitchell, C. W. (2009, March). *Essential Skills for Preventing and Resolving Psychological Resistance and Breaking Through Critical Junctures with Resistant Clients*. Presented at the U. S. Journal Training Conference, Therapeutic and Alcohol/Drug Interventions, Las Vegas, NV.

Mitchell, C. W. (2009, February). *Self-Improvement Through Precision Communication: Using Your Mind for a Change* (keynote), and *Working with Highly Resistant Youth* (breakout). Presented at the 2009 Youth First Conference, Fredericksburg, VA.

Mitchell, C. W. (2008, June). *Self-Improvement Through Precision Communication: Using Your Mind for a Change* (keynote), and *Working with Highly Resistant Youth* (breakout). Presented at the 2008 Juvenile Justice and Delinquency Prevention Conference, Hampton, VA.

Mitchell, C. W. (2008, May). *Self-Improvement Through Precision Communication: Using Your Mind for a Change* (keynote), and *Effective Techniques for Dealing with Highly Resistant Clients* (full day). Presented at the 34th Annual Conference of the Alabama Council of Community Mental Health Boards, Birmingham, AL.

Mitchell, C. W. (2008, May). *Using the Hidden Power of Language for Superior Client Outcomes and Self-Improvement* (keynote), and *Effective Techniques for Dealing with Highly Resistant Clients* (2-day training). Presented at the 31st Annual Advanced School on Addictions, Nashville, TN.

Mitchell, C. W. (2006, November). *Using Your Mind for a Change*. Keynote address presented to the 17th Annual Symposium on Professional Collaboration and Inclusive Education, College of William & Mary, Williamsburg, VA.

Mitchell, C. W. (2006, November). *Current and classic ethical dilemmas in behavioral healthcare*. Presented to the Peninsula, A Division of Parkwest Medical Center, Knoxville, TN.

Mitchell, C. W. (2006, June). *An Introduction to Hypnosis in Therapy*. Helen Ross McNabb Center, Knoxville, TN.

Mitchell, C. W. (2005, January). *Legal and ethical issues for school counselors*. Presented to the Watauga Counseling Association, Johnson City, TN.

Disque, J. G., & Mitchell, C. W. (2003, September). *Mind/Body approaches to*

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supervision and resistance. Paper presented at the 2003 Southern Association of Counselor Educators and Supervisors (SACES) Conference, Chattanooga, TN.

Mitchell, C. W. (2003, September). *Effective methods for dealing with highly resistant clients*. Presented to Frontier Mental Health, Johnson City, TN.

Mitchell, C. W. (2003, October). *Breaking down barriers to change: Effective methods for dealing with highly resistant clients*. Presented at the Families First Counselors, Johnson City, TN.

Mitchell, C. W. (2003, September). *Legal and ethical issues regarding child abuse*. Presented at the Tennessee Early Intervention Conference in Gatlinburg, TN.

Mitchell, C. W. (2003, March). *Legal and ethical issues for counselors*. Presented to Frontier Mental Health, Johnson City, TN.

Mitchell, C. W. (2003, February). *Breaking down barriers to change: Effective methods for dealing with highly resistant clients*. Presented at the Alabama American Mental Health Counselors Association, Birmingham, AL.

Mitchell, C. W. (2002, October). *Becoming A CACREP Liaison: Yes, No, Maybe So?* To be presented at the 2002 National Convention of the Association of Counselor Educators and Supervisors, Park City, Utah.

Mitchell, C. W. (2002, July). *Techniques for understanding and treating highly resistant clients*. Presentation to the 2002 American Mental Health Counselors Association National Convention, Atlanta, GA.

Mitchell, C. W. (2002, July). *Legal and ethical issues for counselors*. Presentation to the Martha Polk Chapter of the Tennessee Counseling Association (TCA) Dyersburg, Tennessee.

Mitchell, C. W. (2002, May). *Legal and ethical issues for school counselors*. Presented to the Watauga Counseling Association Spring workshop, Johnson City, TN.

Mitchell, C. W. (2001, November). *Child abuse: A clarification of school counselor obligations*. Presentation to the 2001 Tennessee Counseling Association's (TCA) annual conference in Nashville, Tennessee.

Mitchell, C. W., & Mitchell, L. L. (1999, November). *Educating students about private practice: Teaching the business of counseling*. Presentation to the 1999 National Convention of the Association of Counselor Educators and Supervisors (ACES) in New Orleans, Louisiana.

Disque, G. J., Robertson, P. E., & Mitchell, C. W. (1999, November). *Admissions*

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process in counselor education: Challenges as we move toward 2000. Presentation to the 1999 National Convention of the Association of Counselor Educators and Supervisors (ACES) in New Orleans, Louisiana.

Mitchell, C. W. (1998, November). *How to approach and effectively deal with difficult legal and ethical dilemmas.* Presentation to the 1998 Tennessee Counseling Association's (TCA) annual conference in Nashville, Tennessee.

Mitchell, C. W. (1998, February). *A review of three of Tennessee's most important laws regulating the practice of counseling and related ethical codes.* Presentation to the Lookout Mountain Counseling Association, Chattanooga, Tennessee.

Mitchell, C. W. (1997, November). *Let's examine the law: A review of three of Tennessee's most important laws regulating the practice of counseling.* Paper presented at the 1997 Tennessee Counseling Association's (TCA) annual conference in Knoxville, Tennessee.

Disque, J. G., Robertson, P., & Mitchell, C. W. (1997, October). *Predicting excellence: The admissions process in counselor education.* Paper presented at the 1997 Southern Association of Counselor Educators and Supervisors (SACES) Conference, Louisville, Kentucky.

Thompson, C. L., Mitchell, C. W., et al. (1997, October). *IDEA exchange for counselor educators and supervisors.* Teaching innovations presented at the 1997 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Louisville, Kentucky.

Disque, G., & Mitchell, C. W. (1996, November). *Techniques for Enhancing Therapeutic Effectiveness.* Paper presented at the annual conference of the Tennessee Counseling Association (TCA), Memphis, Tennessee.

Mitchell, C. W. (1996, April). *Preparing counselors for interactions with medical professionals.* Paper presented at the annual world conference of the American Counseling Association (ACA), Pittsburgh, Pennsylvania.

Mitchell, C. W., & Mitchell, L. L. (1995, November). *Understanding and treating the psychological changes which accompany PMS.* Paper presented at the annual meeting of the Tennessee Counselors Association (TCA), Nashville, Tennessee.

Mitchell, C. W. (1995, November). *Clash of the disciplines: Preparing counselors for dealing with medical professionals.* Paper presented at the 1995 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Knoxville, Tennessee.

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Thompson, C. L., Mitchell, C. W., et al. (1995, November). *Second annual IDEA exchange for counselor educators and supervisors*. Teaching innovation presented at the IDEA exchange presentation at the 1995 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Knoxville, Tennessee.

Mitchell, C. W. (1995, April). *Effective procedures for dealing with dismissal of impaired students*. Paper presented to the 44th national convention of the American Counseling Association (ACA), Denver, Colorado.

Mitchell, C. W. (1995, March). *Breaking down barriers to change: Effective methods for dealing with resistance*. Presentation to the Smoky Mountain Counseling Association (SMCA), Carson Neuman College, Jefferson City, Tennessee.

Mitchell, C. W. (1994, November). *Confidentiality for minors in school and private practice*. Paper presented at the annual meeting of the Tennessee Counselors Association (TCA), Chattanooga, Tennessee.

Mitchell, C. W. (1994, November). *The fundamental principle of cognitive therapy effectiveness*. Paper presented at the annual meeting of the Tennessee Counselors Association (TCA), Chattanooga, Tennessee.

Mitchell, C. W. (1993, November). *Breaking down barriers to change: Effective methods for dealing with resistance*. Paper presented at the annual meeting of the Tennessee Counseling Association (TCA), Memphis, Tennessee.

Mitchell, C. W. (1993, November). *Developing effective procedures for dealing with dismissal of problem/impaired graduate counseling students*. Paper presented at the 1993 annual meeting of the Southern Association for Counselor Education and Supervision (SACES), Charleston, South Carolina.

Mitchell, C. W. (1992, October). *Using your mind for effective stress management*. Presented to the annual conference of the Tri-State Association for Behavioral Analysis, Kingsport, Tennessee.

Mitchell, L. L. & Mitchell, C. W. (1990, October). *Premenstrual syndrome-related personality and cognitive processing alterations as indicated by the Myers-Briggs Type Indicator*. Paper co-presented at the Great Lakes Regional Meeting of the Association for Psychological Type, Dayton, Ohio.

Mitchell, L. L. & Mitchell, C. W. (1990, May). *Premenstrual syndrome-related personality and cognitive processing alterations as indicated by the Myers-Briggs Type Indicator*. Paper co-presented at Southeast Regional Meeting of the Association for Psychological Type, Atlanta, Georgia.

EMPLOYMENT IN EDUCATION:

Professor Emeritus, Counseling:

6/15 – 12-17

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East Tennessee State University, Johnson City, TN.

Professor Emeritus in the Department of Counseling at East Tennessee State University teaching graduate level courses.

Professor of Counseling:

8/92 – 6/15

East Tennessee State University, Johnson City, TN.

Professor and Clinical Mental Health Concentration Coordinator in the Department of Counseling and Human Services at East Tennessee State University teaching graduate level courses in agency counseling. Courses taught include: Theories & Practice (COUN 5550), Intro to Clinical Mental Health (COUN 5250), Legal and Ethical Issues in Counseling (COUN 5430), Supervision of Practicum (COUN 5570), Internship (COUN 5880), Human Relations and Group Processes (COUN 5100), Methods of Research and Statistics (EDFN 5950), Systems of Personality (5957), and an Independent Study - Introduction to Hypnosis (HDAL 5900).

Stress Management Consultant:

1/90-8/91

Union Hospital, Terre Haute, IN.

Designed and taught stress management classes for a broad spectrum of adults. Taught basics for understanding the physiological response patterns along with relaxation, cognitive restructuring, assertiveness, and time management.

Statistics Instructor:

Fall, 1990

Fellowship at Indiana State University, Terre Haute, IN.

Taught undergraduate statistics course: Introduction to Applied Statistics (EPSY 302). Also tutored graduate students in statistics.

Statistics Consultant:

Summer, 1990

Contracted with education administration doctoral candidates.

Designed and taught a 12 hour seminar which prepared these doctoral students for statistics proficiency allowing them to by-pass traditionally taken advanced statistics course.

Techniques Lab Instructor:

Summers, 1990 & 1991

Fellowship at Indiana State University, Terre Haute, IN.

Taught laboratory section of Techniques of Counseling (COUN 533) course for master's level students. Included role-plays, group exercises and discussions, self and other critiques, written and oral evaluations.

Career and Life Planning Instructor:

Fall-Spring, 1988-1989

Fellowship at Indiana State University, Terre Haute, IN.

Taught and helped design Career and Life Planning (COUN 135), an undergraduate course for students desiring in-depth career exploration and study. Work included administration and interpretation of SVIB-SCII, SDS, MBTI, as well as group exercises and discussions on career choice.

Psychology Instructor:

Summer 1978 and Fall 1986-Summer 1988

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Full-time faculty member Western Kentucky University, Bowling Green, KY.

Taught Introduction to Psychology (PSY 100) and Personal Adjustment & Mental Hygiene (PSY 250). Teaching load consisted of four courses per semester plus summers. Class sizes ranged from 20 to 150 students.

Continuing Education Instructor: 1984-1988

Western Kentucky University, Bowling Green, KY.

Created and taught three eight-hour seminars: Introduction to the Stock Market, Introduction to Technical Analysis of the Stock Market, and Introduction to Personal Computers.

Psychology Instructor: 1985-1986

Bowling Green Junior College, Bowling Green, KY.

Taught Introduction to Psychology (PSY 100) and Marriage & Family (PSY 153).

COUNSELING and PROFESSIONAL EXPERIENCE:

Psychology Intern: 10/91-9/92

Luton Mental Health Consortium, Nashville, TN. APA approved.

Providing community mental health services to a case load of over 20 clients as well as psychological services to an acute treatment facility at Middle Tennessee Mental Health Institute. Duties include individual therapy, treatment team participation, assessments, group work, and competency training. Experience includes work with depression, sexual abuse, physical and emotional abuse, adolescent adjustment problems, personality disorders, suicide, divorce and relationship issues, anxiety, alcohol and drug, compulsive behaviors, schizophrenia, and delusional disorders.

"Smoke Stoppers" Consultant: 10/90-8/91

Union Hospital, Terre Haute, IN.

Conducted 8-session "Smoke Stoppers" groups. Involved many behavioral and cognitive techniques (reinforcement, aversion conditioning, affirmations, etc.) and hypnosis.

Counselor: Spring, 1991

Fellowship at Indiana State University Counseling Center.

Provided weekly counseling to college students. Client problems included depression, grieving, sexual abuse, anxiety, relationship issues, and rape.

Counselor: Fall, 1990

Practicum at St. Mary of the Woods College, Terre Haute, IN.

Provided weekly counseling to college females. Client problems included depression, physical and emotional abuse, relationship issues, grieving, and career

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counseling.

Counselor: Fall, 1989
Practicum at Gibault School for Boys, Terre Haute, IN.
Provided weekly counseling to adolescent male sex offenders who had often been
abused themselves.

"HELP" Line Counselor: 1985-1988
Barren River Mental Health Center, Bowling Green, KY.
Part-time crisis intervention help-line employee.

Staff Counselor: 1976-1978
Western Kentucky University Counseling Services Center,
Bowling Green, KY.
Primary duties were individual and group counseling of college students with a wide
array of problems. This work also included vocational and academic concerns involving
test interpretations, particularly the Strong-Campbell Interest Inventory and the Edwards
Personal Preference Schedule.

Counselor: 1975-1976
Graduate assistant at Western Kentucky University Counseling
Services Center, Bowling Green, KY.
Duties included personal, academic, vocational, and group counseling. Provided
exposure to many clients mostly involving personal counseling but also developed skills
at test interpretation, especially the Strong-Campbell and the Edwards Personal
Preference Schedule.

Inmate Counselor: 1974
Virginia State Penitentiary, Richmond, VA.
Counselor in a contingency management program that was designed to prepare
and select maximum security inmates for movement to the general prison population.
Duties included assessment and counseling of inmates, data analysis, and program
evaluation and design.

LICENSES and CERTIFICATIONS:

Licensed Psychologist, Health Service Provider, State of Tennessee, October, 1993.
(Retired)

Certified Cognitive-Behavioral Therapist by The National Association of Cognitive-
Behavioral Therapists, March, 1996.

AWARDS and HONORS:

2002 East Tennessee State University Distinguished Faculty Award in Teaching

Outstanding Faculty Award in Teaching 2001-2002, College of Education, East

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Tennessee State University

Membership in the Honor Society of Phi Kappa Phi