

CURRICULUM VITAE

Alex Kirby, Psy.D.
Clinical Psychologist
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Professional Experience

Founder, Principle

1/2021-Present

*Alex Kirby Parent Coaching
Asheville, NC*

- Coach parents of adolescent and young adults currently in treatment through weekly and as-needed sessions.
- Provide primarily short-term interventions that offer parents and other caregivers hands-on, here-and-now tools for improving their relationship with their child.
- Provide psychoeducational resources to help parents accept, adjust, and make the most of the opportunity that their child's treatment provides.
- Use primarily ACT and mindfulness solutions to provide parents the resources to effectively parent even after they are done receiving coaching.
- Collaborate with the child's treatment providers to ensure the most effective coaching and treatment are being provided
- Focusing on changes they can make to better support their child.

Founder, Executive Director

9/2009 – 6/2020

*Montford Hall
Asheville, NC*

- Developed Montford Hall's business plan, raised necessary funding, hired core staff, acquired mental health license to operate, and non-profit designation.
- Created an innovative program that incorporated progressive education, "true-to-life recovery," and adolescent-appropriate substance abuse treatment.
- Responsible for the general management and administration of Montford Hall in accordance with its policies and procedures.
- Collaboratively created and executed a \$3m annual operating budget.
- Supervised a management team of 7 with overall responsibility for approximately 35 employees.
- As a non-voting member of the Board of Directors worked with other Directors to ensure Montford Hall's fidelity to its mission and values.
- Managed the admissions process, qualified potential students and families for enrollment at Montford Hall.
- Fundraised for the organizations; raising \$350K annually.
- Marketed the program by attending conferences, and cultivating and maintaining relationships with referral sources.

Psychologist
Trails Carolina
Lake Toxaway, NC

2/2009 – 8/2009

- Responsible for the assessment and treatment of a caseload of up to 10 students, with a focus on substance abuse and co-occurring disorders and adoption.
- Provided weekly individual and group therapy.
- Gave regular in-service trainings to paraprofessionals on a range of clinical topics.
- Regularly updated referrals sources on client progress.
- Updated parents on their child's progress in weekly hour-long phone calls
- Created individual treatment plans.
- Supervised field instructors individually and during weekly pre-brief and de-brief sessions.
- Collaborated with parents, referrals sources, and treatment programs in discharge planning.

Psychologist
Second Nature Wilderness Programs
Clayton, GA

4/2007 – 11/2008

- Responsible for the assessment and treatment of a caseload of up to 10 students, with a focus on substance abuse and co-occurring disorders, and adoption.
- Provided weekly individual and group therapy.
- Gave regular in-service trainings to paraprofessionals on a range of clinical topics.
- Regularly updated referrals sources on client progress.
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- Collaborated with parents, referrals sources, and treatment programs in discharge planning.

Clinical Director
Phoenix Outdoor
Leicester, NC

5/2006 – 3/2007

- Responsible for clinical and management supervision of adolescent and family therapists.
- Provided weekly one-on-one supervision.
- Collaboratively planned continuing education opportunities for members of the clinical team.
- Reviewed applications for goodness of fit, and matched incoming students with the appropriate clinician.
- Established and maintained relationship with provider of psychiatric services.
- Responsible for development and execution of marketing strategies. Trained clinical staff in the cultivation and maintenance of referral sources.
- Traveled extensively to present the "Phoenix Story" at industry conferences and with potential referral sources.

Education

Psy.D.	Doctorate in Clinical Psychology, January 2006 Antioch University-Keene, NH APA-accredited clinical psychology program
B.A.	Bachelors in Philosophy, June 1988 University of California, San Diego-La Jolla, CA
Pre-Doctoral Internship:	Vanderbilt-Veterans Affairs Internship in Professional Psychology Vanderbilt Medical Center Veterans Affairs Hospital-Nashville

Qualifications

- Training and extensive clinical experience in clinical adoption theory and practice.
- Professional and personal experience with 12-Step based recovery
- Experience in developmentally appropriate use of mindfulness-based practices in a clinical setting.
- Extensive experience in the administration and interpretation of bio/psycho/social, and neuropsychological assessments.
- Strong relationship with referral sources withing the adolescent treatment industry.