

CURRICULUM VITA

Mark Thomas Blagen, Ph.D.

Assistant Professor, Governors State University, University Park, IL 60484

Work:(708) 534-4319

✉ mblagen@govst.edu

EDUCATION

- Ph.D.-2002 Old Dominion University, Norfolk, VA
Major: Doctor of Philosophy in Urban Services-Counseling Concentration
- M.S. -1990 Old Dominion University, Norfolk, VA
Guidance and Counseling, community Counseling Emphasis
- B.S. -1988 University of the State of New York, NY
Major: Sociology

ACADEMIC APPOINTMENTS

- 2011 – Present **Assistant Professor**, Addiction Studies, Governors State University, University Park, IL
- 2009-2011 **Associate Professor**, M.A in Counseling Psychology, Adler School of Professional Psychology, Chicago, IL
- 2008-2009 **Assistant Professor**, Department of Human Services, University of Illinois at Springfield, Springfield, IL
- 2007-2008 **Associate Professor**, Department of Counselor Education, Adams State College, Alamosa, CO
- 2003-2007 **Assistant Professor**, School of Psychology and Counseling, Regent University, Virginia Beach, VA
- 1992-2003 **Adjunct Faculty/Lecturer**, Education Leadership and Counseling Department, Old Dominion University, Norfolk, VA
- 1995-1997 **Assistant Director/Senior Contract Faculty**, Extension Program, Saint Leo University, Norfolk Naval Station Branch, VA
- 1994-1995 **Academic Advisor**, Saint Leo University, Norfolk Naval Station Branch, Norfolk, VA

PROFESSIONAL EXPERIENCE

- 2007-2008 **Counseling Center consultation** – provide Motivational Interviewing and co-morbidity training and consultation to the professional staff and interns at the Adams State Counseling Center.
- 2002-2007 **Last Call program** – developed and implemented a Motivational Interviewing based brief intervention for college students who had been sanctioned for violation of the drug and alcohol policy at Old Dominion University. This program received outstanding critique from both the Dean of Students and participants for its effectiveness and inspired delivery.

- 2004 **The One More Chance program** – Implemented a web based primary and secondary alcohol and marijuana prevention tool consisted of the delivery of a dramatic enactment (23 minute video) of the consequences of alcohol usage with seven learning modules to reinforce key learning points. This program was research/science based and was originally designed for traditionally aged college students in response to the tragic alcohol poisoning deaths at the University of Colorado and Colorado State University.
- 2002-2003 **Health Educator/Coordinator** (job share) – Developed health education program in the area of substance abuse prevention, education, and intervention for a student population of 20,000 at Old Dominion University.
- 1999-2004 **Board Member** – Substance Abuse Certification Alliance of Virginia (SACAVA)
- 1998 **Service-Learning** - developed and implemented a Service-Learning component to the Career Development and Appraisal course while assigned the position of Lecturer within the Education Leadership and Counseling Department at Old Dominion University.

TEACHING EXPERIENCE

Addictive Behaviors/Disorders*	Diversity Issues in Human Services
Addictions: Theory and Intervention*	Counseling*
Drugs, Society and Human Behavior	Human Behavior in Stress and Crisis
Treatment Strategies for Addictions	Statistics*
Chemical Dependency Counseling	Research Methods*
Family Dynamics of Addiction*	Testing and Assessment Techniques
Introduction to Human Services	Counseling Skills & Techniques
Counseling	Counseling Principles and Practices*
Lifespan and Human Development*	Psycho-educational Groups*
Career Development and Appraisal*	Theories of Psychotherapy*
Dual Diagnosis and Relapse Prevention	Counseling Practicum*
Public Policy Analysis	Counseling Internship*

* Courses taught via distance/on-line format

RESEARCH AND TEACHING AREAS OF INTEREST

Teaching Areas of Interest

Addictive Disorders
 Research Methods and Statistics
 Counseling skills
 Counseling Theory

Practicum and Internship Faculty Supervision

Research areas of Interest

- Defining the spiritual dimensions of addiction recovery
- Understanding the therapeutic factors of 12-step recovery
- Understanding the nature of natural recovery
- Investigating the relationship of purpose in life and the use of alcohol and other drugs
- Using Brief Interventions for Primary and Secondary Prevention

SUBSTANCE ABUSE COUNSELING EXPERIENCE

- 1998- 2000 **Student Assistance Program Counselor**, Tallwood High School, Virginia Beach City Public Schools, responsible for providing prevention, intervention and referral services for students exhibiting poor academic achievement and/or behavioral problems
- 1998-1999 **Consultant**, Virginia Beach City Public Schools: designed and implemented an at-risk counseling model for middle and high school guidance programs
- Certified Addictions Counselor (CAC)**, (1991 – 2011) providing group and individual therapy and educational counseling services.
- 1989-1991 **Alcohol Prevention Programs Lead Facilitator**, responsible for curriculum development and delivery, program development, and supervisory responsibilities for a staff of six personnel

PUBLICATIONS

- Blagen, M.T. (manuscript in preparation) Understanding addictions: Destigmatization and helping strategies. New York: Oxford University Press.
- Blagen, M.T. (2015). Substance Use and Addictive Disorders. In Sperry, L. & Carlson, J. (Eds). Psychopathology & Psychotherapy: DSM-5 Diagnosis, Case Conceptualization and Treatment, (3rd ed.). New York: Routledge.
- Yang, J. and Blagen, M.T. (2013). Individual Psychology in Taiwan: Promises and Challenges (accepted for Publication). Journal of Individual Psychology, special Edition.
- Blagen, M..T. (2013). Overcoming the Stigmatization of Addictions: Implications for Teaching and Supervision. (accepted for publication) in Waltz, G, Bleurer, J, Yep, R. *Vistas 2012*. Alexandria, VA: ACA.
- Yang, J., Milliren, A., and Blagen, M.T. (2010). The psychology of courage: An Adlerian manual for healthy social living. New York: Taylor & Francis.

- Blagen, M. T. and Yang, J. (2009). The psychology of courage: Courage as a facilitative factor for client change. In Waltz, G, Bleurer, J, Yep, R. *Vistas 2009*. Alexandria, VA: ACA.
- Keckler, W.T., Moriarty, G. and Blagen, M.T. (2008). A qualitative study on comprehensive missionary wellness. *Journal of Psychology and Christianity*, 27, 18-28.
- Vuncannon, J., Parker, S.E., Rehfuss, M.C. and Blagen, M.T. (2008). The perceptions of attachment style and forgiveness in romantic couples. *Virginia Counselor Association Journal*, 30, Fall, 2008.
- Blagen, M. T. and Yang, J. (2008). Courage and hope as factors for client change: Important cultural implications and spiritual considerations. In Waltz, G, Bleurer, J, Yep, R. *Vistas 2008*. Alexandria, VA: ACA.
- Blagen, M. T. (2007). A researched-based, experiential model for teaching a required addictive behaviors course to clinical counseling students. In Waltz, G, Bleurer, J, Yep, R. *Vistas 2007*. Alexandria, VA: ACA.
- Blagen, M.T. (2002). The birth and growth of a student assistance program: A case study. In McAuliffe, G. (Ed.). *Working with troubled youth in schools: a guide for all school staff*. Westport, CT:Greenwood Press.

PRESENTATIONS

International/National

- Career Development with Y-Generation Students: What can High School Counselors and Teachers Do?*** National Kaohsiung Normal University, Kaohsiung, Taiwan, December, 26, 2014
- The Use of Adlerian Counseling Strategies for Smoking Cessation.*** Teacher Chang Institute, Taipei, Taiwan, December 20, 2014
- Understanding and Counseling College Students with Addictive Behaviors.*** Wenzhou Ursine University, Kaohsiung, Taiwan, December 18, 2014
- Internet Gaming and Adolescent Development: Implications for Educators and Counselors.*** Keynote Presentation, National Kaohsiung Normal University, Kaohsiung, Taiwan, December 14, 2014.
- Motivational Interviewing Workshop.*** Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, Kaohsiung, Taiwan, December, 13, 2014.

- The Healing of Addiction: An Adlerian Perspective.*** 26th International Congress of Individual Psychology, Paris, France, July 11, 2014.
- The Brain Disease of Addiction.*** North American Society of Adlerian Psychology. Chicago, IL, May 24, 2014
- What Matters Most: Discovering the Essence of Community and Family in a Rapidly Changing World.*** Keynote Presentation, Chia Yi National University, Taiwan, November 28, 2013
- The Science of Addiction: Implications for Counselors,*** Chi Yi National University, Taiwan, November 29, 2013
- Autogenic Training and the Healing Process of Addictions,*** Teacher Chang, Kaoshiung, Taiwan, December 1, 2013
- Understanding Addiction: Challenges and Promises,*** National Kaohsiung Normal University, Taiwan, December 6, 2013
- Exposure, Enjoyment, or Addiction?*** National Taipei University of Education, Taiwan, December 9, 2013
- Addictions and DSM-5: The Example of Internet Gaming Addiction,*** Taipei University, Taiwan, December 10, 2013
- Motivational Interviewing and Internet Gaming Addiction,*** National Taiwan Normal University, Taiwan, December 10, 2013
- Understanding Addiction: Moving Beyond Etiological Differences.*** Association for Counselor Education and Supervision, Denver, CO, October 19, 2013.
- Using Adlerian Psychology techniques to Facilitate the Healing of Addictions.*** North American Society of Adlerian Psychology. San Diego, CA, June 21, 2013.
- Internet Addiction: Etiology, Treatment, and Prevention.*** Sixth Annual Chinese Psychologists Congress and Applied Psychology Summit Forum. Beijing, China, August 26, 2012.
- Working with Chemically Dependent Clients: An Adlerian Perspective.*** North American Society of Adlerian Psychology. Atlanta, GA. Minneapolis, MN. June 8, 2012.
- The Meaning of Addiction: A Spiritual Interpretation.*** Association for Spiritual, Ethical, and Religious Values in Counseling, Santa Fe, NM. June 4, 2012.

- Overcoming the Stigmatization of Addictions: Implications for Teaching and Supervision.*** Association for Counselor Education and Supervision, Nashville, TN, October 26-30, 2011.
- Adler's Influence on Modern Psychology.*** Keynote Presentation with J. Yang. Adlerian Psychology: Past, Present, and Future. An International Symposium conducted at National Ch Nan University, Pu Li, Taiwan, September 29-30, 2011.
- Adlerian Techniques of Addiction Counseling.*** An International Symposium conducted at National Ch Nan University, Pu Li, Taiwan, September 29-30, 2011.
- Alfred Adler's Influence on Alcoholics Anonymous: A Case Study.*** 25th International Congress of Individual Psychology, Vienna, Austria, July 14-17, 2011.
- The Courage to Recover: Issues and Interventions.*** Invited presentation at National Chi Nan University, October, 2010
- The Courage Workshop.*** (with Yang, J.) An invited two-day workshop presented to the Taiwan Institute of Psychotherapy, Taipei, Taiwan, October 2010.
- The Courage to Love, Work and for Friendships.*** (with Yang, J.) An invited presentation to the general public at the Taipei Municipal Library, Taipei, Taiwan, October, 2010.
- The Psychology of Courage: Assessment and Training of Healthy Social Living.*** (With Yang, J. and Milliren, A.) North American Society of Adlerian Psychology. Minneapolis, MN. June 10-13, 2010.
- The Courage of Recovery: Adler's Influence on Alcoholics Anonymous.*** North American Society of Adlerian Psychology. Minneapolis, MN. June 10-13, 2010
- The Courage Workshop: Assessment and Training for Love, Work, Friendship/Family, Self, and spirituality Tasks*** (With Yang, J.) six-hour Pre-conference Learning Institute. American Counseling Association, Pittsburgh, PA. March 18, 2010.
- They Didn't Tell Me About This! Working with Addicted Clients.*** American Counseling Association, Pittsburgh, PA. March 21, 2010.
- Teaching Spirituality: A Neglected dimension.*** International Coalition for Addiction Studies Education (INCASE), Jersey City, NJ. October 29-31, 2009.
- The Psychology of Courage.*** (With Yang, J.) American Counseling Association, Charlotte, NC. March, 2009.
- The Courage to Belong: Working with Youth at Risk.*** (With Yang, J.) North American Society of Adlerian Psychology. Tucson, AZ. June 26-29, 2009.

A Research-Based, Experiential Model for Teaching a Required Addictive Behaviors Course to Clinical Counseling Students. National HsinChu University of Education, HinChu, Taiwan, May 21, 2008.

Addictions: What School Counselors Should Know? Invited workshops delivered in Ji-Pin Special School and Ming Hau Junior High School, Kaohsiung, Taiwan, May 13-14, 2008.

Courage and Hope as Factors for Client Change: Important Cultural Implications and Consideration. (With Yang J.), American Counseling Association, Honolulu, Hawaii, March 28 – 30, 2008

A Research-Based, Experiential Model for Teaching a Required Addictive Behaviors Course to Clinical Counseling Students, Association for Counselor Education and Supervision, Columbus. Ohio, October 10-14, 2007

Science-Based Brief Interventions for Alcohol and other Drug Problems, International Coalition for Addiction Studies Education (INCASE), Tempe, Arizona, September 27-30, 2007

Science-Based Brief Interventions for Alcohol and other Drug Problems, The American College Health Association, San Antonio, TX, June 2, 2007

A Research-Based, Experiential Model for Teaching a Required Addictive Behaviors Course to Clinical Counseling Students, American Counseling Association, Detroit, Michigan, March 24, 2007

Addictive Behavior: In Search of Meaning, Presentation to the Graduate Psychology Faculty and Students, National Chia Yi University, Chia Yi, Taiwan, May 10, 2006 (invited presentation)

A Phenomenological Inquiry into the Spiritual Dimensions of Successful Recovery from Addiction, American Counseling Association, Montréal, Canada, April 3, 2006

Using the Theory of Change and Active Learning to Reduce Stigma by Clinical Counseling and Psychology Students Toward People with Addictive Behaviors, International Coalition for Addiction Studies Education (INCASE), Silver Spring, Maryland, October 28, 2005

Facilitating Change in Beliefs through Collaborative Research and Video Production, 16th International Conference on College Teaching and Learning, Jacksonville, Florida, April 1, 2005

Why is Understanding Addiction so Difficult, International Conference on Christian Psychology and Counseling, St Petersburg, Florida, March 27, 2004

Transition to Development: Interventions for Adult College Students, American College Personnel Association (ACPA), and the National Association of Student Personnel Administrators (NASPA) Decennial Convention, Chicago, IL, March 21, 1997

State/Regional

Altering Consciousness with Cannabis: Meaning and Implications for Counselors (proposal Accepted). Colorado Counseling Association, April 10, 2015.

The Meaning of Addiction: Adolescents and Substance Abuse. Chicago Counseling Association, April 8, 2013

Addiction Counseling: Are You Ready for the Paradigm Shift? Illinois Counseling Association, Springfield, IL, November 10, 2012

Imagining a Just World: The Cultural, the Spiritual, and the Counselor, (with yang, Humes, and McClure), Illinois Association for Multicultural Counseling (IAMC) and the Illinois Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (IALGBTIC), May 2012.

The Meaning of Addiction: Working with Addicted Clients. Illinois Counseling Association Southern Conference, March 2012.

Treating Addiction as a Chronic Mental Health Condition: Implications and Meaning, Illinois Counseling Association, November 2010

In a Different, Different Voice: Issues and Strategies of Career Development for Asian American Women, (with Yang, Kim, and Namuari), Illinois Association of Multicultural Counseling, May 2010

Brief Interventions for Clients suffering from Alcohol and Other Drug (AOD) Problems, Illinois Counseling Association, November 2009

Courage and Hope as Factors for Client Change: Important Cultural Implications and Considerations, Illinois Counseling Association, November 15, 2008

Designing Student Projects That Promote Integration of Theory and Practice, With Dr. Stephan Parker, Virginia Counselors Association, Williamsburg, VA, Nov 16, 2006

Designing Student Projects That Promote Integration of Theory and Practice, With Dr. Stephan Parker, Southern Association for Counselor Education and Supervision, Orlando, FL, Sep 9, 2006

Key Elements of Teaching an Addictive Behaviors Course to Counseling Students, Southern Association for Counselor Education and Supervision, Orlando, FL, Sep 8, 2006

Using Motivational Interviewing to Elicit Change, Virginia Counselors Association, Portsmouth, Virginia, November 17, 2005

A Naturalistic Inquiry into the Processes and Themes of Recovery from Addiction: Preliminary Findings, Substance Abuse Certification Alliance of Virginia (SACAVA), Virginia Beach, VA, October 20, 1999

Stress Management, Relapse and Burnout, Substance Abuse Certification Alliance of Virginia (SACAVA), Williamsburg, VA, September 10, 1998

Developmental Issues in Relapse and Recovery, Substance Abuse Certification Alliance of Virginia (SACAVA), Virginia Beach, VA, September 9, 1997

Advising From a Constructive Development Perspective, National Advising Association, Mid-Atlantic Region Conference, Norfolk, VA, April 14, 1994

Local

Multicultural Interventions for Second Generation Middle and High School Students, Virginia Beach City Public Schools Counselor Training, Virginia Beach, VA, October 25, 2005

Motivational Interviewing: How to Assess and Assist Students in the Change Process, Virginia Beach City Public Schools Counselor Training, Virginia Beach, VA, October 11, 2005

Motivational Interviewing: How to Assess and Assist Students in the Change Process, Virginia Beach City Public Schools Counselor Training, Virginia Beach, VA, July 14, 2005

Multicultural Interventions for Second Generation Middle and High School Students, Virginia Beach City Public Schools Counselor Training, Virginia Beach, VA, June 28, 2005

Early Intervention for Adolescent Substance Abuse Issues, Virginia Beach City Public Schools Counselor Training, Virginia Beach, VA, July 27, 2004

Arrogance + Ignorance = Racism, Virginia Beach City Education Forum on Racism, presented by the Organization of Chinese Americans, Eastern Virginia Chapter, April 27, 2002

Issues in Bicultural Adolescent Development, Tidewater Chinese School Lecture Series, Norfolk, Virginia, April 1, 2000

Issues in Preadolescent Career Development, Big Brothers-Big Sisters Training Series, Virginia Beach, Virginia, February 26, 2000

Why Would Your Child Use Alcohol or Other Drugs, Virginia Beach City Public Schools, First Annual Parent University, Virginia Beach, Virginia, November 20, 1999

Classroom Bliss in Your Lifetime: Reflective Classroom Management, Virginia Beach City Public Schools, Fourth Annual foreign Languages Conference, Virginia Beach, Virginia, August 25, 1999

AWARDS

Faculty Excellence Award, School of Psychology and Counseling, Regent University, April 28, 2006

Award for Innovative Excellence in Teaching, Learning & Technology, presented at the 16th International Conference on College Teaching and Learning, Jacksonville, Florida, March 31, 2005

Most Inspirational Professor, selected by the Honor Graduate, Old Dominion University, May 2004

CURRENT ACADEMIC AND PROFESSIONAL ASSOCIATIONS

American Counseling Association (ACA)

Association for counselor Education and Supervision (ACES)

International Coalition for Addiction Studies Education (INCASE)

Association of Addictions and Offender Counselors (IAAOC)

Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC)

Illinois Counseling Association (ICA)

