

ADELE HOFFMAN HURST, PH.D.

WORK ADDRESS

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EDUCATIONAL BACKGROUND

Ph.D. in Counseling Psychology
Texas Woman's University
Denton, Texas

M.A. in Psychology
Southern Methodist University
Dallas, Texas

B.A. in English Literature
University of Texas at Austin
Austin, Texas

PROFESSIONAL CREDENTIALS

Licensed Psychologist, #24789, as granted by Texas State Board of Examiners of Psychologist

Licensed Marriage and Family Therapist, #001976 – 0020098, as certified by Texas State Board of Marriage and Family Therapists

Listed in the National Register of Health Service Providers in Psychology, #43,000

Gottman Relationship Therapist, as certified by the Gottman Institute, Seattle, Washington.

EMPLOYMENT

PSYCHOLOGIST (March, 1993 – Present): Provide therapy for individuals, couples, and families; conduct psychological and psycho-educational evaluations for individuals and assessments for families; provide group therapy for individuals and couples; and work with physicians to facilitate medical compliance and help alleviate emotional contributions to physical illness.

CONSULTANT (1995 – Present): Texas Rehabilitation Commission. Provide assessments to ascertain level of disability of individuals referred by agency; provide therapy to rehabilitate persons back into work environments; and provide feedback to staff and outlying agencies.

CERTIFIED PSYCHOLOGIST (October, 1992 – March, 1993): Provided therapy for individuals, couples, and families; conducted psychological evaluations for individuals and assessments for families; lead groups for women in transition, abuse recovery, and marital reorganization.

PSYCHOLOGICAL ASSOCIATE (April, 1978 – October, 1992): In association with J. Lawrence Muirhead, PH.D., Supervising Psychologist, Dallas, Texas. Provided therapy for individuals, couples, and families; conducted individual psychological evaluations, family assessments, and career evaluations; and facilitated groups for Personal Growth and Adult Children of Dysfunctional Families.

PSYCHOLOGY INTERN – APA APPROVED (August, 1989 – July, 1990): Texas University Counseling Center, Denton, Texas. Provided individual, couple, and family counseling to students; co-lead Personal Growth Group and Adult Children of Dysfunctional Family Group; presented campus outreach programs; provided faculty, staff, and student consultation; conducted intake assessments; served as on call counselor for crisis intervention; provided individual supervision of master's level practicum students; co-lead group supervision of practicum students.

FAMILY THERAPIST (June, July, August, 1986): Southwest Family Institute, Dallas, Texas. Assessed families with the Beavers-Timberlawn model and treated dysfunctional families, and served as a team member of the Family Abuse project, providing input and treatment strategies to the various therapists.

PSYCHOLOGICAL ASSOCIATE (May, 1976 – April, 1987): Garland Psychological Association, Ron R. Ziegler, Ph.D., Garland, Texas. Provided play therapy, psychological evaluation, individual therapy and family therapy; conducted psychological testing for Texas Rehabilitation Commission.

CONSULTANT (1978 – 1983): Garland Independent School District. Provided evaluations for special education placement based on state guidelines for learning

disability and emotional disturbance; provided assessments and recommendations for the Co-operative Behavior Center, a placement for severely disturbed, autistic, and pervasive developmental disorders.

CONSULTANT (1981 – 1983): Carrollton-Farmers Branch Independent School District. Provided evaluations for special education placement; mediated between the school district and the parents in presenting the findings of the testing and recommendations concerning the needs of special children.

PSYCHOMETRICIAN (May, June, July, 1976): Dean Memorial Learning Center. Administered WPPSI, WISC-R, TAT, Rorschach, Berry Visual Motor Test, Bender-Gestalt, House-tree-Person, Human Figure Drawing, Woodcock-Johnson, neurological screening, and ITPA to children and adolescents referred for learning disability.

PRACTICA AND ADDITIONAL PROFESSIONAL EXPERIENCE

FAMILY THERAPIST (September, 1986 – May, 1987): Dallas County Juvenile Department, Brief Family Therapy Program, Dallas, Texas. Served court-ordered and self-referred families of juveniles in providing brief family therapy and training for families of juveniles, using team supervision with one-way mirror.

FAMILY THERAPIST (September, 1985 – May, 1986): Southwest Family Institute, Dallas, Texas. Assessed troubled families using the FACES II, the Dallas Self-Report Inventory, the Beavers-Timberlawn Family Evaluation Scale and Family Style Evaluation Scale, served as therapist for individuals, couples and families.

PLAY THERAPIST (September, 1976 – January, 1977): Mental Health, Mental Retardation, Partial Care Unit, Dallas, Texas. Conducted play therapy with children, ages four to ten, provided family therapy to the families of these children.

DIAGNOSTICIAN (January, 1975 – May, 1976): University Affiliated Clinic, University of Texas Health Science Center, Dallas, Texas. Served on a team evaluating and assessing severe developmental disorders of young children, including pervasive developmental disorder, early infantile autism, and cerebral palsy: Served as an individual therapist for the parents of these children.

PSYCHOMETRICIAN (September, 1975 – June, 1976): Dean Memorial Learning Center, Dallas, Texas. Administered tests to children and adolescents referred for learning disability; served as facilitator of group therapy with adolescents and play therapy with young children.

COUNSELOR (1975 – 1977): Family Outreach Center, Carrollton, Texas. Counseled parents with parenting problems and served as member of governing Board of Center.

RESEARCH, PRESENTATIONS, AND WORKSHOPS

Hurst, A. H. (September, 2009). John Gottman's Empirically Derived Marital Therapy, continuing education presentation for the Dallas Group Psychotherapy Society. The Center for Community Cooperation, Dallas, Texas.

Hurst, A. H. & Thomas, Ray (September, 2008). Keeping Things in Perspective: Avoiding Depression in the Profession, continuing education presentation co-sponsored by the Dallas Bar Association (DBA) Peer Assistance Committee and Dallas Area Young Lawyers (DAYL) Wellness Initiative., Belo Mansion, Dallas, Texas.

Hurst, A.H. (February, 2008). Participated in ABA-CLE Teleconference: Coping with Today's Challenges: The New Shift in LAPS and LOMAPS", presentation for continuing education for American Bar Association, National Teleconference.

Hurst, A.H. & Meunier, V. (February, 2008). The Art & Science of Love Workshop. A two-day workshop at The Art Institute of Dallas, Dallas, Texas

Hurst, A.H. (November, 2007). Alcohol Abuse/Addiction in the Legal Profession, presentation to The Peer Assistance Committee of the Dallas Bar Association, The Belo Mansion, Dallas, Texas.

Hurst, A.H. & Meunier, V (July, 2007) The Art & Science of Love Workshop, A two-day workshop at St. Edwards University, Austin, Texas.

Hurst, A.H. & Meunier, V. (November, 2006) Applying the Gottman Method to Enhance Marital Health and Individual Well-Being. Presentation at the Annual Convention of the Texas Psychological Association.

Hurst, A.H. (September, 2004) Using the Gottman Method with an Addictive Family, Presentation at the First Annual Conference on Gottman Couples Therapy.

Hurst, A.H. (September, 2001) Let's Talk About Depression. presentation to *Presby Partners*., Presbyterian Hospital, Dallas, Texas.

Hurst, A.H. (October, 2000) Let's Talk About Stress. Presentation to the Peer Assistance Committee of the American Bar Association, Belo Mansion, Dallas, Texas

Hurst, A.H. (September, 2000) Women and Stress in the Legal Profession. Presentation to the Dallas Women Lawyers, Belo Mansion, Dallas, Texas.

Hurst, A.H. (December, 1999) Stress Management for Lawyers Workshop co-sponsored with the Texas Young Lawyers Association (TAYL) and the Dallas Area Young Lawyers Association (DAYL), Belo Mansion, Dallas, Texas.

Hurst, A.H. (1999) De-stressing the Legal Profession. Workshop presented to the real estate division of the law firm of Locke, Liddell, & Sapp, Dallas, Texas.

Hurst, A.H. (1999) De-stressing the Legal Profession. Series of workshops helped create, organized, and presented to the Dallas Association of Young Lawyers (DAYL); the program received the Star of Texas Bar from the State Bar of Texas, recognizing it as one of the top five programs in the state, the first place in the state in the service to the bar category as presented by the Young Lawyer Division of the American Bar Association, Belo Mansion, Dallas, Texas.

Hurst, A.H. (1999) Living and Lawyering: Balancing Your Personal and Professional Demands. Workshop presented to the Dallas Association of Young Lawyers (DAYL) leadership class, Melrose Hotel, Dallas, Texas.

Hurst, A.H. (1998) Jewish and Homosexual – A Double Whammy. Workshop presented at the National Conference of Jewish Lesbians and Gays. Dallas, Texas.

Hurst, A.H. (1997) Accepting Our Homosexual Children. Presentation to the parents of homosexual young adults, Congregation Sherith Israel, Dallas, Texas.

Hurst, A.H. (1991) The relationship between family process variables, stress, and coping style in psychosomatic disorders. Unpublished doctoral dissertation. Texas Woman's University, Denton, Texas.

Hurst, A.H. & Scott, R.T. (July, 1988). Family of origin. Workshop presented at the Woodhaven Presbyterian Church, Irving, Texas.

Hurst, A.H. (June, 1985). The adolescent and drugs. Presentation for continuing education, Temple Shalom, Dallas, Texas.

Hurst, A.H. (Fall, 1976). A workshop for effective parenting. Ongoing group for presentation of parenting skills for Family Outreach Center, Dallas, Texas.

Hurst, A.H. (March, 1976) The self concept of learning-disabled children. Unpublished master's thesis. Southern Methodist University, Dallas, Texas.

PROFESSIONAL MEMBERSHIPS

American Psychological Association	Member
Division of Counseling Psychology	
Division of Family Psychology	
Division of Independent Practice	

Texas Psychological Association Public Information, Marketing Chair, 1999	Member
Dallas Psychological Association Trustee, 1998-2000 Public Information, Marketing Chair, 1995-1998	Member
American Association of Marriage and Family Therapy	Clinical Member

CURRENT PROFESSIONAL INTERESTS

Marital Therapy
 Family Therapy
 Individual Therapy
 Group Therapy
 The Impact of Emotional Factors on Physical Condition
 Gender Issues
 Stress Reduction
 Consultation

CONTINUING EDUCATION EXPERIENCES

I have attended over 2,500 hours of workshops in the areas of developmental theory, individual therapy, family therapy, and assessment. This includes Hypnosis Certification, Gestalt Certificate of Training, and over sixty hours of Bowenian Family of Origin Group. Most recently I have completed Advanced Training in Gottman Marital Therapy.

REFERENCES AVAILABLE ON REQUEST