

Ingo Tophoven, Ph.D., L.P.C.

itophoven@gordonconwell.edu

Education

- Ph.D. in Counselor Education and Supervision (CACREP accredited) - GPA 3.78
[Regent University](#), Virginia Beach, Virginia, USA, 12/2014
- M. A. Counseling Psychology - GPA: 3.69
Regent University, Virginia Beach, Virginia, 12/1996
- B.A. Double Major English Literature & Psychology - GPA: 3.7
[Evangel University](#), Springfield, MO, 05/1991

Work

07/2023 - Present

Assistant Professor – Gordon Conwell Seminary – Charlotte Campus

- New position as of July 1st, 2023.
- Teaching in CACREP accredited MA counseling program.

07/2017 – 06/2023

Assistant Professor - Regent University School of Psychology and Counseling

- Department Chair [Counseling Ministries](#) Programs – 07/2018 to 07/2021
- Program Director Ph.D. in Counseling and Psychological Studies - 07/2018 to 07/2021
- Program Director M.A. in Pastoral Counseling – 07/2018 to 07/2021
- Our team achieved 172% department growth
- Received [president's award](#) in July of 2021
- Teaching online courses in the Ph.D. in Counseling and Psychological Studies, M.A. in Pastoral Counseling, and M.A. in Human Services. Taught CACREP courses in M.A. in Clinical Counseling.
- Reviewed and re-organized above three graduate programs.
- Implemented IDEATE standards, while maintaining department's growth trajectory and ensuring quality standards.
- Received consistent positive student feedback often around *Thank you for challenging me, Dr. T.* - type themes. Helped elevate graduate students' critical/scholarly thinking and academic writing in preparation for Ph.D. work.

- Helped implement and oversee \$108,000.00 annual [Trailblazer Scholarships](#) at Regent University through direct contact with philanthropic donor agency representatives and cooperating with the dean, marketing department, and office of institutional advancement.
- Regular work with admissions department on how to screen students in a growth program without negatively affecting enrollment number goals.

10/2020 – Present

Founder and President – C-Mental Health (Global Cycle Club/Global Walking Club)

- 501c3 non-profit organization established to create free, donation-based, open-source resources utilizing the local and global church to address mental health needs from an integrative Christian viewpoint.
- Developed www.globalcyclingclub.com as a fundraiser arm of C-Mental Health and promoting mindfulness and slowing-down life-style changes together with my son, Lukas Tophoven, MA.
- Pivoting to rebrand the above using ALORA (Hebrew: the Lord is my Light) in fall 2023: ALORA Resources, ALORA Biking, ALORA Walking.

08/2008 – 08/2018

Founder and President Blue Skies Ministries & Blue Skies GbR, Berlin, Germany

- Counseling – Coaching – Consulting business for pastors and missionaries in Berlin, Germany. Also served the English- and German-speaking international community in Berlin and wider Europe.
- Developed and implemented missionary and member-care services through New International (www.newinternational.org).
- Successfully built MIRP program (Marital Intensive Restoration Program) – an intensive marriage counseling program for couples in acute crisis, utilizing an intensive component and online aftercare component.
- Consulted with churches to establish or improve existing “Systems of Care” within churches in Northern American and overseas.
- Consulted towards and implemented child abuse prevention programs within churches in Europe and the USA.
- Ongoing online webinars and in-person seminars/trainings on topics of marriage, psychology/theology, pastoral care/burnout, and healthy faith systems.

08/2002 – 08/2008

Owner/Founder Blue Skies Counseling–Coaching–Consulting LLC, McAllen, Texas

- Launched two professional counseling centers in South Texas serving diverse,

multicultural populations in the greater South Texas region along the border to Mexico.

- Supervised new counselors/counselor interns towards the Texas state licensure exam.
- Counseled border patrol and DEA clients utilizing EAP programs.
- Developed an early version of a marital intervention called (MIRP – Marital Intensive Restoration Program) for couples in crisis – later used in the USA/Europe.
- Administered testing instruments for clinical assessment & career counseling (Millon, T-JTA, for example).
- Taught regular professional seminars in local churches, businesses, schools, government agencies, and local and state professional counseling organizations (Local Texas Counseling Association, for example).

05/1997 – 05/2002

Clinical Director at Ortega & Associates Christian Counseling, McAllen, Texas

- Administrated church-based counseling center with a staff of eight therapists.
- Managed annual budget of \$250,000+.
- Weekly client load of 30+ clients/week as a licensed professional counselor in TX.
- Co-hosted and hosted live call-in radio-show on KVMV FM 97 three times/week.
- Developed and taught seminars for churches, businesses, and government agencies.
- Developed and taught lay Christian lay counseling trainings for local churches.

1993-1994

Case Manager/Therapist Colonial Hospital, Newport News, Virginia

- Helped administrate psychiatric day-school for special needs students.
- Handled daily caseload for learning disabled, mental retardation, and emotionally disabled children ages 6-18.
- Developed individual education plans (IEPs) in cooperation with parents, teachers, and social service agencies.
- Organized and implemented parenting support and training.
- Taught daily affective education classes.
- Helped administrate school as the director's direct report.

Licensures

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| • Licensed Professional Counselor – Virginia | License #: 0701011640 |
| • Licensed Professional Counselor – Texas | Inactive |
| • Supervisor for Counselors – Texas | Inactive |

Publications

Ph.D. Dissertation

Tophoven, I. (2014). *Long-lasting, satisfied, bicultural United States veterans and German spouses: A phenomenological study* (Order No. 3636236). [Available from ProQuest Dissertations & Theses Global](#).

M.A. Thesis

Tophoven, I. (1996). *A survey of independent Christian counseling centers in Germany* (Order No. 1382072). Available from ProQuest Dissertations & Theses Global. (304302651).

Unpublished Research

Reh fuss, M., Impellizeri, J., Jeppsen, M., Burnett, C., Tophoven, I (2008). *Research Self- Efficacy and Research Training Environment in an Online PHD Program: An Exploratory Study*, Regent University, Virginia Beach, Virginia.

Ongoing Research (Publication Target Mostly Early 2024)

Tophoven, I. (2023). Ministry Leaders Conceptualization of Mental Health in the Republic of Georgia and Germany: A Qualitative Investigation.

Cooper, J. and Tophoven, I. (2023). Enactivist Sense-Making Following Unchosen Transformative Experiences: A Qualitative Inquiry (Targeted Publication Date: December 2023).

Tophoven, I. (2023). US Pastors' Perceptions Around Mental Health Priorities Post-Covid Restrictions: *What Do You Need? What Does Your Church Need? What Does Your Community Need? A Short-Answer Survey Based Qualitative Study*.

Tophoven, I. (2023). Book Review - *Minds Wide Shut* by Shapiro and Morson: A Short Christian Appraisal.

Tophoven, I. (2023). *Is the Traditional Family Still Dying?* A post-Covid restrictions analysis of trends in marriage and family.

A Selection of Webinars & Podcasts

On Human Flourishing. A webinar for Studenten für Christus [Students for Christ, Germany], June 2023.

Church and Mental Health Ministries: Opportunities and Pitfalls. A presentation held at the Mental Health and Missions Conference, November 2022.

Exploring Mental Health Systems in The Global Church. A Cultured Chameleon [Podcast](#), April 2023.

Leiterschaft und Ehe [Leadership and Marriage]. A webinar held for Antiocha Teams Church Planting)

Sexual Sin Among Church Leaders. A webinar held for Antiocha Teams (Church Planting)

The Complexity of Self-Care. A presentation for the leadership of International Baptist Church Pastors.

Taking Relationships to a Newer, Healthier Norm. A webinar held for Global well-being week at Heriot-Watt University Malaysia - Student Association

Thoughts on Suicide (Prevention). A presentation to THE FISH international student organization at Old Dominion University, Norfolk, VA.

Professional Affiliations

- American Counseling Association (ACA)
- Virginia Counselor Association (VCA)
- Akademie für Psychotherapie und Seelsorge (APS) [transl.: academy for psychotherapy and soul care], Frankenberg, Germany
- American Association of Christian Counseling (AACC)/Track Coordinator.

Service

- Regent University International Student Faculty Advisor since 2019
- Free and/or donation-based member care services to pastors and missionaries through our ongoing ministry efforts with [New International](#).

Research & Reading Interests

- Designs: Qualitative Research/Mixed Methods Research Designs/Phenomenology
- Pastor/Clergy & Counselor Mental Health
- Bi-Cultural/Multi-Cultural Marriage; Public Policy and Marriage; Global Trends in Marriage and Family
- Divorce Prevention/Pre-Marital Education

- Sexual Health and Education
- Issues of Ethics and Competency in Christian, International Counseling; Self-Care as an Ethical Principle
- Higher Education & Faculty Burnout
- Technology and Counselor Education

Personal Interests & Past Accomplishments

- Bicycle touring and advocating for increased bicycle use towards improved personal mental health and improved public health. Member of Adventure Cycling Association - <https://www.adventurecycling.org/>
- Finisher Ironman Europe (1987) and nine marathons. Now I just hike and bike.
- German field hockey champion (1982). Long time ago, but good memories.