

Stan Heck, Psy.D.
Clinical Psychologist
stanheck47@gmail.com

Summary

For 50+ years Stan Heck has been a practicing social worker and psychologist. Dr. Heck has worked in outpatient and inpatient mental health centers, the Veterans Administration, schools, and in private practice. Dr. Heck has served a wide variety of clients, including traumatized children and adults, middle age and older adults experiencing depression and anxiety, divorcing and high conflict couples, and children and adults with severe anger. Dr. Heck has provided individual, marital, and family therapy services. Dr. Heck also served as an Ethics Investigator for the Kentucky Board of Examiners in Psychology. Dr. Heck is known for being thorough and meticulous in his approach to clients and fellow professionals, focusing on best practices and science-based services.

Education

1981 - 1985 Wright State University; Psy.D. in Clinical Psychology

1972 - 1974 University of Washington; M.S.W. in Clinical Social Work

1967 - 1969 Mount St. Mary's Seminary; Theology

1963 - 1967 Seminary of St. Pius X; B.A. in Philosophy

Professional Experience

Sept. 1974 – Present. Clinical teacher/trainer/supervisor. Provide extensive training to mental health professionals on a variety of topics, such as CBT, Mindfulness, Family Therapy, Ethics, and Cultural Competence. Have taught courses at Thomas More University and Good Samaritan School of Nursing. Have supervised a variety of graduate level clinicians.

Aug. 2016 – Present. School psychologist. Volunteer at an inner-city school. Perform psychological evaluations to assess for learning, attention or emotional issues; offer counseling to students. Consult with teachers and parents.

June 1986 – July 2016. Independent practice of clinical psychology. Did psychological and neuropsychological evaluations of children and adults. Provided individual, marital, and family therapy as well as consultation in a variety of settings, e.g. schools and mental health centers. Have served as Ethics Investigator and Oral Examiner for the KY Board of Psychology.

Sept. 1979 - May 2001. Independent practice of clinical social work. Provided individual, marital, and family counseling. Served as consultant to nursing homes and

social service agencies.

Aug. 1985 - Sept. 1986. Mental Health Services of North Central Hamilton County. Psychological Assistant. Provided psychological assessment and treatment of outpatient and aftercare clients under the supervision of JoAnn Clifton, M.A., Psychologist.

Sept. 1984 - Aug. 1985. Psychology Internship at Wright State University. Provided psychological assessment and treatment of headache and chronic pain clients; provided individual and group therapy at a Dayton mental health center; supervised by Kathleen McNamara, Ph.D.

Sept. 1983 - Aug. 1984. Rollman Psychiatric Institute; third year Psychology practicum. Completed psychological and neuropsychological assessments, provided individual and group psychotherapy; supervised by Joseph Olasov, Ph.D.

Sept. 1982 - Aug. 1983. Project SENG - Cincinnati (Supporting the Emotional Needs of Gifted). Provided individual and family therapy, psychological assessments, consultation to schools, and education of the public on the needs of the gifted; supervised by James Webb, Ph.D. and Louise Adams, Ed.D.

June 1983 - Sept. 1983. Veterans Administration Medical Center (Dayton, Ohio). Did outpatient psychotherapy with Vietnam Vets with post traumatic stress disorder; did personality assessment and individual therapy with inpatient psychiatry patients; did neuropsychological evaluations with neurology patients; did vocational rehabilitation assessments; supervised by Fred Wechsler, Ph.D.

Sept. 1979 - Aug. 1982. Mental Health Services of North Central Hamilton County. Branch Manager and Therapist. Supervised a staff of six, as well as graduate students, who provided outpatient therapy to a wide range of clients; provided therapy, consultation and education; supervised by Carol Lehman, Ph.D.

Nov. 1977 - Sept. 1979. Comprehensive Care Center of Northern Kentucky. Clinical Social Worker. Provided individual and marital counseling at inner city children's unit and individual and marital counseling at a suburban office. Was involved in treating abusive and incestuous families.

July 1969 - Oct. 1977. Kentucky Department for Social Services. Juvenile Counselor, Team Leader, Social Service Supervisor. Provided individual group and family counseling to delinquents; developed a remedial education program for youth who had been pushed out of school. As a Team Leader, supervised five social workers who provided a variety of social services, e.g. Juvenile Corrections, Child Protective Services, Older Adult Services. As a Social Service Supervisor, supervised the same programs in four counties with a staff of 75.

Selected Presentations/Teaching

Individual and Family Counseling Skills. Course taught at Thomas More College, Fall 1974.

Marital and Family Therapy from a Systems/Behavioral Perspective Ongoing Seminar for mental health center staff, co-led with Virginia A. Zimmerman, M.Ed. Sept. 1981-May 1982.

The Emotional and Cognitive Characteristics of Gifted Children. Child Psychologists of Cincinnati. Presented with Kathryn Ferner, Psy.D. Sept. 1982.

Dissertation: Implications of Etiological and Developmental Theories for the Treatment of Depression in School Age Children. April 1984.

Psychotherapy Skills I. Wright State School of Professional Psychology. Nine week lab experience. Sept. to Nov. 1984.

Relaxation as Part of a Stress Management Program. Kettering City Workers. Presented with other UPSA Pain Management staff. Jan. 1985.

Adult Development and Aging. Good Samaritan School of Nursing. Jan. to April 1987.

ADHD Across the Life Span. Lawrenceburg Mental Health Center. June 1991.

The Paradox of Gifted/LD Children. OVATAG Conference. Feb. 1993.

Types of Affairs: Differential Diagnoses and Treatment. Concern Staff. March 1994

Brief Treatment of Children/Teens with Disruptive Disorders. Behavioral Health Solutions staff. February 1996

Cognitive Behavioral Treatment of Depressed Children and Adults. Mental Health Services-East. February 2000

Child and Teen Violence. St. Elizabeth Medical Center/Residents in Family Medicine. April 2000

Assessment and Treatment of School Aged Children. Catholic Social Service staff (seminar of 14 hrs.). Sept. 2001 to May 2002.

Selected Presentations for Heisel and Associates Inc.

Aging Well: Promoting Health and Resilience in Middle Aged and Older Adults - 2020

Anger Management: Best Practice Treatments for Youth and Adults - 2021

Anxiety Disorders: Best Practice Treatments for Adults – 2022

Assessment and Brief Treatment of Suicidal Clients – 2021

Empathy and Cultural Humility – Part 1: African Americans, Latinx Americans and Asian Americans – 2020

Empathy and Cultural Humility – Part 2: Appalachians, Low SES Americans, and Gender/Sexual Minorities – 2020

Ethics and Risk Management: How to Avoid Board Complaints and What To Do If Facing a Complaint - 2022

Publications

“Addressing Underachievement in School”

“Advances in Understanding and Treating ADHD in Children and Adolescents”

“Aging Well: Promoting Health and Resilience in Middle Aged and Older Adults – 2nd Edition”

“Anger Management: Best Practice Treatments for Youth and Adults”

“Anxiety Disorders: Best Practice Treatments for Adults”

“Assessment and Brief Treatment of Suicidal Clients”

“Autism Spectrum Disorder Across the Lifespan”

“Best Practices for Treatment of Disruptive Youth and Their Families – 2nd Edition”

“Brain-Based Strategies to Promote Healing After Trauma”

“Building Executive Functioning Skills in Adults – Especially Those With ADHD”

“Building Executive Functioning Skills in Children and Teens – 2nd Edition”

“Effective Interventions for Adults With Depression – 2nd Edition”

“Effective Interventions for Children and Adults with OCD and Related Disorders”

“Effective Interventions for Youth With Depression”

“Effective Treatments for Older Adults With Depression and/or Anxiety– 2nd Edition”

“Empathy: The Heart of Good Clinical Work”

“End of Life Issues”

“Ethics and Risk Management: How to Avoid Board Complaints and What To Do If Facing a Complaint – 2nd Edition”

“Gaining Cultural Humility: Reviewing the Experiences of Others”

“Gaining Cultural Humility: Reviewing the Experiences of Others – Part II”

“Healing After an Affair: Using Best Practice Marital Treatments – 2nd Edition”

“Healing and Resilience After Trauma: Adult Focus”

“Healing and Resilience After Trauma: Child Focus”

“Marital and Divorce Interventions for High Conflict Couples”

“Professional Ethics: Taking Your Practice to the Next Level”

“Treating Anxiety in Children and Teens: Best Practices”

Organizations

American Psychological Association

Kentucky Psychological Association

National Alliance for the Mentally Ill

Cincinnati Academy of Professional Psychologists

Psychology License, KY #573