

Ingo Tophoven, Ph.D.

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Education

- Ph.D. in Counselor Education and Supervision (CACREP accredited)/ GPA 3.5
[Regent University](#), Virginia Beach, Virginia, USA, 12/2014
- M. A. Counseling Psychology/GPA: 3.7
Regent University, Virginia Beach, Virginia, 12/1996
- B.A. (Double Major) English Literature & Psychology/GPA: 3.7
[Evangel University](#), Springfield, MO, 05/1991

Experiences

07/'17 – Present: Assistant Professor – Regent University

- Program Director - M.A. Pastoral Counseling/Ph.D. Counseling and Psychological Studies Department Chair Counseling Ministries Programs
- Teaching online classes in the Ph.D. in psychological studies, pastoral counseling M.A., and Human Services M.A. programs.
- Tasked with review and re-organization of above three graduate programs, implementing IDEATE standards and continue growth trajectory.

05/'20 - Present: Founder cmentalhealthrides.com

- Fundraising bicycle ministry towards creation of a global, multi-language, open-source website in support of development of free/donation-based, indigenous, mental health resources for pastors and missionaries and their churches.

08/'08 – Present: Founder - Blue Skies Ministries

- Counseling – Coaching – Consulting ministry for pastors and missionaries in Berlin, Germany. Missionary with New Mission Systems International (www.nmsi.org).
- Private practice (Blues Skies GbR). English- and German-speaking services delivered to international community in Berlin and Europe (dissolved after 2017).
- Intensive marriage counseling programs for couples in acute crisis. Developed MIRP program (Marital Intensive Restoration Program), an evidence-based approach to marital restoration.

Consulting with churches to establish better “systems of care” within congregations in order to relieve church staff, prevent in-effective or unethical counseling, outsource counseling, and establish care systems that fit the contextual needs of the church.

Webinars, seminars, trainings on topics of marriage, psychology/theology.

08/'02 – 08/2008 – Founder: Blue Skies Counseling–Coaching–Consulting

- Launched two professional counseling centers in South Texas serving diverse, multicultural populations in the greater South Texas region.
- Developed alternative approaches for marriage counseling, specifically for couples in crisis. Utilized this approach with couples in the US and in Europe.
- Administered and evaluated daily testing instruments to evaluate clients for counseling, career, and school issues.
- Taught professional seminars and trainings in churches, schools and government agencies.
- Supervised new counselors/counselor interns towards the TX state licensure exam.

08/'97-05/'02 - Clinical Director: Ortega & Associates Christian Counseling

- Administrated church-based counseling center with a staff of eight therapists.
- Planned and handled budget of \$250,000 within larger budget of church of 2,000
- Carried personal client load of 15-20 clients/week
- Co-hosted live call-in radio-show on KVMV FM 97 three times/week for 5 years.
- Developed and taught seminars for churches, businesses and government agencies.
- Developed and then taught lay counseling for 4 years for lay leaders and church staff and as a resource to the local community.

08/'97 to 12/'97 – Lecturer: South Texas College, McAllen, TX

- Taught Intro to Psychology Courses

08/96 to 08/97 - Case Manager/Therapist Colonial Hospital, Newport News, VA

- Helped administrate psychiatric day-school for 40+ special needs students.
- Handled daily caseload for learning disabled, mental retardation, and emotionally disabled children ages 6-18.
- Developed individual education plans (IEPs) in cooperation with parents, teachers, and social service agencies.
- Implemented parenting training.
- Taught daily affective education classes

Professional Status

Approved Clinical Supervisor	Texas	Status: Inactive
Licensed Professional Counselor	Texas	Status: Inactive
Licensed Professional Counselor	Virginia	In Process

Ph.D. Dissertation

- Tophoven, I. (2014). Long-lasting, satisfied, bicultural United States veterans and German spouses: A phenomenological study (Order No. 3636236). Available from ProQuest Dissertations & Theses Global. (1615030964). Retrieved from <http://0search.proquest.com.library.regent.edu/docview/1615030964?accountid=13479>

M.A. Thesis

- Tophoven, I. (1996). A survey of independent Christian counseling centers in Germany (Order No. 1382072). Available from ProQuest Dissertations & Theses Global. (304302651). Retrieved from <http://0search.proquest.com.library.regent.edu/docview/304302651?accountid=13479>

Unpublished Research

- Rehfuss, M., Impellizeri, J., Jeppsen, M. Burnett, C. Tophoven, I (2008). Research Self- Efficacy and Research Training Environment in an Online PHD Program: An Exploratory Study, Regent University, Virginia Beach, Virginia.

Presentations

- Tophoven, I. (2000). Ethics and Technology: New Challenges & Opportunities for Professional Counselors. Presentation delivered at the Tip of Texas Annual Counseling Conference at South Padre Island, Texas.
- Tophoven, I. (2001). The Integration of Theology and Psychology In Counseling Psychology: Ethical Considerations. Presentation delivered at the Tip of Texas Annual Counseling Conference at South Padre Island, Texas.

- Tophoven, I. (2004). Spiritual Issues In Counseling: What Are the Ethics Involved When Addressing Spiritual Components of Counseling? Presentation delivered at University of Texas (PanAm) in Edinburg, Texas.
- Tophoven, I. (2005). Adjusting to Life in The USA: Practical Strategies And Possible Clinical Issues When Living In A Foreign Country. Presentation delivered at the University of Texas, Pan American, in Edinburg, Texas.
- Tophoven I. & McCoy, J (2009). Re-Active Attachment Disorder In Children: A Clinical Assessment Helpful For Foster Parents. Delivered at the annual Hidalgo and Cameron County Foster Parent Training Conference, Pharr, Texas.
- Tophoven, I. (2005). Clinical Updates on Depression & Anxiety. Presentation delivered at the Tip of Texas Annual Counseling Conference at South Padre Island, Texas.

Professional Affiliations

- Akademie für Psychotherapie und Seelsorge (APS), Frankenberg, Germany [transl.: academy for psychotherapy and soulcare]
- APA – American Psychological Association
- American Association of Christian Counseling (AACC)

Research Interests

- Global Mental Health and Church
- Pastor and Clergy Mental Health
- Bi-Cultural/Multi-Cultural Marriage
- Divorce Prevention/Pre-Marital Education
- Sexual Health and Education
- Issues of Ethics and Competency in Christian, International Counseling.