

Heath H. Hightower, ACSW, QCSW, DCSW
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Education

Doctorate of Counseling and Psychology (PhD) **May 2022**
Lesley University

Master of Social Work (MSW) **May 1998**
Boston University

Bachelor of Arts in Psychology (BA) **June 1996**
Seattle Pacific University
Honors: *magna cum laude* (3.78/4.0)

Credentials

Licensed Independent Clinical Social Worker (LICSW) in MA **2001-Present**
#110572

Licensed Clinical Social Worker (LCSW) in CT **2003-Present**
#005437

Academy of Certified Social Workers (ACSW) **2011-Present**
Qualified Clinical Social Work (QCSW) **2011-Present**
Diplomate of Clinical Social Work (DCSW) **2011-Present**

Certifications

Eye Movement Desentization Reprocessing (EMDR) 1 and 2 **2005**
Social Work Field Education (SIFI) Certification **1999 and 2010**

Awards

Connecticut State College and University Scholarly Excellence Award **2017**

Teaching Experience

Assumption University, Worcester, MA **August 2019-Present**
Professor of Practice

Department of Human Services and Rehabilitation Studies

- I teach *HRS 119 Introduction to Health, Human Services, and Rehabilitative Studies*, *HRS 330 Interviewing Techniques in Human Services*, *HRS 340 Case Management*, *HRS 420 Family Aspects of Disability*, and *HRS 490 Field Work Seminar*
- I serve on the School of Health Sciences' Curriculum Committee
- I co-developed and co-sponsored *HRS 332 Crisis Intervention*
- I developed and sponsored *HRS 337 Introduction to Trauma- and Wellness-informed Practice*

Quinebaug Valley Community College, Danielson, CT January 2014-June 2019
Associate Professor
Human Services and Social Work Studies Coordinator

- I taught *HSE 101 Introduction to Human Services, HSE 141 Addictions and Mental Illness, HSE 147 Change Theories in Behavioral Health, HSE 243 Human Services Skills and Methods, HSE 281 Field Work 1, HSE 282 Field Work 2, PSY 111 General Psychology 1, PSY 112 General Psychology 2, PSY 243 Theories of Personality, PSY 245 Abnormal Psychology, SOC 101 Introduction to Sociology, and SOC 201 Social Problems*
- I advised all human services and social work studies students
- I developed and assess program curriculum and course schedules
- I oversaw the field work program
- I supervised human services and criminal justice faculty
- I served on and chair college committees
- I developed and participated in marketing, admission, and recruitment activities
- I outreached to a range of legal, social, and medical institutions
- I mentored new faculty and staff members

Adjunct Teaching Experience

Eastern Connecticut State University, Willimantic, CT Spring 2018

- I taught *SWK 300 Community and Organizational Practice*
- I served as the field liaison for eighteen students

Boston University School of Social Work, Boston, MA Fall 2012-Spring 2014
Clinical Practice Sequence
Human Behavior and the Social Environment Sequence

- I taught *CP 799 Brief and Time Effective Treatment, CP 770 Clinical Practice with Individuals, CP 721 Clinical Practice with Groups, HB 720 Human Behavior and the Social Environment, and HB 723 Adult Psychopathology* (classroom-based and on-line)

Smith College School for Social Work, Northampton, MA Summer 2011-2014
Practice and Policy Sequence

- I developed and taught two advanced electives, *0392 DBT: Theory and Practice* and *0590 HIV/AIDS: Practice and Policy Perspectives*

Central Connecticut State University, New Britain, CT Fall 2011-Spring 2012
Social Work Department

- I taught *SW 360 Social Work Practice with Individuals and Families, and SW 361 Social Work Practice with Small Groups*

The University of Connecticut, West Hartford, CT Fall 2010-Spring 2011
Field Education Department: Casework Sequence

- I taught a seminar that integrates field placement experience, casework theory and practice skills

- I served as a faculty-advisor to ten MSW students

Bay State College, Boston, MA

Fall 1999-Fall 2001

Social Sciences Department

- I developed the curriculum for and I taught three sections of *Introductory Psychology*, one section of *Introductory Sociology*, and one section of *Social Problems*

High School Teaching Experience

The Loomis Chaffee School, Windsor, CT

Spring 2004-Spring 2006

Department of Philosophy, Psychology, and Religion

- I developed the curriculum for and I taught five sections of *Death and Dying*, an upper division psychology elective.

Clinical Social Work Experience

Quinebaug Valley Community College, Danielson, CT

April 2016-May 2019

Director of the Student Support Program

- I serve as the Student Support Program-administration liaison
- I provide clinical assessment and intervention services to community college populations
- I supervise social work graduate students
- I offer community-based training and development workshops

Heath H. Hightower, LCSW, LLC, Windsor, CT

June 2003-May 2012

Private Practice Clinician

- I provided mental health assessment and treatment to adult individuals, couples, and groups who live with a variety of mental health experiences
- I offered clinical supervision to post-graduate social workers and mental health professionals
- I provided clinical consultation to community-based social service organizations
- I facilitated *Please Ask, Please Tell*, a support group for LGBTQI veterans
- I oversaw all administrative and fiscal components of Heath H. Hightower, LCSW, LLC

Staffier Associates, Inc., Westborough, MA

May 2002-June 2003

Private Practice Clinician

- I provided mental health assessment and treatment to adult individuals and couples who lived with a variety of mental health experiences.

Hospice of the Good Shepherd, Newton, MA

January 2001-May 2002

Hospice Social Worker

- I provided bio-psycho-social-spiritual assessments and emotional support to individuals and families affected by life limiting illnesses such as cancer, Alzheimer's Disease, and HIV/AIDS

- I served as the director of volunteer services and the social work intern clinical supervisor
- I provided community education seminars on end-of-life topics; and I served on a nursing home ethics committee

Concord Academy, Concord, MA

August 2000-June 2003

Dorm Faculty and Clinician

- I lived and worked in a private, independent school community
- I provided anger management and HIV/AIDS wellness workshops
- I assisted in new student orientation
- I provided clinical assessment and short-term individual counseling to students
- I coordinated long-term clinical care with the dean of students
- I provided clinical consultation to the residence life program

Communities for People, Inc., Boston, MA

January 2000-February 2001

Foster Care Social Worker

- I provided assessment, case management, and clinical support to latency-aged children, their foster parents, and their families of origin

Catholic Charities, Boston, MA

January 1999-February 2000

HIV/AIDS Clinical Social Worker

- I developed a residence-based clinical case management and social service program
- I provided clinical case management services to individuals and families affected by HIV/AIDS
- I provided administrative and clinical supervision to residential staff members and MSW student interns

Habit Management, Inc., Boston, MA

July 1998-December 1998

Substance Abuse Counselor

- I provided treatment to individuals and groups living with polysubstance addictions at an outpatient methadone clinic

Public Speaking and Training Experience

Hightower, H. (2020, June 30). *Crisis intervention and psychological recovery skills*. (Professional development workshop). Massachusetts Commission for the Blind. Zoom.

Hightower, H. (2020, June 24). *Grief and loss*. (Professional development workshop). Massachusetts Commission for the Blind. Zoom.

Hightower, H. (2020, June 6-7). *A preliminary, voice-centered exploration of Black clinicians' experiences with client suicide*. (Poster session). SQIP conference, Cambridge, MA. (Conference cancelled).

Hightower, H. (2020, April). *Black clinicians' experiences with clients' suicides*. (Panel discussion) Lesley University's Day of Scholars. Cambridge, MA. (Conference cancelled).

Hightower, H. (2019, May). *Evidenced-based self-care*. (Professional development workshop). Massachusetts Commission for the Blind. Boston, MA.

Hightower, H. (2018, April). *Personality disorders*. (Professional development workshop). Massachusetts Commission for the Blind. Boston, MA.

Hightower, H. (2017, May). *Depressive and anxiety disorders*. (Professional development workshop). Massachusetts Commission for the Blind. Boston, MA.

Hightower, H. (2014, June). *DSM-5*. (Professional Development Workshop). Massachusetts Department of Mental Health Southeast Area. Brockton, MA.

Hightower, H. (2014, May). *DBT Practice Skills: Acceptance, Validation, and Change*. (Professional development workshop). Boston University School of Social Work. Boston, MA.

Hightower, H. (2014, March). *Positive Psychology: An Applied Strengths Perspective*. (Professional development workshop). Boston University School of Social Work. Boston, MA.

Hightower, H. (2012, September). *Loneliness: Clinical Perspectives and Practice Skills*. (Professional development workshop). Boston University School of Social Work. Boston, MA.