

## **Thomas M. Regal, Ph.D., LCSW**

11225 Woodland Hills Trail

Austin, Texas 78732

(832) 213-6305

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### **Specializations**

Relationships, Marital Assessments and Therapy

Addiction and Codependency

Anxiety & Mood Disorders

Adult, Adolescent, and Family Issues

### **Education**

Doctoral of Philosophy, **University of Houston**, Houston, Texas

Masters of Social Work, **University of Houston**, Houston, Texas

Bachelor of Arts, **Metropolitan State University**, Saint Paul, Minnesota

Associate of Arts, **Minneapolis Community College**, Minneapolis, Minnesota

### **Licensure**

Licensed Clinical Social Worker, State of Texas, License #25489

### **Professional Experience**

**UNIVERSITY OF HOUSTON SYSTEM, HOUSTON, TEXAS** 2001 - 2004  
ADJUNCT FACULTY

Part-time instructor teaching graduate and undergraduate social work courses.

**STATE BAR OF TEXAS, HOUSTON, TEXAS** 1998 - 2004  
Member of the Professional Enhancement Panel of the District 4  
Grievance Committee. Two three-year appointments, from 1998-2004

**REGAL RECOVERY SERVICES, INC., AUSTIN, TEXAS** 2004 – Present  
A small, private agency providing counseling and educational services to individuals and families suffering from addictive disorders.

**REGAL RECOVERY SERVICES, INC., HOUSTON, TEXAS** 1989 - Present  
A small, private agency providing counseling and educational services to individuals and families suffering from addictive disorders.

## CLINICAL DIRECTOR AND PSYCHOTHERAPIST

### **Responsibilities**

- Develop, organize, and implement clinical strategies
- Provide assessment and referral services for clients
- Conduct individual, family, and group therapy sessions
- Design and present education for clients
- Provide supervision/consultation for contract employees
- Contract for and provide direct clinical services to other agencies and hospitals including the National Football League.
- Work closely with other care providers and community resources
- Interface with managed care systems and third party payors
- Manage and administrate business responsibilities
- Actively market the agency

## **THE CENTER FOR RECOVERING FAMILIES, HOUSTON, TEXAS** 1985 - 1989

A nonprofit organization that assists individuals and families recover from compulsive and destructive patterns of living.

## COUNSELOR, EDUCATOR, AND WORKSHOP FACILITATOR

### **Responsibilities**

- Instrumental in the conceptual development of the organization
- Provided assessment and referral services for clients
- Conducted individual, family, and group therapy sessions
- Developed and presented clinical services and educational material for workshops
- Presented in-service training for staff
- Worked closely with other care providers and community resources
- Facilitated workshops statewide

## **CHEMICAL DEPENDENCY UNIT OF SOUTH TEXAS, CORPUS CHRISTI** 1984 -1985

A private inpatient treatment center treating adult chronic alcohol/substance addiction.

## FAMILY COUNSELOR AND PRIMARY COUNSELOR

### **Responsibilities**

- Developed treatment plans for patients and families
- Conducted individual, family, and group therapy sessions
- Maintained client records

- Provided education to community and families on aspects of addiction and family systems
- Networked with community resources
- Collaborated with administration regarding program development
- Presented in-service training for staff
- Assisted in marketing the organization

### **NEW CONNECTION PROGRAMS, SAINT PAUL, MINNESOTA**

1980 - 1984

A private treatment center providing inpatient and outpatient treatment services for adolescents and families.

### **FAMILY COUNSELOR AND PRIMARY COUNSELOR**

#### **Responsibilities**

- Developed treatment plans for patients and families
- Conducted individual, family, and group therapy sessions
- Maintained client records
- Taught classes to families
- Traveled nationwide conducting family therapy sessions with out-of-state families
- Collaborated with administration regarding program development

### **COMMUNITY INTERVENTION, INC., MINNEAPOLIS**

1981 - 1983

A private consulting agency offering training and education regarding community and school drug problems.

### **CONSULTANT**

#### **Responsibilities**

- Traveled nationwide conducting workshops for teachers, school administrators, coaches, social workers, law enforcement personnel, and nurses, regarding detection, assessment, and intervention techniques to address alcohol and other drug problems in schools and communities.