

Changes by Choice: Broad-Based Options for Recovery

Professional Associates

James W. Finch, MD is certified by the American Society of Addiction Medicine and board certified in Family Medicine. He has over 15 years of experience as a specialist in Addiction Medicine, but brings to his practice the generalist perspective of a Family Physician. Over the course of his career, Dr. Finch has served as co-founder and Assistant Director of the Duke Addictions Program; Medical Director for the Durham Center and the Southlight Wakeview Methadone Treatment Center; Assistant Professor in the Duke Family Practice Residency Program; and Education Director of the Governor's Institute on Alcohol and Substance Abuse. He has published numerous professional articles and is a sought-after curriculum developer and trainer. He is now President of the North Carolina Society of Addiction Medicine. Dr. Finch began working with Suboxone for the treatment of opiate addiction shortly after the medication was released and is one of the most experienced physicians in its use in North Carolina.

Jane B. Finch, MSW, LCSW received a B.A. from Dartmouth College and a Master of Science in Social Work from Columbia University. She remained at Columbia for two years, directing clinical research studies using motivational strategies with patients in hospital detoxification settings. Since moving to Durham in 1997, she served as clinical director of an outpatient substance abuse treatment program and as an Employee Assistance Program counselor before pursuing full-time private practice. Jane uses her training in Dialectical Behavior Therapy and Trauma Reprocessing Therapy (EMDR) to help clients manage stress and reduce disturbances associated with underlying traumas. She is certified in Critical Incident Stress Management and is a co-chair of her local Red Cross chapter's Disaster Mental Health division.

James R. Dykes, MD is a Duke-educated family physician who has practiced integrative medicine in Durham for 20 years, pioneering the approach in the Triangle area. He offers skills in Integral Transformative Practice, exercises for the mind and body incorporating yoga, t'ai chi, stretching, relaxation, and meditation.

Logan Graddy, MD is a Duke-trained psychiatrist with expertise in general adult psychiatry and addiction psychiatry. He completed a fellowship in forensic psychiatry at West Virginia University. He offers both psychotherapy and evidence-based pharmacotherapy.

Daniel E. Mattingly, PA-C graduated *magna cum laude* from the Duke Physician Assistant Program in 1981. Prior to becoming a physician assistant, Daniel served as a military corpsman in Vietnam, where he witnessed the devastating effects of heroin addiction on the lives of fellow soldiers. Daniel has devoted his career to caring for addicted and mentally ill patients, and to educating PAs, physicians, other health professionals and the public about addictive diseases. He was Medical Coordinator of Substance Abuse Services at The Durham Center for 18 years and has served in leadership roles with the American Academy of Physician Assistants, the North Carolina Medical Society, the North Carolina Physicians Health Program, the Society of Physician Assistants in Addiction Medicine, and the AIDS Clinical Trials Program at Duke University.

Maria L. Michalski, MS, LCAS has worked as a therapist for 13 years since completing her graduate work at Villanova University, where she received an MS in Counseling with a specialty in addictions. She has counseled adolescents, adults, couples and families in a variety of settings and has been in private practice for 6 years. Maria's work philosophy is strongly cognitive-behavioral, though she believes in the importance of a solid relationship between therapist and client to facilitate change. She is also passionate about Dialectical Behavior Therapy as an effective treatment modality, as well as group therapy in general.

Jon R. Murphy, MDiv, SAC completed undergraduate work in psychology and sociology at NC State University and in 2003 received a Master of Divinity degree with emphasis on Pastoral Counseling. He was a commissioned officer in the US Army, completed Ranger and Psych-ops training, and was assigned to the White House Ceremonial Unit, 3rd US Infantry during the Reagan and GHW Bush administrations. After resigning from the military, Jon worked in counseling and directorial positions at mental health and substance abuse facilities in Maryland and North Carolina, and also served for seven years as a Federal Law Enforcement Officer doing psychological profiling for federal sentencing. In 2004, Jon assumed pastoral duties of a church in the Lillington NC area and took a position as a counselor with an employee assistance program based in Raleigh.

Anderson P. Orr, MEd, MRE, LCAS has 25 years of substance abuse and mental health counseling experience and specializes in applying Rational Emotive Behavior Therapy to substance abuse and related emotional-behavioral problems. He was one of the early pioneers in North Carolina to offer substance abuse counseling based on rational recovery models, which can be effective for those who are not attracted to more spiritually-based programs. Andy helps clients find and develop human solutions – realistic and practical solutions grounded in the behavioral sciences and "common sense." He serves as the volunteer advisor for the Raleigh SMART Recovery® Group and has been a member of the SMART Recovery® board of directors.

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