

Michael R. Winters

3435 Branard St. Suite 202
Houston, TX 77027

Office: 713-724-4622
E-mail: mw@DrMWinters.com
FAX: 866-711-0211

EDUCATION

Diplomate in Logotherapy (Clinician) Viktor Frankl Institute of Logotherapy
June, 2005

Ph.D. Memphis State University - now University of Memphis
Counseling Psychology, 1991 (A. P. A. accredited)

M. S. Purdue University
Counseling and Personnel Services, 1987

B. A. Western Kentucky University
Psychology and Speech Communication, 1984

PROFESSIONAL EXPERIENCES

Counseling

Private Practice (part time until July 2011): April 2001 – present. Provide individual, couples, and family psychotherapy.

Director: July 2008 – June 2011, Rice University Counseling Center. Oversee administration of personnel and operations in the center. Implement triage screening process, coordinate the transition to Titanium Software for calendar and database functions. Maintain active clinical caseload. Represent the counseling center on Consultation and Assessment Team. Provide consultation and psychological crisis management to campus community.

Associate Director: September, 1994 – July, 2008, Rice University Counseling Center. In addition to duties listed below, assume administrative responsibility for the center in the absence of the director. Consult regularly with director on administrative issues. Coordinate training program (beginning in Spring of 2000) and manage center computer systems (beginning in Fall 1999). Assume other administrative duties (e.g., responsible for scheduling staff for 24 hour on call duties). University Wide Committees: Rice Ally Program –chair; New Student Orientation, Families Orientation subcommittee - chair; Staff Advisory Committee, Staff Development subcommittee - chair. NOTE: Title was Assistant Director from September, 1994- July 1996.

Staff Psychologist: July 1992 - September 1994, Rice University Counseling Center. Coordinate Consultation and Outreach efforts of the center. Individual couples and group therapy and crisis intervention with college students. Coordinate the College Assistance Peer Program (select, train and supervise college student peer counselors/educators). Supervised practicum students. Serve on various Student Affairs and University wide committees.

Psychologist: October 1991 - July 1992 (temporary appointment), Memphis State University Center for Student Development, Personal Counseling Unit. Individual, couples and family therapy and crisis intervention with college students. Supervised Interns. Involved in Internship Training Program. Counseling center liaison with gay and lesbian student organization.

Internship: August 1990 - August 1991: University of Pittsburgh Counseling and Development Center, Pittsburgh, PA (A. P. A. accredited). Individual and couples therapy and crisis intervention with college students. Conducted outreach programs. Led career counseling groups and co-led groups for non-traditional age students and shy students. Served on the Internship Training Committee. Supervised a practicum student.

Graduate Student Experience: Externship: July 1988 - June 1989: Southeast Mental Health Center, Memphis, TN, and Practica: January 1986 - August 1986: Purdue Guidance and Counseling Clinic, West Lafayette, IN. (Two individual practica and one group practicum) Individual (personal and career concerns), couples and family therapy with adults and children. Conducted intake interviews, telephone and walk-in emergency evaluation.. Co-led a process group and alcohol and drug abuser group. Consultant: January 1988 - April 1990: Milan Special School District, Milan, TN. Led pre-school, elementary, junior high and high school student groups as part of a consultation/counseling program.

Teaching

Adjunct Professor: August 2012 – December 2012 University of Houston, Taught Legal and Ethical Issues in Counseling.

Faculty: Appointed June 2007 Viktor Frankl Institute of Logotherapy – teach professional development courses on Logotherapy as part of the institutes curriculum. Supervise advanced Logotherapists pursuing the diplomate in Logotherapy.

Adjunct Professor: August 2006 – November 2007: Our Lady of the Lake, Houston: Taught Counseling Theories: Methods and Techniques (a graduate class). Lectured, developed and graded tests, graded papers and small group presentations.

Instructor for Rice University Continuing Studies Program: Created curriculum, and taught (lectured, presented exercises, and led discussion) the following courses:

<i>Dates</i>	<i>Course Title</i>	<i>(Number of sessions)</i>
October – November, 2000	Navigating Through Change: The Psychology of Adult Development and Transition	(8)
February – March, 1999	The Search for Meaning	(6)
February – May, 2002		(8)
February – April, 2007		(6)
September – November, 1997 & September – November, 2001	The 100% Marriage: Keys to a Healthy Relationship	(8)

January – February, 1996 The Pursuit of Happiness: A Philosophical and Psychological
February – April 2000 Approach (6, 8 and 8)
February – April 2003

October – November, 1994 The Psychology of Love (5, 7, and 8)
February – March, 2001
October – December, 2005
February – April, 2008

September – November, 2002 Creativity and Risk: The Psychology of Personal Expression (8)

October – November, 2009 Where is this relationship headed? (6)

September – November, 2010 Maintaining Personal Excellence in Difficult Times (6)

Instructor C.G. Jung Center, Houston TX: Created curriculum, and taught (lectured, presented exercises, and led discussion) the following course- Facing Death: Living Fully by encountering Mortality February –March, 2011. 6 sessions

Instructor: August, 1995 –December, 2004: Rice University, Houston, TX. Developed and taught 2 classes of Advanced Topics in Psychology: Counseling, one class of Peer Counseling, One class of Psychology of Love and one class of Interpersonal Relationship Skills and Strategies. Lectured, conducted lab sections, graded counseling performance, written papers and exams.

Teaching Assistant: August 1987 - May 1988: Memphis State University, Memphis TN. Taught two sections of Career Development. August 1984 - May 1986: Purdue University, West Lafayette, IN. Taught six sections of Fundamentals of Human Communication and two sections of Personal Growth and Development. Lectured, led group discussions, developed and graded tests.

Instructor: September 1986 - July 1987: Computerland, West Lafayette, IN. Taught courses on Lotus 1-2-3 and Microsoft Word software packages. Developed course outlines, lectured, demonstrated, and taught "hands on" computer skills.

Research

Research Assistant: September 1988 - July 1990, Center for the Study of Higher Education, Memphis State University, Memphis, TN. Conducted quantitative and qualitative data analysis on the impact of liberal arts on student development. Continued research as Professional in Residence: August 1991- July 1992.

Research Assistant: August 1985 - August 1987: Vocational Education Section, Purdue University, West Lafayette, IN. Developed, revised and field tested an interpersonal relations skills assessment for vocational students; including validation for students with learning disabilities, mental and other handicaps. Developed user manuals for the instrument.

ARTICLES

Schulenberg, S. E., Schnetzer L.W, Winters, M.R., & Hutzell, R.R. (2010). Meaning-centered couples therapy: Logotherapy and intimate relationships. *Journal of Contemporary Psychotherapy*. 40(2), 95 – 102.

Winters, M.R. & Schulenberg, S. E. (2008) Diagnosis in Logotherapy: An Overview and Suggestions for Appropriate Use. *The International Forum for Logotherapy*.

Winters, M.R. (2002). A Logotherapeutic treatment for relationship therapy: Early explorations. *The International Forum for Logotherapy*, 25(1), 11-23.

Greenan, J. P. & Winters, M. (1991). Interpersonal relations skills assessment strategies and procedures for students in vocational programs. *The Journal of Epsilon Pi Tau*, 17 (1), 37-44.

Atkinson, G., Jr., Murrell, P. A., & Winters M. R. (1990). Career personality types and learning styles. *Psychological Reports*, 66, 160-162.

Greenan, J. P., & Winters, M. R. (1989). The relationship between students' self-ratings and teacher ratings of vocational students' interpersonal relations skills. *Journal of Studies in Technical Careers*, 9, 111-118.

Greenan, J. P., & Winters, M. R. (1989). The relationship between student self-ratings and teacher ratings of special needs students' interpersonal relations skills. *Career Development for Exceptional Individuals*, 12, 117-122.

BOOK CHAPTERS

Winters, M. R. (2002). Meaning 101: Using Logotherapy with College Students. In *The power of the human spirit*, C. Stefanics & R. Henrion, Eds, Kettering, OH: Joseph Publishing, p 45 – 52.

DISSERTATION

Winters, M. R. (1991). The relationship between cognitive development and coping strategies in college students.

USER MANUALS

Greenan, J. P., & Winters, M. R. (1988). Generalizable interpersonal relations skills assessment: User manual (2nd Ed.). Illinois State Board of Education, Department of Adult, Vocational, and Technical Education.

Greenan, J. P., & Winters, M. R. (1986). Generalizable interpersonal relations skills assessment: User manual. Illinois State Board of Education, Department of Adult, Vocational, and Technical Education.

PRESENTATIONS

- Winters, M.R. (2012, November). Basics of Meaning-Centered Psychotherapy. Workshop presented at The Texas Psychological Association Annual Convention, Austin, Texas
- Winters, M.R. (2012, March). New strategies for outreach on Meaning Based psychotherapy and Meaning Based Approaches to life. Presentation to the Future of Logotherapy Conference, Vienna, Austria.
- Winters, M.R. (2011, June) Affective and Relational Methods: Underutilized Tools for Reaching the Noetic Dimension. Program presented at the World Congress of Logotherapy, Dallas TX.
- Winters, M.R. (moderator), Lipson, A., Keyes, L., Flynn, C., Carter, J. & Christensen, M. (2010, October) What's your mission: developmental or clinical? Program presented at the Association of University and College Counseling Center Directors Annual Conference, Portland, OR.
- Hotaling, M., Wallack, C., Winters, M., & Slattery, S. (2010, October) Addressing the mental health needs of students studying abroad, Program presented at the Association of University and College Counseling Center Directors Annual Conference, Portland, OR.
- McLaughlin, R., Meier, R., Meier, S. & Winters, M. (2009, November) Creating welcoming environments for clients who are different from you. Program presented at the Texas Psychological Association Annual Convention, Austin, TX.
- Penrod, K.D. & Winters, M.R. (2008, July) Using Anger and Guilt to Discover Personal Values. A workshop presented at the 5th Biennial International Conference on Personal Meaning, Toronto, Ontario, Canada.
- Winters, M. R. (2007, June). It's Not Personal: Meaning as an Interpersonal and Transpersonal Construct. Program presented at the World Congress of Logotherapy, Dallas TX.
- Winters, M.R. (2006, November) Discovering meaning in relationship: New tools and strategies. Workshop presented at The Texas Psychological Association Annual Convention, Dallas, Texas
- Winters, M.R. (2006, November) Being an Ally: Understanding Homophobia and heterosexism. Program presented at he Texas Psychological Association Annual Convention. Dallas, TX
- Winters, M.R. (2006, July) Interpersonal Meaning: A Workshop for Developing Meaning Awareness in Relationships. Program presented at the 4th Biennial International Conference on Personal Meaning, Vancouver, British Columbia, Canada.
- Winters, M. R., Alverado, C, & Bush, A (2005, June). Themes of Existential meaning in romantic relationship pairs. Program presented at the World Congress of Logotherapy, Dallas TX.

- Winters, M.R. & Schulenberg, S. E. (2005, June) Diagnosis in Logotherapy: An Overview and Suggestions for Appropriate Use. Program presented at the World Congress of Logotherapy, Dallas TX.
- Winters, M. R. (2003, June) Assessing meaning in relationship: Theory and preliminary research. Program presented at the World Congress of Logotherapy, Dallas TX.
- Winters, M. R. (2002, November) Discovering Meaning in Relationship: Exercises and Strategies. Program presented at the Texas Psychological Association Annual Convention, San Antonio, TX.
- Winters, M.R., (2001, June) Empirically Validated Logotherapeutic Treatment Protocol for Relationship Counseling. Program presented at the World Congress of Logotherapy, Dallas TX.
- Winters, M.R. (2001, June) A Happiness Development Workshop. Program presented at the World Congress of Logotherapy, Dallas TX.
- Winters, M.R. (1999, June) Meaning in Marriage. Program presented at the World Congress of Logotherapy, Dallas TX.
- Winters, M. R. (1998, November) Assessing love and relationship: A theoretical and clinical synthesis. Program presented at the Texas Psychological Association Conference, Houston, TX.
- Baker, D., Winters, M. R., & Hall, J. (1997, October) Ethical issues in small counseling centers. Program presented at Texas Association of College and Student Personnel Administrators, Dallas, TX.
- Winters, M. R. (1996, March). Assessing mental health outreach programs: Innovative strategies. Program presented at the American College Personnel Association Conference, Baltimore, MD.
- Winters, M. R. (1993, May). Legal and ethical issues in counseling HIV/AIDS clients. Program presented at the HIV Institute, Austin, TX.
- McClellan, S. A., Cogdal, P. A., & Winters, M. R. (1993, March). The multicultural assessment of campus programming questionnaire: An uncommon phenomenon. Program presented at the American College Personnel Association Conference, Kansas City, MO.
- Miller, K. & Winters, M. R. (1992, September). Counseling HIV+, ARC, and AIDS students. Program presented at the Association for Counselor Education and Supervision National Conference, San Antonio, TX.
- Winters, M. R., Banks, M., & Kirby, D. (1992, May). Sexual orientation issues: What student personnel workers need to know. Program presented at the Memphis in May Student Affairs Conference, Memphis, TN.

- Winters, M. R., & Murrell, P. H. (1991, November). Change in intellectual development: Patterns of complexity and diversity. Program presented at the Southern Association of College Student Affairs Conference, Birmingham, AL.
- Mentkowski, M., Collins, L., Pike, G., Rogers, G. & Winters, M. (1991, June). Analyzing and understanding patterns of change: Where are we headed? Program presented at the American Association for Higher Education Assessment Forum, San Francisco, CA.
- Murrell, P. H., Freidan, G., & Winters, M. R. (1990, December). Millsaps college: A case study of students and their curriculum: Issues of learning style and intellectual stage. Program presented at Reflection and Anticipation: A Celebration of Two Decades of Work with the "Perry Scheme," Washington, DC.
- King, R. H., Murrell, P. H., & Winters, M. R. (1990, June). Leadership for assessment and institutional change. Program presented at the American Association for Higher Education Assessment Forum, Washington, DC.
- Winters, M. R., McClellan, S. A. & Sneed, D. M. (1990, March). Hurdle jumping, does your coach help: Advisor/advisee issues in graduate education. Program presented at the National Association of Graduate and Professional Students Conference, Chicago, IL.
- Winters, M. R. & Murrell, P. H. (1990, February). Intellectual development during college: Are there gender differences? Program presented at the Conference of the National Association for Women Deans, Administrators and Counselors, Nashville, TN.
- Winters, M. R. (1988, April). The Future of counseling psychology: My vision. Stimulus paper presented at A. P. A. Division 17 Middle South Conference on Counseling Psychology: Planning the Future, Gatlinburg, TN.
- Winters, M. R. & Greenan, J. (1987, February). The counselor role in assessing vocational interpersonal relations skills. Program presented at the Indiana Association for Counseling and Development Conference, Indianapolis, IN.

LEADERSHIP

Houston Psychological Association

Board of Directors: June 2009 – June 2012

President: June 2008- June 2009

President Elect: June 2007 – May 2008

Secretary-Treasurer: June 2005 – May 2007

AWARDS

Statue of Responsibility Award – Viktor Frankl Institute of Logotherapy 2009

Outstanding Young Men of America 1986

Who's Who Among Students in American Universities and Colleges 1983 - 84

Kentucky Forensic Association State Champion in Debate 1982 and After Dinner Speaking (humorous speech) 1981. Numerous other awards in Impromptu, Persuasive and Informative speaking and Dramatic Interpretation in national competitions.

MEMBERSHIP

American Psychological Association

Texas Psychological Association

Houston Psychological Association

Viktor Frankl Institute of Logotherapy

CERTIFICATION AND LICENSE

Texas Psychologist License number 4931