



# George Bates

## Resume

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I use a **Cognitive Behavior Modification** approach to devise short-term solutions for individuals, couples and families: A general description of my methods of helping clients is a high degree of interaction between the client(s) and myself. Counseling is directed primarily at modifying distorted or maladaptive thought processes and related behavioral dysfunctions to arrive at solutions to solve the current presenting problem(s). Together we identify and modify internalized debilitating automatic thought processes. Devise healthy solutions rather than maladaptive schema(s) around current intra-inter personal communications and the affected relationship(s). Procedures utilized to accomplish the above are numerous. Here are a few: Work together as an investigative team, encourage self-monitoring and self-help, develop coping strategies for real losses and actual deficits, customize therapy interventions, use gentle humor, set agenda for therapy sessions, give constructive feedback to direct the course of therapy, employ common cognitive therapy and other therapeutic techniques (identifying automatic thoughts, generate alternatives, imagery exercises, guided discovery, reflective listening, journaling, maintain a record of dysfunctional-functional thought processes. My knowledge and experience around family systems, family of origin issues, Christian values, professional ethics, medical model, devising solutions, and personality types (differences and similarities) are incorporated into our therapeutic approach.

### Clients Presenting Issues that I have had success in treating

Adolescent issues	Inter-racial families
Affairs	Job loss or change
Alcoholism	Marital discord
Anxiety	OCD
Bereavement/Loss	Panic attacks
Blended family conflicts	Phobias
Co-dependency	PTSD
Depression	Separation/divorce
Drug addictions	Single parent issues

Employee-employer concerns

Gambling addictions

Interfaith couples

Spiritual/religious faith concerns

Veteran's Issues

Victims of sexual abuse

**Counseling formats that I am accomplished in:** Individual, Couples, Family, Small and Large Group.

*I am skilled at using a Christian or secular approach depending upon the needs of the client(s). Typically incorporate a cognitive behavioral approach to arrive at short-term solutions on behalf of the client(s).*

**Approximate percent of the age groups that I treat:**

10% ~ Older Adults Age 60 and over

60% ~ Adults Age 18 to 59

30% ~ Adolescents Age 13 to 17

05% ~ Older Children Ages 8 to 12

**Treatment Modality:**

50% ~ Individual Counseling

35% ~ Conjoint/Couples Counseling

25% ~ Family Counseling

**I am an Employee Assistance Provider (EAP) for the following companies:**

Magellan 3 Years

CIGNA 3 Years

ComPsych 5 Years

Corporate Family Network 2 Years

Managed Health Network 5 Years

UBH 3 Years

Work Place Solutions 2 Years

United States Government 9 Years

Department of Defense, Air Force

I receive approximately 55 EAP referrals per year. About 30% of my practice time is spent working with EAP referrals. I have provided EAP services for 14 years as of January 8, 2003.

Continuous employment history from 20 November 1960, to present:

▶ **In private practice at BirdSong Education - Counseling Service, 8 Eagle Center, Suite 3, O'Fallon, IL 62269, tel. (618) 624-1234 from 1 January 1995 to present. Click [here](#) is a list of my services.**

▶ **Employed as a Family Counselor at Catholic Social Service, 617 South Belt West, Belleville, IL 62220, tel.: (618) 277-9200 from August 1988 thru December 1994. Supervisor: Margie Mensen. MA, LCSW. Reason for Leaving: Entered private practice. Provided individual, couples and family counseling, averaging 20 counseling sessions per week. Developed, marketed and conducted support/therapy groups on the following topics: Co-Dependency, Divorce Recovery, Adult Incest Survivors, Spouses of Adult Incest Survivors, and a group for couples (marriage enrichment).**

▶ **Conducted DWI evaluations and taught alcohol related classes for Dr. Sammylane Wirth, Ph.D., LMFT at Gateway Counseling, #6 Executive Drive, Suite 2, Fairview Heights, Illinois, tel. (618) 398-9200 from October 1986 till June 1988. Also, employed by Health Resources Division at 333 Salem Place, Suite 145, Fairview Heights, Illinois 62208, Supervisor: Mr. Jim Harting, tel. (618) 632-3145 from September 23, 1986 July 1988. Reason for leaving: Career Advancement. Job Description: Conducted computerized diagnostic follow up evaluations on former patients who have completed Chemical Dependency Treatment with DayBreak at Northside Presbyterian Hospital in Albuquerque, New Mexico. Reason for leaving: Full time college student from September 1, 1985 thru June 11, 1988, during which time I finished my Bachelors Degree and completed my Master's Degree on June 11, 1988.**

▶ **Non-Commissioned Officer in Charge of Drug ~ Alcohol Abuse Control Management Branch at Headquarters Military Airlift Command, (MAC/DPZ), Scott AFB, Illinois 62225-5000 from July 1, 1984 to August 31, 1985. Supervisor: Captain Nelson Rosado. Reason for leaving: Retired from the Air Force after 24years, 5 months and 23 days to start a second career. Job Description: Improved quality of life for a 95,000-member work force by developing, coordinating and determining substance abuse treatment policies at sixteen outpatient, and four inpatient drug/alcohol rehabilitation facilities, which are located throughout the world. These actions reduced substance abuse by 39% and quickly returned personnel to becoming productive workers. Advised corporate managers of trends, problems and corrective actions taken to overcome substance abuse. Managed the Drug and Alcohol Abuse Control Branch for the Military Airlift Command. Develops and staffs policies to counter the negative effects of substance abuse. Hand picked by the Air Force Staff to present at the 1984 Family Support Center Conference. Chosen to rewrite the skill knowledge tests for Drug alcohol Rehabilitation Counselors. Conducted Staff Assistance visits throughout the Military Airlift Command to assist counselors and managers in developing their respective areas of expertise.**

▶ **Social Actions Liaison ~ for the USAF Medical Center, Alcoholism Rehabilitation Center (ARC), Scott AFB, Illinois 62225-5000 from August 15, 1980 to July 1, 1984. Supervisor: Major Peter F. Durand, Ph.D. Reason for leaving - Position Advancement. Served as primary point of contact, coordinating referrals, and providing information to 10 local base outpatient treatment facilities and the major air command's inpatient 20 bed alcoholism rehabilitation center. Coordinates referrals of patients and spouses for inpatient treatment and assists in their transitions back to local units. Conducts group therapy, recreational and occupational therapy. Conducts the individual and group assessments. Collects statistical information for reoccurring reports. Initiates follow-up procedures to assess program impact. Conducts orientations for**

referring personnel and provides educational instruction on aspects of alcoholism and recovery. Manages the family participation throughout the treatment process. Expanded the annual eight-hour special alcohol education program for senior officers and senior enlisted advisors. Increased an awareness of inpatient treatment resources, which resulted in a 40% increase in referrals for treatment. Selected by the Social Work Consultant to the USAF Surgeon General to organize a conference for 12 Alcoholism Rehabilitation Center Liaisons and their Directors. Presented two topics at this joint worldwide conference on the family.

▶ **Non-Commissioned Officer In Charge of the Wing/Base Drug Alcohol Abuse Control Section for the 36th Tactical Fighter Wing at Bitburg Air Base, Germany from August 15, 1977 thru August 15 1980.** Supervisor: Major William J. Waddington. Reason for Leaving: Position Advancement. Job Description: Conducted Substance Abuse Education seminars for supervisors, upper management and substance abusers. Counseled personnel in the rehabilitation programs. Advised Unit Commanders and Base Agency Personnel on issues related to substance abuse control. Presented substance prevention programs to dependent personnel, maintained rehabilitation program case files, and compiled information pertaining to the rehabilitation program for routine and special reports. Presented case reviews to the Drug/Alcohol Rehabilitation Committee and prepared program analysis data and related program reports for presentation to the Wing Drug Alcohol Abuse Control Committee. Administered group therapy, individual counseling, and individual and groups assessments. Supervised 3 full time and five part time counselors.

▶ **Wing/Base Drug/Alcohol Abuse Control NCO for the 314th Tactical Airlift Wing at Pope air Force Base, North Carolina from March 1, 1976 thru March 2, 1977.** Supervisor: MSgt Nelson Reyes Reason for Leaving: Position advancement. Job Description: Provided Drug/Alcohol Abuse Control activities to prevent and eliminate drug and alcohol abuse when and where feasible. Provided drug, alcohol rehabilitation counseling for the individual and his family. Provided drug/alcohol education to all base personnel. Made referrals to other agencies as appropriate. Prepared reports for higher headquarters. Presented case reviews to the Drug alcohol Rehabilitation Committee. Advised Unit Commanders, Mid-Level Supervisors, Medical Technicians, Medical Doctors, Chaplains, and Social Workers on treatment issues related to substance abuse. Prepared articles for publication in the base newspaper. Facilitated guided discussions at health science classes in the public school system.

▶ **Assistant Club Manager of the Officer's Club at Rhein Main Air Base, Germany from August 15, 1974 thru February 10th 1976.** Supervisor: MSgt Lawrence D. Neeley. Reason for Leaving: Career change. Job Description: Supervised 97 personnel from 14 different countries. Established work priorities, and assigned duties. Evaluated performance, recommended promotions and dismissals. Established and conducted on the job training. Insured compliance with Fire and Safety regulations. Conducted daily bar and food inventories. Prepared purchase orders in support of club activities. Planed and supervised private parties for ten to four hundred and fifty individuals. Performed any duty in connection with the club as directed by the Club Manager and acted as Executive control of the club in the absence of the Club Manager. Prepared work schedules for employees. Prepared daily profit and loss reports. Established monthly entertainment schedules and budgets.

**ACTIVE DUTY MILITARY SERVICE:** United States Air Force, November 20, 1960 thru September 1, 1985. Retired as a Master Sergeant.

**MILITARY AWARDS:** Received Bronze Star while serving in Vietnam in 1972. Received other Meritorious Service and Air Force Commendation awards for exemplary performance during my 24-year career.

**Number of Years of Counseling Experience:** 30 (thirty).

**LICENSE:** Licensed Clinical Professional Counselor (LCPC), since March 1995.

**EDUCATION:** Bachelors of Arts Degree in Social Science - Graduated December 1986 (McKendree College, Lebanon, IL); Masters of Science Degree in Education & Counseling - Graduated June 1988 (Southern Illinois University in Edwardsville, IL 62025); and completed two courses towards a Ph.D. Degree in Marriage and Family Development at St. Louis University, St Louis, MO. - 1988 - 1989; State Certified Addiction Counselor - April 1985 I allowed this to lapse after obtaining my LCPC in March 1995.

**GROUP THERAPY:** I have facilitated support, therapy or educational groups for: Couples in Counseling; Co-Dependency Issues; Adult Survivors of Incest; Divorce Recovery Issues; Grief (related to the death of a spouse), Stress Relationship and Self Esteem Issues and Alcoholism related issues for the alcoholic and the family of the alcoholic.

**TRAINING GROUPS:** Provided hands on training to volunteers and professionals concerning the further development of their Group Facilitator Skills for facilitating support and therapy groups.

**CHEMICAL DEPENDENCY POSITIONS:** Counselor - March 1976 through July 1984; Director Outpatient Treatment - August 1977 through August 1980; Inpatient Program Coordinator - August 1980 through July 1984; Corporate Manager - August 1984 through August 1985.

**CURRENT MEMBERSHIPS:** American Counseling Association, International Association of Marriage and Family Counselors, First Baptist Church of O'Fallon, IL., St. Louis Eating Disorders Network. International Association of Marriage and Family Counselors

### **SPECIALIZED IN CONTINUING EDUCATION CERTIFICATES**

<u>Subject</u>	<u>Name &amp; Location</u>	<u>Month &amp; Year Training Completed</u>	<u>Total Class Hours</u>
Assessing Boundaries and Building the Supervisory Relationship	Dr. Toni Tollerud, LCPC Effingham, IL	April 21, 2006	6
Theories & Techniques of Counseling Supervision	Dr. Lori Russell-Chapin Rend Lake, Illinois	April 8, 2006	6
"Scared Stiff", Fast, Effective Treatment for Anxiety Disorders	David D. Burns, M.D. St. Louis, Mo.	Mar24 & 25th, 2006	13
Evaluation & Assessment in Counseling Supervision	Dr. Toni Tollerud, LCPC SIUE, Edwardsville, IL	Dec 9, 2005	6
Breaking the Patterns of Depressions	Michael Yapko, Ph.D.	Sept 29-30 2005	11
Integrated Care and Empowerment for People in the Bipolar Spectrum	Michael Freeman, M.D.	March-2005	7
Disruptive Behavior Disorders in Children and Adolescents and Related Challenges	Daniel R. Fecht, Ph.D. St. Louis, Mo.	Jul-2004	6
Emerging Concepts in the Diagnosis and Management Of Mood Disorders	Post, Lang, Wheller MD's St. Louis, MO	Apr-2004	5.5
Resolving Impasses	Jessica Benjamin, Ph.D.	Oct-2003	5
Over-Indulged Children: Dealing With At Risk Youth & Their Enabling Parents	Brian J Wolf , St. Louis, MO	Sep-2003	6
Transforming Aggression: From eruption to reaction	Frank M. Lachmann, Ph.D. St. Louis, MO	Nov-2002	5
Collaborative Couples Therapy	Daniel B. Wile, Ph.D. Family Therapy Institute of St. Louis, MO	Oct-2002	11

Couples Therapy-Keeping the Soul Alive	Bill O'Hanlon, MS Family Therapy Institute of St. Louis St. John's Mercy Medical Center St. Louis, MO	May 9 & 10, 2002	11
Eating Disorders and Substance Abuse	Marsha Moore Andreoff, MS,LPC SLEDN St. Louis, MO	May-2002	1
Non-hospital Treatment of Anorexia Nervosa	Randall Flanery, Ph.D. St. Louis Eating Disorder Network St. Louis, MO	Jan-2002	1
The Psychological Aftermath of Surgical Weight Loss	Francesca Ferrentelli, M.A. St. Louis Eating Disorder Network St. Louis, MO	Nov-2001	1
Surgical Weight Loss	St. Louis Eating Disorder Network, St. Louis, MO	Nov-2001	1
Attachment, The Brain and Psychotherapy: From Mother's Gaze to Therapist's Office	Allan N. Schore, Ph.D. St. Louis Psychoanalytic Institute St. Louis, MO	Oct-2001	5
Managing Anxiety Before It Manages You	George Bates, LCPC St. Louis Eating Disorder Network St. Louis, MO	Oct-2001	1
The Adonis Complex-Male Body Image	Sun Smith-Foret, MFA, MSW Teri Powers, MSW St. Louis Eating Disorder Network St. Louis, MO	Sep-2001	1
Eating Disorders in Childhood	Patricia K. Dennis, MSW, Co-Chair St. Louis Eating Disorder Network St. Louis, MO	Apr-2001	1.5
Marriage is Therapy	Rick Brown, Th.M., St John's Mercy Medical Center, St. Louis, Mo.	March 22-23, 2001	12

Angry Couples & Defiant Adolescents	David Keith M.D., Psychiatrist	August 17 & 18 , 2000	11
Group Discussion About Ethics	Sheri Miller, MA, LMFT - IAMFT Professional Development Series, St. Elizabeth's Hospital, Belleville, IL	Aug-2000	2
Creating Connection	Susan Johnson, EdD., St. John's Medical Center	Oct 28 & 29, 1999	11
Managing Borderline Personality Disorder Illinois Association for Marriage and Family Therapy	David M. Connor, M.D. Board Certified Psychiatrist St. Elizabeth's Hospital, Belleville, IL	Aug-1999	2 CEU's
Addictions in Families Illinois Association for Marriage and Family Therapy	Michael Conley, CSADC Dir of Behavioral Healthcare and Social Service, St. Elizabeth's Hospital Belleville, IL	May-1999	2
Couples Therapy in the 90's Advances and Innovation	Frank Pittman, M.D., Psychiatrist St. John's Medical Center, St. Louis, Mo.	April 29 & 30, 1999	11
Gender Sensitive Family Therapy Illinois Association for Marriage and Family Therapy	Jean Caine, LCSW, LMFT St. Elizabeth's Hospital Belleville, IL	Feb-1999	2
Narcissism and Intimacy (A Self-Psychology Approach to Couples Therapy)	Marion Solomon, Ph.D. Missouri Botanical Garden St. Louis, MO	Oct 1998	5
Men's Challenge to Change	Il Assoc for Marriage and Family Therapy St. Elizabeth's Hospital Belleville, IL	May-1998	2
Marital Therapy (Solution Focused)	John Gottmann, Ph.D. St. John's Mercy Medical Center St. Louis, MO	Ap-1998	13
Study of Personality Types	Riso Hudson Penn.	Aug-1996	72

Systematic Treatment Planning (Diagnostic and Statistical Manual of Mental Disorders)	University of IL Springfield, I L	Sep-1995	6
Applications of Brief, Solution Focused Psychotherapy	IL Assoc. Of Family Service Agencies Belleville, IL	Dec-1994	12
Family Systems Therapeutic Inductions	Pat Openlander ,PhD St. Louis, MO	Jan - Nov 1994	16
Advanced Clinical Skills in the treatment of sexual abuse	Fredrick & Associates St Louis, Mo	Nov-1992	7
Working With Infidelity: Therapeutic Approaches to Extramarital Affairs	St. Louis University St. Louis, MO	May-1991	7
Building Inner Strengths: In Ourselves and in Others	St. Louis University St. Louis, MO	Mar-1991	7
The Art of Family Therapy	Carl Whitaker St. Louis, MO	Apr-1990	8
Love & Significant Relationships	Hyland Center St. Louis, MO	Dec-1989	6
Families in Transition	St. Louis, MO	May-1989	6
Towards PhD in Marriage and Family Development	St. Louis University	Jun 1988- Apr 1989	6 Semester Hrs
Masters Degree Education & Counseling	So. IL University Edwardsville	Jun-1988	52 Semesters Hrs
Substance Abuse Prevention & Rehabilitation	Gateway Foundation George Smith, Dir. Adult Services 624 South Michigan, Chicago, IL	April - July 1987	145 Hrs
Aids and substance Abuse	State Community College East St Louis, IL	Apr-1987	18

BA Social Science	McKendree College Lebanon, IL 62254	Dec-1986	4 yr Degree
Suicide Crises Intervention	Hyland Center St. Louis, MO	Sept-1986	8
Co- Therapist Adult Aftercare Group	DayBreak Belleville, IL	Nov-1985	315
Chemical Dependency A Family Disease	HW MAC/DPZ Travers AFB, CA	May-1985	40
Alcoholism in the Family	USAF SAFB, IL	Mar-1984	40
Alcoholism & the Family	HQ AFMSC/SAPC Brooks AFB, TX	Dec-1983	24
Family Systems Theory	Johnson Institute Minneapolis, MN	Sep-1983	16
Family Systems	Eastern Washington Univ. Cheney, WA	Jul-1983	40
Johnson Institute School for Chemical Dependency	Johnson Institute Minneapolis, MN	Feb-1979	152
Counseling/Managing Technique	USAF Academy Kapone AS, Germany	Apr-1978	232
Skill & Advance Level Training in Drug/Alcohol Abuse Control	ECI Gunter AFB, AL 36118	May-1977	360
Family Assistance Support Team Training	HQ MAC Scott AFB, IL	Apr-1976	21
Volunteer/Telephone Crisis Intervention	Call for Help Belleville, IL	Sep-1975	20

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Last modified: May 30, 2005