

JAMES NATHAN SELLS Ph.D.

Licensed Psychologist;
Professor;
Counseling Department Chair;
Ph.D. Program Director;
School of Psychology and Counseling
Regent University
Virginia Beach, VA 23464
(757) 352-4368;
jsells@regent.edu

EDUCATION

DOCTOR OF PHILOSOPHY: 1993
Counseling Psychology (APA-accredited program)
University of Southern California,
Los Angeles, CA

Specialties: adolescent/early adult development, marital therapy, and training/supervision

Dissertation: "The Relationship Between Supervisor and Trainee Gender and Their Inter-
actional Behavior"

Internship at Illinois State University Counseling Center (APA-accredited program)

MASTER OF SCIENCE IN EDUCATION: 1988
Counseling
Northern Illinois University
DeKalb, IL
Specialty: Community-Agency Counseling

MASTER OF ARTS: 1984
Educational Ministries
Wheaton Graduate School
Wheaton, IL
Thesis: "Moral Development and Identity Formation in
Early Adulthood.

BACHELOR OF ARTS: 1981
Social Science and Secondary Education
Biola University
La Mirada, CA

ADMINISTRATIVE EXPERIENCE

COUNSELING DEPARTMENT CHAIR **July 2010-Present**
School of Psychology and Counseling
Regent University

Responsibilities include administrative oversight of 1 Ph.D. and 3 masters programs in the School of Psychology and Counseling. Primary tasks include program development, faculty evaluation, CACREP accreditation compliance.

PROGRAM DIRECTOR **July 2005-Present**
Ph.D. Program in Counselor Education and Supervision
Regent University

Responsibilities include directing all aspects of the Ph.D. in Counselor Education and Supervision at Regent University. Plan and manage faculty loads, mentor CES faculty, direct program curriculum, oversee student admissions and retention, coordinate program accreditation process such as writing the program self study, direct student evaluation, and manage the implementation of University and School of Psychology and Counseling policy.

PRESIDENT, REGENT UNIVERSITY SENATE **2009-2010**
SENATOR, REGENT UNIVERSITY SENATE **2007-2010**
Regent University

Elected by the faculty senate to chair faculty senate meetings, to represent the senate and the faculty on the Academic Council, and Strategic Planning Committee, and to speak for the senate and faculty on matters that pertain to academic instruction, faculty issues and university curriculum.

EXECUTIVE COUNCIL MEMBER,
SCHOOL OF PSYCHOLOGY **2005-Present**
AND COUNSELING

Advise the dean on matters concerning the School of Psychology and Counseling, including curriculum, budgeting, student recruitment, admissions, and retention, and the development of current and new programs.

INTERNSHIP COORDINATOR **2002-2004**
Ms.Ed. & Ed.D. Program in Counselor Education and Supervision
Northern Illinois University

Responsibilities included evaluating masters and doctoral readiness for internship, coordinated internship faculty, developed on-going relationship with more than 30 internship sites in the Chicago area, hosted a Supervisor workshop and directed site supervisor continuing

education.

PRACTICUM COORDINATOR, COUNSELING LAB DIRECTOR 1997-2000

**Ms.Ed. & Ed.D. Program in Counselor Education and Supervision
Northern Illinois University**

Responsibilities included oversight of the counseling program clinic directing two doctoral level grad students, 5 practicum instructors and 40 masters-level practicum counselors. Responsible for generating clients for the counseling lab, assisting adjunct and regular faculty with operating the lab. Annually, the counseling lab provided counseling services to over 400 clients and generated more than 2,000 hours of individual client contact.

CO-DIRECTOR

1994-1996

**Amarillo Family Institute,
Amarillo, TX**

Responsibilities included oversight of budget and facilities, establishment and implementation of institute policy, coordination of therapist schedules, and marketing of institute services.

TEACHING EXPERIENCE

PROFESSOR,

2007-Present

ASSOCIATE PROFESSOR

2005-2007

Regent University,
Virginia Beach, VA

Taught doctoral courses in Advanced Marriage and Family Therapy and Supervision and Consultation, chaired dissertations, and maintained an active research agenda related to marriage and family, supervision, and international applications to counseling.

ASSOCIATE PROFESSOR

2000-2005

ASSISTANT PROFESSOR

1996-2000

**Northern Illinois University,
DeKalb, IL**

Tenured position in the Department of Counseling Adult and Higher Education. Responsibilities include teaching counseling courses in individual and group theory and techniques, psychopathology/mental health assessment, family therapy, and practicum; program and dissertation advising for masters and doctoral students; and research.

ASSISTANT PROFESSOR

1993-1996

**West Texas A&M University
Canyon, TX**

Tenure-track position in the Counselor Education Program. Teaching responsibilities included human development, psychological theories, assessment and diagnosis of psychopathology, clinical supervision, counseling techniques and practicum.

TEACHING ASSISTANT

1991-1992

**Division of Counseling and Educational Psychology
University of Southern California, Los Angeles, CA**

Assisted in the curriculum development, presentation and evaluation of the following undergraduate and graduate courses: Ethical approaches to self-development, Quantitative research methods, and Student development in higher education.

SECONDARY EDUCATION TEACHER

1983-1988

Wheaton Academy, West Chicago, IL; Kennedy High School, Anaheim, CA

Taught courses in introduction to psychology, world and United States history, and religious studies; coached men's varsity football and track and field.

PUBLICATIONS

Books

Sells, J. N. & Yarhouse, M. (In press). Counseling couples in conflict: A relationship restoration model. Downers Grove, IL: Inter Varsity Press. (To be released Winter, 2011).

Yarhouse, M. & Sells, J. N. (2008). Marriage and Family Therapies: A Christian appraisal. Downers Grove, IL: Inter Varsity Press.

Book Chapters

Sells, J. N., & Hervey, E. G. (In Contract). Forgiveness and Reconciliation in Sexual Abuse. In A. J. Schmutzer (Ed.) The Long Journey Home: Understanding and Ministering to the Sexually Abused.

Sells, J. (2009). Strategic family therapy. Encyclopedia of Counseling. Washington D.C.: American Counseling Association.

Sells, J. N. (2003). The fast driving politician and the back seat driver. In L Golden (Ed.) Case Studies in Marital Therapy. 2nd Edition. New York: Merrill/Prentice Hall.

Sells, J. N. (2000). Marital Group Therapy: Theory and Intervention. In K. Fall (Ed.) *Theory and Practice of Group Therapy*. New York: Nova Press.

Sells, J. N. (2000). The fast driving politician and the back seat driver. In L Golden (Ed.) Case Studies in Marital Therapy. New York: Merrill/Prentice Hall.

Empirical Research, Referred Journal Publications and Book Reviews.

Sells, J. N., Beckenbach, J. A., Patrick, S. J., & Hervey, E. G. (In Review). The development of the Global Relational Attitudes Conflict Exam (GRACE) Scale.

Patrick, S., Beckenbach, J. Sells, J. N. & Reardon, R. (In Review). Justice, Grace, and Forgiveness: Paths to Relationship Restoration

Sells, J.N., Brogan, J., Dahlen, U., Stupart, Y. & Tan, A. (In press). Preparing International Counselor Educators through Distance Education. International Journal for the Advancement of Counseling.

Bokar, L., Sells, J.N., Giordano, F.G. & Tollerud, T. (In press). The validation of a marital conflict cycle. The Family Journal.

Beckenbach, J., Patrick, S., & Sells, J. (In Press) Couples Conflict Reconciliation Model: An Exploratory Study. Journal of Couples and Relationship Therapy.

Beckenbach, J., Patrick, S., & Sells, J. N. (2009) The Evaluation of Participants' Perceptions of Session Impact: Do Counsellors-in-Training, Volunteer Clients, and Extra-Credit/Class Required Clients View Session Impact Differently? British Journal of Guidance and Counselling, 37. 485-493

Sells, J. M., Beckenbach, J., & Patrick, S. (2009). Pain and Defense vs. Grace and Justice: The Relational Conflict and Restoration Model. The Family Journal, 17. 203-212.

Jones, T., Sells, J. N., Rehfuss, M. (2009). How wounded the healers: Relapse among addictions counselors recovering from substance abuse. The Alcoholism Quarterly, 27. 389-408.

Sells, J. N. (2009). Conversations with Biblical counselors. Journal of Counseling and Discipleship, 2. 36-42.

Patrick, S., Sells, J. N., Giordano, F. G., Tollerud, T. (2007) Intimacy, Differentiation, and Personality Variables as Predictors of Marital Satisfaction. The Family Journal, 15. 359-368.

Sells, J. N., Giordano, G. F., Bokar, L., Klein, J. F., Panting, G., Thumme, B. (2007). The Effect of Honduran counseling practices on the North American counseling profession: The power of poverty. Journal of Counseling and Development, 85. 431-439.

Beckenbach, J., Giordano, F., Sells, J., & Tollerud, T. (2007). Sexual abuse and forgiveness: A regression analysis. *Professional Issues in Counseling, Summer*. Retrieved from <http://www.shsu.edu/~piic/summer2007/index.html>.

Sells, J. N., Giordano, F. G., & King, L. (2002). A pilot study in marital therapy; Process and outcome. *The Family Journal, 10*. 156-166.

Patrick, S., Beckenbach, J., & Sells, J. (2001). Exploring the boundaries between counseling and pastoral counseling. *Professional Issues in Counseling, Winter*. Retrieved from <http://www.shsu.edu/~piic/winter2001patrick, Beckenbach, sells.html>

Sells, J. N. (2001). Purpose, process and product: A case study in marital intervention. *The Family Journal, 9*. 186-190.

Sells, J. N. & Hargrave, T. G. (1998). Forgiveness: A review and critique of the clinical forgiveness literature. *Journal of Family Therapy, 20*, 21-36.

Sells, J. N., Goodyear, R. K., Polkinghorne, D. E., & Lichtenberg, J. (1997). Relationship of supervisor and trainee gender to session impact, ratings or trainees, and in-session verbal behavior. *Journal of Counseling Psychology, 44*, 406-412.

Sells, J. N. and Hays, K. (1997). A comparison of time-limited and brief-time limited group therapy at termination. *Journal of College Student Development, 38*, 136-141.

Hargrave T. G. and Sells, J. N. (1997). Development of a forgiveness scale. *Journal of Marriage and Family, 23*, 41-62.

Sells, J. N., Yates, S., Gooch, V., Margo, K. and Granat, G. (1996). The perception of counselor competence and the use of therapeutic touch with children. *Texas Counseling Journal, 24*, 9-17.

AWARDS AND GRANTS

Sells, J. N. (2010) Regent University "Excellence in Teaching" Award. Given for teaching innovation and excellence. Nominated by peers in the School of Psychology and Counseling. Selected by the University Awards Committee. Presented Spring, 2010.

Beckenbach, J., Patrick, S., & Sells, J. N. (2009). Marital conflict intervention training video. Texas State University, \$6,000

Sells, J. N. Parks-Savage, A., Rehfuss, M., & Underwood, L. (2006). On-Line and traditional masters level counselor training: A comparative analysis. CACREP-ACES and Regent University Research Grant, \$9,000.

Sells, J. N. (2000). Marital Conflict Cycle: Definition and Intervention. Research and Artistry Grant, Northern Illinois University, \$5,000 Summer, 2000.

Sells, J. N. & Giordano, F. (1997). Relationship Restoration: A group intervention in reconciling marriages. Research and Artistry grant, Northern Illinois University. \$5,000 Summer, 1997.

Sells, J. N. (1994). West Texas A&M University Counseling Laboratory. A \$7,000 university presidential award to develop a counselor training lab within the counseling center.

PROFESSIONAL PRESENTATIONS

Sells, J. N. & Yarhouse, M. (2010). A discussion with CACREP and APA regarding the accreditation of faith-based mental health programs. A symposium presented at the Christian Association for Psychological Studies, Kansas City, KS, April, 2010.

Yarhouse, M. & Sells, J. N. (2009). Christianity and family therapy: Integration challenges and opportunities. Presented to the American Association of Christian Counselors, Nashville, TN September, 2009.

Yarhouse, M. & Sells, J. N. (2009). Christianity and family therapy: Integration challenges and opportunities. Presented to the Christian Association for Psychological Studies, National Conference, Orlando, FL, April, 2009.

Sells, J. N.; Tan, A., & Dahlen, U. (2008). Training world counselors: Developing curriculum for international contexts. Presented at the Southern Association of Counselor Education and Supervision, Houston, TX, October, 2008.

Sells, J. N. & Kennedy, J. F. (2008). When Answering the Call is Long Distance: On-line Counselor Education. Presented at the Southern Association of Counselor Education and Supervision, Houston, TX, October, 2008.

Patrick, S., Beckenbach, J. & Sells, J. N. (2008). The training of counselors in marital conflict intervention. Presented to the American Counseling Association Annual Conference, Honolulu, HI, March, 2008.

Sells, J. N. Parks-Savage, A., Rehfuss, M., Underwood, L., Suarez, E. Lahey, S., Chesterton, H., & Preffer, Jennifer. (2007). A comparison of on-line and traditional master's counselor training. Presented to the American Counselor Education and Supervision Conference, Columbus, OH, November, 2007.

Sells, J. N., Nedderman, B., & Vuncannon, J.(2007). International counseling: Notes from the field and principles to comprehend. Presented to the American Association of Christian Counselors, World Conference, Nashville, TN, Sept. 2007.

Sells, J. N. (2006). *Resiliency, forgiveness, & intimacy in the frame of US*. An invited workshop at Texas State University, Round Rock, TX campus. Sept. 2006

Klein, J. F. & Sells, J. N. (2006) Investigating the bias in admissions process of master's level counselor education programs. Presented to the Southern Association of Counselor Education and Supervision, Conference, Orlando, FL, Sept, 2006

Sells, J. N. (2006) Characteristics of Christian Maturity. African Inland Mission Family Conference, Mombassa Kenya.

Sells, J. N. (2005) Compassion Fatigue: Managing Yourself. A workshop presented at The American Association of Christian Counseling World Conference, Nashville, TN, Sept. 30, 2005.

Panting, G. & Sells, J.N. (2005). Factors in Honduran gang participation: A mixed methods investigation of incarcerated adolescent gang members. A poster presentation presented at the Annual Meeting of the American Psychological Association, Washington, D.C. August, 2005

Klein, J. F. & Sells, J. N. (2004) Investigating the bias in admissions process of master's level counselor education programs. A presentation accepted for the Illinois Counseling Association Annual Conference, Lisle, IL October, 2004

Klein, J. F. & Sells, J. N. (2004) Investigating the bias in admissions process of master's level counselor education programs. A presentation accepted for the North Central Association of Counselor Education and Supervision, St. Louis, Mo.

Sells, J.N. & Panting, G. (2004). Honduran counseling methods and their implications to multicultural counseling. A poster presentation presented at the Annual Meeting of the American Psychological Association, Honolulu, HI, August, 2004

Sells, J. N., Bokar, L. Carlson, S. (2004). Understanding and altering a pattern of marital conflict. A presentation to the Illinois Marriage and Family Association Annual Conference, Elgin, IL, March, 2004.

Klein, J. F. & Sells, J. N. (2004) Investigating the bias in admissions process of master's level counselor education programs. A poster presentation presented at the American Counseling Association Annual Conference, Kansas City, MO, April, 2004

Sells, J.N., Giordano, F. G. Bokar, L., Klien, J. F., Panting, G., Thumme, B. (2003). Honduran counseling methods and their implications to multicultural counseling. A symposium presentation accepted for the Illinois Counseling Association Annual Conference, Springfield, IL Nov, 2003

Sells, J.N., Giordano, F. G. Bokar, L., Klien, J. F., Panting, G., Thumme, B. (2003). NIU Honduras Project: An examination of indigenous counseling methods. A symposium presentation at the Midwest Qualitative Research Conference, St. Paul, MN. June, 2003.

Sells, J. N. (2002). Seminar in Counseling Supervision. An ongoing workshop presented to Honduran mental health professionals over a 16 week period. The project was sponsored by Integra Clinical Services, Iglesia en Transformacion and UNAH (the national university of Honduras). See the portfolio for course outlines and materials.

Sells, J. N. (2002) Tu y yo: El retiro de matrimonios. (You and I: A marital retreat). A one day workshop sponsored by Iglesia en Transformacion. Presented on March 23, 2002. There were 22 couples in attendance.

Sells, J. N., Wickman, S. Giordano, F. G., Bokar, L. Klein, J. F. Thumme, B. (2002). Current training and practices in the preparation of North American counselors. An invited presentation to the School Counseling Department at the National Pedagogical University, March, 2002.

Sells, J. N. (2002). A demonstration of short-term reality based counseling. An invited presentation to the School Counseling Department at the National Pedagogical University, March, 2002.

Sells, J. N. (2002) El soltero adulto: Caminando con otros (The single adult: Walking with others). A one day workshop sponsored by Iglesia en Transformacion. Presented on April 6, 2002. There were 40 in attendance.

Sells, J. N. (2002). Current practices in the treatment of Schizophrenia. A lecture presented at the psychology students at the National University of Honduras. April 18, 2002. There were 54 students in attendance.

Sells, J. N. (2002). The Culture of Counseling: Our Honduran experience. A powerpoint presentation of the sabbatical to Honduras for the CAHE faculty and invited guests. October, 2, 2002.

Sells, J. N. & Giordano, F. G. (2001). Understanding and altering patterns of marital conflict. A Pre-Convention Workshop at the American Counseling Association Annual Conference, San Antonio, Tx, March, 2001

Sells, J. N. & Walters, P. H. (2001). Relational injury: Understanding and altering chronic conflict cycles. The 26th Annual National Wellness Conference, University of Stevens Point, Stevens Point WI. July, 2001

Sells, J. N. Conflict Resolution. (2000). Plenary presentation at the Mental Health Professionals Annual Conference, Tegucigalpa, Honduras, August, 2000.

Sells, J. N. Marital conflict: Understanding the patterns and creating intervention. (2000). A full day workshop sponsored by the Illinois Mental Health Association, October, 2000.

Sells, J. N. & Giordano, F. G. (1999). Marital group therapy: Process and outcome research. Paper accepted for presentation at the Annual Meeting of the American Psychological Association, Boston, MA, August, 1999.

Sells, J. N. & Giordano, F. G. (1999). Falling through the cracks: Marital group therapy, principles, techniques, and training ideas. Poster proposal accepted for presentation at the Association for Counselor Education and Supervision National Convention, New Orleans, LA, October, 1999.

Patrick, S., Sells, J. N., Beckenback, J. & Beckman-Page, A. (1999) Counseling and Pastoral Counseling: defining the boundaries between ministry and therapy. Presentation accepted by the American Counseling Association Convention, San Diego, April, 1999.

Sells, J. N. & Giordano, F. G. (1998). Restoring relationships: Forgiveness and reconciliation in marital group therapy. Presented at Annual Meeting of the American Psychological Association, San Francisco, CA, August, 1998.

Sells, J. N. & Giordano, F. G. (1998). Restoring relationship: Forgiveness and reconciliation in marital group therapy. Workshop presented to the Illinois Counseling Association Convention, Bloomingdale, IL.

Sells, J. N., Herdon, M., Hargrave, T. G., Gassin, L., & Lusteran, D. (1996). Restoring community: current theoretical models of forgiveness. Chair of a symposium to be presented at the American Psychological Association Mid-Winter Convention, Scottsdale, AZ, March, 1996.

Sells, J. N. & Hargrave, T. G. (1995). The development of a clinical scale of forgiveness. Presented at Annual Meeting of the American Psychological Association, New York City, August, 1995.

Sells, J. N. (1995) Relationship of supervisor and trainee gender to session impact, ratings or trainees, and in-session verbal behavior. Presentation at Mid-Winter Convention, Division 29, of the American Psychological Association, New Orleans LA, March, 1995.

Sells, J. N., Hays, K. A. & Lamb, D. (1995) Does time matter: Length and outcome in counseling center therapy groups. Presentation at the American College Personnel Association, Boston, MA, March, 1995.

Sells, J. N. (1994) Supervision and trainee gender role behaviors: A study of interaction. Poster presentation at Annual Meeting of the American Psychological Association, Los Angeles, CA, August, 1994.

Sells, J. N. & Evans, S. (1994). When to receive, when to punt: Assessing emotional and

mental health needs in students. Higher Education Consortium of Texas and Oklahoma Faculty Day, September, 1994.

Sells, J. N. & Roberson, J. (1994). Supervision Training: Integrating ethics and philosophy in the development of counselor educators. Texas Counseling Association, Houston, TX, November, 1994.

Roberson J. & Sells, J. N. (1994). Networking in Counselor Education. Texas Counseling Association, Houston, TX, November, 1994.

Nelson, L., Sells, J. N., and Goodyear, R. K. (1993) Gender interactions and supervision. Presentation at Mid-Winter Convention of the American Psychological Association, San Diego CA, March, 1993.

Sells, J. N. (1993). Gender differences in professional development. West Texas A&M University Faculty Colloquia, November, 1993.

Goodyear, R. K., McCormick, K., Roffey, A., Sells, J.N. and Trager, J. (1992) Conducting a joint dissertation project. Symposium presentation at the Annual Meeting of the American Psychological Association, Washington D.C., August, 1992.

Goodyear, R. K., and Sells, J. N. (1991) California psychology licensure: Consequences for counseling psychologists and their specialty. Symposium Presentation at the Annual Meeting of the American Psychological Association, San Francisco, CA.

Goodyear, R. K., Polkinghorne, D. E., Roffey, A., Sells, J. N. Schwartz, S.H., and Trager, J. (1991) "Research practice skills: A neglected area in counselor education". Workshop presentation at the Western Association of Counselor Education and Supervision Conference, San Diego, CA.

PROFESSIONAL MEMBERSHIPS

American Counseling Association	1988-Present
Division Memberships:	
Association of Counselor Education and Supervision	
International Association of Marriage and Family Counselors	
Association of Spiritual, Ethical, Religious Values in Counseling	

Currently service:

ACA Presidential Task Force on Latin American Issues	1995-Present
American Psychological Association	1989-Present
Division Memberships:	

Division 17, Society of Counseling Psychology
Division 36, Psychology of Religion

EDITORIAL BOARD MEMBERSHIPS

Journal of At-Risk Youth 1996-2000
The Family Journal 2005-2009
Psychology of Religion and Spirituality (ad hoc reviewer)

CLINICAL EXPERIENCES

LICENSED CLINICAL PSYCHOLOGIST
Virginia 2009-Present

LICENSED CLINICAL PSYCHOLOGIST
Illinois 1997-2005

Alliance Clinical Associates
Wheaton, IL

Marital, individual, family and group therapy. Clinical focus on marital restoration, anxiety, depression.

LICENSED COUNSELING PSYCHOLOGIST
Texas 1995-1996

Amarillo Family Institute
Amarillo, TX

Individual, marital, family therapy. Clinical focus on marital restoration, anxiety, depression, and group treatment for somatic symptoms.

STAFF PSYCHOLOGIST 1993-1994

Student Counseling Center
West Texas A&M University, Canyon TX

Individual and group assessment and psychotherapy, crisis intervention, case consultation, and supervision.

APA-ACCREDITED PRE-DOCTORAL INTERNSHIP 1992-1993
Student Counseling Services

Illinois State University, Normal IL

Individual and group assessment and psychotherapy; career counseling; crisis intervention, outreach and education (rape education, multi-cultural training), and supervision in a large comprehensive counseling center.

PSYCHOLOGY TRAINEE / ADVANCED PRACTICUM 1991-1992

Student Counseling Services
University of Southern California, Los Angeles, CA

Field work position in an APA-accredited university counseling center. Responsibilities included individual psychotherapy and health education instruction.

PSYCHOLOGY ASSISTANT / TRAINEE 1990-1991

Family Practice Clinic
Kern County Medical Center, Bakersfield, CA

Field work position in a county hospital.
Responsibilities included psychological assessment, individual, group, and family therapy, and psychological consultation to resident physicians.

FAMILY THERAPIST 1988-1989

Circle Family Care
Chicago, IL

Led therapy sessions for adolescents, adults, couples, and families; conducted group therapy and seminars for abusing parents, married couples in an urban family agency.

PROFESSIONAL LICENSES AND CERTIFICATIONS

Licensed Psychologist

State of Virginia, 2009.

State of Texas, 1995.

State of Illinois, 1997.

Licensed Professional Counselor

State of Texas, 1994

