

**INTRODUCTION**  
**ROBERT J. ACKERMAN, PH.D.**

Dr. Robert J. Ackerman is Professor of Sociology and Director of the Mid-Atlantic Addiction Training Institute at Indiana University of Pennsylvania. He is a co-founder of the National Association for Children of Alcoholics.

As an author he has published numerous articles and research findings and is best known for writing the first book in the United States on children of alcoholics in 1978. Twelve books later, many television appearances, and countless speaking engagements he has become internationally known for his work with families and children of all ages. His books have been translated into several languages including Spanish, German, Finnish and Chinese.

He has served on many advisory boards and has worked with the National Institute of Mental Health, National Institute on Alcoholism and Alcohol Abuse, and the U.S. Department of Education. He served on the White House Task Force on Resiliency and Governor's Task Forces in Colorado and Michigan.

He is the recipient of many awards including the University Professor Award from his university, the Distinguished Alumni Awards from Western Michigan University, the University of Northern Colorado, Louisiana State University, and the 2003 Swinyard Award for his work in alcohol and drug abuse. He is a veteran of numerous TV appearances and his work has been featured on CNN Headline News, the Today Show, USA Today newspaper and Newsweek Magazine.

## VITA

### ROBERT J. ACKERMAN, PH.D.

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BIRTH PLACE: Pittsburgh, Pennsylvania

#### EDUCATION

Schools Attended	Area	Degree
Western Michigan University	Sociology	Ph.D. 1980
Western Michigan University	Specialty Program Alcohol & Drug Abuse	Specialty Certificate 1977
University of Northern Colorado	Sociology	M.A. 1975
Louisiana State University	Political Science	B.A. 1971

#### AREAS OF INTEREST

**Teaching:** Sociological Practice, Family & Human Development, Human Services, Substance Abuse, Child Abuse, Sociology of Education

**Research:** Human Services Evaluation, Life-Span Resiliency Development, Children of Dysfunctional Families

#### AWARDS

Special Recognition Award, U.S. Journal Alcohol & Drug Dependence, 2006

Hall of Distinction Award, Louisiana State University, Baton Rouge, LA, 2005.

The Ewart A. Swinyard, Ph.D. Award, University of Utah, School on Alcoholism and Other Drug Dependencies, 2003.

Honored Alumni Award, University of Northern Colorado, Greeley, Colorado, 2002.

**Awards(continued)**

Alumni Achievement Award, Delta Tau Delta International Fraternity, Los Angeles, California, 2002

University Professor Award, Indiana University of Pennsylvania, 1999.

Alumni Achievement Award, College of Arts and Sciences, Western Michigan University, 1998.

Ackerman/Black Award, endowed award to be given annually by The National Association for Children of Alcoholics, 1998.

Annual Distinguished Service Award, West Virginia Association of Alcoholism and Drug Abuse Counselors, 1997.

The Clyde & Marie Gooderham Award, University of Utah, 1995.

Annual “Thank You” Award, Gateway Rehabilitation Center, Pittsburgh, PA, 1994.

Appreciation Award, National Association for Children of Alcoholics, 1993.

Distinguished Alumni Award, Western Michigan University, 1990.

Who’s Who in Addiction Treatment and Recovery, Wilson, Brown & Co., 1989.

Distinguished Faculty Award for Research, Indiana University of Pennsylvania, 1988.

**PUBLICATIONS**

**Books**

*Perfect Daughters: Adult Daughters of Alcoholics*. Revised edition. Health Communications, Deerfield Beach, FL, 2002.

*A Wife’s Little Red Book: Common Sense, Wit and Wisdom for a Better Marriage*. Health Communications, Deerfield Beach, FL, 1998.

*Before It’s Too Late: Help for Women in Controlling or Abusive Relationships*. Health Communications, Deerfield Beach, FL, 1995.

*A Husband’s Little Black Book: Common Sense, Wit and Wisdom for a Better Marriage*. Health Communications, Deerfield Beach, FL, 1994.

*Silent Sons: A Book for and About Men*. Simon & Schuster, New York, NY, 1993.

### **Books(continued)**

*Too Old To Cry: Abused Teens in Today's America.* McGraw-Hill, New York, NY, 1990.

*Recovery Resource Guide.* Health Communications, Deerfield Beach, FL, 1990.

*Perfect Daughters: Adult Daughters of Alcoholics.* Health Communications, Deerfield Beach, FL, 1989.

*Abused No More: Recovery for Women from Abusive or Co-Dependent Relationships.* McGraw-Hill, New York, NY, 1989.

*Children of Alcoholics,* 2nd Edition. Simon & Schuster, New York, NY, 1987.

*Let Go and Grow: Recovery for Adult Children of Alcoholics.* Health Communications, Deerfield Beach, FL, 1987.

*Same House, Different Home: Why Adult Children of Alcoholics are Not All the Same.* Health Communications, Deerfield Beach, FL, 1987.

*Children of Alcoholics: Bibliography & Resource Guide,* 3rd Edition. Health Communications, Deerfield Beach, FL, 1987.

*Children of Alcoholics.* Learning Publications, Holmes Beach, FL., 1978

### **Anthologies**

*Chicken Soup for the Recovering Soul Daily Inspirations.* Health Communications, Deerfield Beach, FL 2006

*Chicken Soup for the Recovering Soul.* Health Communications, Deerfield Beach, FL. 2005

*Growing in the Shadow.* Health Communications, Deerfield Beach, FL, 1986. (Editor and contributing author).

### **Chapters in Books**

“The Alcoholic Family” in *Children of Alcoholics: Selected Readings.* National Association for Children of Alcoholics, 2000.

“Co-Dependency and Professionals” in *Professionals and Their Addictions.* Charter Medical Corporation, Macon, GA, 1989.

“Assessing the Impact of Alcoholism on the Family” in *Changing Legacies.* Health Communications, Pompano Beach, FL, 1985.

### **Chapters in Books(continued)**

“Alcoholism and the Family” in *New Perspectives on Alcoholism*. University of Akron Medical School, 1983.

“Socio-Cultural Considerations of Addiction” in *Basic Curriculum for Substance Abuse Counselors*, Office of Substance Abuse Services, Department of Health, Michigan, pp. 1-67, 1979.

### **Books(consulting editor)**

*Relapse Prevention Workbook*. Dennis Daley, Learning Publications, Inc., Holmes Beach, FL, 1986.

*Ceremonial Chemistry*. Thomas Szasz, Learning Publications, Inc., Holmes Beach, FL, 1985.

*Guide to Recovery*. Herbert L. Gravitz & Julie Bowden, Simon & Schuster, New York, NY, 1987.

*Handbook for Volunteers in Substance Abuse Agencies*. Dennis W. Shouse et al., Learning Publications, Inc., Holmes Beach, FL, 1983.

*Confrontation in Psychotherapy with the Alcoholic*. Gary G. Forrest, Learning Publications, Inc., Holmes Beach, FL, 1983.

*Alcoholism: Prevention Curriculum*. Physicians’ Assistants Program, Western Michigan University, Michigan, 1980.

### **Articles/Papers**

“Self-Identified Alcohol Abusers in a Low Security Federal Prison: Characteristics and Treatment Implications” *International Journal of Offender Therapy and Comparative Criminology*, 45(2), 2001, 214-227.

“A Sigh of Belief: Helping Parents to Raise Their Confidence” Monograph, Center for Substance Abuse Treatment, 2000, 2-16.

“Developing Healthy Families” Monograph, Center for Substance Abuse Treatment, 2000, 16-25.

“Working with High Risk Adolescents” Monograph, Center for Substance Abuse Treatment, 2000, 26-33.

"Barriers to Change: Counseling Clients with Stereotype Gender Patterns". *Professional Counselor*, Volume 14, October 1999.

### Articles/Papers(continued)

“Dysfunctional Families: Myth, Fact or Somewhere in Between?”. *The Counselor*, November/December 1995.

“Appreciating Gender Differences in Recovery”. Conference Papers - NAADAC 95, July 1995.

“Dysfunctional Families Doesn’t Mean Dysfunctional Men”. *The Counselor*, September/October 1994.

“Validation of an ACOA Index” *International Journal of the Addictions*, 28(3) 257-269, 1993.

“Differentiating Adult Children of Alcoholics: The Effects of Background and Treatment on ACOA Symptoms” American Sociological Association Annual Meeting, San Francisco, August 1989 Published in *International Journal of the Addictions*, 26(11), 1159-1172, 1991.

“Research Findings on the National Adult Children of Alcoholics Research Study” American Sociological Association Annual Meeting, Chicago, IL, August 1987.

“Let Go & Grow: A New Motto for Adult Children of Alcoholics” in *Alcoholism and Addiction Magazine*, May/June 1987.

“A New Perspective on Adult Children of Alcoholics” *Employee Assistance Digest*, Jan./Feb. 1987.

“The Family’s Response to Addiction” in *Focus on Family, The U.S. Journal of Drug and Alcohol Dependence*, Sept./Oct. 1986.

Book review of *Children of Alcoholism*. J. Seixas & G. Youcha, Crown Publishing, New, NY, in *Journal on Alcohol Studies*, Rutgers University, January 1986.

“Alcoholic Parents: Reducing the Impact” in *Focus on Family, The U.S. Journal of Drug and Alcohol Dependence*, Volume 7, No. 1, Jan./Feb. 1984.

“The Denial of Other Victims” in the *Domino Quarterly Journal*, New York, NY, Spring/Summer 1983.

R. Ackerman and E. Erickson. “Models of Self: Celebrity Relevance for Personal Achievement” at the Michigan Academy of Science, Arts and Letters, University of Michigan, Ann Arbor, MI, March 1982.

R. Ackerman and John A. Vonk. “A Parent’s Death, Divorce, or Long Term

Institutionalization and Running Away From Home” at the Western Social Science Association, San Diego, CA, April 1981.

**Articles/Papers(continued)**

E. Erickson, R. Ackerman, and John A. Vonk. “Theories About Running Away From Home: Emerging Interests in the Family” at the above meetings.

R. Ackerman, E. Erickson and J. Vonk. “Breaking Up the Two Parent Family and Youth Running Away From Home” at the Ninth Annual Family Research Conference, Brigham Young University, Provo, UT, October 1980.

R. Ackerman, E. Erickson and J. Vonk. “Research Report: Estimates of Running Away From Home in America” at the Western Social Science Association, Albuquerque, NM, April 1980.

R. Ackerman, R. O’Sullivan and C. Wiedman. “Adult Role Preference for Self and Academic Skills Development Among Adolescent Students”, in *The Effects of Schooling and Culture on Disaffiliation and Career Development*, The Center for Educational Studies, Grand Rapids, MI, June 1977.

C. Wiedman, R. Ackerman and R. O’Sullivan. “Importance of Grades to Parents, Peers, Teachers, and the Individual Student” in the above publication.

**TV/Films/Video/Web-Cast**

Panelists for “Addiction in the Home: Healing Lives, Families, and Communities” Web-Cast Video, Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, Department of Health & Human Services, Rockville, MD., 2005.

Consultant to the movie, “Keeping Secrets”. ABC Television, aired September 1991.

Oprah Winfrey Show, Chicago, IL, November 1989.

Today Show, New York, NY, January 1988.

“Trust in Yourself” Commentator and writer, Coronet Films, Simon & Schuster, Chicago, IL, January 1988.

“It Won’t Happen To Me” Script Advisor, Coronet Films, Simon & Schuster, Chicago, IL, January 1989.

“Children of Alcoholics Series” Human Services Institute, Bradenton, FL, 1988.

CNN, Atlanta, GA, November 1987.

Consultant to the movie “Shattered Spirits”. ABC Television, Robert Greenwald Productions, Los Angeles, CA, aired ABC January 1986.

**TV/Films/Video/Web-Cast(continued)**

“Adult Children of Alcoholics: Choices in Growth” produced by Alcoholism Counselors Continuing Education Services, Indianapolis, IN, 1985.

“Children of Alcoholics” produced by Learning Publication, Inc., Holmes Beach, FL, 1983.

**Audio-Tapes/CDs**

“When Someone You Love has a Drinking Problem” Ceridian, 2005

“Strong at the Broken Places: The Art of Healing”, Logan Publishing, 2000.

“Working with Resistant Adolescents”, Logan Publishing, 2000.

“Reclaiming Joy In Your Life”. Logan Publishing, 1994.

“Gender Issues & Personal Growth”. Logan Publishing, 1994.

“Silent Men”, Logan Publishing, 1993.

“Isolation, Inadequacy, Intimacy--The Three “I’s” in Recovery”. Logan Publishing, 1991.

“Perfect Daughters”. Health Communications, Deerfield Beach, FL, 1990.

“Let Go & Grow”. Health Communications, Deerfield Beach, FL, 1989.

Co-dependently Yours: Adult Daughters of Alcoholics”. Alcoholism Counselors Continuing Education Services, Indianapolis, IN, 1990.

“Children of Alcoholics & Human Development”. Alcoholism Counselors Continuing Education Services, Indianapolis, IN, 1983/1986.

“Adult Children of Alcoholics”. Alcoholism Counselors Continuing Education Services, Indianapolis, IN, 1985.

“Abused Children of Alcoholics”. Alcoholism Counselors Continuing Education Services, Indianapolis, IN, 1984.

“Adult Children of Alcoholics & Intimacy”. Alcoholism Counselors Continuing Education Services, Indianapolis, IN, 1985.

“Behaviors of Adult Children of Alcoholics”. Alcoholism Counselors Continuing

Education Services, Indianapolis, IN, 1987.

**POSITIONS IN ORGANIZATIONS**

Professor, Sociology Department, Indiana University of Pennsylvania, 1982 to present

Director, The Mid-Atlantic Addiction Training Institute, IUP, Indiana, PA, 1988 to present.

Board of Directors, Foundation for Indiana University of Pennsylvania, 1996 to 2002.

Consultant, The Suzanne Somers Institute, Palm Springs, CA, 1989 to 1999.

Advisory Board, Who's Who in Addiction Treatment and Recovery, Wilson, Brown & Co., 1989 to 1993.

Board of Directors, Alice Paul House, Indiana, PA, 2000 to present.

Editorial Board, Changes Magazine, U.S. Journal of Drug and Alcohol Dependence, Pompano Beach, FL, 1986-1995.

Advisory Board, National Association for Children of Alcoholics, Rockville, MD, 1988 to present.

Professional Advisory Board, The Chemical People Institute, Pittsburgh, PA, 1983-1990

Member, American Sociological Association, 1976 to present.

Contributing Author on Family Research & Intervention, Focus on Family, U.S. Journal of Drug and Alcohol Dependence, Pompano Beach, FL, 1987-88.

Consulting Editor, Alcohol & Drug Studies Division, Learning Publications, Inc., Holmes Beach, FL, 1980-86.

Vice President, National Association for Children of Alcoholics, South Laguna, CA, 1985.

Board of Directors, Parents Anonymous, Indiana County, PA, 1982-85.

National Advisory Board, Physician's Assistants Program in Substance Abuse, 1977-82.

Advisory Board, New Directions, Kalamazoo Alcohol and Drug Abuse Council, Kalamazoo, MI, 1979-82.

Governor's Council, Alcohol and Drug Abuse, State Department of Health, Denver, CO, 1975-76.

## **MILITARY SERVICE**

United States Army, 1971-1976, Honorable Discharge, Rank Captain

## **ACADEMIC EXPERIENCE**

### **Faculty**

Sociology Department, Indiana University of Pennsylvania

Assistant Professor: 1982-1985

Associate Professor: 1985-1988

Professor: 1989 to present

College of Health & Human Services, Western Michigan University

Adjunct Clinical Professor: Fall 1983 to present

Sociology Department, Western Michigan University

Adjunct Professor: Fall 1980 to August 1982

Instructor: Fall 1979

Graduate Teaching Assistant: 1976-1979

Sociology Department, Hillsdale College

Assistant Professor: Winter 1980-1982

Sociology Department, Kalamazoo College

Visiting Professor: 1980

Counseling & Personnel Department, Western Michigan University

Part-time Faculty: 1978-1980

Sociology Department, University of Colorado

Part-time Faculty: 1975-1976

### **Courses Taught**

#### **Undergraduate:**

Principals of Sociology

Sociology of Education

Clinical Sociology

Social Change

Sociology of Organizations

Social Theory

Stratification

The Family

Child Abuse

Health & Illness

Social Problems

Deviance

Alcohol & Drugs

Juvenile Delinquency

#### **Graduate:**

Sociology of Human Services

The Family & Addiction

School Organization

Etiologies of Substance Abuse

Social Change

Contemporary Family  
Problems

Addiction Counseling

Social Conflict

Sociology of Learning

## **GRANTS**

“Building Resiliency in High Risk Elementary Students”. Director of Education and Curriculum, School Personnel Training Grant, Prevention Connection, in conjunction with Bowling Green State University, sponsored by the U.S. Department of Education, Award \$550,000, 1993-1995.

“Innovative Alcohol Abuse Education--Training Program for Educators”. Director of Curriculum with Prevention Connection, in conjunction with Bowling Green State University, U.S. Department of Education, Award \$644,000, 1992-1993.

“International Training Grant on Alcohol and Drug Abuse”. U.S. Journal on Alcohol and Drug Abuse, Award \$25,000, Presented training in Australia and New Zealand, Fall 1990.

“Comprehensive Community Based Prevention Project for High Risk Youth”. Alcohol and Drug Abuse Demonstration Grants, Department of Health and Human Services, 1988 (Award requested \$483,000 approved, but not funded).

“Community Development of Programs for Children of Alcoholics”. Department of Social and Rehabilitation Services, State Department of Health, Vermont, Award \$12,500, Summer 1984.