About Dr. John C. Norcross

John C. Norcross, Ph.D., ABPP, is Professor of Psychology and Distinguished University Fellow at the University of Scranton, Adjunct Professor of Psychiatry at SUNY Upstate Medical University, a clinical psychologist in part-time practice, and an internationally recognized authority on behavior change and psychotherapy. Author of more than 300 scholarly publications, Dr. Norcross has co-written or edited 20 books, including *Psychotherapy Relationships that Work, Clinician’s Guide to Evidence-Based Practice in Mental Health and Addictions* (with Hogan and Koocher), the *Authoritative Guide to Self-Help Resources in Mental Health, Changing for Good* (with Prochaska and DiClemente), *Leaving It at the Office: Psychotherapist Self-Care* (with Jim Guy), 10 editions of the *Insider’s Guide to Graduate Programs in Clinical & Counseling Psychology* (with Sayette and Mayne), and *Systems of Psychotherapy: A Transtheoretical Analysis* (with Prochaska), now in its 7th edition.

He has served as president of the American Psychological Association (APA) Division of Clinical Psychology, the APA Division of Psychotherapy, and the International Society of Clinical Psychology, and on the Board of Directors of the National Register of Health Service Providers in Psychology. Dr. Norcross is also editor of *Journal of Clinical Psychology: In Session* and has been on the editorial boards of a dozen journals. Dr. Norcross has served as a clinical and research consultant to a number of organizations, including the National Institute of Mental Health.

He has received multiple professional awards, such as APA’s Distinguished Career Contributions to Education & Training Award, Pennsylvania Professor of the Year from the Carnegie Foundation, the Rosalee Weiss Award from the American Psychological Foundation, and election to the National Academies of Practice. His work has been featured in hundreds of media interviews, and he has appeared on many national shows, such as the *Today Show, CBS News Sunday Morning, and Good Morning America*. An engaging teacher and clinician, John has conducted workshops and lectures in 28 countries. He lives in the northeast Pennsylvania with his wife, two children, and their deranged cat.