
CHRISTOPHER S. M. GRIMES, PSY.D.

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St. Louis Behavioral Medicine Institute
1129 Macklind Ave
St. Louis, MO 63110

EDUCATION

Forest Institute of Professional Psychology, Springfield, Missouri Doctor of Psychology in Clinical Psychology, <i>Magna Cum Laude</i> <i>APA Accredited</i>	Sept. 2000 – Aug. 2004
Forest Institute of Professional Psychology, Springfield, Missouri Master of Arts in Psychology, <i>Magna Cum Laude</i>	Sept. 2000 – June 2002
Southwest Baptist University, Bolivar, Missouri Bachelor of Arts in Psychology & Religious Studies, <i>Cum Laude</i>	Aug. 1996 – May 2000

LICENSURE & CERTIFICATION

Licensed Psychologist, State of Missouri Health Service Provider Certification (<i>MO License # 2006029905</i>)	Sept. 2006 - Present
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PROFESSIONAL EMPLOYMENT

St. Louis Behavioral Medicine Institute Director, Program for Psychology & Religion Assistant Clinical Professor, St. Louis University School of Medicine, Department of Family & Community Medicine <ul style="list-style-type: none">- Supervise multidisciplinary team providing assessment and treatment of clergy and religious- Lead weekly staff and treatment team meetings- Develop and implement marketing and program development strategies- Recruit new clinical staff members- Develop program's annual budget- Supervise postdoctoral psychology residents- Serve on the Institute's administrative leadership team- Provide outpatient psychological services including: individual psychotherapy, marital / family psychotherapy and psychological evaluations	Jan. 2009 – Present
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Park University, Parkville, Missouri Feb.2008 -- Present
Online Instructor, College of Distant Learning

- Serve as online instructor in undergraduate psychology program
- Manage online classroom and interact with students using *eCollege System*
- Courses taught:
 - *Introduction to Guidance and Counseling*
 - *Theories of Personality*
 - *Experimental Psychology*

School of Professional Psychology at Forest Institute, St. Louis, Missouri June 2011 – July 2011
Adjunct Instructor

- Invited to fill vacancy for Summer term
- Taught *Theories of Personality* to graduate students in Masters program

Behavioral Health Partners, Kansas City, Missouri Apr. 2007 – Dec. 2008
Psychologist

- Provided psychological services to geriatric population in long term care facilities
- Provided psychological services to persistently mentally ill population in residential care

Private Practice, Diakonos Counseling, Independence, Missouri Oct. 2006 – Dec. 2008
Psychologist

- Provided individual, family, and group psychotherapy
- Conducted psychological testing and evaluations
- Led peer consultation group for pastoral counselors
- Led seminars and classes within the community
- Contributed to the professional community through writings and presentations

Midwestern Baptist Theological Seminary, Kansas City, Missouri March 2008
Visiting Instructor in Doctor of Ministry (D.Min.) Program

- Co-taught *Congregational Research Seminar*

Ottawa University, Ottawa, Kansas Apr. 2007 – Dec. 2008
Adjunct Psychology Instructor at Kansas City Campus

- Taught undergraduate psychology courses
- Supervise students one-on-one in directed study courses
- Develop course syllabi
- Courses taught:
 - *Theories & Dynamics of Counseling*
 - *Understanding Families in Crisis*
 - *History and Systems of Psychology*

Southwest Baptist University, Bolivar, Missouri Sept. 2004 – Dec. 2004
Adjunct Professor at SBU's St. John's College of Nursing and Health Sciences

- Taught undergraduate psychology courses
- Courses taught:
 - *General Psychology*
 - *Elementary Statistics*

RESIDENCY & INTERNSHIP

Diakonos Counseling, Independence, Missouri Nov. 2004 – Sept. 2006

Postdoctoral Psychological Resident

- Provided individual, family, and group psychotherapy
- Facilitated psycho-educational groups
- Developed peer consultation group for church pastors
- Participated in weekly individual supervision
- Consulted with colleagues during weekly treatment team meetings
- Implemented practice development and marketing strategies

Clinical Supervisor: Don Brady, Ph.D., D.Min.

Forest Institute of Professional Psychology, Springfield, Missouri Sept. 2003 – Aug. 2004

Pre-doctoral Internship, APA Accredited & APPIC approved, 2000 hour total

- Provided individual, couple, and family psychotherapy
- Facilitated psycho-educational groups
- Administered psychological test batteries and wrote integrative psychological evaluations
- Participated weekly in individual supervision, supervision of supervision, administrative meeting, and didactic seminar
- Co-facilitated group supervision and provided individual supervision for psychological trainees
- Co-taught graduate level courses on the psychology of religion/spirituality including:
 - *Foundations in the Psychology of Religion and Spirituality*
 - *Approaches to Religious and Spiritual Issues*
 - *Applications in the Psychology of Religion and Spirituality*
 - *Philosophical Issues in the Psychology of Religion and Spirituality*

ADDITIONAL TRAINING

Being, Belonging, Becoming: Sept. 2010 - Present

Advanced Training in Existential-Humanistic Psychotherapy

International Institute for Humanistic Studies

- Annual advanced training in existential-humanistic psychotherapy

Unearthing the Moment Training Apr. 2008 – Apr. 2010

International Institute for Humanistic Studies

- Two year training in existential-humanistic psychotherapy

Developing Professional Focus: Essential of Applying Jul. 2007

Clinical Hypnosis in Psychotherapy

AAMFT 2007 Summer Institute

- Learned the foundations of clinical hypnosis during a 20-hour intensive training

Psychology of Religion Cluster, Sept. 2002 – Aug. 2003

Forest Institute of Professional Psychology

- Studied the foundations, approaches, applications, and theoretical-philosophical issues of the psychology of religion and spirituality as related to psychotherapy through a 12 credit hour, four-class elective cluster

Advanced Humanistic/Existential Theory and Intervention Sept. 2002 – Aug. 2003
 - Extracurricular seminar focused on an in-depth journey into humanistic and existential writings and group discussion

Post-Graduate Certificate in Marriage and Family, Forest Institute of Professional Psychology Sept. 2002 – Aug 2003
 - Completed required courses and practicum experiences for certification from the American Association of Marriage and Family Therapists

PREPARE/ENRICH Initial Training Apr. 2002
 - Trained in the use of PREPARE and ENRICH inventories in premarital and marital counseling

Prevention and Relationship Enhancement Program (PREP) Instructor Training Jan. 2002
 - Trained in the use of the PREP model of couple therapy in psycho-educational and therapy settings

PROFFSIONAL PUBLICATIONS, PRESENTATIONS, AND RESEARCH

Grimes, C.S.M. (2017, January). *Religious and Spiritual Concerns in Psychotherapy*. Presentation to the St. Louis Psychological Association, St. Louis, MO.

Grimes, C.S.M. (2014). Integrating existential-humanistic theory into a weight management program: The given that we all live in body. In M. Heery (Ed.), *Unearthing the moment: Mindful applications of existential-humanistic and transpersonal psychotherapy*. Peteluma, CA: Tonglen Press

Grimes, C.S.M. (2009, August). Clergy assessment: A response to Hoffman, Keenan, & Oraker. In L. Hoffman (Chair), K Keenan, J Oraker and C. Grimes (Discussant), *The assessment of clergy*. Symposium conducted at the American Psychological Association Annual Convention, Toronto, Canada.

Grimes, C.S.M. (2009). What am I doing here: A psychologist's reflections on providing care to nursing home residents. In M. Heery (Ed.), *Awakening to aging*. Colorado Springs: University of the Rockies Press,

Grimes, C. S. M. (2009). Religion and mental and physical health. In *Encyclopedia of psychology and religion*. New York: Springer.

Grimes, C. S. M., (2008). God image research: A literature review. In G. Moriarty & L. Hoffman (Eds.) *God image handbook: Research, theory, and practice*. Binghamton, NY: Haworth Press.

Cox, B., Hoffman, L., Grimes, C. S. M., & Fehl, S. (2007). Spirituality, health, and mental health: A holistic model. In K. Rockefeller (Ed.) *Psychology, spirituality and healthcare*. Westport, CT: Praiger Books.

Moriarty, G., Hoffman, L., & Grimes, C. S. M., (2007). Understanding the God image through attachment therapy: Theory, research, and practice. *Journal of Spirituality in Mental Health*, 9, 43-56

Hoffman, L., Grimes, C. S. M., Acoba, R., & Leung, C. (2005, November). *Research on the experience of God: Rethinking epistemological assumptions*. Paper presented at 2005 Annual Meeting of The Society for the Scientific Study of Religion, Rochester, NY.

- Cox, B., Hoffman, L., & Grimes, C. S. M. (2005). Selected review of the literature on spirituality and health. In R. H. Cox, B. Cox, & L. Hoffman (Eds.), *Spirituality and psychological health*. Colorado Springs: Colorado School of Professional Psychology Press.
- Moriarty, G., Hoffman, L., Grimes, C. S. M., & Gattis, J. (2005, April). *God and attachment: Using integration techniques to change working models*. Paper presented at The Christian Association of Psychological Studies Annual Conference, Dallas, TX.
- Hoffman, L., Grimes, C. S. M., & Mitchell, M. (2004, July). *Transcendence, suffering, and psychotherapy*. Paper presented at The International Network on Personal Meaning 3rd Biannual Meaning Conference, Vancouver, BC.
- Grimes, C. S. M., & Walkup, W. E. (2004, March). *Premarital counseling and later marital satisfaction*. Paper presented at the Missouri Association of Marriage and Family Therapists' Annual Conference, St. Louis, MO.
- Grimes, C. S. M., (2003). *Relationship between premarital counseling and later marital satisfaction: A quasi-experimental evaluation of a premarital counseling program*. Unpublished doctoral dissertation, Forest Institute of Professional Psychology, Springfield, MO.
- Grimes, C. S. M., (2002). *A case study of individual therapy with a schizophrenic patient*. Unpublished master's thesis, Forest Institute of Professional Psychology, Springfield, MO.

WORKSHOPS AND PUBLICATIONS FOR THE COMMUNITY

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| Mindfulness in Ministry | Aug. 2014 |
| - Workshop for clergy on the practice and benefits of mindfulness | |
| Clergy Self Care | May 2011 |
| - Workshop for United Church of Christ, St. Louis Association of Missouri-Mid South Conference | |
| Building Resilience in Ministry: How to Avoid Despair | Nov. 2011 |
| - Newsletter article for the Program for Psychology & Religion, St. Louis Behavioral Medicine Institute | |
| Burnout in Ministry and the Depression that Follows: Causes, Symptoms & Recovery | Dec 2010 |
| - Newsletter article for the Program for Psychology & Religion, St. Louis Behavioral Medicine Institute | |
| Forming the Whole Person: The Importance of Psychological and Social Aspects of Spiritual Formation | Mar. 2010 |
| - Symposium presented to the faculty of Aquinas Institute of Theology, St. Louis | |
| Dealing with Anger | May 2008 |
| - Staff Training for Missouri Baptist Children's Home | |
| Attachment and Spiritual Development of Adolescents | Feb. 2008 |
| - Staff Training for Missouri Baptist Children's Home | |

Childhood Attachment and God	Oct. 2007
- Presentation to "Up With Parents" Support Group at First Baptist Church, Independence, Missouri	
Spiritual Development and Needs of Children	Sept. 2007
- Staff Training for Missouri Baptist Children's Home	
Family Dynamics	Apr. 2007
- Staff Training for Missouri Baptist Children's Home	
Marriage Enrichment: The PREP Approach	Feb. 2007
- Community Education Class at Fort Osage Adult and Community Education Center	
Trauma and Critical Events: The Impact on Development	Dec. 2006
- Staff Training for Missouri Baptist Children's Home	
Grief, Loss, Abandonment & Attachment Issues	Apr. 2006
- Staff Training for Missouri Baptist Children's Home	
The Role of the Family in Care	Feb. 2006
- Staff Training for Missouri Baptist Children's Home	
Emotional Development & Developmental Needs of Childhood	Oct. 2005
- Staff Training for Missouri Baptist Children's Home	
Substance Abuse & Its Impact on Families	Oct. 2005
- Staff Training for Missouri Baptist Children's Home	
Prevention Relationship Enhancement Program (PREP) Class	June 2004
- Psycho-educational class offered through the Forest Institute's Murney Clinic.	

AFFILIATIONS AND ACTIVITIES

APA Div. 32, Humanistic Psychology, Continuing Education Committee	2007 – 2014
International Society of Existential Psychology and Psychotherapy (ISEPP)	2004 – Present
International Network for Personal Meaning (INPM)	2004 – Present
Christian Association for Psychological Studies (CAPS)	2003 – Present
American Psychological Association (APA)	2002 – Present
<i>Division 32 Humanistic Psychology</i>	
<i>Division 29 Psychotherapy</i>	
<i>Division 36 Psychology and Religion</i>	
Ethics Committee, Forest Institute of Professional Psychology	2002 – 2003

HONORS & AWARDS

Graduated Magna Cum Laude, Forest Institute of Professional Psychology	2002 & 2004
Dean's List, Forest Institute of Professional Psychology	2000 – 2001 2001 – 2002 2002 – 2003
Graduated Cum Laude, Southwest Baptist University	2000
Joe B. Shelton Behavioral Sciences Award, Southwest Baptist University	2000
Inducted into Psi Chi, National Honor Society in Psychology	2000
Who's Who Among Students in American Universities and Colleges	1999 – 2000
Dean's List, Southwest Baptist University	1996 – 1997 1997 – 1998 1998 – 1999 1999 – 2000
