

# CURRICULUM VITA

## PERSONAL INFORMATION

Name: Cynthia L. Wilhelm

Home Address: 802 Cedar Falls Road  
Chapel Hill, NC 27514

Date and Place of Birth: August 2, 1951  
Evansville, Indiana

Marital Status: Married

Children: Katherine Ryian, 1976  
Erin Morgan, 1978  
Matthew Clark, 1980  
Jacob Spencer, 1994  
Samuel Nash, 1997

## EDUCATION

Diplomate 1991 The American Board of Professional Disability Consultants

Biofeedback Certificate 1982 Institute for Psychosomatic Research (Advanced Program)

Postdoctoral Fellowship 1977-1979 Clinical Child/Adult Psychology/Rehabilitation  
(University of North Carolina at Chapel Hill)

Ph.D. 1976 Indiana State University, Terre Haute, Indiana  
(Counseling Psychology, Vocational and Educational Evaluation)

M.S. 1973 Indiana State University, Terre Haute, Indiana  
(Clinical Psychology)

B.A. 1972 St. Edward's University, Austin, Texas  
(Psychology – Magna Cum Laude)

## EMPLOYMENT HISTORY

September 2, 2003 – Present Associate Professor, Emeritus of Rehabilitation, Division of Rehabilitation Psychology and Counseling, Department of Allied Health Sciences, School of Medicine, University of North Carolina, Chapel Hill, NC.

1983 – Present Private Consultant, Life Care Planning, Expert Witness, Case Management, Mediation Consultant

December 1, 1984-September 1, 2003 Associate Professor of Rehabilitation, Division of Rehabilitation Psychology and Counseling, Department of Allied Health Sciences, School of Medicine, University of North Carolina, Chapel Hill, NC.

- December 1, 1984 – September 1, 2000     Associate Professor of Psychology, Department of Psychiatry, School of Medicine, University of North Carolina, Chapel Hill, NC.
- December 1, 1984 – September 1, 2000     Associate Professor, Department of Pediatrics, School of Medicine, University of North Carolina, Chapel Hill, NC.
- 1977 – November 30, 1984     Assistant Professor, Division of Rehabilitation Counseling, Department of Medical Allied Health Professions, School of Medicine, University of North Carolina, Chapel Hill, NC.
- 1979 - 1984     Assistant Professor (Psychology), Department of Psychiatry, School of Medicine, University of North Carolina, Chapel Hill, NC.
- 1979 – 1984     Assistant Professor, Department of Pediatrics, School of Medicine, University of North Carolina, Chapel Hill, North Carolina.
- 1976 – 1977     Research Associate, Division of Rehabilitation Counseling, Department of Medical Allied Health Professions, University of North Carolina, Chapel Hill, NC.
- 1975 – 1976     Graduate Fellow, Learning Skills Center, Indiana State University, Terre Haute, IN.  
♦ Responsible for individual assessment of learning problems, individual counseling, and referral agent.
- 1975 – 1976     Instructor, Nursing Department, Indiana State University, Terre Haute, IN.  
♦ Taught psychopathology to undergraduate students for psychiatric nursing course.  
♦ Supervised undergraduate students in clinical section psychiatric nursing course in basic psychotherapy/counseling techniques and treatment strategies.
- 1974 – 1975     Graduate Fellow, Indiana State University, Terre Haute, IN.  
♦ Supervised counseling practicum students (doctoral and master's level).  
♦ Responsible for instruction and assessment of psychotherapy/counseling skills and treatment strategies.  
♦ Team taught basic course in counseling techniques to graduate and undergraduate students.
- 1973 – 1974     Graduate Fellow, Indiana State University, Terre Haute, IN.  
♦ Counselor at Student Personnel Office of Teacher Education.  
♦ Counseled undergraduate students in elementary and secondary teaching majors (vocational, program planning and personal counseling).
- 1973 – 1974     Instructor, St. Mary-of-the-Woods College (Part-Time), Terre Haute, IN.  
♦ Taught social psychology and abnormal psychology in consecutive semesters.

## **CERTIFICATION/LICENSURE**

Certified Life Care Planner, 2000; Re-Certified, 2003; 2006.

## **PROFESSIONAL SOCIETIES**

National Council on Rehabilitation Education  
Kappa Gamma Pi  
Brain Injury Association of North Carolina, Inc.

## **PROFESSIONAL SERVICE**

### **❖ *Consultantships/Workshops***

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|----------------|--|
| 1983 – Present | Disability Consultant.   |
| 2001 – 2003    | Review Board on Physical Rehabilitation Medicine for Blue Cross/<br>Blue Shield of North Carolina.   |
| 1981 – 2002    | Clinical Research Consultant for Pediatric Rehabilitation Clinic,<br>University of North Carolina Hospitals, Chapel Hill, NC.  |
| 1995 – 1997    | Consultant, Spinal Cord Injury Program, Learning Services<br>Program, Durham, NC.  |
| 1982 – 1983    | Program and Organizational Consultant for “Return to Work<br>Program” for UNC Employees, Occupational Safety and Health<br>Office, University of North Carolina, Chapel Hill, NC.          |
| 1981           | Mental Health Education Branch of Department of Health and<br>Human Services, Public Health Services Workshop on the Mental<br>Health Aspects of Screening for Birth of Genetic Disorders. |
| 1979 – 1980    | Organizational Consultant for Pediatric Rehabilitation Clinic,<br>NCMH, Chapel Hill, NC.   |
| 1979           | Consultant for Development of Selection Criteria for Physical<br>Therapy Admissions, Division of Physical Therapy, University of<br>North Carolina, Chapel Hill, NC.                       |
| 1977 – 1978    | Coordinator and Designer of an “Interviewing Skills” Outline for<br>Physical Therapy Faculty and Students, Division of Physical<br>Therapy, University of North Carolina, Chapel Hill, NC. |
| 1976           | Coordinator for AHEC Workshop on “Communication and<br>Evaluation Skills.”   |
| 1976           | Consultant, St. Johns Hospital, Springfield, IL and University of<br>Tennessee, Nursing Department, Chattanooga, TN.<br>♦ Test construction for nursing professionals                      |

- 1976 Career Information and Test/Measurements for Rehabilitation Counselors, Chapel Hill, NC.
- 1975 – 1976 Staff Consultant to Nursing Department of Psychiatric Staff, Indiana State University, Terre Haute, IN.  
♦ Development of an interpersonal skills program for nursing students.
- 1976 Assertion Workshops for Women, Terre Haute, IN.
- 1975 Career Workshops for Women, Indianapolis, IN.
- 1975 Family Management Institute, US Penitentiary, Terry Haute, IN.
- 1974 Program Planning Assistant, Juvenile Delinquent Holding Center, Terre Haute, IN.
- 1973 – 1974 Encounter and Sensitivity Workshop, Group Dynamics Laboratory, Indiana State University, Terre Haute, IN.
- 1973 Women’s Awareness, Counseling Center, Indiana State University, Terre Haute, IN.  
♦ Consciousness raising and sexual awareness workshop for residence halls.
- 1973 Counseling Center, Indiana State University, Terre Haute, IN.  
♦ Co-developed a videotape training program in basic helping skills for student residence hall counselors.

### **GRANT PARTICIPATION**

- 2000 Principal Investigator: “Life Care Planning and Litigation,” Conoco Oil, Houston, TX.
- 1999 Principal Investigator: “Photography and Self-Concept Drawing in Children with Disability” (Funded – University Research Council).
- 1999 Principal Investigator: “Life Care Planning and Litigation” (Not Funded – Health Promotion & Disease Prevention, UNC-CH).
- 1998 Principal Investigator: “Analysis of Case Management Services in the Physical Medicine Department, UNC Hospitals. (Not Funded: University Research Council).
- 1995 – 1998 Consultant: “Lupus: Medical Evaluation on Psychosocial/ Neuropsychological Issues.” (Paid Consultant: Dr. Leonard Stein, Principal Investigator).

- 1987 – 1991 Co-Principal Investigator: “Sex Education – Continued Development” (Spina Bifida Association of America, Funded July 1987).
- 1987 – 1996 Co-Principal Investigator: “Rehabilitation of Severely Handicapped Adolescents with Spina Bifida” (Not Funded: Rehabilitation Services Administration).
- 1986 Principal Investigator: “Arthritis Education: Teaching Children and Teachers about JRA” (Not Funded: Submitted for Consideration as a Multipurpose Arthritis Center Grant).
- 1986 Principal Investigator: “Employment Barriers of Adolescents with Spina Bifida,” (Medical Faculty Research Grant, UNC-CH School of Medicine).
- 1982 – 1983 Co-Principal Investigator: “Psychological Interventions in the Management of Chronic Inflammatory Bowel Disease (IBD) in Children,” (Medical Faculty Research Grant, UNC-CH School of Medicine).
- 1981 – 1982 Co-Principal Investigator: “Family, Child, and School Factors in the Academic *Re-Entry* of Children with Chronic Illness,” (Not Funded: Spencer Foundation).
- 1980 – 1981 Principal Investigator: “Attitudinal and Psychological Assessment of Maternal Fetoprotein Screening,” (Approved, but Not Funded: NIH).
- 1979 – 1980 “Attitudinal and Psychological Assessment of Maternal Fetoprotein Screening,” (Funded: Medical Faculty Research Grant, UNC-CH School of Medicine).
- 1979 – 1982 “Psychiatry G.P. Special Training,” Psychiatry Education Grant, Public Health Services, HEW (Clinical-Child Psychologist and Faculty).
- 1979 – 1981 Rehabilitation Manpower Training Grant #44P20081-4-12, Rehabilitation Services Administration, HEW (Consultant).

### **COMMITTEE AND OTHER ADMINISTRATIVE ACTIVITIES**

- 1998 – 1999 Co-Chair, Committee on Proposed Rule 409, NC Industrial Commission, Raleigh, NC.
- 1987 – 1989 Member, Committee for Evaluation for Promotion, Division of Physical Therapy, Department of Medical Allied Health Professions, University of North Carolina, Chapel Hill, NC.
- 1986 – 2001 Member, Educational Assistance Committee, Department of Allied Health Sciences, University of North Carolina, Chapel Hill, NC.

- 1985 – 1990 Member, Committee for Professional Women in the School of Medicine, University of North Carolina, Chapel Hill, NC.
- 1985 – 1988 Member, University Committee on the Status of Women, University of North Carolina, Chapel Hill, NC.
- 1983 – 1984 Chairman, Affirmative Action Committee, School of Medicine, University of North Carolina, Chapel Hill, NC.
- 1982 – 1983 Member, Affirmative Action Committee, School of Medicine, University of North Carolina, Chapel Hill, NC.
- 1981 – 1982 Member, Ad Hoc Committee to Review Practice Patterns, Department of Medical Allied Health Professions, University of North Carolina, Chapel Hill, NC.
- 1981 – 1998 Supervising Clinical-Child Psychologist, Juvenile Rheumatoid Arthritis Clinic, UNC Hospitals, Chapel Hill, NC.
- 1980 – 1981 Acting Director, Division of Rehabilitation Counseling, Department of Medical Allied Health Professions, School of Medicine, University of North Carolina, Chapel Hill, NC.
- 1980 Member, Medical Allied Health Professions Curriculum Committee, Department of Medical Allied Health Professions, University of North Carolina, Chapel Hill, NC.
- 1979 – 1982 Director, Student Admissions Committee; Chairman for new faculty; Developed and monitored clinical placements for practicum and internship sites, Division of Rehabilitation Counseling, University of North Carolina, Chapel Hill, NC.
- 1979 – 1981 Supervising Clinical-Child Psychologist, Child Psychiatry Diagnostic Team, UNC School of Medicine, Chapel Hill, NC.
- 1979 – 2000 Supervising Clinical-Child Psychologist, Inpatient Pediatric Liaison, UNC Hospitals, Chapel Hill, NC.
- 1976 – 1977 Member, Medical Allied Health Colloquium Committee, University of North Carolina, Chapel Hill, NC.

#### **OTHER ADMINISTRATIVE ACTIVITIES**

- 1989 – 1997 Division of Rehabilitation Psychology and Counseling, UNC-CH.  
♦ Assumed various administrative duties (i.e., RSA Grant; Accreditation Review, etc.).

## TEACHING RESPONSIBILITIES

- 1998 – 1999                      Developed Curriculum for Life Care Planning Certification
- ◆ First academic program in nation to qualify students to sit for the Commission on Disability Examination (LCP) Certification Exam.
- 1979 – 1982;  
1985 – 1987;  
1992 – 1993                      Clinical Education, Division of Rehabilitation Counseling,  
University of North Carolina, Chapel Hill, NC
- ◆ Developed and coordinated practicum and internship placements.
  - ◆ Established working relationships with service systems in the community to ensure viable and quality training experiences for the graduate rehabilitation counseling students.
  - ◆ Consulted with students in developing individualized training programs for themselves at the advanced practicum and internship levels.
  - ◆ Monitored the quality of the training experiences through systematic feedback from students and field supervisors at the following placements:
    - \* Pediatric Rehabilitation Clinic, UNC Hospitals, Chapel Hill, NC.
    - \* Family Counseling Center and Adult Day Treatment Center, Hillsborough, NC.
    - \* UNC Counseling Center, Nash Hall, Chapel Hill, NC.
    - \* NC State University Counseling Center, Raleigh, NC.
    - \* Orange County Schools, Hillsborough, NC.
    - \* Mental Health Services, Federal Correctional Institute, Butner, NC.
    - \* Alcohol Treatment Unit, Durham County Mental Health Center, Durham, NC.
    - \* Employee Assistance Program, ITT, Raleigh, NC.
    - \* Division of Vocational Rehabilitation Services, Winston-Salem, NC.
    - \* Greenhouse Adolescent Center, Durham, NC.
    - \* Employee Assistance Program, IBM, Research Triangle Park, NC.

### ❖ **Classroom Teaching**

- ◆ Designed, organized, and taught the following courses for Division of Rehabilitation Psychology and Counseling, University of North Carolina, Chapel Hill, NC
  - \* *RPSY 206*: Measurement and Evaluation in Rehabilitation Psychology and Counseling.
  - \* *RPSY 214*: Principles of Group Counseling in Rehabilitation Psychology and Counseling.
  - \* *RPSY 210*: Rehabilitation Psychology and Counseling Practicum.
  - \* *RPSY 302*: Advanced Techniques in Rehabilitation Psychology and Counseling.
  - \* *RPSY 310*: Rehabilitation Psychology and Counseling Internship.
  - \* *RPSY 304*: Special Topics in Rehabilitation Psychology and Counseling (Chronic Illness and the Family).
  - \* *RPSY 304*: Special Topics in Rehabilitation Psychology and Counseling (Life Care Planning).
  - \* *RPSY 306*: Problems in Rehabilitation Psychology and Counseling.
  - \* *RPSY 202*: Theories of Counseling Applied to Rehabilitation Psychology and Counseling.

- \* *RPSY 212*: Rehabilitation of Psychosocial Disabilities.
- \* *RPSY 216*: Community Organization (Case Management).

- ◆ Provided one-to-one experiential/didactic training of individual and group counseling activities.
- ◆ Developed and implemented experiential learning modules to teach basic counseling skills.
- ◆ Coordinated and monitored students' professional development while training at field placements.
- ◆ Reviewed, critiqued, and processed case presentations in counseling practicum seminars.
- ◆ Precepted and/or consulted on master's theses/papers/projects for over forty students.

❖ ***Clinical Teaching/Workshops***

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|----------------------|---|
| 1999 – 2000          | Developed Teaching Program on Communication/Case Management Skills for Conoco Oil, Houston, TX.   |
| 1996                 | Workshop: Severe Disability: Case Management Life Care Planning, Wake Rehabilitation Hospital, Raleigh, NC.   |
| 1986                 | Symposium: Orientation, Problems, and Answers. Women Faculty of the School of Medicine, University of North Carolina, Chapel Hill, NC.  |
| 1985 – 1994 (Yearly) | Workshop: Theories of Counseling, University of North Carolina, Chapel Hill, NC. (Presented to newly hired counselors of the NC Division of Vocational Rehabilitation Services.)  |
| 1981 – 1985          | Participant: Multihandicapped Children Grand Rounds, Pediatric Rehabilitation Team, NCMH, Chapel Hill, NC.  |
| 1979                 | Instruction for Continuing Education – Nurse Education – Psychosocial Problems of Spina Bifida Children.  |
| 1979 – 1981          | Psychiatry Resident and Child Fellow Diagnostic Team Activities (Approximately 100 Hours/Year).   |
| 1979 – 2001          | Pediatric Psychology/Psychology Liaison Activities (Approximately 200 Hours/Year) <ul style="list-style-type: none"><li>◆ Psychology consultation supervision.</li><li>◆ Clinical teaching of pediatric fellows/residents/medical students (approximately 35-40 per year).</li><li>◆ Clinical case conferences.</li></ul> |
| 1991                 | Seminar: Federal Government, U.S. Justice System, Durham, NC. <ul style="list-style-type: none"><li>◆ Basic counseling skills for counselors.</li></ul>   |

## **PUBLICATIONS**

### ❖ ***Editorial Activities***

Journal articles and book reviews for Physical and Occupational Therapy in Pediatrics, The Quarterly Journal of Developmental Therapy.

### ❖ ***Refereed Journals***

Ennett, S., DeVellis, B., Kredich, D., Warren, R., & Wilhelm, C. (1991). Disease experience and psychosocial adjustment among children with JRA: Children versus mother's report. Pediatric Psychology, 16(5), 557-568.

Whitt, J.K., Well, R.J., Lauria, M.M., Wilhelm, C.L., & McMillian, C.W. (1984). Neuropsychological sequelae of cranial radiation in childhood acute lymphocytic leukemia. American Journal of Diseases of Children, 41, 730-736.

Hilkey, J.H., Wilhelm, C.L., & Horne, A.M. (1982). Comparative effectiveness of videotape pre-training versus no pre-training on selected process and outcome variables in group therapy. Psychological Reports, 50(3), Part 2, 62-66.

(Two other publications: Fibromyalgia; Urinary Incontinence published in 1995-1996)

### ❖ ***Nonrefereed Journals***

Hilkey, J.H., & Wilhelm, C.L. (Summer 1983). Forensic evaluations of the notorious defendant. North Carolina Journal of Mental Health, Summer 1983, 24-27.

### ❖ ***Book Review/Chapters***

Wilhelm, C.L., & Johnson, M. (Updated in 1999 for New Edition). Specialized strategies and instruments in the psychological assessment of special children with motor impairments. In Simeonsson, R.J. (Ed.), Psychological assessment of special children. New York: Allyn & Bacon, Inc.

Wilhelm, C.L. (1983). Child abuse prediction, policy implications. In Starr, R.H., Physical and occupational therapy in pediatrics.

Wilhelm, C.L. (1982). The family and public policy: The issue of the 1980s. In Dempsey, J.J., Physical and occupational therapy in pediatrics.

Wilhelm, C.L. (1982). Role of the family in the physically disabled. In Power, P.W. & Dell Orto, A.E., Physical and occupational therapy in pediatrics.

## **\*PRESENTATIONS**

2005                      Presentation on Life Care Planning, UNC Physical Medicine and Rehabilitation, Chapel Hill, NC.

2004                      Presentation on Life Care Planning, NC Spinal Cord Injury Association, Raleigh, NC.

- 1999 – 2001 Presentations on Communication/Crisis Management, Conoco Oil, Houston, TX.
- 1995 – 1999 Presentation on Life Care Planning, NC Bar Association/NC Trial Lawyers Association, Raleigh, NC.
- 1996 – 1999 Presentation on Life Care Planning, NC Brain Injury Association, Raleigh, NC.
- 1998 Presentation on Life Care Planning to British Attorneys, Grand Cayman Islands.
- 1997 – 1998 Presentations on Psychosocial Aspects of Disability, AHEC Presentations, University of North Carolina, Chapel Hill, NC (presented at various locations around the State).
- 1996 Presentation on Implementation of Life Care Planning for NC Case Managers at Wake Rehabilitation Hospital, Raleigh, NC.
- 1996 Presentation on Life Care Planning to NC Elder Care Lawyers, Winston-Salem, NC.
- 1994 – 1996 Presentation on Life Care Planning for Learning Services, Durham, NC.
- 1992 Presentation on Psychosocial Needs of the Disabled, AHEC Presentation, Burlington, NC.
- 1991 Presentation on Life Care Planning, NC Insurance Carriers, Raleigh, NC.
- Spring 1991  
Spring 1992 Presentation on Management of Families with Children Who Have Chronic Disease, UNC-Duke Symposium on Psychosocial Issues of Children with Arthritis, Durham, NC.
- 1990 – 1991 Presentations on Needs and Cost Analysis of Children with Cerebral Palsy, NC State Legislative Birth Impairment Fund, Raleigh, NC.
- 1990 – Present Present at Program Developed for Families and Children with Arthritis, North Carolina State Arthritis Foundation Task Force, Durham, NC.
- Fall 1990  
Fall 1991 Presentations on Psychosocial Issues of Children with Spina Bifida (Educational, Emotional, and Sexual Issues), North Carolina Spina Bifida Association, Winston-Salem, NC.

- 1987 – 1991 Presentations on Psychosocial Issues of Chronic Illness, AHEC Presentations, University of North Carolina, Chapel Hill, NC (presented at various locations around the State).
- 1981 – 1985 Presentations on Interdisciplinary Approach to JRA Patients, Charlotte Memorial Hospital, Charlotte, NC, AHEC Presentations, University of North Carolina, Chapel Hill, NC.

\*Not all presentations are listed.

### **RELATED PROFESSIONAL ACTIVITIES**

- ❖ ***Board of Trustees, NC Special Needs Trust (pro bono)*** (15-20 Clients).
- ❖ ***Private Case Management Services***

