

# Andrew Taegel

LPC, M.Ed. Counseling, BA Sociology, CRADC,  
Missouri Credentialing Board Clinical Supervisor  
Board President for the Heartland Association for Contextual Behavioral  
Science (ACBS) Missouri Chapter

## **OFFICE**

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## **EDUCATION**

<b>Stephens College</b> Columbia, MO Master of Education, Counseling	Jan 2012-Dec 2015
<b>University of Missouri</b> Columbia, MO Bachelor of Arts Major: Sociology Minor: Psychology	Aug 2007-May 2009

## **COUNSELING CERTIFICATIONS**

Licensed Professional Counselor (LPC) Missouri License #2016004561	Feb. 2018-Present
Provisionally Licensed Professional Counselor (PLPC) Missouri License # 2016004561 Supervisor: Mallory Langston, LPC	Sept. 2017- Feb. 2018
Provisionally Licensed Professional Counselor (PLPC) Missouri License # 2016004561 Supervisor: David Tager, Ph.D., Licensed Psychologist	2015-Aug. 2017
Clinical Supervision Training (to provide clinical supervision) Missouri Credentialing Board # 1252	2015-Present

- Certified Reciprocal Alcohol and Drug Counselor (CRADC) 2014-Present  
Missouri Credentialing Board # 5738
- Medication Assisted Recovery Specialist (MARS) 2012-Present  
Missouri Credentialing Board # 6948
- Recognized Associate Substance Abuse Counselor II (RASAC II) 2010-2014  
Missouri Credentialing Board #5738  
\*Not renewed following CRADC acquisition

### **CAREER STATEMENT**

An experienced, and self-motivated professional in the field of substance abuse counseling and mental health treatment with extensive knowledge in counseling intervention. Possessing skills developed while achieving a Masters Degree in Counseling as well as over 8 years of experience working in the counseling field. Striving to be authentic, purposed, and competent in both personal and professional life.

### **CURRENT EMPLOYMENT**

**Private Practice - Licensed Professional Counselor (LPC)** 2016-Present  
Columbia, MO  
Managing a counseling practice, providing mental and behavioral health services including individual and group therapy. Specializing in Acceptance and Commitment Therapy and behavioral interventions to treat anxiety, depression, grief, and identity exploration. Managing a caseload as well as all other daily practice operations

**Adjunct Faculty – Stephens College Master of Counseling Program** 2017-Present  
Columbia, MO  
Teaching a graduate class on addiction counseling (Intro to Substance and Process Addictions). Experience creating a curriculum and implementing lesson plans, delivering lectures and classroom exercises to teach core competencies for professional counselors.

### **PRIOR EMPLOYMENT**

**Program Manager – Counseling** 2013-2016  
Phoenix Health Programs (Phoenix Programs Inc.)  
Columbia, MO  
Managing a counseling staff of 12 clinicians delivering substance abuse as well as mental health counseling. Providing direct clinical supervision as well as team management and systems quality assurance. Personally managing a caseload and providing counseling services for clients. Wrote, was awarded, and implemented a grant to provide Acceptance and Commitment Therapy (ACT) to treat anxiety and operated as program manager as

well as primary counselor and primary investigator for peer reviewed research project measuring outcomes of ACT for the treatment of anxiety.

**Counselor**

2011-2013

Phoenix Health Programs (Phoenix Programs Inc.)  
Columbia, MO

Managed a client caseload and provided individual counseling along with case management support as needed. Experienced at writing treatment plans, utilizing motivational interviewing and coordinating effectively with an inter-disciplinary team to provide clients with quality counseling services for substance abuse and mental health concerns. Experience facilitating education and process groups on various topics and coordinating all psychiatric services available within the agency by managing two psychiatrists schedules.

**Residential Manager**

2009-2011

Phoenix Health Programs (Phoenix Programs Inc.)  
Columbia, MO

Managed a residential inpatient program that houses as many as 30 clients recovering from drug and/alcohol addiction. Job responsibilities included conducting case management for clients, facilitating groups, and developing protocol and procedures to be utilized within the treatment environment. Conducted interviews, wrote evaluations, and made a work schedule for 20 employees that worked directly for me as staff of the inpatient program.

**PROFESSIONAL PRESENTATIONS**

Taegel, A., (2017, February 23) Acceptance and Commitment Therapy: ACT introduction. 2-hour lecture/presentation on ACT as well as behavioral therapeutic interventions. Basic intro into psychological flexibility, experiential avoidance, control strategies, and acceptance and committed action as behavioral strategies to implement therapeutic change. Stephens College. Columbia, MO.

Taegel, A., (2017, February 20) Acceptance and Commitment Therapy: ACT introduction. 2-hour lecture/presentation on ACT as well as behavioral therapeutic interventions. Basic intro into psychological flexibility, experiential avoidance, control strategies, and acceptance and committed action as behavioral strategies to implement therapeutic change. Stephens College. Columbia, MO.

Taegel, A., (2016, October 21). *Acceptance and Commitment Therapy: ACT in Action*. 6-hour daylong workshop teaching the basics of Acceptance and Commitment Therapy as well as foundations in psychological flexibility, functional contextualism, and behavioral psychology. In depth teaching and experiential exercises on each ACT core process.

- Rhodes, J., Lind, B., Taegel, A., (2016, June 16). *Exploring Psychological Flexibility and Cooperation in the Presence of Dissimilar Beliefs and Identities*. 1.5 hour panel discuss led to discuss stigma and dehumanization as biologically programmed responses that humans often implicitly generate in the presence of those with dissimilar beliefs and identities. This panel discussion sought to discuss the role psychological flexibility, validation, and other Contextual Behavioral Science processes might play in fostering cooperation, perspective taking, and trust.
- Taegel, A. (2016, June 2). *Acceptance and Commitment Therapy: Mindfulness & Acceptance Strategies, Part 1*. 1.5 hour presentation on the basic ACT philosophy, practice, implementation, and the topic of psychological flexibility at the Missouri Institute for Mental Health Spring Training Institute at the Tan-Tar-A Resort. Lake of the Ozarks, MO
- Taegel, A. (2016, June 2). *Acceptance and Commitment Therapy: Mindfulness & Acceptance Strategies, Part 2*. 1.5 hour presentation on the 6 core domains of Acceptance and Commitment Therapy as well as interventions for each domain at the Missouri Institute for Mental Health Spring Training Institute at the Tan-Tar-A Resort. Lake of the Ozarks, MO
- Taegel, A. (2016, April 9). *Acceptance and Commitment Therapy (ACT) in Action*. Four-hour workshop developed and presented to mental healthcare providers and students in Mid-Missouri, Columbia, MO.
- Taegel, A. (2015, October 10). *Acceptance and Commitment Therapy (ACT) in Action*. Four-hour workshop developed and presented to mental healthcare providers and students in Mid-Missouri, Columbia, MO.
- Taegel, A. (2015, May 12). *Acceptance and Commitment Therapy (ACT) in Action*. One-hour presentation developed and presented to NAMI, Columbia, MO.
- Taegel, A. (2015, April 15). *Acceptance and Commitment Therapy (ACT) in Action II*. One-hour staff training developed and presented to Phoenix Health Programs staff, Columbia, MO.
- Taegel, A. (2015, March 18). *Acceptance and Commitment Therapy (ACT) in Action*. One-hour staff training developed and presented to Phoenix Health Programs staff, Columbia, MO.
- Taegel, A. (2014, April 16). *Mindfulness-Based Clinical Interventions and Group Processes*. One-hour staff training developed and presented to Phoenix Health Programs staff, Columbia, MO.

## **PROFESSIONAL AFFILIATIONS**

**Association for Contextual Behavioral Science** (2015-Present) – Professional Member

**Heartland ACBS Chapter of Missouri** (2016 – Present) – Founder (2016), Professional Member, Board President

**American Counseling Association** (2015-Present) – Professional Member

**American Psychological Association** (2015-Present) - Professional Member

## **AWARDS & HONORS**

**\$250,000 Grant from Missouri Foundation of Health** authored by myself and awarded to develop and implement a 2-year program to treat anxiety using Acceptance and Commitment Therapy (ACT) as well as provide professional training in ACT to Mid-Missouri. Training provided by myself as well as nationally recognized peer-reviewed trainers to Columbia including ACT co-founder Steven C. Hayes, Ph.D.

**Pinnacle Honor Society**, Stephens College Honor Society for Graduate Students. Qualified due to GPA as well as active participation in local community and organizations.

## **OTHER PROFESSIONAL ACCOMPLISHMENTS**

Founded and serving as board president for a state-wide Missouri chapter of the Association of Contextual Behavioral Science existing to foster the development of functional contextual cognitive and behavioral science and practice within the State of Missouri and neighboring states so as to alleviate human suffering and advance human well being. Website: [www.heartlandacbs.weebly.com](http://www.heartlandacbs.weebly.com)

## **PROFESSIONAL DEVELOPMENT (SELECTED)**

**ACT III Training (March, 2018)** - A Two Day Acceptance and Commitment Therapy Intensive with ACT trainer Robyn Walser Ph.D. expanding on the components of ACT II training and further development of core therapeutic processes involved in ACT.

**ACT II Training (August, 2017)** - A Two Day Acceptance and Commitment Therapy Intensive with ACT co-founder Steven C. Hayes Ph.D. expanding on the components of ACT I training and further development of core therapeutic processes involved in ACT, awareness of when and how to implement specific interventions, and key components of each of the six core processes.

**Association for Contextual Behavioral Science Annual World Conference** (June, 2016) 3 day long world conference attending a variety of sessions including compassion

focused trainings, prosocial trainings, ACT and mindfulness trainings, as well as many other contextual behavioral science topic presentations.

**Association for Contextual Behavioral Science Annual World Conference: 2 day pre-conference workshop ACT for Anxiety with John and Jamie Forsyth** (June, 2016) 2 day long intensive training presented by “ACT for Anxiety” author John C. Forsyth and his wife Jamie Forsyth specifically delving into strategies to diagnose and treat anxiety using a contextual behavioral framework.

**The Science of Compassion and Mindful Courage: Bringing a Compassion Focus to ACT in Practice** (April, 2016) – 6 hour Training on the use of Compassion Focused Therapy as it relates to offering Acceptance and Commitment Therapy presented by Dennis Tirsch, Ph.D. offered by the Chicago Chapter of the Association of Contextual Behavioral Science.

**ACT I Training** (Oct 2015) – Two day advanced ACT training with ACT co-founder Steven C. Hayes, Ph.D. focusing on the philosophy of ACT as well and forming an initial treatment agreement with clients and assessing need for ACT intervention. Continued development in the six core processes was also obtained during this training.

**Direct Supervision** under ACT author, researcher, and national trainer Robyn Walser, Ph.D. (April 2015-June 2016) –1 hour per month of direct supervision for ACT therapy, presentations, and research from Robyn Walser, Ph.D., an ACT author, researcher, and trainer who trained directly under ACT co-founder Steven C. Hayes.

**Acceptance and Commitment Therapy Bootcamp** (Feb 2015) – Four-day intensive workshop with ACT co-founder Steven C. Hayes, Ph.D. as well as other relevant national ACT trainers to develop Acceptance and Commitment Therapy interventions and personal skills surrounding the six core processes of ACT.

**PCSS-MAT Office-Based Treatment for Opioid Disorders** (Oct 2015) sponsored by the American Osteopathic Academy of Addiction Medicine. 8 hours specified by the Drug Addiction Treatment Act of 2000.

**Missouri Coalition for Community Behavioral Healthcare Conference** (Sept 2015) Two day conference sponsored by the Missouri Institute of Mental Health (MIMH) receiving training on working with deaf clients, LGBT clients, suicidal clients, as well as trauma informed care from a community behavioral healthcare perspective.

**Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals** (Sept 2015) 1-Day training on Assessing and Managing Suicide Risk (ASMR) techniques listed in Section III of the Suicide Prevention Resource Center Best Practice Registry meeting the requirements outlined in KRS 210.366

**Clinical Supervision Training** (Feb 2015) 44 hours through the Missouri Credentialing Board receiving the Clinical Supervision Foundations course sponsored by the Addiction Technology and Transfer Center Network funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

**Missouri Screening, Brief Intervention, and Referral to Treatment Training for Health Coaches** (May 2010) – 4-day MOSBIRT training for brief interventions regarding the treatment of substance use disorders in hospital settings. Sponsored by the University of Missouri-Columbia Missouri Institute of Mental Health. Participants learned to create referral systems between mental health providers and emergency room workers as well as provide brief interventions to explore the possibility of change regarding substance use disorders in clients receiving emergency room assistance.