

BETSY A. GARD, PH. D.

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Curriculum Vitae

EDUCATION AND CREDENTIALS

Doctor of Clinical Psychology, 1978, Washington University, St. Louis, Missouri

A.B. Psychology & Sociology, 1972, University of Michigan, Ann Arbor, Michigan

(Graduated with Honors and High Distinctions)

APA College of Professional Psychology, Certified in Treatment of Alcohol and other
Psychoactive Substance Use Disorders, 1997– 2014

Licensed State of Georgia, 1979 – present

PSYPACT Member, 2022-present

PROFESSIONAL EXPERIENCE

GARD PSYCHOLOGICAL AND CONSULTING

Private Practice, 2025-present.

Individual, couple, family and organizational, team consultation and training. T.
Telepsychology through PSYPACT, Interjurisdictional practice.

ATLANTA AREA FAMILY PSYCHIATRY CLINIC, Atlanta, Georgia

Private Practice, 1979 – 2025

Individual, family and group therapy. Consultation to child psychiatrists and clinical social workers.

EMORY UNIVERSITY, Atlanta, Georgia

Adjunct Faculty, Professor, Department of Psychiatry (Psychology), 1982 – Present

Provide supervision to Psychiatry Residents and lectures to Psychology Interns and Fellows, clerkships and practicums, providing consultation, serve on the Diversity and Inclusion Committee, serve on the Promotion Committee, serving on the Immigration and Refugee Committee

INTERNATIONAL RESCUE COMMITTEE PROGRAM, Atlanta, Georgia

Clinical/Technical Consultant, 2015 – 2020 (PRN)

Screen women refugees and provide stabilization and referral. Provide technical support and referral for victims of torture and survivors of domestic abuse.

REFUGEE MENTAL HEALTH RESOURCE NETWORK; An Interdivisional Project of the American Psychological Association; **Vice Chair of the Steering Committee**, 2016-2019.

- Provide national webinars and programs at the APA National Convention
- Develop and promote live and recorded Webinars for APA and Division 56, the Division of Trauma Psychology

RED CROSS-NATIONAL DISASTER MENTAL HEALTH TRAINING TEAM

Team Member, 2016-Present

Provide consultation on revisions to Red Cross Courses including;

- *Psychological First Aid* (Webinar and Instructor-led)
- *Disaster Mental Health Introduction*
- *Disaster Mental Health Fundamentals-Part 1* (on-line)
- *Disaster Mental Health-Part 2-* for in-person presentation
- *Response to Terrorism and Transportation Events*
- *Lead Disaster Mental Health in planning for Family Assistance Center, Super Bowl 2019.*

RED CROSS SERVICES TO THE ARMED FORCES (2011-current)

National and Lead Trainer and Facilitator for **Coping with Deployments, Reconnection/Resiliency Workshops** for Military personnel, their families, and children

Contributor for and Reviewer of Virtual Workshops for COVID Stress Solutions; for Red Cross Staff, Military personnel and their significant others.

STATE OF GEORGIA-PAROLE AND PROBATION

Trainer and Presenter, 2018.

7 Hour workshop; Gard, B. Georgia Office of Victim Services; Statewide Victim Offender Dialog; *Self and Other care.*(2018)

Parole and Probation; *Trauma and Beyond*; Gard, B. & Freeman, P. (2018)

STATE OF GEORGIA DISASTER COORDINATOR

Consultant, 2007 – 2009

Consultation for Website of Disaster Mental Health (<http://georgiadisaster.info>) and Distance Learning module.

Consultant, 2009 – 2013

Developing a Crisis Response Team and creating a consortium of colleges that can respond in a **Member** (2011-current) State Crisis Consortium Team

SCOTTISH RITE CHILDREN'S MEDICAL CENTER, Department of Psychiatry, Atlanta, Georgia

Allied Health Professional – Psychologist, 1986 – 2006

Assessment and consultation to the Neurofibromatosis Clinic and Emergency Room assessments.

RIDGEVIEW HOSPITAL, Atlanta, Georgia

Allied Health Professional, 1983 – 2001

Assessment and Treatment.

EMORY UNIVERSITY, Department of Psychiatry, Atlanta, Georgia

Assistant Professor of Psychology, Tenure Track, 1978 – 1981

- Assessment and treatment of minority and disadvantaged families and children at Grady Memorial Hospital;
- Child and Adolescent Mental Health Service;
- Supervision of psychology interns as part of an A.P.A. approved internship;
- Teaching and consultation to medical students, interns and residents of the Emory Medical School in group and individual therapy, behavior modification of children and adolescents.

LEADERSHIP

- Secretary, Georgia Psychological Foundation (2019-2024. Established Mental Health Moments Podcasts for WRFG for topical mental health information to the public. Established the Gard-Berman Pro Bono Award and the Gard-Berman Research Award for studies on meeting the needs of underserved populations and those who serve in these capacities. (2019-present)
- Member, Diversity and Inclusion Subcommittee of the Department of Psychiatry and Behavioral

Sciences (2018- present)

- Member, Promotion Committee for Adjunct Faculty, (2019-present).
- Hospital Workers, Patients, and Families, Interdivisional Task Force on COVID-19. Member Founding Member, (2020-present)
- Disaster Mental. Health Member of the Family Assistance Center Statewide Support Exercise Planer (2018)
- Trainer for Mental Health Professionals nationally for Red Cross Services to the Armed Forces (SAF) in facilitating **Reconnections Workshops** for returning veterans, their significant others, and children of military personnel. (2016-present)
- Board Member of the Innovative Solutions to Disadvantage and Disability (ISDD). (2009 – 2017)
- Member of the Georgia Crisis Consortium. (2009- 2018)
- Chair of the Pro Bono Network of the Georgia Psychological Association. (2011 - 2012)
- Red Cross-Services to the Armed Forces-Trained in **Reconnections** National Program for reuniting, reconnecting, and rebuilding Military Families. (2012)
- Co-Chair of the State Disaster Response Network for the State of Georgia, Georgia Psychological Association. (2005 – 2012)
- Regional Advisor for the State of Georgia Disaster Mental Health and the Disaster Committee. (2014 – present)
- Manager in Red Cross Disaster Services Human Resources System. (2004 – present)
- Regional Disaster Mental Health Manager for the State of Georgia, American Red Cross. (2013 – 2015)
- Chair of the State of Georgia Disaster Response Network, American Psychological Association. (2013)
- Trained to be facilitator for the State of Georgia Red Cross, **Reconnections** - assisting returning military reintegration. (2011 – 2013)
- Selected as 1 of 2 State presenters for **Coping with Deployment**- a program by the Red Cross to assist families leaving on deployment. (2010 – 2013)
- President-Elect, President, and Past President of the Georgia Psychological Association. (2004 – 2007)
- President of the Division of Independent Practitioners of the Georgia Psychological Association. (1994 – 1995)
- Southeast Regional Advisor for the Disaster Response Network of the American Psychological Association. (1996 – 2000)
- Executive Board member of the Metropolitan Atlanta Red Cross Emergency Community Services. (1992 – 1996)
- Vice-President of the Georgia Psychological Association. (1990 – 1993)

CONFERENCE PRESENTATIONS AND TRAININGS

Gard, B., Amin, A., & Iheduru, A. (2020). *Refugees, asylum seekers, and immigrants: What do we know? What can we do?* Panel presentation at the Annual Meeting of the Georgia Psychological Association.

Gard, B. (2019). *Youth-challenges, Risks and Resiliency*. Presentation to the IRC, Atlanta, Ga.

Gard, B. (2019). *Weather, emergency responders, and mental health*. Lecture to the Student Outbreak and Response Team, Rollins School for Public Health, Emory University.

Gard, B. (2019). *Concepts for responding in a disaster: Psychological first aid and self-care*. Lecture to the

Student Outbreak and Response Team, Rollins School for Public Health, Emory University.

Gard, B. and Amin, A. (2019) *Asylum in the US: a path from trauma to refuge and the role of forensic evaluations*. Plenary presentation for the Association of Medicine and Psychiatry Annual Meeting.

Gard, B. (2019) Webinar; *Introduction to Disaster Mental Health Services; Ways to serve your community*. Georgia Psychological Association/ Georgia Psychological Foundation

Carll, E., Gard, B, Kaslow, N., et.al. (2019) *Diversity and Inclusion Committees: Relevance for the Refugee Community and Policy and Practices*. American Psychological Association Annual Meeting, Chicago.

Gard, B. (2019). *Working with Refugees and Other Special Populations; Trauma Informed Care for Ourselves and Our Work*. 3-hour Workshop. Georgia Psychological Association Annual Meeting.

Goines, K., Hampton, J., de Andino, A., Gard, B., & Kaslow, B. (2019). *Diversity and Inclusion in the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine*. Poster presented at Accelerating Change in Medical Education, American Medical Association; Consortium Meeting, Atlanta, Ga.

Gard, B. (2018) *Early Onset Bipolar Disorder-Updated Studies and Complex Interactions*. Georgia Psychological Association, Continuing Education Workshop.

Gard, B.A., Hatherley, D, Logan, R., Lobsinger, B. & David, J. (2018) *Lessons learned from Las Vegas Orlando-Red Cross and Partner mass casualty health and mental health preparedness and response*. Presented at the Emergency Management Association of Georgia Annul Meeting.

Gard, B.A. (2017) *Promoting mental health wellness in refugees*. Presentation at the Annual American Psychological Association as part of a Symposium on Refugees

Gard, B.A. (2017) *Development of a Self-Care Workshop for Refugees*. Developed in collaboration with a Kaiser Grant for the International Rescue Committee

Gard, B. A. (2017- April) *Preparing your workforce for resiliency*. Presentation at the Annual Georgia Emergency Management Conference.

Carll, Elizabeth, Gard, Betsy and Auerbach, Carl. (2017-May) *Working with Interpreters with Refugee Populations in Healthcare Settings and for Asylum Evaluations*. Refugee Mental Health Resource Network Webinar.

Carll, Elizabeth, Gard, B.A. and Salton, William. (2017-February) *Screening and Intervening with Refugees: Understanding trauma and the Mental Health Needs*. National Webinar Co-sponsored by the American Psychological Association's Division's 56, 35, 32, and 55.

Gard, B.A. (2016, August). *An Innovative Program for Refugees; Screening and Referral to Community Agencies*. Poster presented at the American Psychological Association Annual Convention, Denver, CO.

Gard, B.A. (2016, November). *Self-Care in the Business World*. Presented at the Georgia Veterinarian State Convention, Atlanta, GA.

Gard, B.A. (2016, October). *Concepts for Responding in a Disaster; Psychological First Aid and Self Care*. Training for CERT Team, Emory University, Decatur, GA.

Gard, B.A. (2016, April). *Developing a Greater Volunteer Workforce*. Presented at EMAG (Emergency Management Association of Georgia) Conference, Savannah, GA.

Gard, B.A. (2016, February). *Trauma Informed Care in our Work and our Lives*. Training for International Refugee Staff at the International Rescue Committee, Atlanta, GA.

Gard, B.A. *Emergency Responders and Mental Health*. Lectures presented at Rollins School of Public Health,

Emory University, Decatur, GA.

Gard, B.A., Hatherley, D., Thornton, K., & David, J. (2014 & 2015). *Done-in-a-Day; Innovative Red Cross Training*. Presented to licensed mental health professionals across the State of Georgia,

Gard, B.A. (2014, April). *Pediatric Bipolar Disorder*. Workshop for mental health professionals and educators presented at the Palm Springs Unified School District, Palm Springs, CA,

Gard, B.A. (2014, April). *We are Human Too. Risks for Responders in a Mass Fatality Event*. Presented to Centers for Emergency Preparedness Cobb and Douglas Public Health Departments, GA.

Gard, B.A. (2013, April). *The Joy of Giving and Volunteering; Looking at the Science and Ethics of Altruism*. Presented at the Annual Georgia Psychological Association Meeting, Stone Mountain, GA.

Gard, B.A. (2013, Fall). *Factors that Mediate the Development of Post-Traumatic Stress Disorder*. Presented at Georgia Hospital Association Meeting, Georgia Healthcare Alliance, Atlanta, GA.

Gard, B.A. (2013, Spring). *Mass Fatalities-The Role of the Disaster Mental Health Responder*. Presented to the Georgia Crisis Consortium, Georgia Department of Behavioral Health and Developmental Disabilities, Atlanta, GA.

Gard, B. A. (2012, August). *The GPA pro bono network: a multimodal approach to engage psychologists in community action*. Presented at the American Psychological Association Annual Convention, Orlando, FL.

Gard, B.A. (2012, Spring). *Pediatric Bipolar Disorder, Updates in Research and Treatment*. Workshop presented at Georgia Psychological Association, Atlanta, GA.

Gard, B.A. (2009, February). *Resiliency*. Presented to Savannah College of Arts and Design students, Savannah, GA.

Gard, B.A. (2009, Fall). *Disaster Resiliency through Community Preparedness, Education of the Disaster Worker and Self Care of the Responder*. Presented to Graduate Students at the Emory- Rollins School of Public Health, Emory University, Decatur, GA.

Gard, B.A., & David, J., (2009, Spring). *Emory Crisis Response Training*. 2 Day Training of Emory Counseling and Other Selected Colleges in Greater Atlanta.

Gard, B.A. (2009 and 2012, Spring). *Early Onset Bipolar Disorder, Diagnosis, Differentiating Bipolar from Other Disorders*. Presented to Fulton County Educators, Counselors and Teaching Personnel, Atlanta, GA.

Gard, B.A. (2007). *Disaster Preparedness for the Responder – An Oxymoron?* Training, Community Wide Lecture Series, Emory University, Decatur, GA.

Gard, B.A. (1996, August). *Unique Applications of Disaster Response Work*. Presented at the Symposium, APA's Disaster Response Network – Evolving and Adapting to New Model, Annual American Psychological Association Annual Convention, Toronto, ON.

Gard, B.A. (1992, August) *Summary of the Organization of the Georgia Disaster Response Team*. Presented at Symposium on the Implementation of the American Psychological Association Disaster Response Network Through State Collaboration, American Psychological Association Annual Convention, Washington, D.C.

RESEARCH, PUBLICATIONS/Reviews

Hall-Clifford, R., Uehling, M., Khan, H., Hoke, D.M., Friis-Healy, E., Zhang, S., Awachie, T., Lee, E.M., Clark, C.J., Dubale, B., Gard, B., Ward, M., & Kaslow, N.J. 15 Jan 2024. Community-led identification of mental health support, challenges, and needs among Ethiopian immigrants to the U.S.:

opportunities for partnership with faith communities. *Mental Health, Religion & Culture*. doi: 10.1080/13674676.2023.2282089

Kaslow, N., Schwartz, A., D., Fani, N., Gard, B., Goldsmith, D., Hampton-Anderson, J., Holton, J., Lee, E., White, D. & Cattie, Jam., 2021. Integrating diversity, equity and inclusion into an academic department of psychiatry and behavioral sciences. *Focus: The Journal of Lifelong Learning in Psychiatry*, 19(1). 65. doi: 10.1176/appi.focus.20200024.

Gard, B. (2019-2023t). Peer reviewer for **The Journal of Psychological Services, APA Journal of Psychologists in Public Service**. Editor, Patrick H. Deleon.

Gard, B. A. (2015). Developing a greater disaster mental health volunteer workforce in the American Red Cross of Georgia. *Nursing Matters; Past and Present, Winter Edition, American Red Cross*.

Gard, B. A. (2013). Innovative tools and developments in disaster preparedness and response. *Georgia Psychologist*, 67 (1), 12-13.

Gard, B. A. (2009). The role of interpreters during disasters. *American Translators Association Chronicle*, XXXVIII (7), 19-23.

Gard, B. A. & Ruzek, J. I. (2006). Community mental health response to crisis. *Journal of Clinical Psychology*, 62 (8), 1029-1041.

Compton, M., Cibulas, B.K., Gard, B. A., Kaslow, N. I., Kotwicki, R. J., Reissman, D. B. & Wetterhall, S. (2005). Incorporating community mental health into local bioterrorism response planning: experiences from the DeKalb County Board of Health. *Community Mental Health Journal*, 41 (6), 647-663.

Popkin, M. H., Gard, B. A. & Montgomery, M. (1996). *1,2,3,4 Parents*, Marietta, Ga. Active Parenting Publishers. (Program to train parents of young children includes workbook, teacher's guide, & video).

Gard, B. A. (1995). Diagnosing and treating post-traumatic stress disorder in children & adolescents. *Insight*, 16 (2), 20-23.

Gard, B. A. (1994). Disaster response team; the summer of our deluge. *Georgia Psychologist*, 48 (2), 20-21.

Dorr, D., Barley, W., Gard, B. A., & Welch, B.C. (1983). Understanding and treating borderline personality organization. *Psychotherapy Theory, Research & Practice*. 01/1983; 20(4). DOI:10.1037/h0088499.

Gard, B. A. & Kurtz, R. (1979). Hypnotic age regression and cognitive perceptual tasks. *American Journal of Clinical Hypnosis*. 21 (4), 270-277.

Mesibov, G. & Gard, B.A. (1978). The development of a training program to teach behavior principles to development day care center staffs. *North Carolina Journal of Mental Health*. VIII (9), 51-53.

Newmark, C., Aponte, C., Gard, B.A., & Konanc, J. (1977). Changes in psychiatric admission MMPI profiles over a period of 15 to 20 Years. *Journal of Clinical Psychology*. 33 (3), 741-743.

Garfield, S., Kurtz, R., & Gard, B.A. (1976). Clinical Psychologists in the 1970's. *American Psychologist*, 31, 1-9.

DISASTER RESPONSE SERVICES

- Disaster Manager; Lead for Friends and Family Reception Center, (2019); in the event of a mass casualty event; (2019 Super Bowl, Atlanta, Ga.)
- Psychologist; (2019) Mental Health Team member for the Maccabi Games, Atlanta, Ga.
- Disaster Mental Health Manager for the Greater Houston Disaster, Hurricane Harvey, Districts 1, 5, & 6. (2017), American Red Cross
- Virtual Deployment and Training Team for Louisiana Floods, American Red Cross (2017)
- Manager for Georgia Disaster Mental Health Response to Hurricane Matthew (2016)
- Member of Red Cross National Deployment Team for the Louisiana Floods (2016)
- Work with Ebola Pandemic (2015)
- Ice Storm, State of Georgia (2014)
- Mission to Haiti (2010)
- Atlanta Floods (2009)
- Atlanta Tornado (2008)
- Bluffton University Bus Accident (2007)
- Hurricane Katrina – State Georgia Mental Health Lead for 2nd State Receiving Most Evacuees–received 135,000 Evacuees (2005)
- 9/11 – Manhattan, New York City (2001)
- Day Trading Shooting – Buckhead/Atlanta, Georgia (1999)
- Hurricane Floyd – Orlando, Florida (1999)
- Swiss Air Crash – Delta Response – Atlanta, Georgia (1998)
- Hall County Tornadoes – Sandy Springs/Atlanta, Georgia, Hall County, Georgia (1998)
- Twin Bombing Family Planning Clinic (1997)
- City of Atlanta Olympic Park Bombing – Atlanta, Georgia (1996)
- Value Jet crash – Atlanta Notification (1996)
- Oklahoma City Bombing – Oklahoma City (1995)
- Tropical Storm Alberto – Albany, Georgia (1994)
- Northridge Earthquake – California (1994)
- Hurricane Andrew – Louisiana (1990)

HONORS/AWARDS

- Georgia Psychological Foundation Award- (2024) Excellence as member and Secretary,
- Red Cross Service to the Armed Services Award (in recognition of service and leadership to the Red Cross, SAF. (2019). Presented at the Annual Red Cross Recognition Meeting.
- *Outstanding Career of Service Award; Outstanding Contributions to the Profession of Psychology and to the People We Serve.* (2018). Georgia Psychological Association; 1st Time Awarded
- *Distinguished Adjunct Faculty Member Award, (2017-2018).* Department of Psychiatry and Behavioral Sciences Faculty Development Committee.
- American Psychological Association Division of Trauma Psychology; Outstanding work as Vice-Chair, APA Refugee Mental Health Resource Network Steering Committee and contributions to the field of Trauma Psychology. (2017)
- American Red Cross Award for Disaster Preparedness & Response; Recruiting & Outreach.

(2015)

- Georgia Psychological Association as outgoing Chair of the Pro Bono Committee. (2014)
- Georgia Psychological Association as the outgoing Chair of the Georgia Red Cross Disaster Mental Health Network. (2013)
- Honored by the American Psychological Association for Public Service. (2012)
- Honored by American Red Cross for Service during the 2004 Hurricane Season. (2004)
- Woman of the Year, Georgia Psychological Association, Division of Women Psychologists. (2002)
- Georgia Psychological Association Award for Outstanding Service on 9/11. (2001)
- Jewish Health Care International Honor for Work in Cultural Service in Romania. (2000)
- American Psychological Association Presidential Citation for being a founding member in Disaster Response Network Advisory Committee. (2000)
- Delta Airlines Certificate of Appreciation for being a Founding Member for Crisis Intervention Response Program and Contributing Associate to the Employee Assistance Program. (2000)
- Outstanding Service to the American Psychological Association Division of Trauma Psychology

PROFESSIONAL ASSOCIATIONS

- American Psychological Association (1979 – Present)
- Board Member, Georgia Psychological Foundation (2017)
- Georgia Psychological Association, Fellow (1979 – Present)
- Georgia Crisis Consortium (2009 – Present)
- Manager in Red Cross Disaster Services Human Resources System (2004 – Present)
- Board Member of the Institute for the Studies of Disability and Disadvantage (2009 – 2017)
- Regional Advisor for the State of Georgia Disaster Mental Health (2014 – 2016)
- Chair of the Pro Bono Network of the Georgia Psychological Association (2011 – 2012)
- Co-Chair State Disaster Response Network, State of Georgia, Georgia Psychological Association (2009 – 2012)
- Vice-Chair of the Refugee Mental Health Network Database; A CODAR Interdivisional project of the American Psychological Association (2016-2018)

PROFESSIONAL ACTIVITIES DURING AND POST-PANDEMIC (2020- CURRENT)

- Hospital, Healthcare and Addiction Workers, Patients & Families Working Group. Member and contributor to *Psychology Today Blog posts*.
<https://www.psychologytoday.com/us/blog/psychological-trauma-coping-and-resilience>,
 - *Grief and loss: Understanding the process.*
 - *The waves of Grief*
 - *Vicarious trauma, mirror neurons, and COVID-19*
 - *Reflections on participating in the vaccine study (in process)*
- COVID Immigrants' and Refugee Workgroup. (2024-present) Member and contributor to developing advocacy and assistance to refugees, immigrants, and migrants. One focus is currently on women being held in detention centers.
- WRFG; Mental Health Moments. Podcasts developed to assist the community in coping

with mental health issues, particularly during the pandemic. Highlighted on the “What the Folk” program. Podcasts include; *Loneliness and isolation, Anger, Coping with the holidays, Uncertainty, Anger, Forgiveness.*

- Georgia Nurses Association; (2020-current). Collaboration to provide support to nurses on the frontline.... Virtual support chats, surveying membership, and providing resources for their webpage.
- Red Cross Staff and volunteers; Virtual support chat weekly to provide support and resiliency coping tools.
- Savannah and Chatham County Public School Nurses Association; Support and resources on resiliency in the face of the Pandemic
- GPA Webinar; *A pandemic in the 21st century; What do we know? How do we cope?*
- GPA Town Hall; *The mental health impacts of COVID-19.*

CONSULTATION AND SUPPORT FOR THOSE IMPACTED BY WAR AND TRAUMA

- 5-day Train-the Trainer program for Ukraine teachers; “Working with our children and youth in war-times” (May, 2024) held in Warsaw, Poland
 - *ACE’s*
 - *Trauma and its impact on development*
 - *Common challenges co-morbid with trauma*
 - *Strategies for classroom management, even within the bomb shelter*
 - *PFA*
 - *Self-care*
- Support group for parents to help them help their children in the aftermath of the attacks against Israel (2023)-Temple Sinai
- Grief support groups for those whom have lost loved ones (2021-present)
- **EmBRACE** Peer Support Trainer; (2021-Current) Training peers to support Emory employees through a peer support training and on-going supervision