

Barbara L. Wood, Ph.D., APA-CPP Substance Use Disorders

Licensed Psychologist

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SUMMARY

Senior clinician with expertise in addictions, acute and chronic trauma and dual diagnoses; author of two books on familial alcoholism; administrative, forensic and academic experience.

Clinical and Clinical/Administrative Experience

*LICENSED PSYCHOLOGIST
BETHESDA, MARYLAND
Independent Practice
1983-Present*

Provide individual and group psychotherapy, psychological assessment, psycho-education, psychological supervision and forensic consultation in a private setting. Specialize in the provision of services to chemically dependent individuals and their families, dually diagnosed patients and survivors of both chronic and acute trauma. Also provide clinical consultation and training on selected topics to organizations

*UNIVERSITY COUNSELING CENTER
UNIVERSITY OF MARYLAND
COLLEGE PARK, MARYLAND
Affiliate 2011-Present*

Provide training to senior staff and trainees on selected topics, including the management of substance use disorders and trauma in young adults.

GREENBELT-COLLEGE PARK COUNSELING CENTER COLLEGE PARK, MD.

Director

1979-1982

Administered an outpatient drug abuse counseling program sponsored by the Prince Georges County, Maryland Health Department. Supervised clinical staff, provided community education and offered individual, group and family psychotherapy to chemically dependent clients; consulted with area courts and criminal justice agencies; Coordinated a school-community prevention and intervention team seeking to educate the community and develop innovative programming for adolescents on the topic of chemical abuse and dependency.

UNIVERSITY OF MARYLAND COUNSELING CENTER

COLLEGE PARK, MD

Staff Counselor

1977-1979

Performed individual personal-social counseling and structured group treatment with college students; supervised advanced practicum students.

THE AMERICAN UNIVERSITY COUNSELING CENTER

WASHINGTON, D.C.

Psychological Counselor

February 1977-June, 1977

Interim appointment. Provided individual and group counseling to college students; performed campus and community outreach; supervised practicum students and interns.

KENYON COLLEGE COUNSELING CENTER

GAMBIER, OHIO

August 1976-January 1977

College Counselor

Provided individual and group counseling with college students; consulted with faculty members, staff and students; trained resident advisors; performed some administrative duties.

UNIVERSITY OF MARYLAND COUNSELING CENTER
COLLEGE PARK, MD.

Intern
1975-1976

Fulfilled responsibilities associated with a full-time staff position, including individual and group counseling, campus and community outreach activities and supervision of students in basic practicum courses

NORTH VIEW JUNIOR HIGH SCHOOL
BROOKLYN CENTER, MINNESOTA
1972-1973

Intern

Provided individual and group counseling to students in grades 7 -9, consulted with parents and teachers; performed intra-institutional research.

Teaching Experience

UNIVERSITY OF MARYLAND
COUNSELING PSYCHOLOGY PROGRAM
COLLEGE PARK, MD.

Adjunct Assistant Professor
2018-

UNIVERSITY OF MARYLAND
DEPARTMENT OF COUNSELING AND PERSONNEL SERVICES
COLLEGE PARK, MD.

Adjunct Assistant Professor
1985-1989

Developed and taught a new course designed to provide instruction for graduate counseling students in the physiological, psychological and pharmacological bases of addiction and the clinical management of chemically dependent individuals and families.

UNIVERSITY OF MARYLAND
DEPARTMENT OF COUNSELING AND PERSONNEL SERVICES
COLLEGE PARK, MD.

Instructor
1978-1980

Provided instruction in counseling theory and practice to graduate counseling students; supervised graduate students in community and college practicum courses.

UNIVERSITY OF MARYLAND
DEPARTMENT OF COUNSELING AND PERSONNEL SERVICES COLLEGE PARK,
MD.

Teaching Assistant
1974, 1977 and 1979

Provided instructional assistance in courses designed to train graduate counseling students in basic counseling and assessment skills.

Professional Affiliations

American Psychological Association
Maryland Psychological Association (Fellow)

Volunteer Positions

Disaster Resource Network Coordinator, Maryland Psychological Association (2015-present)
American Red Cross Disaster Mental Health Volunteer (2004-present)
Cornerstone Montgomery, Member, Board of Directors (2015-present)

Awards

Phi Kappa Phi National Honorary Society, EPDA Fellow at the University of Minnesota, Who's Who of American Women, Who's Who of Emerging Leaders in America, cited by Washingtonian Magazine as one of the top 123 psychotherapists in the Washington, D.C. area

Publications and Presentations

Wood, B.L. The Neurobiology of Addiction and Recovery, Cornerstone Montgomery, Half-Day Workshop for clinical staff, April 2016, Silver Spring, Maryland.

Wood, B.L. *The Neurobiology of Addiction and Recovery*, University of Maryland, University Counseling Center; Half-Day Workshop, College Park, Maryland February 2015

Wood, B.L. *The Shadow of America's Immigrant Ancestors: The Importance of a Transgenerational Perspective in American Psychotherapy*. The United Nations NGO Committee on Mental Health: United Nations, New York New York, April 2012.

Wood, B.L. *Problem? Who's Got A Problem? Managing Substance Abuse and Dependence in Your Clinical Practice*. Maryland Psychological Association; Half-Day Workshop, Columbia, Maryland, February 16 2011.

Wood, B.L. *The Shadow of America's Immigrant Ancestors: The Importance of a Transgenerational Perspective in American Psychotherapy*. University of Maryland University Counseling Center; Half-Day Workshop, College Park, Maryland, February 2010.

Wodiska, L.B and Wood, B.L. *Is Your Trauma Showing: The Recreation of Unconscious Traumatic Experience between Co-Leaders*. Conference of the American Group Psychotherapy Association; Day-Long Workshop, San Diego February 25, 2010.

Wodiska, L.B and Wood, B.L. *Is Your Trauma Showing: The Recreation of Unconscious Traumatic Experience between Co-Leaders*. Conference of the American Group Psychotherapy Association; ½ Day Workshop, Washington, D.C. February, 2009.

Wood, B.L. *The Shadow of Our Immigrant Ancestors: An Object Relations Perspective on the Transgenerational Transmission of Trauma Associated with Cultural Transition*. Paper presented at the Convention of the American Psychological Association, Honolulu, Hawaii, 2004.

Wood, B.L. *Raising Healthy Children in an Alcoholic Home*. Crossroads/Continuum, New York, 1992.

Wood, B.L. *Transference Phenomena in Group Psychotherapy with Adult Children of Alcoholics: The Key to Recovery and Re-growth of the Self*. Paper presented at the Convention of the American Psychological Association, Boston, Massachusetts, 1990.

Wood, B.L. (1989) {Review of *the Alcoholic Family*} in *Contemporary Psychology*, 34. (2), 127.

Wood, B.L. *Daughters of Alcoholics in Addictive, Abusive Relationships: A structural perspective*. Paper presented at the Convention of the American Psychological Association. Atlanta, Georgia. 1988.

Wood, B.L. Children of Alcoholism: The Struggle for Self and Intimacy in Adult Life. New York University Press, New York, 1987. **(An alternate selection of the *Psychotherapy and Social Sciences Review*; identified in the *New York Review of Books Reader's Catalog* as one of the best books in print)**

Wood, B.L. Understanding and Treating Intimacy Fear in Adult Children of Alcoholics. Paper presented at the Convention of the American Psychological Association. Washington, D.C., 1986.

Wood, B.L. Children of Alcoholics: Caught in the Infinite Loop. Paper presented at the Convention of the American Psychological Association, Los Angeles, California, 1985.

Wood, B.L. The ACOA Therapist: When the Family Hero Turns Pro. Paper presented at Children of Alcoholics: Treatment Perspectives, a national conference for mental health professionals. Washington, D.C. 1984.

Callahan, M. & Wood, B.L. Group Psychotherapy with Children of Alcoholics. Paper presented at Children of Alcoholics: Treatment Perspectives, a national conference for mental health professionals, Washington D.C. 1984.

Wood, B.L. & Perrin, T. Children of Alcoholic Parents: Adult Dysfunction and an Approach to Treatment. Paper presented at the Convention of the American Psychological Association. Toronto, Canada. 1984.

Wood, B.L. & Zager, J. Counseling Women: The Problem of Affiliation-Achievement Conflicts. Paper presented at the Convention of the American College Personnel Association, Boston, Massachusetts, 1980.

Knefelkamp, L.L., Widick, C. & Stroad, B.L. Cognitive-Behavioral Theory: A guide in counseling Women. *The Counseling Psychologist*, 1976, 2, 15-19.

Education

UNIVERSITY OF MARYLAND
COLLEGE PARK, MD.

Ph.D. *Counseling and Student Personnel Administration, minor in Psychology* 1979

UNIVERSITY OF MINNESOTA
MINNEAPOLIS, MINNESOTA

M.A. *Counseling and Student Personnel Psychology,
Minors in Psychology and Child Psychology*

1974

CARNEGIE-MELLON UNIVERSITY
PITTSBURGH, PENNSYLVANIA
B.A. Psychology

1971

Elected to Phi Kappa Phi National Honorary Society

Professional Credentials

LICENSURE IN PSYCHOLOGY
MARYLAND
Maryland License 01428
1981

MASTER ADDICTION COUNSELOR
The Association for Addiction Professionals

2018

HARVARD PROGRAM IN REFUGEE TRAUMA
Certificate of Completion

2012

A 6 month program of study about the health and mental health needs of survivors of mass violence and torture.

APA COLLEGE OF PROFESSIONAL PSYCHOLOGY
Certificate of Proficiency in the Treatment of Alcohol and Other Psychoactive Substance Abuse Disorders

1996

THE AMERICAN SOCIETY FOR CLINICAL HYPNOSIS
Certification in Clinical Hypnosis

1996

THE ASSOCIATION FOR PSYCHOANALYTIC STUDY
WASHINGTON, D.C.
Certificate of Completion

1986

A four year course of study in psychoanalytic theory and practice