

CURRICULUM VITA

THOMAS A. (TAB) BALLIS

Bachelor of Arts, Psychology, North Carolina State University, 1984
Master of Social Work, University of North Carolina, Chapel Hill, 1990

- CREDENTIALS** *11/93 to present* North Carolina Certification Board for Social Work,
Licensed Clinical Social Worker (LCSW), #C002121
- 07/89 to present* North Carolina Substance Abuse Professional
Practice Board, Licensed Clinical Addiction
Specialist (LCAS), #447
- 02/13 to present* North Carolina Substance Abuse Professional
Practice Board, Certified Clinical Supervisor (CCS), #591
- MEMBERSHIP** *1987 to 1990* NC Association for Children of Alcoholics, Board
- 2006 to 2009* NASW-NC, Member at Large
- 2003 to 2006* NASW-NC, Board Delegate
- 2002 to 2007* NASW-NC, Disaster Response Network
- 2007 to 2009* NASW-NC, Men's Practice Unit, Chair
- EMPLOYMENT** *09/92 to 06/95* **Wrightsville Beach Counseling Center**, Wilmington, NC
Therapist; outpatient adult and adolescent psychotherapy
- 10/90 to 10/92, 02/93 to 08/93* **Southeastern Center**, Wilmington, NC
Adult substance abuse counseling; child/youth case management; intensive
outpatient program; after-hours emergency screening
- 05/90 to 09/91* **Cary Counseling Center**, Cary, NC
Therapist; adult/adolescent/family psychotherapy
- 04/87 to 05/89* **South Light**, Raleigh, NC
Development of school-based and outpatient adolescent programs
- 06/85 to 04/87* **Wake County Alcoholism Treatment Center**, Raleigh, NC
Substance abuse counselor; inpatient psychotherapy and education

CONSULTATION 02/96 to 09/96 *New Visions of SEC*, Wilmington, NC
multi-family therapy group for chemically dependent women in recovery

01/90 to 07/91 *HCA Holly Hill Hospital*, Raleigh, NC
adolescent and dual-diagnosis multifamily groups

10/89 to 05/90 *CHAPS Koala Center*, Durham, NC
inpatient and outpatient addictions counseling

PRIVATE PRACTICE 06/95 to present *Insight Wellness Services*, Wilmington, NC
Private counseling practice; psychotherapy, marketing, program-development, training, supervision

FACULTY 01/08 to present *University of North Carolina Wilmington*,
School of Social Work, Lecturer

09/12 to 09/19 *University of North Carolina Wilmington*, Office of
Community Engagement, Online Instructor

08/01 to 01/03 *Cape Fear Community College*, Wilmington, NC,

DISASTER RESPONSE 10/01 to 10/15 *American Red Cross*, Disaster Training Instructor,
Disaster Leadership Team, Disaster Mental Health Volunteer

02/13 to 02/14 *Disaster Mental Health Advisor*, Eastern NC Region

04/02 to 04/05 *Crisis Management International*, training and
consultation in Critical Incident Stress Debriefing.

05/12 *Rachel Hodges Leadership Institute*, Florence, SC

BOARDS 01/09 to 06/16 *Frank Harr Foundation*, Board member.

09/11 to present *Services and Advocacy for GLBT Elders (SAGE)*

02/11 to present *Lower Cape Fear Hospice*, Diversity Subcommittee.

01/12 to present **John T. Edwards Foundation**, Media Coordinator

CONTACT Insight Wellness Services
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Wilmington, NC 2840 910/251-2106, 910/251-7859 FAX
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websites: <http://www.insightwellnessservices.com>
<http://www.famtreepro.com>
<http://www.gatemodel.com>
<http://www.foundationplace.net>

PUBLICATION *"Whose Unfinished Family Business Is It?,"* FOCUS on the Chemically Dependent Family, Oct./Nov., 1988

Various articles, Encore Magazine, 1997 to present

"9/11 One Year Later: A Psychotherapist Reflects on His Experiences at Ground zero," www.psychotherapy.net, 2002

"Types and Phases of Disasters" and "Mental Health Interventions in Disasters," NC Disaster Response, UNC School of Public Health, 2007

"Disaster Response in Minority Communities," HERMES, Inc., Research Associate, 2009

"Advanced Practice in Chemical Abuse and Dependence," UNCW School of Social Work, online curriculum, developed 2010

"The GATE Model: An Interactive Tool for Addictions Assessment and Person-Centered Planning," UNCW Swain Center for Professional and Continuing Education, online curriculum, developed 2012

"The GATE Model: An Interactive Tool for Addictions Assessment and Person-Centered Planning," National Association of Social Workers, Alcohol, Tobacco, and Other Drug Practice Section Newsletter 2013

PRESENTATIONS *"Alcohol Awareness,"* Louisburg College, Louisburg, NC, 1987

"Alcoholism and Recovery," Southeastern Baptist Theological Seminary, Wake Forest, NC, 1987

"Codependency," with Linda Miller, Alamance County Mental Health, Burlington, NC, 1988, 1989

"Adult Children and Intimacy," North Carolina State University, Student Health Service, Raleigh, NC, 1988, 1989

"Adult Children of Dysfunctional Families," Orange-Person-Chatham Mental Health, Louisburg, NC , 1989

"Understanding Addiction," Family Service Institute, Charlotte, NC, 1989

"Adult Children in the Workplace," North Carolina Association for Children of Alcoholics, Kure Beach, NC, 1990

"The Stages of Drug Use," with John Edwards, NC School for Alcohol and Drug Studies, University of North Carolina at Wilmington, Wilmington, NC, 1990

"Coping with Holiday Stress," Cary Counseling Center, Cary, NC, 1990

"Family Issues for Dual Diagnosis," with Celeste Zdanski, HCA Holly Hill Hospital, Raleigh, NC, 1990, 1991

"Family Therapy Skills for Professional Growth and Personal Discovery," with John Edwards and Lynn McCashin, Family Tree Productions, Caswell Beach, NC, 1991, 1992

"The Family Disease of Addiction," East Carolina University, School of Rehabilitation Counseling, Greenville, NC, 1991

"Codependency Issues for Professionals," Family Tree Productions, Kure Beach, NC, 1992

"A Moment of Truth: Facing Your Strengths, Limitations, and Hopes as a Human Service Professional," Family Tree Productions, Caswell Beach, NC, 1993

"Family Dynamics - Seeing the Forest and the Trees," Prevention for the 90s, North Carolina Division of Mental Health, Developmental Disability, and Substance Abuse Services, Prevention Branch, Wilmington, NC, 1995

"Family Counseling for Substance Abuse," McLeod Institute on Substance Abuse, University of North Carolina at Charlotte, Charlotte, NC, 1996

"Family Systems Dynamics and Chemical Dependency," The Yahweh Center, Wilmington, NC, 1997

"Male Victims of Sexual Assault," Rape Crisis Center of Coastal Horizons Center, Wilmington, NC, 1998

"Dysfunctional Family Dynamics," Department of Psychology, University of North Carolina at Wilmington, guest lecture with Dr. Yael Gold, Wilmington, NC, 1998

"The Apple and the Tree: Multigenerational Dynamics," Youth Homes, Inc., staff retreat, Myrtle Beach, NC, 1998

"Shame and Chemical Dependency," Stepping Stone Manor, Wilmington, NC, 1999

"Stress Management & Burnout Prevention," Youth Homes, Inc., staff retreat, Myrtle Beach, NC, 1999

"Conscious Creativity," NASW-NC Fall Conference, Asheville, NC, 1999

"Family Therapy with Substance Abusers," Professional Association of Rehabilitation Counselors, Wrightsville Beach, NC, 2000

"Addictive Illness – A Family Systems Perspective," NASW Clinical Social Work Summer Institute, Wilmington, NC, 2000

"Conscious Creativity," NASW-NC Fall Conference, Charlotte, NC, 2000

"Post Traumatic Stress Disorder," Coastal AHEC, Wilmington, NC, 2000

"Clinical Creativity," Multifamily Therapy Seminar, University of North Carolina at Chapel Hill, NC, 2000.

"Finding Your Own True Voice, a Spiritual Awakening Seminar for Women," Unity Christ Church, Wilmington, NC, 2001

"Post Traumatic Stress Disorder in Children," with Barbara Brooks, Ph.D., Coastal AHEC, Wilmington, NC, 2001

"Impact of Trauma on Families", Rape Crisis Center, Wilmington, NC, 2001

“Disaster Mental Health,” North Carolina Natural Hazards Conference, with Art Eccleston, PhD, Ocean Isle Beach, NC, 2003

“Manager’s Guide to the EAP,” Cigna, Wilmington, NC, 2003

“Surviving and Growing Through Life Transitions,” Catholic Social Ministries, Wilmington, NC, 2004

“Managing Stress at Work,” Cigna, Wilmington, NC, 2005

“How Stress Affects Our Eating Behavior,” Cigna, Wilmington, NC, 2005

“Performance Management and Progressive Discipline,” Cigna, Wilmington, NC 2005

“Holiday Stress,” Cigna, Wilmington, NC, 2005

“Men at (Social) Work,” NASW-NC, Clinical Summer Institute, Wilmington, NC, 2008

“The GATE Model: a Solution-Focused Approach to Addictions Treatment-Planning,” University of North Carolina at Wilmington, Social Work Department, Wilmington, NC, 2008

“Men at (Social) Work,” University of Alabama, 2nd Annual Conference on Social Work With and for Men, 2009

“Working With the LGTB Communities,” NASW-NC, Clinical Summer Institute, Wilmington, NC, 2009

“Disaster Response Training,” NASW-NC, Clinical Summer Institute, Wilmington, NC, 2009

“Disaster Response Training,” North Carolina Foundation for Alcohol and Drug Studies, Summer School, Wilmington, NC, 2009

“Issues Facing LGTB Youth,” Coastal Pediatric Symposium, SEAHEC, Wrightsville Beach, NC, 2011

“A Discussion on Hate Crimes,” UNCW LGTBQIA Resource Office, Wilmington, NC, 2011

“From Bashing to Embracing,” Rape Crisis Center of Coastal Horizons, Wilmington, NC 2011

“Focusing on Relationships,” National Gay Men’s HIV/AIDS Awareness Day Breakfast, CARE of Wilmington, NC 2011

“LGTB Sensitivity Training for Healthcare Professionals,” Frank Harr Foundation Family Fest, Wilmington, NC, 2011

“Seeing the Forest and the Trees: Family Intervention and Treatment,” Southern Regional AHEC, Southern Pines, NC, 2012

“The GATE Model: An Interactive Tool for Addictions Assessment and Person-Centered Planning,” NASW-NC Clinical Institute, Wilmington, NC, 2012

“The Power of Family,” Gang Free North Carolina Academy, Greensboro, NC, 2012

“Seeing the Forest and the Trees: John T. Edwards’ Legacy of Family Intervention and Treatment,” North Carolina Foundation for Alcohol and Drug Studies, Wilmington, NC, 2012

“Ethics in the Trenches,” Key Note Address, NASW-NC Fall Conference, Asheville, NC, 2012

“LGTB Diversity Training,” Frank Harr Foundation, New Hanover County Senior Resource Center, Wilmington, NC, 2012

“Eight Hours to a Lifetime of Relationship Satisfaction,” National Multiple Sclerosis Society, Myrtle Beach, SC, 2013, 2014, 2015, 2016

“The GATE Model: An Interactive Tool for Addictions Assessment and Person-Centered Planning,” Coastalcare, Wilmington, NC, 2013

“Seeing the Forest and the Trees,” Southern Regional AHEC, Blended Learning Series, Asheboro/Greensboro, NC, 2015

“Services and Advocacy for GLBT Elders,” UNCW Osher Lifelong Learning Center, Wilmington, NC 2015

“Foundations of Disaster Mental Health,” NASW-NC Clinical Summer Institute, Wilmington, NC 2015

“Seeing the Forest and the Trees,” NCAARF, Burlington, NC 2015

NC Storytelling Summit,” SAGE/Freedom Center for Social Justice, Charlotte, NC 2015

“Foundations of Disaster Mental Health,” NASW-NC Fall Conference, Asheville, NC 2015

“The GATE Model,” UNCW Crossroads, Wilmington, NC 2016

“Family Systems and Addictions Treatment,” NASW-NC Clinical Summer Institute, Wilmington, NC 2016

“Supervision of Dual-Licensed Professionals,” NASW-NC Clinical Supervision Conference, Winston-Salem, NC 2016

“Family Systems and Addiction,” State of the Art Conference, Greenville, NC 2016

“Community Crisis Response Team Training,” New Hanover County Schools, Wilmington, NC 2017

“Media Production and Social Work Advocacy,” NASW-NC Clinical Summer Institute, Wrightsville Beach, NC 2017

“Seeing the Forest and the Trees,” UNC School of Social Work Behavioral Health Springboard, Family Systems Blended Learning Series for PORT Health Services, Greenville, NC 2017

“Supervision of Dual-Licensed Professionals,” NASW-NC Clinical Supervision Conference, Winston-Salem, NC 2017

“Addiction and Codependency,” Fellowship Hall, Greensboro, NC 2017

“Seeing the Forest and the Trees,” Eastern Area Health Education Center, Greenville, NC; Cherry Point Marine Base; Camp Lejeune Marine Base, 2018

“Seeing the Forest and the Trees,” NC Foundation for Alcohol and Drug Studies Summer School. 2018

"Community Impact of the Opioid Crisis," NASW-NC Clinical Summer Institute, Wilmington, NC 2020

FILM PRODUCTION

"Tools and Techniques for Family Therapy," Family Tree Productions, Producer/Director, 2000

"Park View," Family Tree Productions, Producer/Director, 2020

"Amendment One," Family Tree Productions, Producer, 2012

"Willow Garden," Foggy Notion Films, Executive Producer, 2007

"Viewpoint," Bombshell Films, Executive Producer, 2004

"My Marriage is not Threatened by Gay Marriage in North Carolina,"
with Andy Myers, Working Films, Producer, 2012

Best Documentary, National Association of Social Workers Media Award, 2013

"SAGE Story," Services and Advocacy for GLBT Elders, Producer, Director, 2013, 2014

CREATIVE CONSULTATION

"The Woolgatherer," City Stage, Wilmington, NC, 2000

"28 Days," Columbia Pictures, 1999

"Summers at Seabreeze," Theater NOW, Wilmington, NC 2015

Clinical Supervision Task Force, NCSAPPB, 2017