

Name Daniel Eckstein  
Title Associate Professor  
Department Educational Leadership & Counseling  
College Education

### **Degrees Earned**

Degree, Major, (minor – optional), Institution, Year

**Ph.D., Counselor Education:** University of South Carolina, Columbia, 1973.

**MA, Guidance and Counseling:** University of South Carolina, Columbia, 1971.

**BA, Psychology:** Presbyterian College, Clinton, South Carolina, 1969.

### **Professional Licensure and Certifications**

#### **Licensed Psychologist:**

Arizona Board of Psychologist Examiners, 1985 - Present (#1359); California Board of Medical Examiners, 1980 - Present (psy 68-54); Hawaii, 1981-1989; South Carolina, 1973-1980 out of state inactive status since 2001,

#### **Licensed Professional Counselor**

Texas Licensed professional counselor, #62975, April 12, 2007

### **Peer-Review Publications and Artistic Performances/Exhibitions**

#### **Articles**

Cooke, P., & Eckstein, D., (2009). The four directions and seven methods of encouragement micro-lab, *Pfeiffer Annual Edition, 2009, Consulting*. (in press)

Eckstein, D. & Kummer, M. Sociometry (2009). *Encyclopedia of Counseling*. Alexandria, Va. American

Counseling Association, (in press)

Cooke, P. & Eckstein, D. (2009). Assertiveness Training. *Encyclopedia of Counseling*. Alexandria, Va. American

Counseling Association, (in press)

Watts, R. & Eckstein, D. (2009). Adlerian theory. *Encyclopedia of Counseling*. Alexandria, Va. American

Counseling Association, (in press)

Eckstein, D. (2009) Levinson's Seasons of a Man's Life. *Encyclopedia of Counseling*. Alexandria, Va. American

Counseling Association, (in press)

- Eckstein, D., Love, P., Aycok, K., & Wiesner, V. (2008). "The Couples Gender-Based Questionnaire (CGQ)," *The Family Journal: Counseling and Therapy for Couples and Families*, 16,2.
- Eckstein, D., Nelson J., Zagelbaum, A. & Wines, L. (2008). Ten Recommendations for Providing Psychological Support for Children and Young People with Special Needs. In: P. Prina, A. Millar, C. Shelley & K. John (Eds.). *Adlerian Year Book 2008*. (pp. 43-64). London: ASIIP
- Eckstein, D. (2008). Adlerian psychology: a 'SUPER' Theory: An Introduction to the Theory of Individual Psychology. In: P. Prina, A. Millar, C. Shelley & K. John (Eds.). *Adlerian Year Book 2008*. (pp. 36-151). London: ASIIP
- Page, L., Nisan, L., Eckstein, D., & Ane, P., (2008), "The Intimacy Task Inventory: Taking a Relationship Snapshot," *The Family Journal: Counseling and Therapy for Couples and Families*, 16,1,
- Eckstein, D. & Sarnoff, D., (2007). "Four Adlerian Metaphors Applied to Couples Counseling," *The Journal of Individual Psychology*, 63,3, 333-338.
- Milliren, A., Milliren, M. & Eckstein, D. (2007). "Combining Socratic Questions with the "ADAPT" Problem-Solving Model: Implications for Couple's Conflict Resolution," *The Family Journal: Counseling and Therapy for Couples and Families*, 15,4,
- Wines, L., Nelson, J. A., & Eckstein, D. (2007, August 27). Reframing class scheduling: Seven school counselor benefits, challenges, considerations, and recommendations. *Journal of School Counseling*, 5(16). Retrieved from <http://www.jsc.montana.edu/articles/v5n16.pdf>.
- Eckstein, D. (2007). A tribute to many uncrowned kings and queens. *The Best Teacher in the world*. Tulsa, Ok Bordon.
- .
- Kirk, A., Eckstein, D., Serres, S., & Helms (2007). A dozen relationship commitment considerations. *The Family Journal: Counseling and Therapy for Couples and Families*, 15, 3, 271-276.
- Eckstein, D., Lee, C., & Lin, Y. (2007). The use of Ed DeBono's 'six-thinking hats' problem-solving technique with couples. *The Family Journal*, in press
- Eckstein, D., & Wilson, L. (2007). *Reminiscence therapy: five activities for reducing depression in older adults*. Year Book 2007 London: Adlerian Society(UK) and Institute of Individual psychology , 91-108.

- Byles, T. & Eckstein, D. (2007). *Hermeneutics and Group Dream work*. Year Book 2007, London: Adlerian Society(UK) and Institute of Individual psychology, 109-136.
- Eckstein, D., Byles, T., & Bennett, S. (2007). A linguistic Asking, Promising, Asserting, and Declaring Couples Communication Activity. *The Family Journal: Counseling and Therapy for Couples and Families*, 15(1), 62-64.
- Patterson, J. Interview of Daniel Eckstein. (2006). From the frozen tundra of Green Bay to Adler's warm space, *Counseling Today*, April, 30-32.
- Borie, S., & Eckstein, D. (2006). Applying Adlerian theory and psychological research: Integrity-based leadership coaching. *International Journal of Coaching in Organizations*, 3, 64-77.
- Eckstein, D., Juarez-Torres, R., & Perez-Gabriel, A. (2006). The language relationship questionnaire, (LRQ). *The Family Journal*, 14(4), 408-411.
- Hydock, R. & Eckstein, D. (2006). Help me help you: The 4-factor goal support system. *The Family Journal: Counseling and Therapy for Couples and Families*, 14(2), 113-118.
- Eckstein, D., Clement, F., & Fierro, A. (2006). The role of image exchange with couples. *The Family Journal: Counseling and Therapy for Couples and Families*, 14(1), 71-76.
- Eckstein, D. Milliren, A. Rasmussen, P. & Whillhite, R. (2006). Adlerian treatment of anger. *Anger-related disorders: A practitioners treatment guide*. Feindler, E., New York: Springer, 257-276.
- Eckstein, D., & Cooke, P. (2005). The seven methods of encouragement for couples. *The Family Journal: Counseling and Therapy for Couples and Families*, 13(3), 342-350.
- Eckstein, D., & LaGrassa, L. (2005). The non-violent relationship quotient (NVRQ). *The Family Journal: Counseling and therapy for couples and families*, 10(2), 205-211.
- Eckstein, D. (2005). The 'A's & H's' of healthy and unhealthy relationships: Three activities for relationship renewal. *The Family Journal: Counseling and Therapy for Couples and Families*, 12(4), 414-418.
- Eckstein, D., Sarnoff, D., & Eckstein, DJ. (2005). *Encouragement in on-line teaching*. World Conference on E-learning in Corporate, Government, Healthcare, and Higher Education, Vancouver, BC, Canada.
- Eckstein, D. (2005). *Reframing as an innovative on-line teaching skill*. Conference proceedings. World Conference on E-learning in Corporate Government, Healthcare, and Higher Education, Vancouver, BC, Canada.
- Eckstein, D., Sarnoff, D., & Fierro, A. (2005). *The use of reframing as an innovative mentoring activity in on-line training*. E-learning Corporate Government, Healthcare, and Higher Education, Vancouver, BC, Canada.
- Hoffmeyer, C., Milliren, A., & Eckstein, D. (2005). The Hoffmeyer mentoring activity

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- Eckstein, D., Sarnoff, D., & Eckstein, D.J. (2005). *Encouragement in on-line teaching*. World Conference on E-learning in Corporate Government, Healthcare, and Higher Education, October 27, Vancouver , BC , Canada .
- Eckstein, D., Sarnoff, D. & Fierro, A. (2005). *Reframing as an innovative on-line teaching skill*. Conference proceedings. World Conference on E-learning in Corporate Government, Healthcare, and Higher Education, October 28, Vancouver , BC , Canada.
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- Eckstein, D., Junkins, E. & McBrien, R. (2003). Ha, ha, ha: improving couple and family Healthy Humor Quotient (HHQ). *The Family Journal: Counseling and therapy for couples and families*, 11(3), 301-305.
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- Eckstein, D., Welch, D., & Gamber, V. (2001). The Process of Early Recollection Reflection (PERR) for Couples and Families. *The Family Journal: Counseling and Therapy for Couples and Families*, 9(2), 203-209.
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- Eckstein, D. (2000). The Battered Woman Syndrome: Assessment and Treatment Recommendations (Part Two). The International Trauma Additive Disorder, On-line

Professional Certification Program, The Meadows Institute, Wickenburg, Arizona, August.

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- Eckstein, D. (2000). Empirical Studies Indicating Significant Birth-Order Related Personality Differences. *Journal of Individual Psychology*, 56(4), 481-494.
- Eckstein, D. and Morrison, J. (2000). Exploring Different 'Expressions' of Love. *The Family Journal: Counseling and Therapy for Couples and Families*, 7(1), 75-76.
- Eckstein, D., & Axford, D. (2000). Loving and Being Loved: Commitment Implications. *The Family Journal: Counseling and Therapy for Couples and Families*, 7(2), 185-186.
- Eckstein, D., Rasmussen, P., & Wittschen, L. (2000). Understanding and Dealing with Adolescents. *Journal of Individual Psychology*, 56(3), 31-50.
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- Eckstein, D., and Driscoll, R., (1999) "Life-Style Assessment," in Corsini, R. (ed.) *Concise Encyclopedia of Psychology*. New York: John Wiley & Sons, 495-496.
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- Eckstein, D. (1999). Styles of Conflict Management. *The Family Journal: Counseling and Therapy for Couples and Families*, 6(3), 239-242.
- Jones, J., and Eckstein, D. (1999). Thirty-three Suggestions for Couple's Conflict Resolution. *The Family Journal: Counseling and Therapy for Couples and Families*, 6(4), 334-336.
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- Eckstein, D. and Cohen, L. (1998). The Couple's Relationship Satisfaction Inventory (CRSI): 21 Points to Help Enhance and Build a Winning Relationship. *The Family Journal: Counseling and Therapy for Couples and Families*, 6(2), 155-158.

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- Eckstein, D. (1989). Mind over Matter ... Reactions to Psychoneuroimmunology. *Newsweek*, December, 7.
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- Wallock, S. and Eckstein, D. (1983). Dance/Movement Therapy: A Primer for Group Facilitators. *1983 Annual for Facilitators, Trainers, and Consultants*, San Diego, University Associates, 195-202.
- Eckstein, D. (1983). Encouragement: Sending Out Powerful Invitations. *1983 Annual for Facilitators, Trainers, and Consultants*, San Diego, University Associates, 142-144.
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- Eckstein, D., and Driscoll, R. (1982). Life-style questionnaire. *1982 Annual Handbook for Group Facilitators*, 100-107
- Toback, J., and Eckstein, D. (1981). Death Threats and Death Concerns. *Omega*, 11(2), 139-155.
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- Toback, J., and Eckstein, D. (1979). Ordinal Position and Death Concerns. *Psychological Reports*, 44(3), 967- 971.
- Eckstein, D. (1979). Cybernetics and Workshop Design. *Journal for Specialists in Group Work*, 133-145.
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- Eckstein, D. (1978). Early Recollections after Counseling. *Early Recollections: Their Use in Diagnosis and Psychotherapy*, Springfield, IL: Charles C. Thomas, 39-49.
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## Books



- McKay, G., McKay, J. Eckstein, D., & Maybell, S. (2001). *Raising Respectful Kids in a Rude World*. Roseville, CA: Random House Publishers. (Behavioral Science Book Club Selection).
- Eckstein, D., & Kern, R. (2002). *Psychological Fingerprints: Lifestyle Assessment & Interventions*. Dubuque, IA Kendall/Hunt.
- Eckstein, D., & Baruth, L. (1992, 1996). *Theory & Practice of Life-Style Assessment*. Dubuque, IA: Kendall-Hunt.
- Dinkmeyer, D. & Eckstein, D. (1996) *Leadership by Encouragement, trade edition*,. Del Ray, FL: CRC Press. (updated version in press- with Irby, Watts, and Lunenburg)
- Eckstein, D. (1995). *The Encouragement Process in Life-Span Development*. Dubuque, IA: Kendall-Hunt.
- Dinkmeyer, D. & Eckstein, D. (1993). *Leadership by Encouragement, college edition*. Dubuque, IA: Kendall-Hunt.
- Eckstein, D., & Baruth, L. (1976, 1978, 1981). *The ABC's of Classroom Discipline*. Dubuque, IA.: Kendall-Hunt.
- Eckstein, D., & Baruth, L. (eds.). (1978, 1980). *Life-Style: Theory, Practice, & Research*. Dubuque, IA: Kendall-Hunt.
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- Eckstein, D. (1970). *The Forty-First Packer--A Rookie's Diary*. Clinton, SC: Jacobs Press.

## **Chapters**

## **Proceedings**

## **Artistic Performances**

## **Artistic Exhibitions**

## **Research Monographs and Technical Reports**

## **Funded External Grants**

## **Peer-Review Presentations/Posters**

## **Work or Professional Experiences**

### **Honors and Awards**

- 2007:** Commencement speaker, Argosy University-Dallas, Dec. 16, Leadership by encouragement
- 2006:** Barnes and Noble Book Stores Texas Featured author, January.
- 2005:** Invited Program Moderator, Evolution of Psychotherapy conferences, Dec. 7-11, Anaheim, California;  
Invited International Delegate meeting His Holiness, The Dali Lama, Darmasala, India
- 2004:** President, North American Society of Adlerian Psychology
- 2003:** Keynote speaker, Reflections on 30 years as a Psychologist: 33 Mentoring suggestions, Capella University, Scottsdale, AZ, Sept.
- 2003:** Social interest award, South Carolina Adlerian Society
- 2002:** Plaque for distinguished contributions to Core of Representatives, North American Society for Adlerian Psychology
- 2001-Present:** CACREP Visiting Member
- 1996-2001:** Member, Council of Representatives, North American Society for Adlerian Psychology
- 1976:** Commencement Speaker, Virginia Intermont College: Change Agents & Trend  
Setters: Rediscovering the Promise of America
- 1969:** Athletic Awards, Participant, Coaches' All-American Football Game, Atlanta; NAIA All-American; S. C. Football Player of the Year; S. C. Athlete of the Year

## **Other Competencies**

