

VITA

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Birth date: May 31, 1954

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Education:

- **Ph.D., Clinical Psychology**, Florida State University, August, 1981.
- **M.S., Clinical Psychology**, Florida State University, March, 1979.
- **B.A. with high distinction**, University of Virginia, May, 1976. Double major: Psychology and Religious Studies.

II. Professional Experience:

1990 - present: Staff Psychologist, Department of Veterans Affairs Medical Center, Hampton, Virginia. Director, Chronic Pain Program & Coordinator, Behavioral Physiology Laboratory. Assessment and treatment of chronic pain, anxiety, stress-related disorders. Treatment approaches include psychotherapy, biofeedback, relaxation techniques, hypnosis, and cognitive stress management techniques. Part-time work with the Spinal Cord Injury Unit. I have also had an on going psychotherapy caseload through the Mental Health Clinic which was reduced when my Spinal Cord Injury duties began. Clinical supervision of a psychology technician, doctoral graduate students, psychiatry residents, and psychology interns in an APPIC-approved internship. As the "Pain Point-of-Contact" for the Medical Center I am responsible for coordinating the Center's treatment of pain. Adjunct Assistant Professor of Psychology, College of William & Mary; Adjunct Assistant Professor of Psychiatry and Behavioral Sciences, Eastern Virginia Medical School. Director of Research and Development for the Medical Center 2001-2004. Chair-elect of the Institutional Review Board.

1997 - present: Mental Health Resources Guide for About.com. Maintain a website on mental health issues for a large Online publisher. Write regular original feature articles, maintain a weblog (blog), review online mental health resources, and host an interactive forum.

1990 - 2000: Part-time private practice of Clinical Psychology, Behavioral Medicine Institute, Newport News, Virginia and Family Psychiatric Services, Hampton, Virginia (12-20 hours per week). Counseling and psychotherapy for individuals, couples and families; hypnosis; biofeedback and stress management; and psychological assessment. Adjunct staff appointments at Mary Immaculate Hospital and Peninsula Behavioral Center.

1996 - 1998: Online psychology practice offering psychological consultation via email on a "shareware" basis. Creator and webmaster of "NetPsychology--Exploring the Online Delivery of Mental Health Services".

1988 - 2000: Consultant to Police Department, College of William & Mary. Psychological assessment of police officer candidates, stress management training.

1988 - 1990: Practice of Clinical Psychology, Sentara Psychological Group, Newport News, Virginia. Group practice which was purchased by a large healthcare corporation. Assisted in the management of a capitated managed care contract. Title: Clinical Director, Peninsula.

1985 - 1990: Consultant, Department of Veterans Affairs Medical Center, Hampton, Virginia. Assisted in the implementation and maintenance of computer hardware and software for the Psychology Service.

1984 - 1988: Assistant Director, Center for Psychological Services, College of William and Mary. Administrative and clinical responsibilities. Short and moderate term psychotherapy and counseling for graduate and undergraduate students. Staff included six full-time psychologists and three doctoral students in Clinical Psychology who received supervision. Developed a modest stress-management and biofeedback program for the Center. Held rank of Lecturer in the Department of Psychology and was co-chair of the Task Force on Alcohol and Substance Abuse.

1983 - 1988: Part-time private practice of Clinical Psychology. Psychotherapy, biofeedback, personality assessment. Adjunct Medical Staff appointments at Williamsburg Community Hospital and Peninsula Hospital.

1981 - 1984: Clinical Psychologist, Center for Psychological Services, College of William and Mary. Lecturer, Department of Psychology. During 1983-84 I was a member of the Admissions and Financial Aid Committee for the Virginia Consortium Program in Clinical Psychology doctoral program.

1980 - 1981: Psychology Intern, William S. Hall Psychiatric Institute, Columbia, S.C. APA approved internship in Clinical Psychology. The internship included individual and group psychotherapy with adult and adolescent inpatients and outpatients, diagnostic psychological testing, training and experience in biofeedback and hypnosis, and community consultation and education. I was a consultant to the South Carolina Division of Social Services--Council on Child Abuse and Neglect Protective Services Treatment Team.

1979 - 1980: Emergency Services Crisis Team Member--Apalachee Community Mental Health Center, Tallahassee, Florida. After-hours crisis intervention during evenings and weekends. Crisis counseling, outpatient referrals, hospital admissions.

1976 - 1980: Practicum placements including one year as staff member of college counseling center, one year in a private psychiatric hospital, and two years assisting in the training of first year Clinical Psychology graduate students.

1974 - 1976: Mental Health Worker at Arlington House Hospital, Charlottesville, Virginia.

III. Academic Honors and Other Achievements:

Received APA Certificate of Proficiency in Treatment of Alcohol and Other Psychoactive Substance Use Disorders, July 1996.

Listed in the National Register of Health Service Providers in Psychology 1984-present.

Listed in Who's Who in the South and Southwest, Who's Who among Human Service Professionals, and Who's Who of Emerging Leaders in America.

University Fellowship, Florida State University (1977-78, 1979-80).

Phi Kappa Phi Honor society, inducted 1978.

Distinguished Major in Religious Studies, University of Virginia.

Intermediate Honors, University of Virginia, 1974.

IV. Publications, Teaching, and Presentations:

Holmes, Leonard. "e-Therapy – An Uneven Book about an Uneven Field " *Contemporary Psychology: APA Review of Books*. October, 2004.

Holmes, Leonard & Anisworth, Martha. "The Future of Online Counseling" in Kraus, Zack & Stricker *Online Counseling: A Handbook for Mental Health Professionals*. Elsevier Academic Press, 2004.

Holmes, Leonard. "The Computer Revolution and Assistive Technology" in Eisenberg, Zaretsky & Richter (eds) *Medical Aspects of Rehabilitation*, Springer, 3rd Edition – in press.

Teach PSY 765 "Clinical Health Psychology" at College of William and Mary for the Virginia Consortium Program in Clinical Psychology, summer 1997 – present.

Taught PSY 376 "Health Psychology" – Senior undergraduate seminar, College of William & Mary, spring 2001.

Editorial Board member of peer-reviewed journal *CyberPsychology and Behavior*.

Holmes, Leonard & Ainsworth, Martha "Psychotherapy on the Internet – Issues and Opportunities" Presentation to the 37th Annual Conference of the American Association of Pastoral Counselors, April 2000.

Holmes, Leonard "The Computer Revolution and Assistive Technology" in Eisenberg, Gluckoff & Zaretsky (eds) *Medical Aspects of Rehabilitation*, Springer, 2nd Edition, 1998.

Holmes, Leonard, et. al. "Advanced Uses of the Internet" Team-taught course at American Psychiatric Association Convention, May 1998.

Holmes, Leonard "Delivering Mental Health Services Online: Current Issues." *CyberPsychology and Behavior*, Volume 1, Number 1. Spring, 1998.

Served on doctoral committees for the Virginia Consortium Program in Clinical Psychology and The Union Institute.

Holmes, Leonard "You Can't do Psychotherapy on the Net (Yet)." Presentation at American Psychological Association Convention, August 1997.

Regular contributing guest expert to the weekly syndicated Scripps-Howard newspaper column, "Your Mental Health" 1997 – 2000.

Holmes, Leonard "The Picture Identification Test: A Projective approach to Assessment of the Individual Personality System" Workshop at Southeastern Psychological Association, March, 1986

Holmes, Leonard "Using the Picture Identification Test on a College Campus. Presentation at Virginia College Counseling Center Conference, February, 1986,

Dissertation: "The Employment of Former Psychiatric Patients: A Computer Analog Study."

Masters Thesis on predicting medical students' choice of rural primary care medicine.

Research consultant, 1979, Westinghouse Health Systems.

Independent undergraduate research project on "Father Absence" under Mavis Hetherington, Ph.D.

V. Professional Memberships: Member – American Psychological Society, Member – American Association of Spinal Cord Injury Psychologists and Social Workers. Founding member & Fellow – International Society for Mental Health Online, member of Board of Directors 1997 - 2000. Member - American Psychological Association 1978-2002.

VI. License: Licensed Clinical Psychologist, Virginia, License #0810 - 001127.

VII. Additional Training and Activities:

1990 - present Twenty-forty hours per year continuing education as required by the Department of Veterans Affairs.

May, 1996: Training toward Virginia Supreme Court Certification in Family and General Mediation.

October, 1995: Attended NIH Technology Assessment Conference on the use of behavioral techniques in the management of chronic pain and insomnia.

April, 1995: Level one training in Eye Movement Desensitization and Reprocessing (EMDR) a short-term treatment for post-traumatic stress disorder.

December, 1994: Attended Sixth International Conference on the Psychology of Health, Immunity and Disease sponsored by the National Institute for the Clinical Application of Behavioral Medicine. Full week of continuing education in mind/body medicine.

1990 - 1991: Appointed by the Virginia State Crime Commission to a Task Force on Ritual Crime.

June, 1989 & June 1991: Attended the Eastern Regional Conference on Abuse and Dissociation, Training in Treatment.

July, 1984: Attended the New Jersey Summer School of Alcohol and Drug Studies at Rutgers University.

December, 1980: Attended First International Congress on Ericksonian Approaches to Psychotherapy in Phoenix, Arizona.

VIII. Additional Information: Outside interests include gardening, computers, hiking, bicycling, and fishing. Member of the Board of Directors of the Wesley Foundation at the College of William and Mary 1993-2000.

IX. References: Available on request.