

Jon L. Winek
HPC Department
Appalachian State University
Boone, NC 28608
(828) 262-4890

EDUCATION

Doctor of Philosophy in Sociology. University of Southern California, May 1992.

Master of Arts in Sociology. University of Southern California, May 1990.

Master of Marital and Family Therapy. University of Southern California, May 1990.

Bachelor of General Studies. University of Michigan, May 1985.

AREAS OF SPECIALIZATION

Marriage and Family Therapy
Social Psychology
Gender

ACADEMIC APPOINTMENTS

Professor: Summer 2004- Present, Associate Professor: Summer 1999- Spring 2004, Assistant Professor: Fall 1993- Spring 1999, Program Director Marriage and Family Therapy: Fall 1995- Spring 2014 and Spring 2017- Fall 2018, Appalachian State University, Reich College of Education. Courses taught: Theories of Marriage and Family Therapy I, Theories of Marriage and Family Therapy II, Theories of Marriage and Family Therapy III, Practicum, Internship in Marriage and Family Therapy, Internship in Counseling, Clinical Issues in Family Counseling, Domestic Violence, Marital Enrichment, Substance Abuse and Family Systems, Assessment and Diagnosis in Marriage and Family Therapy, Brief Therapy, Introduction to the Helping Profession, Human Relations and Interactions, Group Methods.

Instructor: University of San Diego, Graduate School of Education, Fall 1991- Summer 1993.
Courses taught: Treatment Planning, Alcohol and Drug Addiction, Research and Family Therapy.

Instructor: El Camino College, Division of Behavioral and Social Sciences, Fall 1990- Spring 1992.
Courses taught: Social Problems, Marital and Family Living.

Teaching Assistant: University of Southern California, Program for the Study of Women and Men in Society, Fall 1986- Spring 1988.
Courses taught: Introduction to the Study of Women and Men in Society.

Teaching Assistant: University of Southern California, Department of Sociology, Fall 1985- Spring 1986 and Fall 1988- Spring 1990.
Courses taught: Introduction to Sociology, Social Problems.

Teaching Assistant: University of Michigan, Department of Psychology. Laboratory in Family Assessment, Fall 1984.

RESEARCH EXPERIENCE

Renkert, L., Reed- Ashcraft, K., Winek, J., Miller, G. & Curtin, L. North Carolina Methamphetamine Initiative/Appalachian State University Partnership. 2004- 2010.

Winek, J. "An Empirical Analysis of the Process and Outcome of Reflecting Team Supervision." Presented to the Graduate School at Appalachian State University. 1999.

Winek, J. "Co- Construction of Therapeutic Reality: Focus on Process and Outcome." Presented to the Graduate School of the University of Southern California in partial requirement for a Doctorate of Philosophy in Sociology. 1992.

Winek, J. "A Network Analysis of Mental Health Referrals on a Campus." Presented to the Graduate School of the University of Southern California in partial requirement for a Master of Arts in Sociology. November 1988.

Research Assistant, University of Michigan, Department of Psychology. Development of Family Process Scales. Fall 1983- Spring 1985.

CLINICAL POSITIONS

Clinical Director, Marriage and Family Therapy Clinic. Institute of Health and Human Services at Appalachian State University. 2005-2011.

Licensed Professional Counselor. North Carolina license number 3515. May 2000- Present.

Licensed Marriage and Family Therapist. North Carolina license number 605. June 1995- Present.

Licensed Marriage, Family, & Child Counselor. California license number MFC 30751. September 1993- Present.

Supervisor of Child Care Workers, Ivy Lea Manor Residential Treatment Program. 973 21st St., San Pedro, CA 90731. May 1988- February 1991.

Program Coordinator, James A. Peterson Human Relations Center at the University of Southern California. Fall 1987- Spring 1988.

Clinical Trainee, James A. Peterson Human Relations Center at the University of Southern California. Fall 1986- Spring 1989.

CLINICAL SUPERVISORS

Carlfred Broderick, Ph.D.
Marcia Lasswell, M.A.
Irvine Borstein, Ph.D.
Mary Hayes, Ph.D.
Dale Hughes, M.S.W.

Constance Ahrons, Ph.D.
Tom Lasswell, Ph.D.
Jefferson Davis, M.D.
Jodi Schore, Ed.D.
Michael Drouilhet, M.S.W.

SUPERVISORY TRAINING EXPERIENCE

Supervisor of Clinical Trainees, University of San Diego in association with Ocean Beach Community Services. September 1991- July 1993. Supervision of supervision provided by Marcia Lasswell, M.A.

Practicum in Supervision, James A. Peterson Human Relations Center at the University of Southern California. Summer 1991. Supervision of supervision provided by Carlfred Broderick, Ph.D.

PROFESSIONAL AFFILIATIONS

American Association of Marriage and Family Therapy:
Clinical Member, Approved Supervisor.

North Carolina Association of Marriage and Family Therapy:
Clinical Member.

Alpha Kappa Delta: President 1986.

PUBLICATIONS

Winek, J. (2017). *Family Therapy: From Theory to Practice* (2nd ed.). San Diego: Cognella Press.

Rayburn, A. D., Winek, J. L., & Anderson, H. (2016). Engaging Families and Other Systems in School-Based Treatment: Lessons from an Interdisciplinary Treatment Team. In *The Family Journal: Counseling and Therapy for Couples and Families*.

Jordan, N. A., Russell, L., Afousi, E., Tasha, C., McVicker, M., Robertson, J. & Winek, J. L. (2013) The Ethical Use of Social Media in Marriage and Family Therapy: Recommendations and Future Directions *The Family journal: Counseling and Therapy for Couples and Families*

Zimmerman, M. J., & Winek, J. L.(2013) *Family Substance Abuse Group Activities* Thousand Oaks Ca: Sage.

Winek, J. (2010). *Systemic Family Therapy: Theory and Practice*. Sage Publications.

Michael, K.D., Renkert, L.E., Winek, J.L., & Massey, C. (2010). So you don't just take babies? Debunking discipline- specific stereotypes and other lessons about true interdisciplinary collaboration. In *The Community Psychologist*.

Winek, J., Dome, L., Gardner, J., Sackett, C., Zimmerman, J., & Raughton, M. (2010). Support Network Intervention Team: Part of a comprehensive approach to family based treatment for methamphetamine addiction. *Journal of Groups in Addiction and Recovery*.

Blasko, K., Winek, J., & Bieschke, K. (2007). Prototypical assessments by therapists of domestic violence situations. *Journal of Marital and Family Therapy*, 33 (2), 258- 269.

- Caldwell, K., Winek, J., & Becvar, D. (2006). The relationship between marriage and family therapists and complementary and alternative medicine approaches: A national survey. *Journal of Marital and Family Therapy*, 32 (1), 101-114.
- Becvar, D., Caldwell, K., & Winek, J., (2006). The relationship between marriage and family therapists and complementary and alternative medicine approaches: A qualitative analysis. *Journal of Marital and Family Therapy*, 32 (1), 115-126.
- Winek, J., & Craven, P. (2005). The coming clean ritual. In Hertlein, K., & Viers, D. (Eds.), *The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Psychotherapy* (pp. 49-55). New York: Haworth Press.
- Winek, J., Lambert- Shute, J., Johnson, L., Shaw, L., Krepps, J., & Wiley, K. (2003). Discovering the moments of movement in filial therapy: A single case qualitative study. *International Journal of Play Therapy*, 12(1), 89-104.
- Winek, J., & Craven, P. (2003). Healing rituals for couples recovering from adultery. *Contemporary Family Therapy*, 25(3), 249-266.
- Winek, J., & Craven, P. (2003). On the intersection of theory and practice in marital therapy: Response to Moultrup. *Contemporary Family Therapy*, 25(3), 275-281.
- Winek, J., & Shaw, L. (2000). Family supervision: Co- Constructing basic therapy skills. *Readings in Family Therapy Supervision: Selected Articles from the AAMFT Supervision Bulletin*. Washington, DC: AAMFT.
- Duke, C., & Winek, J. (1999). Robert Newton Peck's *a day no pigs would die*: An exploration of father son relationships and the maturation process. In Kaplan, J. (Ed.), *Helping Adolescents at Risk Through Literature: Family Issues*. West Port, CT: Greenwood Publishing Group.
- Roberts, T., Winek, J., & Mulgrew, J. (1999). A systems/ dialectical model of supervision: A symbolic process. *Contemporary Family Therapy*, 21(3), 291-302.
- Johnson, L., Bruhn, R., Winek, J., Krepps, J., & Wiley, K. (1999). The use of child centered play therapy and filial therapy with Head Start families: A brief report. *Journal of Marital and Family Therapy*, 25(2), 169-177.
- Winek, J. (1998). *A Qualitative Study of the Co-Construction of Therapeutic Reality: A Process and Outcome Model*. Lewiston, NY: Edward Mellon Press.
- Winek, J., & Shaw, L. (1998). Family Supervision: Co-Constructing basic therapy skills. *The Supervision Bulletin*, 11(1), 1998.
- Winek, J., & Finch, S. (1997). Constructions of therapy, race, ethnicity and gender: An anthropological metaphor. *Contemporary Family Therapy*, 19(4), 523-535.
- Winek, J. (1996). Community service intervention. In Nelson, T., & Trepper, T. (Eds.). *101 Interventions in Family Therapy: Volume II*. Also in *Journal of Family Psychotherapy*, 7(3), 63- 67.

- Winek, J., & Jones, D. (1996). Balancing Legal and Ethical Issues in College and University Counseling. *College Student Affairs Journal*, 15, 64-73.
- Winek, J., & Carlin-Finch, S. (1996). Empowering the Field family: A case using brief family techniques. In Corey, G. *Case Approaches to Counseling and Psychotherapy*. 4th Edition. 1996.
- Winek, J. (1995). When and how to make a referral for family therapy. *Focus on Later Childhood/ Early Adolescence*, 7(4).
- Winek, J., & Faulkner, M. (1994). Group psychotherapy as a method of assisting ego impaired children. *Group: The Journal of the Eastern Group Psychotherapy Society*, 18, 111-121.
- Winek, J. (1994). The Job Search in MFT: An applicant's Perspective. *ETC News, Etc. American Association for Marriage and Family Therapy- Education and Training Council Newsletter*, 2(2).

DVDS

- Rodriguez, C.P., & Winek, J.L. Emotional Focused Therapy (vol. 1). Thousand Oaks, CA: Sage Publications (2011).
- Krepps, J., & Winek, J.L. Constructivist Family Therapy (vol. 2). Thousand Oaks, CA: Sage Publications (2011).
- Mulgrew, J. P., & Winek, J.L. Experiential Family Therapy (vol. 3). Thousand Oaks, CA: Sage Publications (2011).
- Edwards, J.T., & Winek, J.L. Structural/ Strategic Family Therapy (vol. 4). Thousand Oaks, CA: Sage Publications (2011).
- Richey, P., & Winek, J.L. Strategic/ Medical Family Therapy (vol. 5). Thousand Oaks, CA: Sage Publications (2011).
- Perkins, B., & Winek, J.L. Behavioral Family Therapy (vol. 6). Thousand Oaks, CA: Sage Publications (2011).
- Jordan, N.A., & Winek, J.L. Brief Family Therapy (vol. 7). Thousand Oaks, CA: Sage Publications (2011).
- Jordan, N., Winek, J. L., Russell, L., NC American Association of Marriage and Family Therapist Conference, "The Ethical Use of Social Media in the Practice of Family
www.ceulivrary.com (2013).

WORKS IN PROGRESS

- Torgerson, C., Murray, M. Winek, J. Mapping family patterns in family therapy: Adapting the map to family dynamics Under review *Contemporary Family Therapy*.
- Winek, J. *Invitation to Change: How Therapy, Meditation and Neurobiology Shapes your Future*. San Diego: Cognella

Torgerson, C., Murray, M. Winek, J. Mapping family patterns in family therapy: An Adapted Intervention (Under Review) Workshop proposed for the 2020 AAMFT Annual Conference.

CONFERENCE PAPERS AND PRESENTATIONS

- Russell, L. M., Jordan, N. A., & Winek, J. L. (2014, February). The Intersection of Trauma and Social Media: Therapeutic Applications Poster session presented at the annual meeting of the NCAMFT, AAMFT, Cary, NC.
- Jordan, N., Winek, J. L., Russell, L., NC American Association of Marriage and Family Therapist Conference, "The Ethical Use of Social Media in the Practice of Family Therapy," Raleigh, NC. (March 1, 2012).
- Michael, K. D., Murphy, M., Kyle, A., Carissa, O., Renkert, L. E., Winek, J. L., 16th Annual Conference on Advancing School Mental Health, "Collaborative, Multi-System Case Discussion in School Mental Health: A Live Demonstration of the ASC (Assessment, Support & Counseling) Model," Center for School Mental Health and IDEA Partnership, Charleston, SC. (September 23, 2011).
- Winek, J. L., Dolbee, K., J. L., Autism Awareness: Autism from the Family's Perspective, "Families living with Autism panel Discussion," College of Health Sciences, Boone. (April 6, 2011).
- Michael, K. D., Renkert, L. E., Winek, J. L., Michael, A. (Presenter Only), Massey, C. (Presenter & Author), Wandler, J. (Presenter & Author), Fall 2009 Mental Health Education Integration Consortium, "The Watauga High School mental health partnership: A growing interdisciplinary, interagency endeavor," Appalachian State University, Ohio State University, the University of Maryland School of Medicine, Appalachian State University. (October 1, 2009).
- Miller, G., Winek, J., Zimmerman, J., Christenbery, S., Wilkerson, T., & Gardner, J. "Substance Abuse Dynamics in the Family: Methamphetamine Treatment Focus". Workshop presented for the North Carolina Family- Based Services Association. November 2008.
- Winek, J. "An Approved Supervisor Refresher Course." Workshop presented for the North Carolina Association for Marriage and Family Therapy. December 2006.
- Caldwell, K., Winek, J., & Mulgrew, J. "An Approved Supervisor Refresher Course." Pre-Conference Workshop presented at the North Carolina Association for Marriage and Family Therapy Annual Conference. March 2005.
- Winek, J., Caldwell, K., Becvar, D., & Brown, D. "The Relationship Between Complementary and Alternative Medicine Approaches and Marriage and Family Therapists: A National Survey." Poster presented at the North Carolina Association for Marriage and Family Therapy Annual Conference. March 2004.

- Caldwell, K., & Winek, J. "An Approved Supervisor Refresher Course." Pre-Conference Workshop presented at the North Carolina Association for Marriage and Family Therapy Annual Conference. March 2004.
- Winek, J. "Couples Therapy: Promoting Intimacy Through Effective Fighting." Presented to Mountain Area Health Education Center. January 2004.
- Winek, J., & Craven, P. "Healing Rituals for Couples Recovering from Adultery." Presented at the American Association for Marriage and Family Therapy Annual Conference. October 2003.
- Winek, J., Craven, P., Blasko, K., & Nunley, R. "The Mother's Role in the Etiology of Psychopathology. Poster presented at the American Association for Marriage and Family Therapy Annual Conference. October 2003.
- Winek, J. "Developing the Person-of-the-Practitioner in Supervision." Presented at the North Carolina Association for Marriage and Family Therapy's Annual Conference. March 2003.
- Winek, J., & Craven, P. "Healing Rituals for Couples Recovering from Adultery." Presented at the North Carolina Association for Marriage and Family Therapy's Annual Conference. March 2002.
- Benson, K. & Winek, J. "Angry Families: Anger Management in Family Therapy." Presented at the North Carolina Association for Marriage and Family Therapy's Annual Conference. March 2001.
- Winek, J. "Couples Therapy: Promoting Intimacy Through Effective Fighting." Presented to Mountain Area Health Education Center. September 2000.
- Winek, J., Johnson, L., Wiley, K., Shaw, L., Lambert- Shute, J., & Krepps, J. "Moments of Movement in Filial Therapy: A Case Study." Paper presented at the Conference on Qualitative Research in Education. January 2000.
- Bruhn, R., Johnson, L., & Winek, J. "Family Therapy and Head Start: A New Horizon." Paper presented at the American Association for Marriage and Family Therapy Annual Conference. September 1997.
- Winek, J. "Domestic Violence, A Family Affair: Confronting it Safely and Productively." Invited presentation Smoky Mountain Winter Institute: Supporting and Strengthening Children and Families. February 1996.
- Roberts, T., & Winek, J. "A Systems/ Dialectical Model of Supervision." Paper presented at National Council on Family Relations Annual Conference. November 1995.
- Winek, J. "Community Service Intervention." Poster presented at the American Association for Marriage and Family Therapy Annual Conference. November 1995.
- Millikin, J., & Winek, J. "The Family Regime Assessment Map." Poster presented at the American Association for Marriage and Family Therapy Annual Conference. November 1995.

Winek, J., & Miller, G. "Domestic Violence." Workshop presented at Focus on Family VI, Appalachian State University, June 1995.

Winek, J. "Constructing Family Therapy: Brief Approaches to Treatment." Workshop presented at Focus on Family VI, Appalachian State University, June 1994.

Roberts, T., Winek, J., & Mulgrew, J. "A Gestalt Model of Supervision: A Dialectic Systemic Process." Paper presented at the 16th Annual Conference on the Theory and Practice of Gestalt Therapy. May 1994.

Winek, J. "Social Construction Theory and Methods of Family Therapy." Paper presented at the Sociological Practice Association Annual Meeting. June 1991.

Carlin-Finch, S., & Winek, J. "A Critical Overview of Family Typologies." Paper presented at the Brigham Young University Graduate Student Conference on Family Therapy and Family Therapy Research. March 1988.

Winek, J. "A Philosophical Explanation of the Clinical Relevance of Symmetry: A Case Study." Paper presented at the Brigham Young University Graduate Student Conference on Family Therapy and Family Therapy Research. March 1988.

Winek, J., & Carlin-Finch, S. "A Theoretical Framework for Conducting Family Therapy Incorporating Race, Gender, and Ethnicity." Paper presented at the Brigham Young University Graduate Student Conference on Family Therapy and Family Therapy Research. March 1988.

SERVICE LEADERSHIP POSITIONS

Committee/Organization, Member, Cove Creek Farms Board of Directors.

Committee/Organization, Member, Hope Spring Center Board of Directors.

Committee/Organization, Member, Watauga High School ASC Center.

North Carolina Marriage and Family Therapy Licensure Board. 2001-2011.

North Carolina Association for Marriage and Family Therapy. Professional Practice Committee 1998-2001, Board of Directors 1996-2001, Continuing Education Committee 1993-1996.

Anger Reduction Management and Support. Board of Directors 1999-2003.

Watauga Youth Network. Board of Directors 1994-1999.

CONFERENCES ATTENDED

Conference Attendance, "North Carolina Association For Marriage and Family Therapy Annual Conference," NCAMFT. (February 28, 2013 - March 1, 2013).

Conference Attendance, "American Association For Marriage and Family Therapy Annual Conference," AAMFT. (September 13, 2012 - September 16, 2012).

Conference Attendance, "Treating Juvenal Sex Offenders," NCAMFT. (April 30, 2010- Present).

Conference Attendance, "A Relationally Focused Approach to Working with Couples," ASU/SAMFT. (April 12, 2010- Present).

Conference Attendance, "An Ethical Tune-Up," ASU/NBCC. (February 16, 2010- Present).

Conference Attendance, "The Art of Language in Counseling," ASU/ACA. (September 23, 2009- Present).

Conference Attendance, "Mindfulness for Practitioners," NCAMFT. (June 20, 2009- Present).

Conference Attendance, "Sexual Health," NCAMFT. (February 25, 2010- February 27, 2010).

American Counseling Association, Annual Convention. (2007 & 2009 & 2019).

The 7th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. (1999).

American Association of Marriage and Family Therapy, Annual Conference. (1989-1997, 2000-2004, 2010).

North Carolina Association for Marriage and Family Therapy, Annual Conference. (1994-1999, 2002-2006, 2009, 2010, 2019).

National Council on Family Relations, Annual Conference. (1995).

Theory and Practice of Gestalt Therapy, Annual Conference. (1994).

The Houston Galveston Institute Conference. (1993).

Institute of Advanced Psychological Studies, California School of Professional Psychology. Families in Conflict: The Alcoholic Family. Peter Steinglass, MD. (1992).

AWARDS

Outstanding Service to the Profession Award, North Carolina Marriage and Family Therapy Licensure Board, Leadership. (March 2, 2012).

Pioneer Award, North Carolina Association for Marriage and Family Therapy, Service, Professional. (March 2, 2012).

Distinguished Graduate Faculty given for a faculty member who's contribution to graduate education is truly exemplary in teaching, research, and service. Appalachian State University. 2010.

Cratis D. Williams Graduate School at Appalachian State University 2008.
Transforming North Carolina Faculty Research Award, Renkert, L., Reed-Ashcraft, K., Winek, J., Miller, G. & Curtin, L. Thorp, H. North Carolina Methamphetamine Initiative/ Appalachian State University Partnership.

Reich College of Education at Appalachian State University 2005-2006 Outstanding Scholarship Award, April 2006.

Honorable Mention for Poster Presentation: "The Relationship Between Complementary and Alternative Medicine Approaches and Marriage and Family Therapists: A National Survey." Poster presented at the North Carolina Association for Marriage and Family Therapy Annual Conference. March 2004.

David and Vera Mace Award for significant contributions to the profession of Marriage and Family Therapy at the North Carolina Association for Marriage and Family Therapy's Annual Conference. March 2001.

GRANT SUBMISSIONS

Michael, K.D., Renkert, L., Winek, J., & Tumbleston, S. Appalachian Rural School Mental Health Expansion Project. U.S. Department of Education Full Service Community Schools Grant (2010). \$1,340,185 Unfunded.

Renkert, L., Reed-Ashcraft, K., Winek, J., Miller, G., & Curtin, L. North Carolina Methamphetamine Initiative/ Appalachian State University Partnership (2008). Funded \$20,273.

Winek, J. *Systemic Family Therapy: Theory and Practice*. Appalachian Foundation Fellows Grant (2007). Funded \$5,000.

Renkert, L., Reed-Ashcraft, K., Winek, J., Miller, G., & Curtin, L. North Carolina Methamphetamine Initiative/ Appalachian State University Partnership (2007). Funded \$183,601.

Renkert, L., Reed-Ashcraft, K., Winek, J., Miller, G., & Curtin, L. North Carolina Methamphetamine Initiative/ Appalachian State University Partnership (2006). Funded \$166,225.

Renkert, L., Reed-Ashcraft, K., Winek, J., Miller, G., & Curtin, L. North Carolina Methamphetamine Initiative/ Appalachian State University Partnership (2005). Funded \$185,467.

Renkert, L., Reed-Ashcraft, K., Winek, J., Miller, G., & Curtin, L. Watauga-Ashe Methamphetamine Family Treatment Program (2004). Funded \$35,000.

Caldwell, K., & Winek, J. National Survey of Complementary and Alternative Medicine Approaches Utilized By Marriage and Family Therapists. Appalachian State University Graduate School Competitive Grant. Funded \$4,000.

Caldwell, K., & Winek, J. "A Qualitative Study of Couples in Formerly Abusive Relationships." Submitted to the Harry Frank Guggenheim Foundation, (September 2001). Not funded.

Johnson, L., & Winek, J. "AAMFT-Head Start Training Partnership." American Association for Marriage and Family Therapy Research and Education Foundation. (June 1995). Funded \$25,000.

Winek, J. "Reflecting Team Supervision." Appalachian State University Graduate School Competitive Grant. (August 1994). Funded \$3,000.

Winek, J. FAS-BECH Doctoral Dissertation Grant. Award covered out of pocket expenses involved in completing dissertation (March 1991). Funded \$5,000.

Winek, J. Fry Fund Graduate Student Scholarship, University of Southern California (September 1989). Funded \$2,000.