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EDUCATION

- August 2001 Ph.D., The University of North Carolina at Greensboro
Counseling and Educational Development
Counseling and Counselor Education (CACREP Accredited)
- December 1998 Ed.S., The University of North Carolina at Greensboro
Counseling and Educational Development
Marriage and Family Counseling (CACREP Accredited)
- December 1998 M.S., The University of North Carolina at Greensboro
Counseling and Educational Development
Community Counseling (CACREP Accredited)
- May 1983 MBA, University of Dallas, Irving, Texas
Business Administration
- April 1979 B.S., University of Pittsburgh; Johnstown, Pennsylvania
Mechanical Engineering

PROFESSIONAL EXPERIENCE

- May 2001 – Present Spring Garden Counseling, Inc., Greensboro, NC
Provide individual, group, couples, and family counseling for a diverse range of mental health issues including depression, relationship problems, career, anxiety/phobia, ADHD and developmental issues.
- Aug. 2005 – April 2009 North Carolina Agricultural and Technical State University, Greensboro, NC
Adjunct Assistant Professor – Department of Human Development and Services.
Responsible for teaching graduate level courses in a CACREP accredited counseling program.
- Aug. 2001 – May 2002 The University of North Carolina at Greensboro, Greensboro, NC
Teaching Assistant – Department of Counseling and Educational Development.
Instructor for Helping Skills undergraduate course.
- Aug. 1999 – May 2001 The University of North Carolina at Greensboro, Greensboro, NC
Internship Supervisor. Department of Counseling and Educational Development.
Provided clinical supervision for second year masters students performing counseling internships at various community agencies.
Teaching Assistant. Instructor for Career and Life Planning undergraduate course.

- July 1999 – October 2000 Charter Behavioral Health – Greensboro, NC
Part time counseling position with the Child, Adolescent, and Adult units as well as the partial hospitalization program. Provide weekly support group for adolescents recently discharged from hospital. Also, provide weekly psycho-education groups for children and adolescent in-patients. Perform assessments, treatment planning, family, individual and group therapy.
- April 1999 – Aug. 1999 The University of North Carolina at Greensboro, Greensboro, NC
Research assistant. Performed a literature review regarding the connection between wellness and adolescent violence.
- Aug. 1999 – May 2000 Charter Behavioral Health – Greensboro, NC
Doctoral Internship with the Child and Adolescent Unit. Worked with children and adolescents admitted to the hospital and presenting with various diagnosis such as depression, conduct disorder, reactive attachment disorder, substance dependence, anxiety, OCD, and psychosis. Duties included assessment, treatment planning, group, individual and family therapy.
- Aug. 1998 – April 1999 Counseling and Consulting Services – UNCG, Greensboro, NC
UNCG Assistantship to provide counseling services in a college counseling center. Provided individual, couples and family therapy. Also, provided substance abuse assessment, education and treatment.
- Aug. 1997 – April 1998 Family and Children's Service - Greensboro, NC
M.S./Ed.S. Internship with the Individual and Family Therapy division. Duties included conducting intake assessments, developing treatment plans and performing individual and family therapy. Focus on play therapy, cognitive-behavioral therapies and family therapy in the treatment of a variety of client problems.
- Sept. 1996 - Nov. 1996 Charter Behavioral Systems - Greensboro, NC
Practicum experience with adults in partial hospitalization program. Observed group counseling with patients diagnosed with depression, anxiety, bi-polar, substance abuse, and dissociative disorders.

OTHER PROFESSIONAL EXPERIENCE

- March 1986 - AT&T Solutions Division - Greensboro, NC
June 1995 Deputy Program Manager - VCS Program.
Responsible for the \$40M Air Force Virtual Circuit Switch Program. Provided data communications equipment, maintenance and training necessary to meet the high speed data networking needs of the Air Force Materiel Command.
Member Technical Staff - Managed NATO C3I new business development. Performed the technical, programmatic and mission analysis of NATO C3I programs.
Senior Engineer - Lead Engineer on a classified program. Responsible for system requirements and concept definition, system architecture and detailed engineering design.

August 1983 - GTE/Sprint - Irving, Texas
March 1986 Project Manager - Directed a team of engineers through the design and the installation of a 30K port switch.
Transmission Design Engineer - Designed a 450 mile Digital Microwave Transmission System. Responsible for equipment design, frequency coordination with the FCC, land acquisition and zoning approvals. Also, responsible for the detailed engineering of various fiber optics transmission systems.

May 1979 - Texas Instruments, Inc. - Dallas, Texas
August 1983 Quality Assurance Engineer - Responsible for quality assurance requirements on a classified project. Provided software user training for an online engineering data system.

PROFESSIONAL CERTIFICATION

Licensed Professional Counselor (North Carolina) #3957

National Certified Counselor (NBCC) # 55239

PROFESSIONAL MEMBERSHIPS

Licensed Professional Counselors Association of North Carolina (LPCANC)
Executive Board Member – Treasurer – 2 year term 2010 & 2011

The University of North Carolina at Greensboro Counseling and Educational Development Department Advisory Board - 2010

American Counseling Association (ACA)
Association for Counselor Education and Supervision (ACES)
Southern Association for Counselor Education and Supervision (SACES)

North Carolina Counseling Association (NCCA)
North Carolina Association for Counselor Education and Supervision (NCACES)

National Alliance of Mental Illness (NAMI)

Chi Sigma Iota, Upsilon Nu Chi Chapter (Counseling Honor Society)

PUBLICATIONS – REFEREED JOURNALS

Makinson, L. S., & Myers, J. E. (2003). Wellness: An alternative paradigm for violence prevention. The Journal of Humanistic Counseling, Education and Development, 42, 165-177.

DISSERTATION – NON-REFEREED

Makinson, L. S. (2001). The relationship of moral identity, social interest, gender, and wellness among adolescents. Dissertation Abstracts International, 62, 06A. (UMI No. 3017485)

REFEREED PRESENTATIONS

Makinson, L. S., & Makinson, R. A. (2010). Understanding and treating major depression: A multi-systems approach for a multifaceted disorder. Presented at the Licensed Professional Counselor Association of North Carolina 2010 Annual Conference, Cary, NC.

Makinson, L. S., & Makinson, C. D. (2007). Neuroscience and social interest. Presented at the Licensed Professional Counselor Association of North Carolina 2007 Annual Conference, Cary, NC.

Sweeney, T. J., with Myers, J. E., Bigbee, A. L., Brunelli, M., Hofmeier, S., Hodges, E., Ivers, N. Kardatzke, K., Kiteki, B., Makinson, L., Pope, A., & Welch, M. (2007). Adlerian theory and practice: Early Recollections, abreaction, and second order change. 2007 Annual Conference, Licensed Professional Counselors of North Carolina, Durham, NC, September 29, 2007.

Makinson, L. S. (2001). Doing the right thing: Moral identity development among adolescents. Presented at the North Carolina Counseling Association 2001 Conference, Greensboro, NC.

Makinson, L. S., & Myers, J. E. (2001). Wellness and the middle school child: Assessment and intervention. Presented at the North Carolina Counseling Association 2001 Conference, Greensboro, NC.

Makinson, L. S., & Adams, J. R. (2000). Co-constructing the counselor's narrative: Using a narrative therapy approach in clinical supervision for developing counselor professional identity. Presented at the Southern Association for Counselor Education and Supervision Annual Conference, Greensboro, NC.

Adams, J. R., & Makinson, L. S. (2000). Walking the tightrope: Maintaining personal balance in the professional world. Presented at the Southern Association for Counselor Education and Supervision Annual Conference, Greensboro, NC.

Makinson, L. S., & Adams, J. R. (2000). Working with adolescents: Components of a comprehensive mental health assessment. Presented at the North Carolina Counseling Association 2000 Conference, Charlotte, NC.

Gomila, M., Zuliani-Wassic, S., Makinson, L.S. (1999, October). The denial of death: In search of purposeful living. Presented at the Association for Counselor Education and Supervision 1999 Conference, New Orleans, LA.

Makinson, L. S., & Tatar, M. (1999, February). Cross-cultural perspectives on adolescent wellness: Strategies for assessment and intervention. Presented at the North Carolina Counseling Association 1999 Conference, Greensboro, NC.

Makinson, L. S., & Adams, J. R. (1999, February). Using bibliotherapy and the creative arts in counseling supervision. Presented at the North Carolina Counseling Association 1999 Conference, Greensboro, NC.

NON-REFEREED PRESENTATIONS, WORKSHOPS AND GUEST LECTURES

Makinson, L. S. (2008, May). Stress management with mindfulness based cognitive behavioral therapy. Speaker at the Guilford County Affiliate of the National Alliance of Mental Illness, Greensboro, NC.

Makinson, L. S. (2007, October). The psychology of altruism. Speaker at the Greensboro Host Lion's Club, Greensboro, NC.

Makinson, L. S. (2006, October). Starting a private counseling practice. Guest Lecture Presented at the University of North Carolina at Greensboro Counseling and Educational Development Community Counseling Class, Greensboro, NC.

Makinson, L. S. (2003, October). Dealing effectively with clients who have chronic mental health needs. Workshop Presented to the Greensboro Housing Coalition, Greensboro, NC.

PROFESSIONAL SERVICE

Stephen Minister Leadership Team - Education and Clinical Supervision Chair (2001-Present), Christ United Methodist Church, Greensboro, NC.

Mentoring Committee Chair (2001-2002), Chi Sigma Iota – Upsilon Nu Chi Chapter.

Newsletter Editor (1997 - 1999 & 2000 - 2001), Chi Sigma Iota - Upsilon Nu Chi Chapter.

Member (1998 - 2000), Parent's Advisory Committee, Southeast Middle School.

Chair (1997 - 1998), Children's Festival Committee, Chi Sigma Iota - Upsilon Nu Chi Chapter.

Member (1997 - 1998), Service Committee, Chi Sigma Iota - Upsilon Nu Chi Chapter.

Mentor (1997 - 1999), Counselor Education Student Association, UNCG.

Member (1996 - 1997), Guilford County Gifted Education Committee.

VOLUNTEER SERVICE

Troop Committee Member (2002 – Present), Boy Scout Troop 426, Tabernacle United Methodist Church.

Bolivia Mission Team (2002; 2008; 2010), Christ United Methodist Church.

Member (1997 - 1999), Every Member in Ministry Work Area, Christ United Methodist Church.

Member (1995 - 2000), Board of Directors, Music for a Great Space Organ Concert Series.

Vacation Bible School Teacher (1994 - 1997), Christ United Methodist Church.

Additional volunteer activities include: Guest Lecture at Southeast Middle School – Wellness Evaluation of Lifestyle; Habitat for Humanities; Crop Walk; Southeast Middle School end-of-grade proctor.

HONORS

Outstanding Service to Chapter Award – Chi Sigma Iota (2001)

North Carolina Association of Counselor Education and Supervision Conference Leadership Award (2000).

Chi Sigma Iota Fellow (1998 - 1999).

'Distinguished Practitioner Award – The University of North Carolina at Greensboro Department of Counseling and Educational Development (2011).

CONTINUING EDUCATION & WORKSHOPS ATTENDED

Conferences

Licensed Professional Counselors Association of North Carolina, 2010 (Cary, NC)

Licensed Professional Counselors Association of North Carolina, 2009 (Cary, NC)

Licensed Professional Counselors Association of North Carolina, 2007 (Durham, NC)

American Counseling Association World Conference, 2005 (Atlanta, GA)

American Counseling Association World Conference, 2003 (Anaheim, CA)

American Counseling Association World Conference, 2002 (New Orleans, LA)

American Counseling Association World Conference, 2001 (San Antonio, TX)

North Carolina Counseling Association Conference, 2001 (Greensboro, NC)

Association for Counselor Education and Supervision Conference, 2000 (Greensboro, NC)

American Counseling Association World Conference, 2000 (Washington, DC)

North Carolina Counseling Association Conference, 2000 (Charlotte, North Carolina)

Association for Counselor Education and Supervision Conference, 1999 (New Orleans, LA)

American Counseling Association World Conference, 1999 (San Diego, California)

Attention Deficit/Hyperactivity Disorder: Strategies for Identification and Treatment Across the Life Span. 2nd Annual Conference, 1999 (Greensboro, North Carolina)

North Carolina Counseling Association Conference, 1999 (Greensboro, North Carolina)

North Carolina School Counselor's Association Conference, 1998 (Greensboro, North Carolina)

American Counseling Association World Conference, 1998 (Indianapolis, Indiana)

American Counseling Association World Conference, 1997 (Orlando, Florida)

Continuing Education

October, 2010. Trauma and the Brain: Impact and Treatment Issues. Licensed Professional Counselors Association of North Carolina, Cary, NC

September, 2009. Come as You Are: Building Blocks for Helping Clients Make Peace with Food and Their Bodies. Licensed Professional Counselors Association of North Carolina, Cary, NC

September, 2009. Motivational Interviewing. Licensed Professional Counselors Association of North Carolina, Cary, NC

May, 2009. Spiritual Competencies for Counselors. Licensed Professional Counselors Association of North Carolina, Greensboro, NC

December, 2008. Understanding Attachment Disorders. Licensed Professional Counselors Association of North Carolina, Greensboro, NC

June, 2008. Energy Healing in Psychotherapy. Southeast Institute for Group and Family Therapy, Chapel Hill, NC.

February, 2008. Substance Abuse: Trends and Interventions. Department of Counseling and Educational Development, The University of North Carolina at Greensboro, Greensboro, NC

February, 2008. Ethics Workshop. Department of Counseling and Educational Development, The University of North Carolina at Greensboro, Greensboro, NC

October, 2007. Investigating the Mind: Mindfulness, Compassion, and the Treatment of Depression with his Holiness The Dalai Lama. Mind and Life Institute, Emory University, Atlanta, GA.

March, 2007. Instinctual Variants (Subtypes) Enneagram Workshop. Area Health Education Center, Greensboro, NC

April, 2006. The Transformational Enneagram: Mindfulness, Insight and Experience. Area Health Education Center, Greensboro, NC

November, 2004. Indicators of Abuse and Neglect for Mental Health Professionals. Area Health Education Center, Greensboro, NC

June, 2003. Creating a Small Business: A Guide for Mental Health Professionals. Area Health Education Center, Greensboro, NC

October, 2000. Leadership Training Workshop. Association for Counselor Education and Supervision, Greensboro, NC

April, 1998. Dr. Donald C. Locke, Multicultural Counseling. & Dr. Samuel Gladding, Creative Leadership. CSI Leadership Workshop, Indianapolis, Indiana

September, 1997. Windee Cagle, Healing the Whole Child. Greensboro, North Carolina.

December, 1996. Gerald Juhnke, Crisis Intervention. Greensboro, North Carolina.

PERSONAL INTEREST/HOBBIES

Traveling; Snow Skiing; Reading; Hiking; Collecting Fossils