

RANDY WITHERS, MA, NCC, LPC, LCAS, CCTP

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SUMMARY

I am a Board-Certified and Licensed Professional Counselor (LPC) and Licensed Clinical Addiction Specialist (LCAS), with master's degrees in Clinical Mental Health Counseling and Education. I specialize in addictions, trauma, and co-occurring disorders. Populations served include teenagers, adults, and families.

CORE COMPETENCIES

- Comprehensive Clinical Assessments
- Motivational Interviewing
- Addictions and Co-Occurring Disorders
- Psychoeducation
- Program Development
- Substance Abuse Assessments
- Group and Individual Counseling
- Twelve Step Program Facilitation (TSPF)
- Opioid Use Disorders and MAT Programs
- Family Centered Therapy

THEORETICAL ORIENTATION

I follow an integrative approach to counseling, using evidence-based modalities such as motivational interviewing and cognitive behavioral therapy, built on a foundation of Person-Centered principles of congruence, empathy, and unconditional positive regard.

EDUCATION & CERTIFICATIONS

Master of Arts, Clinical Mental Health Counseling, 2014 *Lenoir-Rhyne University, Hickory, NC*

Master of Science, Education, 1999 *Florida State University, Tallahassee, FL*

Bachelor of Arts, English/Writing; Minor, Psychology, 1997 *FSU, Tallahassee, FL*

- **National Board for Certified Counselors** – NCC #341669
- **Certified Family Centered Therapist** – FCT Foundation Certificate #653
- **Certified Clinical Trauma Professional (CCTP)** – IATP
- **Internationally Certified Advanced Alcohol and Drug Counselor (ICAADC)** – IC&RC
- **North Carolina Board of Licensed Professional Counselors** – LPC #11110
- **North Carolina Substance Abuse Professional Practice Board** – LCAS-21668
- First Aid and CPR Certified, American Heart Association

PROFESSIONAL HISTORY

Substance Abuse Counselor - Broughton Hospital, Morganton, NC: March 2018 - Present:

I am currently responsible for all substance abuse counseling and assessment services, which includes overseeing the ADATC program for the Deaf Unit, which is the only state treatment program for deaf persons in the State of North Carolina. I have created and now oversee three different 12-Step groups, and run process groups and individual counseling.

Family Centered Therapist – Pinnacle Family Services, Hickory, NC: June 2017 – March 2018

I performed FCT and Intensive In-Home work with children and their families. This consisted of weekly home visits with the parents and family of at-risk children with 4-6 hours of contact time per week.

Residential SA Treatment Program Consultant – Miracles Asia, Thailand: April-May 2017

I was a contracted consultant for a substance abuse rehabilitation start up facility in Phuket, Thailand. I was charged with creating a policies and procedures manual, as well as devising an ethical and procedural framework for the agency and staff to follow. I also developed a 90-day treatment program based on a variation of Hazelden Betty Ford's Minnesota Model. The variation addresses trauma and related mental health concerns for persons in recovery from drug and alcohol addiction.

ROP, IOP, SACOT & CCA Counselor – The Cognitive Connection, Hickory, NC: 2015 –2017

I conducted comprehensive clinical assessments (CCA), ran SAIOP and SAROP groups, individual sessions, performed case management, and worked with the agency psychiatrist who was responsible for medication management for those clients recovering from severe opioid use disorders.

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Case Manager -- Families First Support Services, Catawba Valley, NC: 2012 – 2015.

I supervised 9 families in 5 counties who had up to two children placed in therapeutic foster care. Responsibilities included case management, crisis response, and training.

Intern -- FOCUS Behavioral Health, Morganton, NC: 2013 – 2014

I worked at a level 3 offense-specific group home for male teenage sex offenders. Individual and group therapy. Also assigned to OPT sessions working with adolescents and teenagers.

Transition Specialist - Hastings Youth Academy, Hastings, FL: 2010- 2011

While applying to graduate school, I worked as a guidance counselor and intake specialist at a juvenile detention facility. Taught a language arts class, conducted counseling sessions, and served as a role model.

Admiral Farragut Academy, St. Petersburg, FL:

Director of College Placement: 2002 to 2008

I created the Office of College Placement from scratch and brought the Upper School academic program into the 21st century by implementing Honors and AP programs and developing a college counseling program that helped the cadets market their strengths to some of the most prestigious universities in the country. Developed all program infrastructure including guidelines, performance requirements and targeted marketing plans; created first of its kind school profile to increase image and awareness of student achievements and marketability of high achieving students to premier universities and colleges.

Assistant Director, Upper School Academics: 2005 to 2008

My goal was to ensure high levels of student achievement by developing and coordinating class schedules, setting clear goals and motivating students to achieve their personal best. Managed small support staff and coordinated upper division academic program with department heads.

High School English Teacher: 1999 – 2008

Grades 10-12, Journalism, Literature and Writing Instruction.

PROFESSIONAL ORGANIZATIONS

- Catawba Valley Association of Counselors and Therapists (President, September 2015 – Present)
- American Counseling Association (ACA)
- National Board for Certified Counselors (NBCC)
- Licensed Professional Counselors Association of North Carolina (LPCANC)
- North Carolina Substance Abuse Professional Practice Board (NCSAPPB)

ARTICLES AND PRESENTATIONS

- Presenter. Lenoir-Rhyne Mental Health Symposium. 2016.
- Presenter. "It Works if You Work It. The Strengths and Limitations of 12-Step Programs." CVACT, 2017.
- Author. "5 Things to Ask Your Therapist Before Your First Session." [Medium.com](https://www.medium.com). 2016.
- Author. "10 Platitudes That Will Ruin a Therapy Session." [Medium.com](https://www.medium.com). 2016.
- Author. "Six Crazy Lies You Probably Believe About Narcotics Anonymous." [Medium.com](https://www.medium.com). 2017
- Author. "4 Reasons to Try SMART Recovery if 12-Step Programs Aren't Your Thing." [Medium.com](https://www.medium.com). 2017.
- Author. "Here are 5 Incredibly Toxic Things Good Parents Never Do." [Medium.com](https://www.medium.com) 2018.
- Author. "How to Listen to your Spouse (Like a Boss)." [Medium.com](https://www.medium.com) 2018.
- Author. "What Star Wars Can Teach us about the Value of Setting Goals." [Medium.com](https://www.medium.com). 2018.