

Michael J. Gargano, MEd, LMHC-D, C-DBT, EMT-B

Email: michaeljgargano@outlook.com

Website: www.MichaelJGargano.com

PROFESSIONAL EDUCATION

PhD student in Clinical Psychology Saybrook University, San Francisco, CA, 94111	2013 – 2015
MEd in Counselor Education (Community Mental Health Counseling) St. Bonaventure University, St. Bonaventure, NY, 14778	May 2013
BA in Theology St. Bonaventure University, St. Bonaventure, NY, 14778	Dec. 2010
AA in Liberal Arts and Social Sciences Adirondack Community College, Queensbury, NY, 12804	Aug. 2009
NYS Regents Diploma Hudson Falls Senior High School, Hudson Falls, NY 12839	Jun. 2007

STUDY ABROAD

Trinity College, University of Oxford, Oxford, England St. Bonaventure University Francis E. Kelley Oxford Program	Jul. 2010 – Aug. 2010
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OTHER EDUCATION & CERTIFICATIONS

A) Academic Fellowships and Certifications

Certificate of Professional Development: Teaching and Engaging the Modern Student Center for Innovation & Teaching Excellence, Alfred State College	Aug. 14 – Aug. 22, 2025
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B) First Responder Education & Certifications:

The Recreational UAS Safety Test (TRUST) Completion Certificate Federal Aviation Administration Issued by: Pilot Institute Authentication Token: EASY32989654064	Dec. 23, 2025
Basic Search and Rescue Training Academy (BSART) Niagara Frontier Search and Rescue, Inc. https://www.nfsar.org	Jan. 2023 – June. 2023
NYS DEC Basic Wildland Search Skills Course Niagara Frontier Search and Rescue, Inc. https://www.nfsar.org	Mar. 2023
NYS Department of Health Emergency Medication Technician (EMT-Basic) Delevan Fire Fighter Training Center, Course Instructor: Joni Ensell, EMT-B	Jan. 2023 – June. 2023

C) Professional Counseling & Behavioral Certifications:

Certified in Dialectical Behavior Therapy (C-DBT) Evergreen Certifications® Certification Number: 552720	May 2025 – Present
Certified Dancing Mindfulness Facilitator The Institute for Creative Mindfulness	July 24-July 25, 2020.

ACADEMIC APPOINTMENTS

Assistant Professor, Applied Psychology Department of Social and Behavioral Sciences Alfred State College – SUNY College of Technology	Aug. 2025 – Present
Teaching Assistant St. Bonaventure University – Clare College	Fall 2011 & Fall 2012

CLINICAL LICENSURE & CERTIFICATIONS

Current/Active

NYS Licensed Mental Health Counselor – Diagnostic Privilege (LMHC-D)

Dec. 16, 2019 – Present

- License No. 010086
- Diagnostic Privilege granted March 18, 2025
- LMHC License granted December 16, 2019
- Licensure in Good Standing

NYS Emergency Medical Technician – Basic (EMT-B) Certification # 516369

Jul. 15, 2023 – Present

NYS Department of Health Bureau of EMS and Trauma Systems

Basic Life Support CPR & AED (BLS, CPR, and AED)

Jan. 24, 2023 – Present

American Heart Association

Temporary Licensure

NJ Licensed Professional Counselor

Oct. 22, 2020 – Aug. 31, 2022

New Jersey Temporary Emergency License for Out-of-State Practitioners)

- NJ License Number- NJDCATEMP-030687
- Authorized to practice as a Licensed Professional Counselor (equivalent to NYS Licensed Mental Health Counselor licensure) within the State of New Jersey during the COVID-19 global pandemic.
- Temporary Emergency Licensure allowed provision of mental health services to New Jersey patients through telemedicine, pursuant to P.L.2017, c. 117, or in-person.
- Licensure expired in good standing following NJ Governor ending State of Emergency Declaration.
- For verification please visit <https://njconsumeraffairs.nj.gov/NJDCA-TempLicense-Verification/>

Inactive

NYS Credentialed Alcoholism and Substance Abuse Counselor-Level 2 (CASAC-2)

Feb. 28, 2018 – Feb. 27, 2021

- Credential No. 29999
- In process of working toward Master CASAC Certification. Completed 30-hours OASAS required supervision training.
- Credential in Good Standing at Time of Inactivation

Provisional

NYS Credentialed Alcohol and Substance Abuse Counselor-Trainee (CASAC-T)

Apr. 02, 2014 – Dec. 04 2018

- Trainee No. 29999

NYS Licensed Mental Health Counselor- Limited Permit (LMHC-LP)

Nov. 25, 2014 – Nov. 25, 2016

- Permit No. P95557

CLINICAL AND BEHAVIORAL HEALTH EXPERIENCE

Nota Bene: 16+ years of trauma- and dissociation-informed clinical experience as a psychotherapist, addictions specialist, behavioral health practitioner, and clinical supervisor skilled in treating complex trauma, dissociation, acute stress disorders, substance use disorders, behavioral addictions, anxiety disorders, mood disorders, and personality disorders.

LMHC/ Owner and Founder, Hope & Recovery Counseling Services

Jan. 2020 – Present

- Established comprehensive trauma and dissociation-informed mental health counseling private practice agency which provides telehealth services across New York State utilizing cutting edge technology.
- Adapted academic research to deliver client-centered, translational, evidence-based psychoeducation and psychotherapy services within a neurodiversity affirming treatment model.
- Conducted comprehensive evaluations, psychosocial interviews, and psychological assessments as well as formulated patient-centered goals, interventions, and treatment plans.
- Crafted social media platforms and marketing strategy which includes Facebook, Twitter, Blogging, & Interviews.
- Develop strategic partnerships with key market shareholders to improve quality of services.
- Approved and entered into business agreements with vendors, contractors, and insurance panels.
- Authored policies, procedures, and risk management procedures.
- Cultivated client referral network across New York State.

LMHC/Behavioral Health Care Manager (BHCM)

Feb. 2024 – June 2025

Universal Primary Care

- Established collaborative team-based care with primary care physicians, mid-level practitioners (NP, PA, Certified-Midwives), Nurses, and other clinical support staff to support patients mental and physical health.

- Delivered multiculturally sensitive short-term, integrated, behavioral health and psychotherapy services to patients diagnoses with anxiety and depression spectrum disorders, trauma, and co-occurring disorders utilizing a crisis intervention model that integrates humanistic psychology, Eye-Movement Desensitization and Reprocessing Therapy (EMDR), choice theory, solutions-focused therapy, cognitive-behavioral therapy (CBT), behavioral activation, problem-solving treatment, family systems therapy, dialectical behavioral therapy (DBT), and motivational interviewing(MI) within a trauma-informed atmosphere.
- Conducted comprehensive evaluations, psychosocial interviews, and psychological assessments as well as formulated patient-centered goals, interventions, and treatment plans.
- Educated patients and their families about common mental health and substance use disorders in addition to available treatment.
- Systematically tracked treatment responses and monitor patients (in person, via telehealth, and/or by telephone) for changes in clinical symptoms and treatment side effects or complications using evidenced based tools (ex: PHQ-9, GAD-7, Y-BOCS, Beck Depression Inventory, etc.)

LMHC/Behavioral Health Therapist I, UPMC Chautauqua

Aug. 2019 – Nov.2020

820 Residential Treatment Program for Substance Use Disorders

- Spearheaded development of evidenced-based, recovery-grounded, programming for a 20-bed, co-ed, OASAS- Certified, residential substance use disorder treatment program located at 51 Glasgow Avenue, Jamestown, NY 14701.
- Streamlined workflow processes to include admissions and discharges, daily clinical duties, and other essential job functions to ensure safe resident experiences and staff retention.
- Creatively solved clinical and staffing issues to include scheduling of staff, staffing patterns, etc.
- Provided on-site technical support to staff.
- Mentored staff on development issues related to clinical skills acquisition, using AIDET in routine job assignments, co-occurring disorder treatment, work-life balance, treatment plans, coordination of care, words that work, trauma-informed care, admissions, discharges, teamwork, treatment interfering and destroying behaviors, meeting department needs across the hospital.
- Created a progressive action correction plan which addressed resident issues that may disrupt or harm either resident, staff, and/or the treatment of others
- Collaborated with senior management and other departments to ensure quality of care across the continuum of services offered at UPMC Chautauqua.
- Interfaced with departments across the hospital to find solutions for emergent crises.
- Trained in EMDR and provided services to residents with identified needs and desire to work on this part of their recovery journey.
- Conducted comprehensive evaluations, psychosocial interviews, and psychological assessments as well as formulated client-centered treatment plans.
- Collaborated on an ongoing basis with medical and psychiatric providers to formulate diagnostic impressions and treatment recommendations within an evidence-based practice model.

CASAC-2/Senior Counselor

Nov. 2016 – Aug. 2019

Outpatient & Inpatient Rehab, and Supervised Medical Withdrawal Programs

- Provided clinical and administrative supervision to masters and bachelors level clinicians, interns, nurses, peer support specialists, recovery coaches, and unit techs across three clinical settings (supervised medical withdrawal, inpatient, and outpatient) in individual, group, and treatment team formats.
- Clinic Supervision included educating supervisees about addiction and counseling, reviewing clinician cases, presentations, clinician care and rapport, team building, and problem solving.
- Administrative Supervision included reviewing and signing off on treatment plans, taking part in chart utilization review, facilitating treatment team, correcting team errors, redirection, approving referral letters, coordinating outcome measures, etc.
- Redesigned outpatient, inpatient and detox counseling programming with implementation of new treatment schedule that blends peer support led life skills groups (yoga, meditation, budgeting, cooking, activities of daily living, creativity group, activity/recreation groups) with clinical groups (Ex: CBT, DBT, Relapse MGT, Men's/Women's Groups). Increased client retention and satisfaction rates.
- Developed successful strategic partnerships with local universities creating a strong internship program for undergraduate and graduate prepared counselors.
- Served as agency liaison to Steuben County Drug Court, Hornell City Drug Court, Probation, and Department of Social Services.
- Maintained on-call status for consultation and emergencies.
- Monitored compliance in collaboration with program director and addressed concerns as they arose.
- Facilitated in-service trainings on verbal de-escalation skills, crisis intervention, suicide/homicide, and violence risk assessment.

- Delivered multiculturally sensitive behavioral health and psychotherapy services to individuals with severe and persistent mental illness as well as substance use disorders (particularly histories of trauma) utilizing a crisis intervention model that integrates humanistic psychology, choice theory, solutions-focused therapy, cognitive-behavioral therapy (CBT), family systems therapy, dialectical behavioral therapy (DBT), motivational interviewing (MI), and experiential therapies within a trauma-informed atmosphere.
- Interviewed potential hires in consultation with senior leadership and program directors across agency settings.
- Conducted comprehensive evaluations, psychosocial interviews, and psychological assessments as well as formulated client-centered treatment plans.
- Collaborated on an ongoing basis with medical and psychiatric providers to formulate diagnostic impressions and treatment recommendations within an evidence-based practice model.
- Managed social media presence on Facebook & Twitter. Created content on topics related to recovery, addiction awareness, and support.

Family Engagement Coordinator, Cattaraugus Community Action, Inc., Salamanca, NY **May 2016 – Nov. 2016**

- Founded comprehensive wellness-focused family-based case management services throughout Cattaraugus County that prepares parents to be more accountable and involved in their child's life. Consistently exceeded meeting quarterly target goals by 95%.
- Supervised case-managers, interns, and support staff and trained staff in human service delivery model.
- Managed yearly operating budget of \$100,000. Oversaw all financial expenditures, prepared financial narratives, and operated services consistently below budgetary limitations set forth in grant documents.
- Developed strategic partnerships with human service agencies, County and local courts, medical providers, Department of Social Services, mental health and addictions treatment facilities, and other community agencies to meet clients' needs during and after crises.
- Conducted intake evaluations, psychosocial interviews, and formulated client-centered plans to engage in community-based supports and services.
- Instituted evidenced-based recovery-oriented group counseling curriculum that prepares clients to translate skills acquired into positive coping tools.
- Advocated for client interests throughout program participation to include status update letters, phone calls, cross-systems meetings, and face-to-face collaborative meetings with identified service providers.
- Analyzed data collected and developed evidenced-based reporting measures and reports.
- Maintained compliance with established federal, state, local laws, code of ethics, and federal grant guidelines.

Mental Health Therapist, Adult Inpatient Behavioral Health Unit **Dec. 2015 – May 2016**
Olean General Hospital, Olean, NY

- Delivered multiculturally sensitive behavioral health and psychotherapy services to individuals with severe and persistent mental illness as well as substance use disorders (particularly histories of trauma) utilizing a crisis intervention model that integrates humanistic psychology, choice theory, solutions-focused therapy, cognitive-behavioral therapy, family systems therapy, dialectical behavioral therapy (DBT), motivational interviewing and experiential therapies within a trauma-informed atmosphere.
- Conducted crisis evaluations, psychosocial interviews, and psychological assessments as well as formulated client-centered treatment plans.
- Designed comprehensive evidenced-based, recovery-oriented group counseling curricula that prepares clients to translate skills acquired into positive coping tools, to manage mental health and addiction issues, and develop stability.
- Collaborated on an ongoing basis with psychiatric providers and medical staff to formulate diagnostic impressions and treatment recommendations within an evidenced based practice model.
- Facilitated legal status paperwork for voluntary and involuntary admission of clients to inpatient mental health unit in accordance with New York State Office of Mental Health and other legal mandates.

Counselor III, Emergency Dept./ Adolescent & Adult Inpatient Mental Health Units **May 2015 – Dec. 2015**
Women's Christian Association (WCA) Hospital

- Delivered multiculturally sensitive behavioral health and psychotherapy services to individuals with severe and persistent mental illness as well as substance use disorders (particularly histories of trauma) utilizing a crisis intervention model that integrates solutions-focused therapy, cognitive-behavioral therapy, family systems therapy, dialectical behavioral therapy (DBT), motivational interviewing and experiential therapies within a trauma-informed atmosphere.
- Conducted crisis evaluations, psychosocial interviews, and psychological assessments as well as formulated client-centered treatment plans.
- Provided group psychotherapy on developing positive coping tools using a DBT framework, family dynamics, and other mental health related topics.
- Collaborated on an ongoing basis with psychiatric providers and medical staff to formulate diagnostic impressions and treatment recommendations within an evidenced based practice model.
- Facilitated legal status paperwork for voluntary and involuntary admission of clients to inpatient mental health unit in accordance with New York State Office of Mental Health and other legal mandates.

- Trained staff on trauma-informed care and interventions.

Addictions Counselor, Council on Addiction Recovery Services, Inc. (CAREs), Olean, NY **May 2013 – May 2015**

- Provided multiculturally sensitive individual and group psychotherapy to individuals diagnosed with substance use and mental health disorders.
- Conducted assessments as well as formulated client-centered treatment plans.
- Developed curricula and facilitated groups on men's issues, nicotine cessation, mindfulness, rational emotive behavior therapy, relapse prevention groups, & suboxone support groups.
- Coordinated care and advocated for client's interests throughout treatment
- Participated in ongoing continuing education opportunities
- Received and participated in weekly individual and group supervision as well as peer consultation.

GRADUATE PRACTICA

St. Bonaventure University, St. Bonaventure, NY

Counselor Intern (700 Hours), The Wellness Center

Jan. 2012 – Dec. 2012

- Developed programs and protocol for the Center's mandated alcohol and drug abuse programs.
- Provided effective counseling services in accordance with ACA established Standards of Ethics.
- Counseled mandated individual drug and alcohol counseling to undergraduate students.
- Developed and presented four workshops that engaged participants in the examination of their use of drugs and alcohol, healthy relationships, stress reduction, and a wellness-focused lifestyle.
- Received and participated in weekly individual and group supervision as well as peer consultation.

Counselor Intern (20 Hours), Counselor Education Collaborative Clinic

Sept. 2011 – Dec. 2011

- Provided individual counseling services to undergraduate students presenting with issues related to academic, social, vocational, career and personal difficulties.
- Conducted intake interviews, which included a complete psychosocial history and lethality assessment.
- Documented effective counseling services in accordance with ACA established Standards of Ethics.
- Received and participated in weekly individual and group supervision as well as peer consultation.

Group Facilitator (36 Hours), "Minding the Stress with Meditation"

Sept 2011 – Dec. 2011

- Developed and facilitated "Minding the Stress with Meditation", an eight week, one-hour, psycho-educational group which taught members of the St. Bonaventure University community meditative practices and effective coping strategies to relieve stress.
- Received individual supervision 1 hour per week and group supervision 2 hours per week.

Catholic Charities of Cattaraugus County, Olean, NY

Practicum Intern (100 Hours)

Sept. 2011 – Dec. 2011

- Conducted phone screenings and lethality assessment to determine whether individuals were appropriate for counseling services.
- Documented effective counseling services in accordance with ACA established Standards of Ethics.
- Identified more intensive services to best serve the needs of individuals with greater mental health needs.

TEACHING INTERESTS

Abnormal Psychology & Differential Diagnosis * Alcohol and Substance Use Counseling * Basic and Advance Helping Skills * Counseling Theory * Crisis Intervention * Family and Intimate Relation Violence * General Psychology * First Responder Psychology * History and Systems of Psychology * Human Relations * Human Development * Intervention and Assessment * Introduction to Applied Psychology * Multicultural Psychology * Professional Ethics * Psychology of Grief * Psychology of Religion * Psychology of Trauma

UNIVERSITY TEACHING EXPERIENCE

Nota Bene: * denotes courses revised and updated. +denotes courses developed as primary author.

Assistant Professor of Applied Psychology

Aug. 2025 – Present

Department of Social and Behavioral Sciences, Alfred State College, Alfred, NY

- Abnormal Psychology
- Basic Helping Skills
- Crisis Interventions*
- General Psychology (In-Person and Online)
- Human Development
- Intro to Addictions Counseling*

Teaching Assistant

Aug. 2011 – Dec. 2012

Clare College at St. Bonaventure University

- University 101: Skills for The Good Journey (3 sections)
- Freshman Foundations

PROFESSIONAL PROGRAM DEVELOPMENT EXPERIENCE**Alfred State College Center for Community Education and Training****OASAS-Approved Credentialed Prevention Professional (CPP) Training Program**

- **Course Developer/Subject Matter Expert/Independent Consultant** Nov. 06 2017
Public Policy and Environmental Change (10-hour course)
- **Course Developer/Subject Matter Expert/Independent Consultant** Oct. 26 2017
Computer Literacy and Resources (10 Hours, CPP program)

UNIVERSITY LEADERSHIP & SERVICE ROLES**A) State University of New York****Member, SUNY FACT² Digital Accessibility through AI Task Group****Dec. 2025 – Present****Member, SUNY AI Communities of Practice: Designing Assignments for Critical AI Literacy Subgroup****Oct. 2025 – Present****B) College Service****Social and Behavioral Sciences Department Representative, ASC Faculty Senate****Aug. 2025 – Present****C) Departmental Service****Co-Program Director, Applied Psychology Internship Program****Aug. 2025 – Present****Co-Program Chair, Applied Psychology, ASC****Aug. 2025 – Present****Member, Member, Applied Psychology Curriculum Committee****Aug. 2025 – Present****COMMUNITY LEADERSHIP & SERVICE ROLES****Niagara Frontier Search and Rescue (NFSAR):****Active Team Member/DEC Ground Searcher****Jan. 2023 to Present****2025 Elections Chairman****Oct. 2025 to Dec. 2025****Crew Boss Trainee, Search Team 1****Oct. 18, 2025****Organizer, Family Picnic****Oct. 2024****Ground Searcher Trainee****Jan. 2023 – June 2023****Loyola Recovery Foundation****Member, Risk Committee****Jan. 2018 – Aug. 2019****Internship Coordinator****Jan. 2017 – Aug. 2019****Olean General Hospital (OGH):****Member, Unit Practice Council****Dec. 2014 – May 2016****Mankind Project (MKP):****Founding Member, Cattaraugus County MKP Forming Community****Oct. 2014 – Present****American Counseling Association of New York (ACA-NY):****Upstate Region Chairperson****2011 – 2013****Graduate Student Chairperson & Upstate Region Chairperson****2012 – 2013****Member, Graduate Students Committee (Standing)****2011 – 2012****St. Bonaventure University:****Appointed Board Member, University Judicial Board****Aug. 2010 – May 2013****Member, Disability Committee****Jan. 2011 – May 2013****Member, Diversity Action Committee****Jan. 2011 – May 2012****Chairperson, Academic Committee, Mountain Community Leaders****Aug. 2009 – Dec. 2010****Adirondack Community College:****Student Trustee, College Board of Trustees****Aug. 2008 – Aug. 2009****Vice President, College Activity Board****Aug. 2007 – May 2009**

Board Member , Faculty Student Association (F.S.A.)	Aug. 2008 – Aug. 2009
Ex Officio Member , Student Senate Constitution Committee	Aug. 2008 – Aug. 2009
Co-Organizer , Student Senate Bay Road Clean-Up Service Projects	Aug. 2007 – Aug. 2009
Co-Organizer , Annual Angel Tree Gift Giving	Aug. 2007 – Aug. 2009
Co-Organizer , College Activity Board Holiday Parties for community children	Aug. 2007 – Aug. 2009
Member , Student Senate Budget Committee	Aug. 2007 – May 2008
Vice President , Student Senate	Aug. 2007 – May 2008
Chairperson , Student Senate Constitution Committee	Aug. 2007 – May 2008
Chairperson , Student Association Inter-Club Council	Aug. 2007 – May 2008
Student Government Representative , College Technology Committee	Aug. 2007 – May 2008

SPECIALIZED TRAININGS & CONTINUING EDUCATION

A) EDUCATIONAL AND PEDOGICAL TRANINGS

Center for Innovation and Teaching Excellence at Alfred State College

5 Strategies for Inviting Authentic Student Voice by Deepa *Deshpande*, PhD **Oct. 9, 2025**

B) FIRST RESPONDER SPECIALIZED TRAININGS

FEMA Emergency Management Institute

IS-100.C: Introduction to Incident Command **Oct. 15, 2022**
IS-700B: An Introduction to the National Incident Management System **Oct. 15, 2022**
IS-5A: An Introduction to Hazardous Materials **Nov. 14, 2022**

C) SPECIALIZED TRAININGS IN COUNSELING AND BEHAVIORAL HEALTH

Nota Bene: Information in this section is organized first by topic and second in reversed chronological order.

Crisis Intervention Trainings

CPI Nonviolent Crisis Intervention **Jan 2016**

Instructor: Andrew Fidurko, LMSW **Organization:** Olean General Hospital **CEU Hours:** 8.0

Nonviolent Crisis Intervention Training; **May 2015**

Instructor: Brian Plumford, LMSW **Organization:** WCA Hospital, Jamestown, NY
CEU Hours: 8.0

American Red Cross Foundations of Disaster Mental Health **Oct. 29, 2012**

Instructor: Tara Hughes, *NYS Disaster Mental Health Chief*

Organization: American Red Cross **CEU Hours:** 3.0

American Red Cross Psychological First Aid **Fall 2012**

Instructor: Carmella Bartimole, PhD, LMHC **Organization:** American Red Cross
CEU Hours: 3.0

Online Counseling and Suicide Intervention Specialist **Feb. 10, 2012**

Instructor: Paul Quinnett, PhD **Organization:** The QPR Institute **CEU Hours:** 40.0

QPR Suicide Prevention Gatekeeper Training **Dec. 12, 2011**

Instructor: Paul Quinnett, PhD **Organization:** The QPR Institute **CEU Hours:** 1.0

School Violence Prevention and Intervention (S.A.V.E.) **Fall 2011**

CEU Hours: 2.0 **Organization:** *Genius Genius of NY*

Dialectical Behavioral Therapy (DBT)

DBT Training for Children and Adolescents: Rescuing the Dysregulated Child **May 23, 2025**

Instructor: Jean Eich, PsyD, LP **Organization:** PESI, Inc **CEU Hours:** 7.50

Telehealth and DBT: Best Practices, Essential Skills, and Ensuring Safety **Feb. 10, 2025**

Instructor: Lane Pederson, PsyD, LP, C-DBT **Organization:** PESI, Inc. **CEU Hours:** 3.50

Dialectical Behavior Therapy (DBT): 4-Day Intensive Certification Training Course **Dec. 18, 2024**

Instructor: Lane Pederson, PsyD, LP, C-DBT **Organization:** PESI, Inc. **CEU Hours:** 30.25

Ego-States Therapy and Parts-Work Trainings

3-Day Intensive Somatic Parts Work for Trauma: A Complete Workshop on Using **May 19 – May 21, 2025**

IFS Therapy with Body Based Tools

Instructor: Marcela Cox, LMFT **CEU Hours:** 22.75 **Organization:** PESI, Inc.

Eye-Movement Desensitization and Reprocessing Therapy (EMDR) Basic and Advanced Trainings:**A) Advanced Trainings****EMDR Therapy Advance Topics Webinar Series****Jul. 7 – Jul. 8, 2020****Instructor:** Jamie Marich, PhD, LPCC-S, LICDC-CS**CEU Hours:** 12.0 **Organization:** The Institute for Creative Mindfulness

- The Power and Process in Healing Dissociation and Trauma (6 hours)
- Healing Spiritual Abuse with EMDR Therapy Conceptualization and Treatment Strategies (6 hours)

EMDR Therapy and DBT for Trauma-Informed Care: A Beautiful Fusion**Nov. 20, 2020****Instructor:** Jamie Marich, PhD, LPCC-S, LICDC-CS & Rachel Weaver, MSW, LISW-S, LICDC-CS, DBTC, REAT, RMT**CEU Hours:** 6.0 **Organization:** The Institute for Creative Mindfulness**B) EMDRIA-Approved Basic Training****Eye-Movement Desensitization and Reprocessing Therapy (EMDR Course)****Aug 2019 – Oct. 2019****Instructor:** Kriss Jarecki, LCSW-R **Organization:** Harmony Hearth Center for Wisdom, PLLC.**CEU Hours:** 52.0**Men's Transformation & Recovery Work****The Fatherhood Connection Training of Trainers****Jun. 2 – 3, 2016****Instructor:** Reginald L. Cox, CEO **Organization:** The Fatherhood Connection, Inc.,**CEU Hours:** 16.0**ManKind Project New Warrior Training, Rochester, NY****Oct. 3 – 5, 2014****Breaking Out of The Man Box****Jun. 12, 2014****Instructor:** Tony Porter, CEO **Organization:** A Call to Men**CEU Hours:** 3.0**Mindfulness Training****Dancing Mindfulness Facilitator Training****Jul. 24 – Jul. 25, 2020.****Instructor:** Jamie Marich, Ph.D., LPCC-S, REAT, RYT-500**CEU Hours:** 16.25 Hours **Organization:** The Institute for Creative Mindfulness**Advanced Mindfulness: The Art and Science of Self-Compassion,****Instructor:** Tim Desmond, LMFT **Organization:** PESI, Inc. **CEU Hours:** 6.0**OASAS 30-Hour Clinical Supervision Training****Clinical Supervision Foundations – Part 2****Jun. 13 – Jun. 15, 2018****Instructors:** Dorothy Radcliff, CASAC & Nathan Rauscher, LMSW, Master Counselor CASAC**CEU Hours:** 16.0 **Organization:** Syracuse Behavioral Healthcare**Clinical Supervision Foundations – Part 1,****Instructors:** Dorothy Radcliff, CASAC & Nathan Rauscher, LMSW, Master Counselor CASAC **May 28, 2018****CEU Hours:** 14.0 **Organization:** Addiction Technology Transfer Center Network (ATTC)**Professional Ethics Trainings****Professional Boundaries and Ethical Practice: An Ego States Introspective for Therapists****Oct. 09, 2025****Instructor:** Lisa Prefontaine, LMHC **CEU Hours:** 3.0**Sponsored by:** University at Buffalo School of Social Work Office of Continuing Education

HONORS & AWARDS

- **Saybrook University Dean's Award** bestowed upon highly qualified doctoral applicants whose applications demonstrate the potential for excellence in doctoral studies and future scholarly endeavors. (Aug 2015 – May 2015).
- **Inducted into Psi Chi, The International Honor Society in Psychology** for maintaining a graduate G.P.A. above 3.5 in all graduate counseling courses. (Nov. 8, 2012).
- Received a **Certificate of Appreciation** for serving as the Upstate Regional Chair to American Counseling Association of New York. (2011-2012).
- **St. Bonaventure University Graduate Dean's Scholarship** awarded incoming graduate students who earned a 3.0 undergraduate G.P.A & submitted an essay detailing career goals and scholarly aspirations (Nov. 8, 2012).
- **The Francis E. Kelley Oxford Memorial Scholarship for Summer Study Abroad** at Oxford University (July 2010).
- **ACC Student Senator of the Year Award** awarded for service and leadership as Student Trustee. (May 2009).

MEMBERSHIP IN HONORARY & PROFESSIONAL SOCIETIES

Lifetime:

- **Member**, The International Honor Society in Psychology (Psi Chi)

Past:

- **Graduate Student Member**, American Counseling Association of New York (ACA-NY)
 - **Graduate Student Member (GSM)**, American Counseling Association (ACA); and GSM of the following ACA Divisions:
 - Counselors for Social Justice (CSJ)
 - Association for Multicultural Counseling and Development (AMCD)
 - Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC)
 - **Graduate Student Member**, Association for Humanistic Psychology (AHP)
 - **Graduate Student Member**, Association for Transpersonal Psychology (ATP)
 - **Graduate Student Member**, Association for Contextual Behavioral Science (ACBS)
 - **Member**, National Organization of Men Against Sexism (NOMAS)
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RESEARCH

SUNY AI Cross-Campus Communities of Practice (CoP)

Oct. 01, 2025 – Present

SUNY Innovative Instruction Technology Grant (IITG)

Assigned CoP Theme: Designing Assignments for Critical AI Literacy

EDITORIAL EXPERIENCES

Professional Proofreader

Marich, J., & Dansinger, S. (2020). Trauma and the 12 steps: The workbook: Exercises and meditations for addiction, trauma recovery, and working the 12 steps (Revised and Expanded Edition.). North Atlantic Books.

PUBLICATIONS & PRESENTATIONS

Clinical Tools

Gargano, M.J. (2019, November 24). Structural Dissociation Therapy Tools. <https://michaeljgargano.com/portfolio/structural-dissociation/> (1,500+ downloads)

- Apparently Normal Part of Self [PDF File]
- Emotional Part of Self [PDF File]

Gargano, M.J. (2019, November 25). Fraser's Dissociative Table Therapy Tools. <https://michaeljgargano.com/portfolio/frasers-dissociative-table/> (1,200+ downloads)

- Fraser's Dissociative Table & Meeting Place Script, Guidelines, and Troubleshooting [PDF File]
- Dissociative Table Technique (Inner Organization Plan) [PDF File]
- Fraser's Table Individual Profile [PDF File]

Invited Lectures

Gargano, M.J. (2021, May). Understanding social media, & gaming addictions. Invited online lecture to Healing Springs Outreach and Recovery Center, Saratoga, Springs, NY. (20+ attendees)

Professional Blog Posts

***Nota Bene:** Hope & Recovery Blog since its inception Nov. 23, 2018 to Present has accumulated 25,200+ views and 16,100+ unique visitors. Aggregate analytical data is included for each post in parentheses.*

Gargano, M. J. (2021, September 23). Defying gravity: Liberation and hope in recovery through music. Hope and Recovery Blog. <https://michaeljgargano.com/blog/> (531+ views)

Gargano, M.J. (2021, February 01). "I'm F.I.N.E: The language of shielding trauma. Hope and Recovery Blog. <https://michaeljgargano.com/blog/> (4,920+ views)

Gargano, M.J. (2020 August 02). A guide to dating with complex trauma. Hope and Recovery Blog. <https://michaeljgargano.com/blog/> (2,445+ views)

Gargano, M. J. (2020, May 20). Defects of character or emotional parts: Using structural dissociation to reframe step six. Institute for Creative Mindfulness Blog: Redefine Therapy. <https://www.instituteforcreativemindfulness.com/icm-blog-redefine-therapy/defects-of-character-or-emotional-parts-using-structural-dissociation-to-reframe-step-six-by-michael-gargano-lmhc-casac-2/>

Gargano, M.J. (2019, December 17). Addressing trauma in addiction treatment: A call to therapists. Hope and Recovery Blog. <https://michaeljgargano.com/blog/> (158+ views)

Refereed Poetry

Gargano, M.J. (2021). Father Hunger. In L. Hoffman & L. Vallejos (Eds.), *Lullabies & Confessions: Poetic Explorations of Parenting Across the Lifespan* (pp. 139-140). University Professors Press.

Invited Book Reviews

Granger, Jr, N, & Hoffman, L (Eds.). (2017). *Silent screams: Poetic journeys through addiction and recovery*. University Professors Press.

"Silent Screams: Poetic Journey Through Addiction and Recovery is a breathtaking collection of poems that traces the journey through the pain and resiliency found in people who experience addiction and discover a new lifelong mission of recovery. This book is highly recommended for anyone who seeks firsthand experience into the minds and souls of people in recovery. The poems contained within these pages add depth like no other has done. The reader's mind is filled with vivid images that evoke what it feels like to be in the deepest parts of active addiction. The contrast between pain and meaning shows others there is hope and change is possible. Silent Screams portrays the human side of addiction and recovery for a world needing most to hear this message." Michael J. Gargano, MSEd; Counselor, Loyola Recovery Foundation, Inc.

Invited In-Service Presentations

Gargano, M.J. (2018, June). De-escalation training 101: Evidenced-based practices to reduce verbal violence Invited All Staff Training for Loyola Recovery Foundation, Inc., Hornell, NY. (30+ addictions professionals, peer-support staff, and recovery coaches)

Gargano, M.J. (2016, September). Clinical case documentation and ethics 101: Strategies for ethical practice. Invited lecture to Chautauqua Opportunities, Inc. New Pathways to Responsible Fatherhood Initiative. Dunkirk, NY. (12+ participants)

International Conference Presentations

Adekson, M. O., **Gargano, M. J.**, Collar, M., & Adekson, B. O. (2011, June). The mixing of racial and spiritual identities: A meeting on sacred ground. Paper presented at Metissage, Mestizaje, Mixed "Race", and Beyond, the 6th Critical Multicultural Counselling and Psychotherapy Conference, University of Toronto, Toronto, Canada.

International Conference Poster Sessions

Collar, M. & **Gargano, M. J.** (2011, June). The use of folklore therapy as a culturally sensitive intervention for the Hispanic individual. Poster session presented at Metissage, Mestizaje, Mixed "Race", and Beyond, the 6th Critical Multicultural Counselling and Psychotherapy Conference, University of Toronto, Toronto, Canada.

Invited Community Workshops

Gargano, M.J. (2011-2013). Wellness through stress-reduction. Invited lecture to St. Bonaventure University Arthur O. Eve Higher Education Opportunity Program. (72+ students.)

Gargano, M.J. (2012, Spring). Building healthy relationships. Invited lecture to St. Bonaventure University First Year Experience. (20+ students)

Gargano, M.J. (2012, Spring). Relaxation and stress relief: Strategies and techniques for maintaining wellness. Invited lecture to St. Bonaventure University First Year Experience. (15+ students)

Gargano, M.J. (2012, Fall). Maintaining healthy relationships. Invited lecture to St. Bonaventure University Residence Life Staff Development Training. (36+ residence life staff)

MEDIA APPEARANCES

Nota Bene: Aggregate analytical data included for YouTube Video and Multimedia Content.

A) Trauma-Informed Care (TIC) Interview Series

Gargano, M.J. (2020, July 20). *Healing Chronic Pain & Systemic Racism Through Art and Trauma-Informed Care: Dr. Nathaniel Granger*. [Video]. YouTube. <https://youtu.be/M4Er2GR99Ww?si=KRPAJlilipnylUOM-> (182 Views)

Gargano, M.J. (2020, July 19). *Understanding MST within Trauma Informed Care and Multiculturalism: Interview with Monisha Rios*. [Video]. YouTube. <https://youtu.be/tARZsC1YKx4?si=VnS-WHThX1Cn4t31> (51 Views)

Gargano, M.J. (2020, July 17). *Trauma and the 12 Steps: Interview with Dr. Jamie Marich* [Video]. YouTube. <https://www.youtube.com/watch?v=VMV9Ty0ScH8> (220+ Views)

B) Mental Health Counseling Video Content

Gargano, M.J. (2020, July 18) S.O.B.E.R. Breathing Space Meditation. [Video]. YouTube. <https://www.youtube.com/watch?v=gWhA3seitS4> (4,436+ views)

Gargano, M.J. (2020, July 17) Urge Surfing Exercise. [Video]. YouTube. <https://www.youtube.com/watch?v=cAjxW6WUuRk> (287+ views)

Gargano, M.J. (2020, July 16) Mindfulness of Breath Exercise 5 Mins. [Video]. YouTube. <https://www.youtube.com/watch?v=858ozUPyCaU> (512+ views)

C) Guest Appearances on Friday Night Feels Podcast (Monette Counseling YouTube Chanel)

Monette, P, **Gargano, M.J.**, Harrs, B, Diehl, J. (2021, August 21). *Men 's Night In: Panel Discussion on trauma, mental health, life, love and beyond from men's perspective.* [Video]. YouTube. <https://youtu.be/LlgD8R54XBg?si=I9Q6XfRmMdh4--Eq> (21+ views)

Monette, P, Marich, J, **Gargano, M.J.**, Kirksey, K. (2020, October 2). *Panel Discussion on Spirituality, Trauma, Addictions, and Mental Health.* [Video]. YouTube. <https://youtu.be/eHX3wNksMZY?si=uR9bzvmf9ELX9ekD> (65+ views)

PREFORMANCES

Gargano, M. J. (2022, December 17). Have yourself a merry little Christmas [Vocal and Tenor Saxophone performance]. *Silver Bells 2022 Holiday Show*. Ray Evans Seneca Theater. Salamanca, NY