

**Adele Hurst, Ph.D.**  
**Credential Summary Document**

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Adele Hurst, Ph.D.  
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PROFESSIONAL EXPERIENCE

LICENSED PSYCHOLOGIST (March, 1993 - Present): Provide therapy for individuals, couples, and families; conduct psychological and psycho educational evaluations for individuals and assessments for families; provide group therapy for individuals and couples; and work with physicians to facilitate medical compliance and help alleviate emotional contributions to physical illness.

CERTIFIED PSYCHOLOGIST (October, 1992 - March, 1993): Provided therapy for individuals, couples, and families; conducted psychological evaluations for individuals and assessments for families; lead groups for women in transition, abuse recovery, and marital reorganization.

PSYCHOLOGICAL ASSOCIATE (April, 1987 - 1992): In association with Greenwood Psychological, Dallas, Texas. Provided therapy for individuals, couples, and families; conducted individual psychological evaluations, family assessments, and career evaluations; and facilitated groups for Personal Growth and Adult Children of Dysfunctioning Families.

PSYCHOLOGY INTERN - APA APPROVED (August, 1989 - July, 1990): Texas Woman's University Counseling Center, Denton, Texas. Provided individual, couple, and family counseling to students; co-lead Personal growth group and Adult Children of Dysfunctioning Family group; presented campus outreach programs; provided faculty, staff and student consultation; conducted intake assessments; served as on call counselor for crisis intervention; provided individual supervision of master's level practicum students; co-lead group supervision of practicum students.

FAMILY THERAPIST (June, July, August, 1986): Southwest Family Institute, Dallas, Texas. Assessed families with the Beavers-Timberlawn model and treated dysfunctional families, and served as a team member of the Family Abuse project, providing input and treatment strategies to the various therapists.

PSYCHOLOGICAL ASSOCIATE (May, 1976 - April 1987): Garland Psychological Association, Garland, Texas. Provided play therapy, psychological evaluation, individual therapy and family therapy; conducted psychological testing for Texas Rehabilitation commission.

CONSULTANT (1978 - 1983): Garland Independent School District. Provided evaluations for special education placement based on state guidelines for learning disability and emotional disturbance; provided assessments and recommendations for the Co-operative Behavior Center, a placement for severely disturbed, autistic, and pervasive developmental disorders.

CONSULTANT (1981 - 1983): Carrollton - Farmers Branch Independent School District. Provided evaluations for special education placement; mediated between the school district and the parents in presenting the findings of the testing and recommendations concerning the needs of special children.

PSYCHOMETRICIAN (May, June, July, 1976): Dean Memorial Learning Center. Administered WPPSE, WISC-R, WAIS-R, TAT, Rorschach, Berry Visual-Motor Test, Bender-Gestalt, House-tree-Person, Human Figure Drawing, Woodcock-Johnson, neurological screening, and ITPA to children and adolescents referred for learning disability.

PROFESSIONAL LICENSES

Licensed Psychologist, #24789, as granted by Texas State Board of Examiners of Psychologists

Licensed Marriage and Family Therapist, #00 1976 - 0020098, 1992, as certified by Texas State Board of Marriage and Family Therapists.

Listed in the National Register of Health Service Providers in Psychology, #43,000

## PRACTICA AND ADDITIONAL PROFESSIONAL EXPERIENCES

FAMILY THERAPIST (September, 1986 - May, 1987): Dallas County Juvenile Department, Brief Family Therapy Program, Dallas, Texas. Served court-ordered and self-referred families of juveniles in providing brief family therapy and training for families of juveniles, using team supervision with one-way mirror.

FAMILY THERAPIST (September, 1985 - May, 1986): Southwest Family Institute, Dallas, Texas. Assessed troubled families using the FACES II, the Dallas Self-Report Inventory, the Beavers-Timberlawn Family Evaluation Scale and Family Style Evaluation Scale; served as therapist for individuals, couples, and families.

PLAY THERAPIST (September, 1976 - January, 1977): Mental Health, Mental Retardation, Partial Care Unit, Dallas, Texas. Conducted play therapy with children, age's four to ten; provided family therapy to the families of these children.

DIAGNOSTICIAN (January, 1975 - May, 1976): University Affiliated Clinic, University of Texas Health Science Center, Dallas, Texas. Served on a team evaluating and assessing severe developmental disorders of young children, including pervasive developmental disorder, early infantile autism, and cerebral palsy; served as individual therapist for the parents of these children.

PSYCHOMETRICIAN (September, 1975 - June, 1976): Dean Memorial Learning Center, Dallas, Texas. Administered tests to children and adolescents referred for learning disability; served as facilitator of group therapy with adolescents and play therapy with young children.

COUNSELOR (1975 - 1977): Family Outreach Center, Carrollton, Texas. Counseled parents with parenting problems and served as member of governing Board of Center.

## RESEARCH, PRESENTATIONS, AND WORKSHOPS

Hurst, A.H. (October, 2000) Let's Talk About Stress. Presentation to the Peer Assistance Committee of the American Bar Association, Belo Mansion, Dallas, Texas

Hurst, A.H. (September, 2000) Women and Stress in the Legal Profession. Presentation to the Dallas Women Lawyers, Belo Mansion, Dallas, Texas.

Hurst, A.H. (December, 1999) Stress Management for Lawyers Workshop co-sponsored with the Texas Young Lawyers Association (TAYL) and the Dallas Area Young Lawyers Association (DAYL), Belo Mansion, Dallas, Texas.

Hurst, A.H. (1999) De-stressing the Legal Profession. Workshop presented to the real estate division of the law firm of Locke, Liddell, & Sapp, Dallas, Texas.

Hurst, A.H. (1999) De-stressing the Legal Profession. Series of workshops helped create, organized, and presented to the Dallas Association of Young Lawyers (DAYL); the program received the Star of Texas Bar from the State Bar of Texas, recognizing it as one of the top five programs in the state, the first place in the state in the service to the bar category as presented by the Young Lawyer Division of the American Bar Association, Belo Mansion, Dallas, Texas.

Hurst, A.H. (1999) Living and Lawyering: Balancing Your Personal and Professional Demands. Workshop presented to the Dallas Association of Young Lawyers (DAYL) leadership class, Melrose Hotel, Dallas, Texas.

Hurst, A.H. (1998) Jewish and Homosexual - A Double Whammy. Workshop presented at the National Conference of Jewish Lesbians and Gays. Dallas, Texas.

Hurst, A.H. (1997) Accepting Our Homosexual Children. Presentation to the parents of homosexual young adults, Congregation Sherith Israel, Dallas, Texas.

Hurst, A.H. (1991) The relationship between family process variables, stress, and coping style in psychosomatic disorders. Unpublished doctoral dissertation. Texas Woman's University, Denton, Texas.

Hurst, A.H. & Scott, R.T. (July, 1988). Family of origin. Workshop presented at the Woodhaven Presbyterian Church, Irving, Texas.

Hurst, A.H. (June, 1985). The adolescent and drugs. Presentation for continuing education, Temple Shalom, Dallas, Texas.

Hurst, A.H. (Fall, 1976). A workshop for effective parenting. Ongoing group for presentation of parenting skills for Family Outreach Center, Dallas, Texas.

Hurst, A.H. ( March, 1976) The self concept of learning-disabled children. Unpublished master's thesis. Southern Methodist University, Dallas, Texas.

## CONTINUING EDUCATION EXPERIENCES

I have attended over 1,000 hours of workshops in the areas of developmental theory, individual therapy, family therapy, and assessment. This includes Hypnosis Certification (twenty hours with Dallas Society of Clinical Hypnosis), Gestalt Certificate of Training (sixty hours with Gestalt Institute of Dallas), and over 60 hours in Bowenian Family of Origin Group.

Information about one the most recent workshops I have attended - during July of 2001- follows:

### Advanced Training Seminar in Couples Therapy

The Advanced Training Seminar in Couples Therapy presents masters or doctoral level therapists with an opportunity to deepen their understanding of Dr. John Gottman's research-based couples therapy which is conducted through The Relationship Research Institute, in Seattle Washington

For more information about The Gottman Institute, please access their website at: <http://www.gottman.com>

ARTICLES *from the pages of...*

**The Dallas Morning News**  
**Texas Living**

Friday, September 15, 2000

Divorced after Decades

“I got an apartment; and I figured out my budget and I was going to be just fine,” she says. “The truth is, I felt absolutely so alone. Here I was, I had five kids, three sisters, a mother, but I’d never felt so alone and sad.”

Those feelings, along with shame, humiliation, guilt, worthlessness and depression, are common among divorced people at any age. Dr. Adele Hurst, a Dallas psychologist and marriage counselor says older divorced people also face a greater sense of lost time and a greater dependency on their spouse.

Dr. Hurst says people who have been married a long time have institutionalized their marriages. For example, one person handles the home and family while the other handles finances. Neither partner feels competent or capable to function in the other person’s area.

“The crux of [divorce recovery] therapy focuses on helping the person fill out the parts of himself or herself that the other person functioned for,” says Dr. Hurst

She says another major issue is the length of time it takes to get over, a long-term marriage. Some people stay in their marriages for many years while grieving over the loss of the relationship, while others, who may not have seen their divorce coming, may start grieving after the marriage ends.

Dr. Hurst recommends support groups for people going through the divorce and recovery process.

Wednesday, April 21, 1999

A Cleaning solution

Distribution of household labor is frequently cited as a problem among married couples who come to Dr. Adele Hurst, a psychologist. But the Dallas marriage counselor says problems are usually more complicated than whose turn it is to clean the sink or take out the garbage.

“The real issue is power and division of labor. How a couple negotiates housework is highly correlated with power in the marriage,” Dr. Hurst says.

Ideally, couples should discuss division of household labor before marriage, and Dr. Hurst says more pre-marriage counseling programs are covering the subject. If problems arise after the wedding, she says it may be necessary to work with a therapist and renegotiate.

Friday, August 8, 1997

Some celebs not gun-shy about packing a weapon

By Leslie Barker, *Staff writer Dallas Morning News*

Dallas psychologist Adele Hurst combines power and protection in her theory: "Power is also protection," she says. "If someone has the power to protect himself that's what a gun is."

In other words, some one who feels vulnerable might feel powerful carrying a gun. And considering the society we live in, Dr. Hurst says she can understand how someone such as Coach Switzer might want to protect himself. But, she adds, "I'd question the judgment of someone who claims innocence in knowing the gun's in the suitcase."

*Complete articles may be purchased from the Dallas Morning News Archives*  
<http://archive.dallasnews.com/>

### PROFESSIONAL MEMBERSHIPS

American Psychological Association

American Association of Marriage and Family Therapy

Dallas Psychological Association

Trustee (1998-2000)

Public Information, Marketing Chair (1995-1998)

Texas Psychological Association

Public Information, Marketing Chair, (1999)

### CURRENT PROFESSIONAL INTERESTS

Individual Therapy

Marriage and Family Therapy

Group Therapy

Psychosomatic Disorder and the impact of Emotional Factors on Physical Conditions

Consultation

Gender Issues