

TIMOTHY WAYNE PEDIGO, PH. D.

VITA

EDUCATION

- 1987 Illinois Institute of Technology, Chicago, IL
Ph.D., Clinical Psychology
Dissertation: *Marital and Parental Involvement and Marital Satisfaction among Mid-Life Couples*
- 1981 Trinity College, Deerfield, IL
B.A., Psychology/Philosophy

HONORS

Magna Cum Laude
Who's Who in America's Colleges and Universities

LICENSURE AND CERTIFICATIONS

Illinois Clinical Psychologist License #071-003996
Certificate, Marriage and Family Therapists, Southlake Center for Mental Health
Certificate, Jungian Psychotherapy, C. G. Jung Institute, Chicago, IL

PROFESSIONAL EXPERIENCE

- 2010-present **Governors State University**, University Park, IL
Full-time lecturer in Psychology programs. Teach classes to undergraduates in psychology, and graduate students in the Masters in Clinical Psychology Program. Also teach summer internship and practicum courses.
- 2008-2009 **Governors State University**, University Park, IL
Adjunct Instructor teaching a broad range of undergraduate psychology courses.
- 2004-2006 **C. G. Jung Institute**, Chicago, IL
Participant in two-year training program, leading to certification in depth psychology, specializing in dream work and active

imagination.

- 1999-2009 **Cancer Support Center**, Homewood, IL
Supervisor of professional staff; facilitator of social support groups and mindfulness meditation groups for survivors and their families.
- 1999 **Mindfulness Based Stress Reduction**, Mount Madonna, CA
Received intense training from Jon Kabat-Zin in applying mindfulness to medical conditions.
- 1992-1999 **Governors State University**, University Park, IL
Adjunct professor teaching practicum and on-campus courses in family and group therapy; co-taught special topics course on men's issues in the therapeutic setting.
- 1989-Present **Private Therapy Practice**, Matteson, IL
Psychotherapist for individuals, couples, families, and groups; also provide consultation and supervision.
- 1987-1989 **Family Studies Program**, Merrillville, IN
Participant in two-year training program in marital and family therapy leading to certification by the American Association of Marriage and Family Therapists (AAMFT).
- 1987-1991 **Southlake Center for Mental Health, Inc.**, Merrillville IN
Full-time psychologist in outpatient clinic in Hobart, Indiana. Duties included individual, group, marital, and family therapies with children and adults as well as case management.
- 1986-1987 **San Fernando Valley Child Guidance Clinic**, Los Angeles, CA
APA internship in an agency specializing in child psychology. Participant in seminars in child development, intensive psychotherapy, psychological assessment, and family therapy. (2200 hours)
- 1985-1986 **Siegal Institute at Michael Reese Hospital**, Chicago, IL
Extern at a clinic specializing in learning disabled and hearing impaired children. Duties included individual therapy, psychological evaluations, and staffing. (840 hours)
- 1984-1985 **Ravenswood Community Mental Health Center**, Chicago, IL
Extern at a day treatment program for severely mentally disturbed adults. Duties included group and milieu therapies and case management. (720 hours)

- 1983-1984 **Worthington, Hurst, and Associates**, Chicago, IL
Consultant to Head Start teachers and leader of parent training workshops. (160 hours)
- 1983-1984 **Central Baptist Family Services**, Chicago, IL
Extern at a day treatment program for Educationally Mentally Handicapped (EMH) adolescents. Duties included individual, group, and family therapy. (1220 hours)
- 1983 **Riveredge Hospital**, Forest Park, IL
Full-time summer extern at an inpatient adolescent psychiatric unit. Duties included daily individual therapy and participation in family and group therapies as well as school staffings.
- 1982-1983 **Youth Guidance**, Chicago, IL
Extern in a school-based agency serving low-income minority adolescents and their families. Duties included individual, family, and group therapies. (1100 hours)
- 1982 **Ridgeway Hospital**, Chicago, IL
Mental Health Therapist in a children's hospital. Duties included individual, group, and milieu therapies. (320 hours)

RESEARCH AND PUBLICATIONS

- 2012-2015 **Research Project Evaluating Emotional and Social Learning through Contemplative Practices in the Classroom.** A research project with Al Tuskenis and Terry Christiansen evaluating students in their capacity to decrease stress and increase emotional and regulation and self-differentiation and improve academic performance..
- 2011 **A.C.T.I.V.E. Coping with Cancer: A Mindfulness Based Program for Helping Cancer Patients and Their Families.** Ramfield Press: Chicago. ISBN 978-0-9838589
- 1996 **An Interview with Richard Schwartz.** *The Family Journal: Counseling and Therapy for Couples and Families*, 4, 268-277.
- 1983-1985 **Family Transition Project.** Research assistant on a project studying relationships young adults have with their parents and their capacity to establish autonomy and relatedness.

1982-1984 ***Cognitive Problem Solving in Children.*** Research assistant on a project studying the relationship between problem solving and social skills in children.

PRESENTATIONS

2014 ***Teaching Mindfulness to Undergraduate and Graduate Students.*** A presentation given on a panel on using mindfulness in the Mindfulness Studies course for undergraduates and the Mindfulness and Psychotherapy course for graduates at GSU. **Presented to the 2014 APA National Convention in Washington, D.C.**

2014 ***Teaching Potential as Possibility: Facilitate Personal Growth in Psychology Education.*** A presentation given on a panel focusing on the structure and methods used in the Laboratory in Personal Growth weekend course at GSU. Data was presented showing positive changes in affect, emotional regulation, self-differentiation, and mindfulness. **Presented to the 2014 APA National Convention in Washington, D.C.**

2014 ***A Contemplative Approach to Teaching and Learning in Psychology.*** A presentation with Terri Christianson and Al Tuskenis outlining the philosophy and techniques of Contemplative Education using examples from courses at GSU. **Presented to the Midwest Institute for Students and Teachers of Psychology in Glen Ellyn.**

2013 ***Teaching Mindfulness to Education Majors.*** Co-teaching, with Glenna Howell, Division of Education of GSU a professional development seminar for Elementary and Middle School Education majors. In addition I will serve as a consultant for Professional Development Seminars I, II, and III on "The Mindful Educator."

2013 ***APA Learning Goal 9: Teaching and Assessing Personal Development.*** A presentation, with Jean Johnson and Albert Tuskenis, of an evaluation of a class Lab in Personal Growth. A course using mindfulness, assessment measures, and group feedback was evaluated using measures related to self-awareness and personal development. Significant differences were found comparing pre- and post test measures in mindfulness, negative affect, emotional regulation and self-differentiation. **Presented at The Midwest Psychological Association.**

- 2012 ***Working with the Basic Fault.*** A presentation based on how to understand and treat difficult clients who remain stuck in shame due to deep seated tendencies to blame themselves excessively. **Presented at the Jung Institute of Chicago.**
- 2012 ***Meditation and Mental Health.*** A presentation on how meditation improves mental health in the areas of emotional regulation, relational functioning and personal growth. **Presented at the National Conference of the World Community for Christian Meditators.**
- 2011 ***Raising an Emotionally Intelligent Child.*** Workshop for parents on the research and practice of facilitating emotional intelligence in children. **Presented at Governors State University Child Development Center.**
- 2011 ***Mindfulness: Where Does It Originate and How Do You Do It?*** A presentation on how mindfulness arose from the Buddhist tradition and how it has relevance in our current age. **Presented to The Second Annual Care, Comfort, and Coffee: Living a Balanced Life - Body, Mind, and Spirit at the Fourth Presbyterian Church in Chicago.**
- 2011 ***Mindfulness and Emotional Intelligence.*** How mindfulness practice serves to facilitate the emergence of emotional perception, understanding and responsiveness. **Presented to the College of Education at Governors State University.**
- 2011 ***Spirituality for the Second Half of Life.*** A depth psychological perspective on spirituality in mid-life and beyond. **Presented for The Spirituality Network of Chicago.**
- 2010 ***Mindfulness Based Models and Depth Psychology.*** Reviewed empirically validated models of psychotherapy which use mindfulness and how these models compare and relate to depth psychotherapy. **Webinar presented to the Iowa Friends of Jung.**
- 2006 & 2008 ***Meditation and Spirituality.*** The theory and practice of how meditation serves to help increase “existential faith” and spiritual well-being. **Presented to Flossmoor Community Church** (Offered 4 times).
- 2001 ***Love and Individuation.*** A retreat at St. Francis of the Woods about how psychospiritual growth arises from a tension between acceptance and change. Co-leader.

- 2001 ***Transforming the Inner System.*** Applying the Inner Family Systems model and Taoist/Buddhist theories of psychology to inner change. **Presented at the Illinois Association for Marriage and Family Therapy Conference.**
- 2000 ***Awakened Hearts.*** Utilizing the Internal Family Systems model with an emphasis on the dissolution of defenses and projections in order to arrive at an experience of deeper spiritual intimacy. **Presented at the Ninth Annual Internal Family Systems Association Conference.**
- 2000 ***Higher Love: The Journey from Fantasy to Mature Intimacy.*** Integrating Taoist Alchemy, Bowen's self-differentiation theory, Jung's individuation process, and gender conflict. **Presented at The Illinois Association for Marriage and Family Therapy Conference.**
- 1999 ***The Four Noble Truths Applied to the Internal Family Systems Model.*** Applying the Four Noble Truths of Buddhism to the basic strategies of Internal Family Systems therapy. **Presented at The Eighth Annual Internal Family Systems Association Conference.**
- 1997 & 1998 ***Taoism and the Internal Family Systems Model.*** Integrating a psycho-spiritual approach to Taoist Alchemy and the Internal Family Systems model. **Presented at Sixth and Seventh Annual Internal Family Systems Association Conferences.**
- 1996 ***Integrating Imago with Internal Family Systems Therapy.*** Using intrapsychic and interpersonal techniques to help couples resolve emotional pain and conflict in a committed relationship. **Presented at the First Annual Midwest Association for Imago Relationship Therapy Conference.**
- 1996 ***The Parts of the Therapist in Working with Survivors of Abuse.*** Helping therapists to identify and work with countertransference in a therapeutic relationship with survivors of abuse. **Presented at the Fifth Annual Internal Family Systems Association Conference.**
- 1996 ***An IFS Approach to the Treatment of Dissociative Identity Disorder (DID).*** How to treat DID through various phases and stages of the therapeutic process. **Presented at the Fifth Annual Internal Family Systems Association Conference.**

1992 ***Creativity and the Imago Process.*** How couples' process can facilitate creativity. **Presented at the Second Annual Association for Imago Relationship Therapy Conference.**

PROFESSIONAL AFFILIATIONS

American Psychological Association
Affiliate Member of the C. G. Jung Institute of Chicago
Member of the Association of the Contemplative Mind in
Higher Education