

Justin B. Top, Ph.D.

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Education

Ph.D. - Counseling Psychology

BRIGHAM YOUNG UNIVERSITY (Provo, Utah)

June. 2021

- APA Accredited
- Dissertation: *Grace, Legalism and Life Outlook in LDS students*
- APA Internship at Wasatch Mental Health, Provo UT

Master of Arts - Religious Education

BRIGHAM YOUNG UNIVERSITY (Provo, Utah)

December 2007

- Emphasis on military ministry.
- Thesis: *The Burden Prophecies of Isaiah as Types of Repentance.*

Bachelor of Arts - Near Eastern Studies

BRIGHAM YOUNG UNIVERSITY (Provo, Utah)

April 2000

- Included Study Abroad in Jerusalem in 1999

Teaching Experience

Brigham Young University, Religious Education

Assistant Professor, Associate Graduate Coordinator

July 2022- Present

- Advise and mentor graduate students in the MA Chaplaincy program.
- Teach a variety of chaplaincy related religious courses, including Pastoral Care and Counseling, Military Ministry and Military Ethics.

Brigham Young University Religious Education

Adjunct Faculty

Sept. 2019- Aug. 2020

- Advise and mentor graduate students for their final projects.
- Co-teacher for graduate course REL 650: "Doctrinal Foundations of the Restoration."

Brigham Young University Student Development

Adjunct Faculty

Sept. 2016- Dec. 2016

- Student Development 109: "Effective Study and Learning"
- Taught students important academic and life skills, including topics on attention, motivation, memory, perception, personal organization and study skills.

Brigham Young University Counseling Psychology and Special Education

Teaching Assistant/ Co-teacher

Jan. 2016- Apr. 2016

- CPSE 656: “Spiritual Values and Methods in Psychotherapy”
- Invited by Dr. P. Scott Richards to co-teach class which discusses the role of religion, spirituality and values in counseling. Students included graduate students from Counseling Psychology, School Psychology and prospective military chaplains.

Brigham Young University Education Week

Presenter

2010-2019

- Invited yearly since 2010 to teach classes on various religious and mental health topics during this annual week-long symposium every August. An estimated 20,000 people attend each year.

Brigham Young University Religious Education

Adjunct Faculty

Sept. 2007- Dec. 2007

- REL 121: “Book of Mormon- Part 1” (1 section, “Freshman University”)
- REL 122 “Book of Mormon- Part 2” (2 sections, including RM class)
- Ranked above average on student evaluations for all sections.

LDS Church Educational System (Full-time)

Release Time Seminary Instructor

May. 2000-Jan. 2007

- Duties included preparations and providing classroom lectures on scriptural topics to students every school day, understanding and meeting students’ needs, working with parents and community leaders, planning and organizing activities and programs, working with student leadership to improve student experience, keeping organized records of attendance and financial transactions, and recruiting students to increase enrollment.
- Locations included Castle Dale Seminary, Huntington Jr. Seminary and Timpanogos Seminary.
- Served 2 years as Seminary Principal at Huntington Jr. Seminary.
- Seminary Student Council Advisor for 4 years.

Military Experience

United States Navy

Commander, Chaplain Corps

May 2008- Present

Navy Reserve Religious Support Unit I MEF, Camp Pendelton CA

Officer in Charge

(Reserves)

April 2018- Present

- Supervise other chaplains and Religious Program Specialists (Chaplain Assistants) to ensure they are trained and mobilization ready.
- Selected to participated in Pacific Sentry 19, a four-star certification “war games” exercise that simulates a significant armed conflict involving multiple nations. Worked with chaplains from all four branches and with chaplains from Australia to simulate providing spiritual and religious support leadership at the highest levels during war-time operations.
- Supported Camp Pendelton’s Wounded Warrior Battalion West, providing counseling, life-skills classes, religious services and Red Cross notification support to the Sailors and Marines there.

- As an integral part of the Yellow Ribbon team, presented multiple presentations to Sailors, Marines and their families addressing topics such as spiritual toughness, post-deployment family re-integration, total wellness, post-traumatic growth and pre-deployment preparations at Returning Warrior Workshops and Deployment Readiness Trainings.

Headquarters Marine Corps Religious Support Unit (RELSUP), Washington DC

Supervisory Chaplain (Reserves) Nov 2014- April 2018

- Supervise other chaplains and Religious Program Specialists (Chaplain Assistants) to ensure they are trained and mission ready.
- Received specialized training and helped facilitate Marriage Enhancement Retreats through the Navy and Marine Corps CREDO programs.
- Provided Chaplain support to MAG 24 Marines participating in field exercises as part of RIMPAC international exercise in 2016.
- Helped to develop and implement spiritual resiliency training as part of regular Deployment Readiness Training and Returning Warrior Workshop events for deploying and returning sailors and their families.

Office of the Navy Chief of Chaplains and the Chaplain of the Marine Corps (Pentagon)

Spiritual Fitness Program Officer (Reserves-Activated) Oct. 2017-Sept. 2018

- Requested by name by Deputy Chief of Navy Chaplains to spearhead initiative to develop “spiritual fitness” component of the Department of Defense Total Force Fitness initiative.
- Crafted products, publications and resources that promote spiritual concepts and practices while being sensitive to individual religious differences.
- Created website and social media sites to make spiritual fitness resources accessible.
- Hosted first-of-its-kind Spiritual Fitness Symposium at the Pentagon, attended by selected Marines and civilians from all over the world, to enhance collaboration, promote awareness, and improve effectiveness of the spiritual fitness message.

CNSL Ministry Center, Mayport FL

Operational Chaplain (Active Duty) Sept. 2011- Oct. 2014

- Mayport Ministry Center Chaplains are responsible for the spiritual and emotional well-being of sailors (and their families) serving on 19 ships who claimed Mayport as their home port. Duties included:
 - Provide and facilitate religious support (worship services, weddings, funerals, etc.)
 - Notifying Sailors and/or family members in cases of death or emergency and offering grief support.
 - Individual, couples and family counseling.
 - Sexual assault response and support.
 - Lead large group training (life-skills classes, marriage enrichment, suicide prevention, etc.)
 - Conduct various assessments to determine spiritual and emotional needs of individuals and entire units.
 - Develop programs to elevate morale and effectiveness of crew.
- Served as Deputy Director at the Ministry Center (6 months), managing daily operations and supervising 9 staff members.

- Deployed twice in support of the Global War on Terror (USS Klakring FFG 42, USS Gettysburg CG 64), providing around-the-clock chaplain support to the crews of 250 and 380 sailors respectively.
- Received 2 Navy Commendation Medals and 2 Navy Achievement Medals for various accomplishments during the tour of duty. Both ships earned “Battle E” awards for excellence, and the USS Gettysburg won the Battenberg Cup as the best ship in the entire Navy Fleet.

Naval Hospital Jacksonville, FL

Staff Chaplain

(Active Duty)

Sept. 2008-Sept. 2011

- Provide emotional and spiritual support to 1500 staff and 20,000 patients. Ministered to hospital patients daily, offering spiritual support and working with staff as part of interdisciplinary treatment team.
- Received specialized training for helping those with Post Traumatic Stress Disorder, and helped develop and instruct intensive program for returning warriors with Combat Stress Injury.
- Leader of the Caregiver Occupational Stress Control Team. Managed team of 30 individuals and yearly funds of \$10,000. Trained entire hospital staff on stress management and resilience.
- Created and managed a total wellness initiative throughout hospital and regional clinics, promoting physical, emotional, spiritual and relationship health of staff and patients.
- Integral part of Substance Abuse Rehabilitation Program (SARP) in/outpatient program. Taught regular classes and provided spiritual counseling to patients.
- Area Duty Chaplain (on call). When needed, provided crisis intervention, grief support and funeral services.
- Visited Guantanamo Bay and provided support to medical staff who work with detainees.
- Completed Spiritual Assessment, Care Plan, Intervention, Evaluation and Reassessment (SACPIER) Certification. (Similar to Clinical Pastoral Education).

Clinical and Professional Experience

South Point Counseling Services, South Jordan UT

Psychology Resident

Aug. 2021- Aug. 2022

- Conduct psychological evaluations and provide comprehensive psychological reports with treatment recommendations.
- Provide counseling to individuals, couples and families dealing with a wide variety of mental health challenges and life stressors.

Wasatch Behavioral Health, Provo UT

Psychology Intern

July. 2020-Present

- Conduct psychological evaluations and provide comprehensive psychological reports with treatment recommendations.
- Provide counseling to individuals, couples and families.

Alpine Pediatrics, Pleasant Grove UT

Extern

Jan. 2019-

- Provide mental health counseling for children and parents at the pediatric clinic. Common issues include depression, anxiety, ADHD/ADD, autism, phobias, suicidal thoughts/gestures, behavioral issues, somatic complaints.

Utah Psychological Services, Orem UT

Extern

Dec. 2018-Present

- Conduct psychological evaluations and provide comprehensive psychological reports with treatment recommendations.
- Provide onsite psychological support to teachers and students at The Ranches Academy in Eagle Mountain UT.
 - Conduct four different support groups for special needs children, including ADD/ADHD groups, anxiety group, and an autism/social skills group.
 - Provide regular individual counseling to special needs children.
 - Lead an educational/support group for teachers to help them learn how to more effectively manage students with mental health needs.

Livingstone Psychological Services, Orem UT

Extern

Nov. 2018- Present

- Analyze various psychometric, psychological and substance abuse assessments along with clinical interviews for patients undergoing inpatient substance abuse treatment.
- Write professional psychological reports based on assessments to diagnose substance and mental health disorders and to recommend treatment.

Brigham Young University, Counseling and Psychological Services

Practicum Student, Extern

Sept. 2016 to Sept. 2017; Sept. 2018 to Mar. 2020

- Provided individual and group therapy, career counseling, intake screenings, and crisis interventions with university students. Some presenting concerns included: depression, anxiety, impulse control disorders, OCD, eating disorders, family of origin concerns, multicultural issues, LGBT concerns, relational concerns, spiritual concerns, trauma, grief and bereavement, chronic pain/illness, substance abuse, suicidality, gender issues, personality disorders, and longer standing serious mental illnesses.
- Co-led an ongoing process-oriented therapy group focused on sexual concerns faced by men during four consecutive semesters. Used theoretical underpinnings of Acceptance and Commitment Therapy (ACT) to approach and address clinical dynamics including affect tolerance, fear, and shame.
- Participated in weekly treatment team meetings.

Maple Creek Home Health and Hospice

Counselor, Chaplain

Jan. 2015- Oct. 2017

- Provide emotional and spiritual support to patients who are facing the end of their life, and to family and friends who deal with the emotional turmoil of illness, loss and grief.
- Conduct spiritual and bereavement assessments to identify needs of patients and families.

Harmony Home Health and Hospice

Counselor, Chaplain

Nov. 2014- Jun. 2017

- Provide emotional and spiritual support to patients who are facing the end of their life, and to family and friends who deal with the emotional turmoil of illness, loss and grief.
- Conduct spiritual and bereavement assessments to identify needs of patients and families.

Wellhealth Solutions, LLC.

Consultant, Coach, Instructor

April 2014 – Dec 2014

- Provide holistic wellness support and coaching to businesses, promoting physical, emotional, spiritual and relationship health.
- Present regular lectures on various wellness topics.
- Create and distribute wellness newsletters.

Bridges Consortium for Spiritually Centered Psychology and Education, BYU

Research Assistant

Aug. 2015-Oct. 2017

- Research and write scholarly articles about religion, spirituality and mental health.
- Mentor undergraduate students who are also working as research assistants.

Training and Certifications

Certified Professional Life Coach

American School for Professional Life Coaches (ASPLC).

Aug 2012

The Four Lenses Instructor training

Certified Instructor

July 2015

- Based on Meyers Briggs Temperament Inventory.
- Used for understanding the way individuals perceive and interact with the world.

Applied Suicide Intervention Skills Training (ASIST)

Certified

Feb. 2013

Addiction Dual Diagnosis Treatment, Hazelden MN

Certified

Oct. 2009

Red Cross Psychological First Aid

Certified

Nov. 2007

Navy Chaplains Professional Development Training Conference

Training

Annual

- *Religious Ministry in Combat at and from the Sea* May. 2019
- *Ministering to the “nones,” “dones,” and millennials.* Feb. 2018
- *Providing Support for those who face violence.* Feb. 2017
- *The Role of Chaplaincy in Cultivating Ethical Leaders.* Mar. 2016
- *Pastoral Care in Suicide Prevention, Intervention, and Postvention.* Jan. 2015

- *Pastoral Care in Cases of Military Sexual Trauma.* Mar. 2014
- *Humanitarian Assistance and Disaster Relief Operations.* June 2013
- *Combat Operational Stress Control (COSC): The Family Dynamic.* Jan. 2010
- *Combat Operational Stress Control (COSC).* Jan. 2009

Publications

SCHOLARLY PUBLICATIONS:

Top, J. (2019). Spirituality: A core of leadership. *Marine Corps Gazette*. August 2019.

Top, J. (2018). Spiritual fitness contributes to total wellness. *Leatherneck Magazine*. October 2018.

Judd, D. K., Dyer, W. J., & Top, J. B. (2018). Grace, legalism, and mental health: Examining direct and mediating relationships. *Psychology of Religion and Spirituality*.

Top, B & Top, J. (2012) Latter-day Saints (Mormons). in Taylor, E. J. (Ed.) *Religion: a clinical guide for nurses*. (pp. 181-190). Springer Publishing Company.

NEWSPAPER ARTICLES:

Top, J. (2014, September 11). The courage of heroes continues on. *Mayport Mirror*, p. 2.

Top, J. (2014, July 10). There's a surprising key to happiness. *Mayport Mirror*, p. 2.

Top, J. (2014, May 22). How do I get out of the Navy? *Mayport Mirror*, p. 2.

Top, J. (2013, June 20). It is better to climb into love than to fall. *Mayport Mirror*, p. 2.

Top, J. (2013, June 6). Preparing for true love starts with yourself. *Mayport Mirror*, p. 2.

Top, J. (2013, May 9). The great paradox: Freedom comes with rules. *Mayport Mirror*, p. 2.

Top, J. (2013, April 4). Divorce: What you should know before you uncommit. *Mayport Mirror*, p. 2.

Top, J. (2013, January 31). Falling in love with love again. *Mayport Mirror*, p. 2.

Top, J. (2012, May 3). Preparing for true love includes developing yourself. *Mayport Mirror*, p. 2.

Top, J. (2012, May 10). Sustaining long distance relationships takes work. *Mayport Mirror*, p. 2.

Top, J. (2012, March 15). Nurture emotional connection with spouse. *Mayport Mirror*, p. 2.

Top, J. (2012, March 29). Plan ahead to keep stress under control. *Mayport Mirror*, p. 2.

Top, J. (2009, January 15). Resolutions. *Jax Air News*.

Top, J. (2009, March 5). Let there be light. *Jax Air News*.

Top, J. (2009, April 16). "Maytagged." *Jax Air News*.

Top, J. (2009, June 11). Parable of the Fruit Tree. *Jax Air News*.

Top, J. (2009, June 25) The fourth of July brought to you by.... *Jax Air News*.

Top, J. (2009, July 9). Long Distance Relationships. *Jax Air News*.

Top, J. (2009, August 20). Reaching New Heights. *Jax Air News*.

Top, J. (2009, August 27). Grief and loss. *Jax Air News*.

Top, J. (2009, September 24). Bad parking. *Jax Air News*.
Top, J. (2009, October 8). Five dumb things. *Jax Air News*.
Top, J. (2009, December 3). Finding True Love- Part 1. *Jax Air News*.
Top, J. (2009, December 10). Finding True Love- Part 2. *Jax Air News*.
Top, J. (2009, December 17). If only.... *Jax Air News*.
Top, J. (2010, January 14). Plastic surgery. *Jax Air News*.
Top, J. (2010, January 21). Poison Ivy. *Jax Air News*.
Top, J. (2010, February 18). Plastic surgery. *Jax Air News*.
Top, J. (2010, January 25). Emotional cheating. *Jax Air News*.
Top, J. (2010, January 14). Plastic surgery. *Jax Air News*.
Top, J. (2010, May 6). The secrets of happiness in five easy parts. *Jax Air News*.
Top, J. (2010, May 13). The secrets of happiness part 2. *Jax Air News*.
Top, J. (2010, May 20). The secrets of happiness part 3. *Jax Air News*.
Top, J. (2010, May 27). The secrets of happiness part 4. *Jax Air News*.
Top, J. (2010, June 3). The secrets of happiness part 5. *Jax Air News*.
Top, J. (2010, June 17). The challenge of parenting part 1. *Jax Air News*.
Top, J. (2010, June 24). The challenge of parenting part 2. *Jax Air News*.
Top, J. (2010, July 1). The challenge of parenting part 3. *Jax Air News*.
Top, J. (2010, August 5). Trapped by choice. *Jax Air News*.
Top, J. (2010, August 19). Stress Resilience essential in high tempo environment. *Jax Air News*.
Top, J. (2010, October 7). Divorce: What you should know. *Jax Air News*.
Top, J. (2010, October 14). Trapped by choice. *Jax Air News*.
Top, J. (2010, December 9). Living in balance. *Jax Air News*.

Presentations

Top, J. (2018, August). *Spiritual Fitness in the Marine Corps*. Presented at the 2018 Spiritual Fitness Symposium at the Pentagon, Washington D.C.

Top, J. (2018, August). *Spirituality: The core of leadership*. Presented at the 2018 Spiritual Fitness Symposium at the Pentagon, Washington D.C.

Judd, D., Dyer, J. & Top, J. (2016, March). *Relationships among grace and mental health: A structural equation model*. Presentation at the APA Division 36 Conference on Psychology, Religion and Spirituality, hosted by St. Joseph's College in Brooklyn, NY.

Judd, D., Dyer, J. & Top, J. (2016, September). *Relationships among grace and mental health: A structural equation model*. Plenary session presentation at the annual Association for Mormon Counselors and Psychologists (AMCAP) in Salt Lake City, UT.

Top, J. (2016, April). *Concepts of Grace among LDS Students*. Poster presentation at Brigham Young University mentored research conference, Provo, UT.

BRIGHAM YOUNG UNIVERSITY EDUCATION WEEK:

Top, J. (2019, 2017, 2016). *Finding true happiness: Insights from science, psychology, saints and scripture*. Four part lecture series.

- 1- *Understanding the Realities of Happiness*
- 2- *The Path to Happiness*
- 3- *Receiving the Joy that God Offers*
- 4- *The Great Paradox of Happiness*

Top, J. (2019, 2017, 2016, 2014, 2011, 2010). *The miracle of the atonement: What Christ's miracles teach us about the atonement*. Four-part lecture series.

- 1- *Healing the effects of Sin.*
- 2- *Heling the effects of the Fall.*
- 3- *Finding joy through Christ.*
- 4- *"After all we can do."*

Top, B. & Top, J. (2014). *"Sweet Is the Peace the Gospel Brings": Overcoming Obstacles That May Prevent Us from More Fully Knowing God's Grace and Love*. Four-part lecture series.

- 1- *Perfectionism, Unrealistic Expectations, Doubt, and "Cultural Incongruency"*
- 2- *Materialism, Busyness, Noise, Self-Centeredness, and the "Tethers of Technology"*
- 3- *Depression/Anxiety, Trauma, Grief, and the "Tribulations of Mortality"*
- 4- *Cynicism, Pessimism, Negativity, and Unrighteous Judgment of Self and Others*

Top, B. & Top, J. (2014). *How gentle God's commands: The surprising benefits to obeying God's word*. Four-part lecture series.

- 1- *"His saints securely dwell."*
- 2- *"His goodness stands supreme"*
- 3- *"Cast your burdens at His feet"*
- 4- *"Bear a song away"*

Top, J. (2014, 2011, 2010). *Living Daily Repentance*. Three-part lecture series.

- 1- *Understanding the nature of sin.*
- 2- *Understanding the nature of repentance.*
- 3- *Living repentance daily.*

Top, J. (2011). *Isaiah Applied: Insights and application from Isaiah 1-33*. Four-part lecture series.

- 1- *Isaiah 1-5: Resisting the Enticement of Sin and Worldliness*
- 2- *Isaiah 6-12: Sweet is the Peace the Gospel Brings*
- 3- *Isaiah 13-23: The Burden of Sinfulness*
- 4- *Isaiah 24-33: The Lord's Marvelous Work*

Top, J. (2011). *Isaiah Applied: Insights and application from Isaiah 34-66*. Four-part lecture series.

- 1- *Isaiah 34-42: Wait Upon the Lord*
- 2- *Isaiah 43-49: A polished shaft*
- 3- *Isaiah 50-54: The Burden of Idolatry*
- 4- *Isaiah 55-66: Beauty for Ashes*

Top, J. (2010, August). *Fighting the good fight: Insights from the Book of Mormon war chapters*.
Four-part lecture series.

- 1- *Preparing for battle*
- 2- *Fortifying our hearts and homes.*
- 3- *Spiritual strategies.*
- 4- *Our most powerful weapons.*