

IRENE R. GARRICK

PHD, LMHC-NY, LPC-CT, NCC, MBA, PMP

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EDUCATION

- PhD – Counseling and Counselor Education - University of Rochester – Warner School of Education, Rochester, NY – 2013
- MicroMasters in Project Management – Rochester Institute of Technology, Rochester, NY - 2017
- Certificate of Advanced Study (CAS) - Roberts Wesleyan College, Rochester, NY - 2007
- Master of Science in School Psychology - Roberts Wesleyan College, Rochester, NY - 2006
- Master of Business Administration - Rochester Institute of Technology, Rochester, NY - 1994
- Bachelor of Science in Accounting – St. John Fisher College, Rochester, NY – 1987

PROFESSIONAL LICENSES AND CERTIFICATIONS

- New York State Licensed Mental Health Counselor – License # 005216
- Connecticut Professional Counselor – License # 3430
- National Certified Counselor – NCC # 275729

PROFESSIONAL EXPERIENCE

Assistant Professor of Clinical Nursing

University of Rochester School of Nursing (August 2018 – Present)

- Psychiatric Mental Health Nurse Practitioner Program
 - NUR 454 Group and Family Psychotherapy Across the Lifespan Online Master's class
 - NUR 451 Individual Psychotherapy Across the Lifespan – Adults
 - NUR 455 Theoretical Frameworks for Advanced Psychiatric Nursing Practice
- Leadership Program
 - NLX 469 Project Management
 - NLX 473 Healthcare Financial Management
 - NLX 468 Program Evaluation (replaced by NLX 469)
- RN to BS Program
 - NUR 403 Ethics and Public Policy in the Health Care System
 - NUR 355 Contexts of Health Care: Policy Finance and Regulatory Environments
- SON Courses
 - NUR 401 The Writing Workshop
- Project Management for the Education Mission

Licensed Mental Health Counselor (New York and Connecticut)

Irene R. Garrick Mental Health Counseling, PLLC. (June 2019-Present)

- Provide TeleMental Health counseling and therapy for adolescents 14-19 and adults

- Work with clients experiencing depression, anxiety, chronic pain and medical conditions, transition and relationship challenges, grief, and other mental illnesses
- Follow a humanistic, strengths-based approach to help clients achieve wellness

Independent Consultant

July 1, 2014 – Present

Provide consulting in a variety of areas: internal and external evaluation, grant applications, research design, human subject research, writing and editing, mental health and career counseling, dissertation completion, teaching and scholarship.

Internal Evaluator – NSF Advance

May 2016 – November 2016

Provided independent consulting in project evaluation to Rochester Institute of Technology National Science Foundation (NSF) Advance Institutional Transformation grant (in support of:

Creating Opportunity Networks for Engagement and Collective Transformation: Increasing the Representation and Advancement of Women Faculty @ RIT (Connect@RIT)

NSF #1209115: ADVANCE Institutional Transformation (IT)

The NSF ADVANCE IT project, Creating Opportunity Networks for Engagement and Collective Transformation: Increasing the Representation and Advancement of Women Faculty @ RIT (*Connect@RIT*), is an effort across RIT's nine colleges, all of which include STEM disciplines. The project's goal is to increase the representation and advancement of women STEM faculty, widely represented across ethnic, social, and cultural backgrounds, by removing barriers to resources that support career success and creating new interventions and resources. An additional emphasis adapts interventions to address the needs of key sub-populations including women of color and deaf and hard-of-hearing women faculty. The project aims to: 1) refine and strengthen targeted institutional structures; 2) improve the quality of women faculty's work life; 3) align institutional, administrative, and informal systems of power and resources to support and sustain progress towards the project goal; 4) enhance the working environment and support career advancement for women faculty; and 5) establish a sustainable, inclusive, accessible RIT network that supports career goals for all RIT faculty. *Awarded: \$3.4M*

Clinical Assistant Professor – Mental Health Counseling

Medaille College (August 2013 – June 2014)

Taught a wide range of graduate-level courses in Mental Health Counseling (Research and Evaluation, Career Counseling, Grief Counseling, Advanced Family Therapy and Counseling, Counseling Children and Adolescents). Advised, mentored, and supervised graduate students as they moved through their clinical placements. Coached and mentored graduate students applying for grants/scholarships to fund attendance at American Counseling Association conference. Engaged in activities that contribute to scholarship within the profession. Provided service to the graduate programs, the department, and the College. Member of the Council for Accreditation of Counseling & Related Educational Programs (CACREP) accreditation committee. Used online technology for teaching and learning.

Interim Director – M.A. in Psychology Program

Medaille College (August 2013 – December 2013)

Directed the M.A. in Psychology on-ground and online programs. Ensured the smooth operation of programs and curriculum. Advised students on educational and career goals. Reviewed applications of prospective students. Developed and coordinated semester schedules/faculty resources.

Interim Executive Director

Pastoral Counseling and Family Therapy Provided by

*The Mental Health Counseling Group, PLLC. &
The Marriage and Family Therapy Group, PLLC. (February 2013 – July 2013)*

Managed clinical and business operations of the group while providing counseling to individuals and couples. Liaised between group practice, bookkeeper and tax consultant. Coordinated transition to new accounting software. Provided training on new system and software.

Mental Health Counselor

Mental Health Counseling Group, PLLC. (September 2010 – July 2013)

Provided individual and couples counseling. Specialized in depression, anxiety, grief and loss, relationship issues, life transitions and changes, and career and educational decisions. Coordinated and advertised open houses. Maintained Facebook page and website content for group. Responsible for updating marketing tools (brochures, flyers, etc.). Supervised Master's level School Counseling practicum and internship students. Mentored graduate students on grant applications and master's theses.

Independent Researcher – Doctoral Dissertation

University of Rochester – Warner School of Education (Dissertation Completed November 2012)

“Gambling Motivation and Psychosocial Outcomes in Older Adults: A Multi-Groups Analysis of the Impact of Age, Gender, and Type of Gambling”, a secondary analysis using self-determination theory as a theoretical framework and Structural Equation Modeling as a quantitative tool. This study includes simultaneous model testing for men and women ages 18-29, 30-39, 40-49, 50-64, and 65+ to determine psychosocial outcomes for different groups depending on motives for gambling (intrinsic versus extrinsic). Extensive use of SPSS and AMOS for statistical analyses.

Research Project Manager

University of Rochester – Warner School of Education (July 2008 – May 2010)

Coordinated research efforts in grant funded study working with older adults to measure and analyze data on well-being and independence. 100+ face-to-face interview hours with participants. Performed extensive quantitative analyses on data gathered by University of Rochester research team of 384 participants using SPSS. Created comprehensive report of findings for constituents. Collaborated with PI on review and renewal of grant application to ensure compliance with governing regulations and institute policies.

Adjunct Faculty

University of Rochester – Warner School of Education (January 2008 – May 2010)

Assessment and Evaluation Course Spring 2008 – Spring 2010 (Master's level class in School Counseling Program). Created new course syllabus. Created budget proposal and secured funding required to establish the assessment center for the Warner School of Education. The Assessment and Appraisal course explores the fundamentals of selecting, administering, interpreting, and presenting tests as a component of the diagnostic and counseling process. This course includes discussions of the principles of measurement; an examination of intelligence, career, personality, and other test instruments; rationale for test selection; guidelines for test administration; and ethical use of appraisal in decision making and treatment planning.

Educational Research/External Evaluator Consultant

Independent Consultant working with Rochester Institute of Technology (May 2009 – July 2009)

Provided independent educational consulting services to Rochester Institute of Technology Manufacturing and Mechanical Engineering Technology Packaging Science Department (Professor Betsy Dell) regarding retention of female students in Engineering. Performed extensive quantitative analysis of research data using SPSS and created final comprehensive report of results.

School Psychologist Intern

Brighton Central School District, Brighton, NY (September 2006 - June 2007) Grades K-12

Administered cognitive, achievement, and social/emotional instruments. Attended and reported out at Committee on Special Education (CSE) or IEP team meetings as part of multi-disciplinary team. Performed observations of students in regular and special education classrooms. Wrote formal psychoeducational reports. Consulted with teachers in developing and tracking intervention projects. Performed Curriculum Based Measurement and Progress Monitoring using AIMSWEB as part of the Response to Intervention model. Performed counseling and play therapy. Evaluated students at all four public schools, and several private and parochial schools. Worked with exceptional students: students with learning disabilities, hearing impairment, AD/HD, gifted and talented, etc.

Counselor Intern

Roberts Wesleyan College Counseling Center, Rochester, NY (September 2005 - May 2006)

Provided individual counseling under supervision (experience with depression, anxiety, eating disorders, self-injurious behaviors, sexual abuse, and grief). Conducted client intakes. Completed formal psychosocial reports. Maintained client files and associated paperwork. Presented cases at staff meetings. Attended self-injury seminar presented to area school counselors. Administered Millon Inventory pilot instrument as part of grant funded study. Graduate level teaching experience in Psychology and Social Work programs (e.g. Divorce, drug testing in schools, Gardner's Multiple Intelligences, All-Day Kindergarten, etc.).

Research Assistant

University of Rochester AD/HD Research Laboratory (August 2005 – January 2006)

Assisted in AD/HD research grant supported study utilizing eye tracking equipment and EEG data.

University of Rochester Sleep Research Laboratory (July 2004 – June 2005)

Participated in peer review of journal articles. Performed extensive literature reviews as preparation for new research studies/grant applications. Completed detailed analysis of subjects interested in research participation. Processed articles into Reference Management System. Involved in recruitment and telephone screenings of research study participants. Administration of MINI International Neuropsychiatric Interview Version 5.0 DSM-IV.

PRIOR EXPERIENCE**Finance Professional**

Eastman Kodak Company, Rochester, NY (June 1987-February 2000)

- Special Expenditure Request (SER) Funding Coordinator
- Regional Project Management (RPM)/Global Data Warehouse (GDW) Finance Training Development Lead/Curriculum Strategist
- Global Enterprise Resource Planning (ERP) Finance Curriculum Strategist
- Financial Analyst/Task Management System (TMS) Coordinator – U.S. & Canada Fixed Asset Accounting
- Financial Administrator – Synthetic Chemicals Division
- Financial Analyst/Team Leader – Kodak Equipment Manufacturing Division Financial Accounting
- Corporate Tax Accountant

PUBLICATIONS AND PRESENTATIONS

- “Dealing with Trauma” - Plenary Speaker at Phronesis World Nursing and Health Care Congress November 12-13, 2019, Las Vegas, NV
- “Gambling Motivation and Psychosocial Outcomes in Older Adults: A Multi-Groups Analysis” – Accepted for an Oral Presentation at the Fifth International Conference on Self-Determination Theory June 2013 in Rochester, NY
- “Gambling Motivation and Psychosocial Outcomes for Older Adults: A multi-groups analysis based on impact of age and gender” - Accepted for Presentation in the Late Breaker Poster Session at the 2012 Gerontological Society of America’s 65th Annual Scientific Meeting in San Diego, CA
- Unpublished PhD Dissertation “Gambling Motivation and Psychosocial Outcomes in Older Adults: A Multi-Groups Analysis of the Impact of Age, Gender, and Type of Gambling”, a secondary analysis using self-determination theory as a theoretical framework and Structural Equation Modeling as a quantitative tool. This study includes simultaneous model testing for men and women ages 18-29, 30-39, 40-49, 50-64, and 65+ to determine psychosocial outcomes for different groups depending on motives for gambling (intrinsic versus extrinsic). Extensive use of SPSS and AMOS for statistical analyses.
- “Autobiography as a Narrative Counseling Intervention Strategy in Midlife and Old Age” – American Counseling Association (ACA) conference – March 2010 in Pittsburgh, PA (with co-presenters Dr. Kathryn Douthit and Susan Santiago)
- “Using Structural Equation Modeling to Address Questions in Counseling Research” – 3-hour Learning Institute at the American Counseling Association (ACA) conference – March 2010 in Pittsburgh, PA (with co-presenters Dr. Martin Lynch and Tamara Sullivan)
- “Autoethnography as a Transformative Counseling Research Method for Studying Life Stories of Diverse Older Adults” – Oral Presentation at the Association for Counselor Education and Supervision (ACES) Conference – October 2009 in San Diego, CA (with co-presenters Dr. Kathryn Douthit and Susan Santiago)
- “Using Structural Equation Modeling to Address Questions in Counseling Research” – Oral Presentation at the Association for Counselor Education and Supervision (ACES) Conference – October 2009 in San Diego, CA (with co-presenters Dr. Martin Lynch and Tamara Sullivan)
- “Facilitating the Development of a Reflective Practitioner: Constructive Practices in Supervision” – Oral Presentation at The Fifth International Interdisciplinary Conference on Clinical Supervision - June 2009 in Buffalo, NY (with co-presenters Tamara Sullivan, Alisa Hathaway, Donna Walck, Erin Halligan, Catherine Towsley, Nancy Gearhart)
- “Walking Down the Sunny Side of the Street: Three Studies Developing a Spiritually Nuanced Measure of Optimism”, Bassett, R.L., Garrick, Irene, et al. *The International Journal for the Psychology of Religion*, 18:330-352, 2008.
- “Depression in Older Adults” – Poster for the North Atlantic Regional Association for Counselor Education and Supervision 2008 Conference in Portland, ME.
- “Do the Effects of CBT-I Vary with Insomnia Subtype?” Cindy Phillips, Wilfred Pigeon, Irene Garrick, et al. (ABSTRACT for Associated Professional Sleep Societies 2005)
- “The Temporal Patterning of Poor Sleep in Patients with Primary Insomnia” by Michael Perlis, Cindy Phillips, Irene Garrick, et al. (ABSTRACT for Associated Professional Sleep Societies 2005)

SERVICE AND VOLUNTEER WORK

Chair, Committee on Academic and Professional Integrity
University of Rochester School of Nursing (2020-2021)

Member, Committee on Academic and Professional Integrity
University of Rochester School of Nursing (2021-Present)

Member, Committee on Clinical Promotion and Tenure
University of Rochester School of Nursing (2020-present)

Member, Faculty Governance Committee
University of Rochester School of Nursing (2021-Present)

Member – PhD Dissertation Committee, Christie Weidenheimer
University of Rochester Warner School of Education Counseling and Counselor Supervision (2020-Present)

2019 School of Nursing Preceptor Workshop Planning Committee Member
University of Rochester School of Nursing

Graduate Program Council Committee Member
Medaille College (August 2013 – December 2013)

Program Director of M.A. in Psychology online and on-ground programs.

Council for Accreditation of Counseling and Related Educational Programs (CACREP) Self-Study Committee Member
Medaille College – (August 2013 – June 2014)

Worked with faculty to develop self-study based on 2009 CACREP standards.

University of Rochester – Warner School of Education (Fall 2009 – Fall 2011)

Worked with Department Chair and Faculty to coordinate and gather of information for Council for Accreditation of Counseling and Related Educational Programs (CACREP) self-study for reaccreditation of Doctoral program in Counseling, Master's program in School Counseling, and Master's program in Community Mental Health Counseling. Responsible for assembling final self-study document and supporting evidence of meeting the 2009 CACREP standards.

Peer review of Book Chapter on Suicide (2012)

Building Planning Committee Member

Participated in planning of new University of Rochester Warner School of Education building (2009/2010 Academic year)

New York Association of School Psychologists (NYASP) Planning Committee Member

Participated in planning 2008 NYASP Conference in Rochester, NY (August 2007 - February 2008)

PROFESSIONAL DEVELOPMENT

- How to Start a Telehealth Program 2020
- Grant Writing Workshop – Cornell University October 2019
- Nexus Summit – August 2019 Minneapolis, MN
- THTC Program Online
- Introduction to TeleMental Health

- Legal Aspects of TeleMental Health
- Ethics of using Technology in Behavioral Health
- HIPAA Compliance for Mental Health Professionals
- University of Rochester School of Nursing 2018 DNP Summit: Practice, Vision, Visibility
- Safe Space Part I – Foundations of Being an Ally
- Attended American Society of Engineering Educators (ASEE) Conference in Salt Lake City, UT 2018
- Attended American Society of Engineering Educators (ASEE) Conference in New Orleans, LA, 2016
- Attended 2016 NSF ADVANCE/GSE Program Workshop in Baltimore, MD, May 2016
- Unlocking your Passion at Any Age Webinar – Rochester Institute of Technology, March 2015
- How Have the Wars in Iraq and Afghanistan Impacted the Troops, their Families, and the Mental Health Community? – American Counseling Association, March 2015
- NCCU Counselor Education Webinar - A Brief Synopsis of the New DSM-5 – January 2014
- Online Teaching and Learning – University of Rochester, Fall Semester 2012
- 2011 Mental Health Practitioners Seminar – Borderline Personality in Adults and Adolescents
- Canine Assisted Play Therapy – Nazareth College, June 2010
- Bridging the Science and Practice of Clinical Supervision: Some Discoveries, Some Misconceptions - The University at Buffalo School of Social Work Clinical Supervision Conference, June 2009
- Round Table Discussion: Hot Topics in Clinical Supervision - The University at Buffalo School of Social Work Clinical Supervision Conference, June 2009
- Responsiveness to Intervention: What you Need to Know, Greater Rochester Area School Psychologists, December 2006

HONORS AND AWARDS

- 2010 Warner School Doctoral Conference Presentation Award
- 2009 Association for Counselor Education and Supervision (ACES) Conference Graduate Student Scholarship
- 2008 North Atlantic Region Association of Counselor Education and Supervision (NARACES) Conference Graduate Student Scholarship
- 2006 Greater Rochester Area Outstanding Adult Graduate Student Award
- 2005 New York Association of School Psychology Ted Bernstein Award
- Eastman Kodak Company Finance Division Award
- Eastman Kodak Company Scholarship
- St. John Fisher President's Scholarship
- Irondequoit Rotary "Service Above Self" Award

PROFESSIONAL MEMBERSHIPS AND ORGANIZATIONS

- Project Management Institute (PMI)
- Project Management Institute Rochester Chapter
- American Counseling Association (ACA)
- American Psychological Association (APA)