

Jose A. Contreras, Ph.D.

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P E R S O N A L

J. A. (Tony) Contreras, born February 6, 1953 in McAllen Texas
Wife, Irma; one daughter, Cassia; two sons: Jose Antonio, Jr. & Gabriel
Feud

E D U C A T I O N

University of Texas, Austin, TX - Psychology, B.A., 1974
University of Texas, Edinburg, TX - Counseling, M.Ed., 1976
Washington State University, Pullman, WA - Clinical Psychology,
Ph.D., 1981

E M P L O Y M E N T

**Corrections Corporation of America Coordinator, Eden Detention
Center, Eden , Texas 2006-Present**

The Mental Health Coordinator provides professional mental health
servivces of a non-medical nature in the faciality. Coordinates, performs
and directs all mental health activities to inmates.

**Owner, Counseling Associates 1981-
2006**

Counseling Associates specializes in individual, marital, and family, sexual
abuse psychotherapy, and mental health evaluations.

**Employee Assistance Program Consultant, Ethicon, Inc. 1985-
Present**

As an EAP Consultant, my jobs include the following: Implement an
effective Assistance & Wellness Program, screen, assess, and refer, and
counsel with employees, perform Lunch-N-Learn training workshops,
implement an alcohol and drug abuse program in connection with a
prevention, intervention, and educational program, assist and train Ethicon
managers and facilitators on detection of trouble within the workplace,
employee crisis, assess and coordinate medical leaves, long term disability
claims and return to work employee status.

**Corrections Corporation of America Consultant, Eden Detention
Center, Eden, Texas
1998-2006**

As a consultant for CCA Eden Detention Center, I work with inmates
concerning various issues, including but not limited to alcohol and drug
abuse education, HIV and AIDS awareness and consultation, and teaching
the offender to accept responsibility for his actions and improve cognitive
development.

**McCullough County CSCD Consultant, Brady, Texas 1998-
2006**

Sex Offender Group Therapy includes teaching the Offender how to begin living a normal life within the community, to avoid further incarceration, never to offend again, and restructuring their thinking in a positive manner.

L I C E N S I N G & C E R T I F I C A T I O N

- Texas State Board of Examiners of Professional Counselors
- Texas State Board of Examiners of Marriage & Family Therapists
- Certified by the Employee Assistance Certification Commission
- Licenced by the State of Texas as a Sex Offender Treatment Provider
- Diplomat of the American Psychotherapy Association

L A N G U A G E S

- English
- Spanish

P R O F E S S I O N A L I N T E R E S T S

Community Mental Health, Individual, Marriage, Family, and Group
Therapy
adolescents,
Clinical Child Psychology: Behavior disorders of children and
adolescents,
Behavioral self-management training
Child Sexual Abuse Treatment
Clinical Hypnosis
Alcohol and Drugs in the workplace
behavior problems
Psychotherapeutic and Pharmacological intervention in children with
behavior problems
Effects of systematic desensitization on phobias
Behavioral self-management training with young people and adults
Employee Assistance & Wellness
Alcohol & Drug Education & Counseling

P R O F E S S I O N A L O R G A N I Z A T I O N S

Texas Association of Counseling and Development (Member)
Employee Assistance Professional Association (Member)
American Association of Behavioral Therapists
American Association of Professional Hypnotherapists - Fellow in
Clinical Hypnosis, Life Member
American Psychotherapy Association (Diplomat)