

# Gary Sibcy

[gsibcy@liberty.edu](mailto:gsibcy@liberty.edu)

## Education

- **Ph.D. The Union Institute and University School of Clinical and Professional Psychology**, 1995 Major: Clinical Psychology
- **M.A. Liberty University**, 1992 Major: Counseling Psychology
- **B.S. Liberty University**, 1990 Major: Clinical Psychology

## Qualifications or Other Experience

### Previous Experience

- Piedmont Psychiatric Center, Lynchburg, VA, Position: Clinical Psychologist
- Light Counseling, Inc., Lynchburg, VA, 1992-99, Position: Clinical Director
- Kids Haven, Position: Board Member
- Liberty University, Lynchburg, VA, 1995-96, 2002, Position: Adjunct Professor
- The Union Institute School of Clinical and Professional Psychology, Position: Adjunct Professor
- Centra Health, Lynchburg, VA, 1997-99, Position: Practicum Student
- Centra Health, Lynchburg, VA, 1999-2000, Position: Intern
- Light Counseling, Inc., Lynchburg, VA, 1992-94, Position: Intern
- Family Assessment and Planning Teams, 1992-94, Position: Home-based Family Therapist
- Residential Youth and Family Counselor, 1990-92
- Delta Outreach Detention Caseworker, 1990-92

### Memberships

- American Psychological Association
- American Association of Christian Counselors

### Publications

#### **Books**

Clinton, T. & Sibcy, G. (2002). Attachments: Why we love feel and act the way we do. Nashville: Integrity Press.

Clinton, T. & Sibcy, G. (2006). Why you do the things you do. Nashville: Integrity Press.

Clinton, T. & Sibcy, G. (2006). *Loving your child too much*. Nashville: Integrity Press.

### **DVD's/Digits Films:**

Sibcy, G. (2016). *Interpersonal Neurobiology Applications: Practice Models of Interpersonal Neurobiology*. Film: AACC Continuing Education and Professional Development: Best Practices Series.

Sibcy, G. (2016). *Core Principles of Neurobiology*. Film. AACC Continuing Education and Professional Development: Best Practices Series.

Sibcy, G. (2016). *Introduction to Interpersonal Neurobiology*. Film. AACC Continuing Education and Professional Development: Best Practices Series

Sibcy, Knight, Moroz, Denton (2016). *Cognitive Behavioral Analysis System of Psychotherapy and the Adult Attachment Interview: Complementary Therapeutic Interventions*. Virginia Counselor Association Annual Conference.

Sibcy, G. (2015). *Conducting a Suicide Assessment: Using the Safe-T Model (with role-plays for mental health leaders)* [DVD]. United States: American Association of Christian Counselors, Series on Suicide PAIR, Prevention, Assessment, Intervention, Recovery.

Sibcy, G (2015). *Treating chronic depression with empirically supported treatments* [Presentation]. 4 hour Pre-conference workshop presented at The World Conference on Christian Counseling. Nashville Tennessee, Sept. 22.

Sibcy, G. (2015). *Assessment and treatment of disruptive mood dysregulation disorder a new diagnosis in the DSM-V*. [Presentation]. 90 min. workshop presented at The World Conference on Christian Counseling. Nashville Tennessee, Sept. 23.

Dumont, K., Jenkins, D., Hinson, V., & Sibcy, G. (2012). *God's shield : The relationship between God attachment, relationship satisfaction, and adult child of an alcoholic (ACOA) status in a sample of evangelical graduate counseling students*. *Journal of Psychology and Christianity*, 31, 51-65.

Sibcy, G. (2012). *Systematic process for assessing suicide risk: the SAFE-T method*. *Christian Counseling Today*, 21-26.

### **Articles and book chapters**

Sibcy, G. (2015). *Fear of intimacy in personality disorders*. *Christian Counseling Today*, 21(2), 58-61.

Sibcy, G. (2012). *Executive functions and spiritual growth*. *Christian Counseling Today* 2012

Sibcy, G. (2012). *Brief guide to evidence-based practice for children and adolescents*. *Christian Counseling Today* 2012

Clinton, Sibcy (2012). Christian Counseling, Neurobiology, and the Future. *Journal of Psychology and Theology*.

Sibcy, G. (2011). Attachment theory in Christian Counseling. In *Encyclopedia of Christian Counseling*. Baker Books.

Sibcy, G. (2011). Interpersonal Neurobiology and Christian Counseling. In *Encyclopedia of Christian Counseling*. Baker Books.

Sibcy, G. (2011). Oppositional Defiant Disorder. In *Encyclopedia of Christian Counseling*. Baker Books.

Sibcy, G. (2011). Interpersonal Psychotherapy. In *Encyclopedia of Christian Counseling*. Baker Books.

Gsibcy, G. (2011). Clinical interviewing strategies. In *Encyclopedia of Christian Counseling*. Baker Books.

Gsibcy, G. (2011). Developmental theory and clinical practice. *Christian Counseling Today* (Spring Issue).

Sibcy (2010). God Attachment System. In Clinton and Straub, *God Attachment*. Baker Books.

Sibcy (2010). Attachment across the life span: The secure base system. *Mental Health Matters*. Spring Issue.

Sibcy (2010). Attachment across the life span: Attachment styles. *Mental Health Matters*, Summer Issue.

Sibcy, G. (2005). Healthy Personality Development. *News Digest, Centra Health*, Fall Issue.

Judd, M., Sibcy, G. (2005). Crossing the line: working with psychosis. *Christian Counseling Today*, Summer Issue.

Sibcy, G. & Clinton, T. (In Press). Treating Oppositional Defiant Disorder: An attachment-based prescription. *Christian Counseling Today*, Summer Issue.

Clinton & Sibcy (2004). Attachments: Using attachment theory in practice. A video production with manual, a part of the Geneva Series produced by AACC.

Sibcy, G. (2004). Assessment and Treatment of Panic Disorder: A cognitive-behavior approach. A video production with manual, a part of the Geneva Series produced by AACC.

Sibcy, G. (2009). Helping your Angry Defiant Child. A video production, a part of the series *Helping People God's Way*, produced by AACC.

Sibcy, G. (2004). Using Attachment Theory to Treat Oppositional Defiant Disorder. New Digest, Centra Health.

Sibcy, Clinton, & Habermas (In Press). Attachment as a Metatheory for Christian Counseling. Eds (Clinton & Oschlinger, Competent Christian Counseling, Vol. II. Integrity Press, Nashville, Tenn.

Brende, J., Dill, J., Dill, B., & Sibcy, G. (1996). An integrated model for treating PTSD in a primary care setting. Southern Medical Journal.

Dill, B., Dill, J., Sibcy, G. & Brende, J. (1997). The RN's 'role in the office treatment of patient's with histories of abuse: An attachment informed approach. Journal of Gastroenterological Nursing.

Dill, B. Sibcy, G., Dill, J. (1998). Abuse, threat, and irritable bowel syndrome, what is the connection. Journal of Gastroenterological Nursing.

Sibcy, G.A. & Habermas, G.R. Religious uncertainty and negative emotionality: A new instrument for measuring religious doubt. Unpublished manuscript, submitted for publication.

Sibcy, G. A. (1997). Out of control and dangerous: A model for treating conduct disordered children. Christian Counseling Today, Spring Issue.

Sibcy, G.A. (1996). Treating adult victims of childhood sexual abuse. Christian Counseling Today. Summer Issue.

Sibcy, G.A. (1994). Treating Panic Disorder. Christian Counseling Today. Fall Issue.

Sibcy, G.A. (2008). Understanding and helping those with PTSD. Video production, AACC.

## Presentations

Sibcy, Mintal, Jenkins (august 20, 2013). Webinar on DSM-5.

Sibcy (march 2013). Working with Severe Mood Dysregulation in Children. Present to Horizon Behavioral Health. Virginia Baptist Hospital. 4 hr workshop, ceu credits awarded to participants

Sibcy, Clinton (2012). Interpersonal Neurobiology, Counseling, Psychotherapy, and Spiritual Transformation. Three Hour Pre-conference workshop. National Conference on Christian Counseling. Branson Missouri, Sept, 27.

Sibcy (2012). Treating Children with Severe Mood Dysregulation: An Attachment-Based, Neurobiologically-Informed Approach. 75 min. workshop, National Conference on Christian Counseling, Branson Missouri, Sept, 28.

Sibcy, Clinton, Straub (2012). Cognitive Interpersonal Therapy: An Individual Treatment for Couples. Three Hour Pre-conference workshop, Presented at Marriage America Conference, Orlando Florida, April 12, 2012.

Sibcy, G. (2012). Treating Explosive Children: An attachment-based, neurobiologically-informed parent training model. 75 min workshop, Presented at Marriage America Conference, Orlando Florida, April 13, 2012.

Sibcy, G. (In Press). Helping Explosive Children: A parent training model. AACC Production.

Sibcy, G. (In Press). Helping People Change: The SECURE Model. AACC Production

Sibcy (2011). Behind the eyes: The neurobiology of relationships and spirituality. 3 hr pre-conference workshop, World Conference on Christian Counseling, Nashville, Tn., Sept, 2011.

Sibcy & Knight (2011). Attachment, Neurobiology, and Emotional Intelligence. Workshop, World Conference on Christian Counseling, Nashville, Tn. September 25<sup>th</sup>.

Sibcy and Clinton (2011). Helping Today's Children. 3 hr Webinar for AACC, September, 2011.

Sibcy, G and Kuhnley, (2011). Complex Oppositional Defiant Disorder. Diagnosis, treatment strategies, and psychopharmacology. 3 hr. Webinar for AACC, March 22, 2011.

Clinton, Sibcy, Straub (2010). Attachment, Neurobiology, Relationships. A Pre-conference workshop, National Conference on Christian Counseling, Branson, MO. Sept 23, 2010.

Sibcy, G.A. (2010). Complex Oppositional Defiant Disorder, An Integrated Treatment Approach. A workshop at the National Conference on Christian Counseling, Branson MO, Sept, 24, 2010.

Sibcy, G.A. (2010) Dialectical Behavior Therapy for Psychiatric Inpatient Care. 5 hour Grand Round Training, Virginia Baptist Hospital. October 2010.

Sibcy, G.A. (2010). Attachment-Based Treatments for Families and Children I: The Secure Base System. Training presented for Virginia Comprehensive Services providers, Sept, 10, 2010.

Sibcy, G.A. (2010). Attachment-Based Treatments for Families and Children II: Collaborative Problem Solving and Mentalization Strategies. Training presented for Virginia Comprehensive Services providers, Sept 10, 2010.

Sibcy, G.A. (2010). Attachment-based treatment strategies applied in school settings. Professional training (8 hrs) provided to Bedford County School, April 10, 2010.

Sibcy, G.A. with May, Sharon (2010). Attachment theory and couples therapy. Application of Emotion Focused Therapy and Cognitive Interpersonal Therapy (3hrs. CEU Training)

Sibcy, G.A. (2010). Attachment theory: applications for clinical practice. 40 hrs. of CEUs provided in five hour increments per month from Sept. 2009 through June 2010.

Sibcy, G.A. (2009). The neurobiology of relationships and counseling. A pre-conference workshop presented at The World Conference on Christian Counseling (AACC). Nashville Tennessee. 9/17/09.

Sibcy, G.A. (2009). Treating Chronic Depression: Attachment based cognitive-interpersonal psychotherapy for chronic depression. Workshop presented at the World Conference on Christian Counseling (AACC). Nashville Tennessee. 9/19/09

Sibcy, G.A. (2009). Attachment, Neurobiology, and the Power of Secure Base Relationships. Keynote Address: Texas Christian Counseling Association. San Antonio, Texas. Feb. 2009.

Sibcy, G.A. (2009). Attachment-Based Treatment for difficult children and adolescents. Keynote address: Texas Christian Counseling Association. San Antonio, Texas. Feb. 2009.

Sibcy, G.A. (2009). Attachment, Neurobiology, and Psychopathology. In one-day training provided to Bedford County Schools school psychologists, school counselors, and social workers. May, 2009.

Workshop presented to clinical staff at Bridges Residential Treatment Center June, 2004, Lynchburg Va.

Attachment Theory and Practice, Part I: A primer for clinicians. November 2004, Sponsored by Centra Health, 4 hour workshop

Attachment Theory and Practice, Part II: A primer for clinicians, March 2005, Sponsored by Centra Health, 4 hour workshop

Using Attachment Theory in the Classroom: Emotion Coaching Challenging Children. Full-day workshop presented to Amherst County Schools, March 25, 2005.

Angry and Defiant Children: working with complex ODD. A Pre-conference Workshop at the World Conference on Christian Counseling, Nashville, Tn. Sept. 28, 2005

Empirically Supported Treatments for Pediatric Bipolar Disorder: Integrating neurobehavioral, cognitive behavioral, and attachment theories. Workshop, at World Conference on Christian Counseling, Nashville, Tn., Sept 29, 2005.

Working with Explosive/Angry Children: An Attachment Informed Approach. A full-day workshop presented to Bedford Group Homes. February 10, 2006.

### Building Emotional Intelligence in Children: A Pre-conference

A brief treatment package for assessing and treating attachment disturbances in parent-child relationships: The key to helping troubled children. Workshop at the World conference on Christian Counseling, Nashville, Tn., Sept, 2007

Sibcy, G.A. (1992). Irrational beliefs, emotionality and observed behaviors in an at risk adolescent population. Paper presented April 9,1992 at the Virginia Psychological Association's spring convention.

Sibcy, G.A. (1993).Death Anxiety and Irrational Beliefs. Paper presented at the Virginia Psychological Association, Spring Convention 1993.

Clinical Diagnosis and Treatment Planning for Children and Adolescents. Workshop presented at the 1993 spring convention of the Virginia Counseling Association.

Juvenile Delinquency and Substance Abuse. Workshop presented at Central Virginia Community College, Spring 1993.

Research Directions in Religious Doubt. Co-presented with Gary Habermas at Liberty University. This workshop was professionally filmed for use as a training tape in research in statistics (April, 1995)

New Directions in Diagnosis and Treatment of ADHD. Workshop presented to Amherst County School teachers and school psychologists (June, 1997).

Attachment Theory: Clinical Applications Future Trends. Workshop presented at the World Conference on Profession Christian Counseling, Dallas TX, 1997.

Forgiveness Models: Research Trends and Clinical Innovations. Workshop presented at Liberty University Clinical Counseling Special Series Workshops, March, 16th, 1998.

Diagnosing and Treating Self-Mutilation in Children and Adolescents. Workshop presented to clinical staff at Virginia Baptist Hospital (Oct. 2001).

Using Attachment Theory to Inform Residential Treatment of Foster Children. Workshop presented to staff at Bedford County Social Services. (Oct. 2001).

The growth of the self: using Greenspan's DIR model in treating children with severe attachment problems. A training presented to clinical staff at Bridge Residential Treatment Center (March 2003).

Attachment Theory in Clinical Practice: Why we love, feel, and act the way we do. Pre-conference workshop presented at International Conference on Christian Counseling, Nashville Tenn., (Sept. 2003).

Attachment and Marriage. Workshop presented at the International Conference on Christian Counseling, Nashville, Tenn. (Sept. 2003).

Attachment Theory and Family Therapy. Co-presented with Tim Clinton. Workshop presented at AACC regional conference in Greensboro, N.C. (March, 2004).

Diagnostic Issues for Pediatric OCD. Workshop presented to residents and Lynchburg Family Practice Residency Training Program, Lynchburg Va. Sept 22, 2004.

## Certification & Licensure

- Licensed Professional Counselor
- Licensed Marriage and Family Therapist
- Licensed Clinical Psychologist