



Rocky Garrison, PhD, CBSM, Clinical Psychologist

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VITA

(September, 2012)

EDUCATION & TRAINING

- **Americas Institute for Adlerian Studies**, Chicago. 1990. Post Graduate Certification in Adlerian Psychotherapy (90 hour program).
- **Post Doctoral Fellowship in Clinical Psychology, Devereux Foundation**. Santa Barbara, CA. 1978 to 1979.
- **Clinical Internship, California Community Services Center**. Los Angeles, CA. 1977 to 1978.
- **Clinical Internship, University of Southern California Health Center**. Los Angeles, CA. 1976 to 1977.
- **California School of Professional Psychology**, Los Angeles. 1973 to 1978. MA awarded 1976; Ph.D. awarded 1978 (Child and Family Clinical Psychology).
- **Western Washington State College**, Bellingham. 1971 to 1972. Undergraduate psychology courses and field experience.
- **University of Washington**, Seattle. 1967 to 1972. BA awarded 1972 (American History major).
- **University of Puget Sound**, Tacoma, WA. 1966 to 1967. Undergraduate coursework.

CONTINUING EDUCATION (trainings attended recently)

- Understanding Fatigue: Focus on Stress, Habits, and the Brain. Bill Sieber, Ph.D., Institute for Brain Potential, Portland, OR September, 2012
- Annual Meeting of the North American Society of Adlerian Psychology. Various presenters. Victoria, BC, May, 2011.
- Annual Meeting of the Association for Behavioral and Cognitive Therapies. Various presenters. San Francisco, CA, November, 2010.
- Assessment and Treatment of Health Anxiety. P. Hadjistavropoulo, Ph.D., P. Furer, Ph.D., J. Walker, & T. Bouman, Ph.D., Association for Behavioral and Cognitive Therapies, San Francisco, CA, November, 2010.
- From Chaos to Clarity: A Step-by-Step Model for Complex Cases. Christine Padesky, Ph.D., Vancouver, B.C., November 12-13, 2009.
- Annual Meeting of the Associated Professional Sleep Societies. Various presenters. Seattle, WA, June, 2009.
- Strategies for the Evaluation and Cognitive-Behavioral Treatment of Insomnia. Allison Harvey, Ph.D., Daniel Buysse, M.D., Jack Edinger, Ph.D., & James Wyatt, Ph.D., American Academy of Sleep Medicine, Minneapolis, MI, June, 2007.

EMPLOYMENT

- **Private Practice**. 1982 to present. Individual, group and family psychotherapy, psychological evaluation, clinical supervision, agency consultation and training.
- **Adjunct Professor**. Adler Graduate School, Richfield, MN. 2012 to present. Teaching on-line courses.
- **Clinical Professor**. Pacific University School of Professional Psychology. 1983 to 2009. Clinical supervision of interns and practicum students, teaching.
- **Staff Psychologist**. Edgefield Children's Center. February, 1988 to September, 1993. Clinical supervision and case consultation, developed and coordinated treatment planning process for children aged 6 to 15 in residential and day treatment, developed and implemented intensive outpatient program for children, program evaluation.
- **Director of Clinical Services**. Family Counseling Center, St. Helens, OR. 1986 to 1988. Supervision and administration of a rural mental health center.
- **Staff Psychologist**. Family Counseling Center. 1980 to 1986. Individual, group and family psychotherapy.

LICENSES AND CERTIFICATIONS:

- Certified in Behavioral Sleep Medicine #108 by American Academy of Sleep Medicine 2007-present
- NPI: 1962495556
- Medicare Provider Transaction Access Number R157828
- Oregon Psychologist #503. 1982 to present.
- Certified Group Psychotherapist. 1996 to 2002.
- Certified Suicide Prevention Gatekeeper Instructor. 1997 to 2000.
- Certified Crisis Prevention Institute Instructor. 1999.

PROFESSIONAL AFFILIATIONS

- Member. American Academy of Sleep Medicine, North American Society of Adlerian Psychology, Oregon Society of Individual Psychology
- Behavioral Sleep Medicine Consultant, Providence Health System Sleep Disorders Centers, Portland, OR

PUBLICATIONS

2010. (with Louis Libby). Insomnia treatment: Interdisciplinary collaboration and conceptual integration. *Journal of Individual Psychology*, 66.
2009. (with Daniel Eckstein). Four couples' sleep satisfaction interviews: Recommendations for improving your nights together. In Eckstein, D. (ed.). (2009). *Relationship Repair: activities for couples counselors*. El Cajon, Ca.: National Social Science Press.
2008. (with Daniel Eckstein). Four couples' sleep satisfaction interviews: Recommendations for improving your nights together. *The Family Journal*. In press.
2006. Misalliance movements in psychotherapy. *Journal of Individual Psychology*, 62, 168-179.
2000. (with Joshua Gross). Individual Psychology and group psychotherapy: Toward an Adlerian group psychotherapy orientation. In Fall, K.A. and Levitov, J.E. (eds). *Modern Applications to Group Work*. Huntington, NY: Nova Science Publishers.
1995. (with Kristine Falco). Steps toward a lesbian friendly life-style interview. *Individual Psychology*, 51, 129-143.
1995. Misalliance movements in psychotherapy. *Canadian Journal of Adlerian Psychology*, 24, 20-33.
1992. (with Daniel McKittrick). Theory of supervision outline: A training tool. *The Clinical Supervisor*, 10, 173-184.
1991. (with Janice Hickerson). Quiet room utilization patterns. *Residential Treatment of Children & Youth*, 9, 39-50.

PRESENTATIONS AND TRAININGS

2011. Demonstration Insomnia Counseling. North American Society for Adlerian Psychology, Victoria, BC
2011. Hexing Insomnia: Behavioral and Cognitive Strategies. Oregon Psychiatric Association, Portland, OR.
2010. Hexing Insomnia: Treatment Approaches for Insomnia.
Oregon Prevention Conference: Prevention, Promotion, and Possibilities, Eugene, OR.
Oregon State University Gerontology Conference, Corvallis, OR.
2010. (with Elke Schoen, NP and Sovan Pen, MA) A Holistic Approach to Insomnia. Associated Women in Psychology Annual Meeting, Portland, OR.
2009. (with Jack Edinger, Ph.D., Allison Harvey, Ph.D., Jason Ong, Ph.D. & Charles Morin, Ph.D.). Arousal Reducing and Cognitive Techniques in the Treatment of Insomnia. Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA.
- 2008 - 2012. Hexing Shiftwork. Providence Nurses Education, Portland, OR (multiple times)
2007. The Hex of Insomnia
Northwest Naturopathic Physicians Conference, Portland, OR
National College of Naturopathic Medicine Grand Rounds, Portland, OR
2006. Sleepless in Portland: Sleep Skills for Cancer Patients. Providence Cancer Center, Portland, OR
2006. The Hex of Insomnia.
Providence Sleep Disorders Services Sleep Symposium. Portland, OR.
Oregon Counseling Association, Warm Springs, OR
2005. Adding Insomnia Treatment to Your Practice. North American Society of Adlerian Psychology, Tucson, AZ (half day workshop).
2005. Coming Out is Hard To Do: A Lesbian Life Style. North American Society of Adlerian Psychology, Tucson, AZ.
2003. Social Interest in Action: Forgiveness in Counseling, Psychotherapy and Spiritual Practice. North American Society of Adlerian Psychology, Chicago, IL.
2001. Sibling Roles and Group Dynamics: An Adlerian Perspective. American Group Psychotherapy Association Annual Meeting, Boston, MA.
2001. (with Joshua Gross, Ph.D.) Design and implementation of Adlerian Group Work. North American Society of Adlerian Psychology, Tucson, AZ.
2000. Starting and Maintaining Adlerian Psychotherapy Groups. North American Society of Adlerian Psychology, St. Paul, MN.
1999. Adlerian Strategies for Improving Adherence to Prescribed Medications. North American Society of Adlerian Psychology, Atlanta.

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1999. *Understanding Metaphor: Lessons from Don Quixote*. North American Society of Adlerian Psychology, Atlanta, GA.

1998. *Team building and Decision-Making Techniques: Alternatives to Roberts' Rules of Order*. North American Society of Adlerian Psychology, Chicago, IL.

1997. *Best Practices for Fostering Youth Development: Problem Free is not Fully Prepared*. Oregon Child and Youth Care Association, Lincoln City, OR.

1997. *Planting Old Seeds in an Uncertain Environment*. Oregon Child and Youth Care Association, Lincoln City, OR.

1996. *Action Techniques for Teaching Parenting Skills*. Oregon Child and Youth Care Association Conference, Warm Springs, OR.

1996. *Cooperative Discipline*. One day workshop, Hillsboro, OR.

1995. *Parent/Staff Group in Nurturing and Discipline*. Oregon Child and Youth Care Association Conference, Portland, OR.

1995. (with Benita Hawken, Colleen Boehle & Alison Weiss). *Time Limited Comprehensive Treatment Services*. Oregon Society of Individual Psychology Conference, Eugene, OR.

1994. *Multi-Faceted Treatment Planning*. Oregon Child and youth Care Association Conference, Seaside, OR.

1993. *Cooperative Discipline*. One day workshop, Portland, OR.

1993. *Mistaken goals of therapists: Misalliance strategies in psychotherapy*. International Congress of Individual Psychology, Budapest, Hungary.

1992. *Cooperative Discipline*. One day workshop, Portland, OR.

1992. (with Sheila Bob). *Clinical Supervision*. Oregon Child and youth Care Association Conference, Newport, OR.

1992. *Children's coping strategies*. Oregon Child and Youth Care Association Conference, Newport, OR.

1991. *Clinical Supervision*. Oregon Child and Youth Care Association Conference, Bend, OR.

1991. (with Kris Falco & Ruth Parvin). *Conversations with feminist and lesbian-affirmative therapists*. North American Society of Adlerian Psychology Conference, Phoenix, AZ.

1990. *A Family Collaboration Model*. Oregon Agenda for Children, Youth and Families Conference, Portland, OR.

1990. *Self Supervision, or How to not get in your own way*. Oregon Child and youth Care Association Conference, Newport, OR.

1990. (with Benita Hawken). *Behavioral and Personality Characteristics of Physically and Sexually Abused Children*. Oregon Association of Treatment Centers Consortium, Newport, OR.

1990. *Self Supervision*. North American Society of Adlerian Psychology Conference, Philadelphia, PA.

1989. (with Christine Quigley and Linda Nelson). *Avoiding Power Struggles and Empowering Children*. Oregon Conference for Teachers of Delinquent and Disturbed Youth, Eugene, OR.

1989. (with Judy Wilcox). *Quality Assurance with Child and Family Treatment*. Oregon Psychological Association Conference, Portland, OR.

1989. *Self Supervision*. Oregon Counseling Association, Portland, OR.

1989. (with Julie McFarlane). *Age, Intelligence and Psychological Development as Determinants of Competency and Criminal Responsibility*. Oregon Criminal Defense Lawyers Association Conference, Portland, OR.

1989. (with Dan McKittrick). *Philosophy of Supervision: A Training Tool with Multiple Applications*. American Psychological Association Convention, New Orleans, LA.

1989. (with Christine Quigley). *Separation: The Process of Termination*. Oregon Conference for Teachers of Delinquent and Disturbed Youth, Eugene, OR.

1989. (with Karen Kuenning). *Using Early Recollections to Identify Beliefs and Private Logic*. Adults Molested as Children Conference, Portland, OR.

1988. (with Dan McKittrick). *Clinical Supervision: Developing Your Approach*. One day workshop, Portland, OR.

