



Omaha Insomnia

AND PSYCHIATRIC SERVICES

Dr. Gary Gard received his Ph.D. in Psychology from the University of Nebraska Lincoln in 1982. He has been in private practice nearly 30 years, with a primary focus on marital and family counseling as well as individual therapy with youth and adults. His services also include evaluations for the federal government, civil and criminal courts, a wide range of psychological testing, and professional consultations for employers, schools and Master Level Therapists.

Dr. Gard has also been a professor of psychology at Iowa Western Community College for 40 years and has served as an adjunct professor at most of the local universities and colleges. He has been recognized locally and nationally as an outstanding teacher. He also is a member of the National and local psychological associations.

He is a member of the American Psychological Association, Clinical Psychology Association, Clinical Child Psychology Association, Independent Psychologist, and Pediatric Psychology Association. Dr. Gard has provided professional consultation for many of the areas group employers, schools, homes and crisis. He has shared his expertise with public and peer audiences at the local and national level through dozens of presentations, and has published works on a variety of topics including include child behavior, parenting, social anxiety, and testing protocols. (For More information please review his Summary Vita).

Education

Doctor of Philosophy (Ph.D.), Psychology – University of Nebraska-Lincoln, 1982

Master's degree, Developmental Psychology, University Of Nebraska – Omaha, 1974

Bachelor's degree, Biology, General – Loras College (Dubuque, Iowa), 1970



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VITAE

Gary C. Gard, Ph.D.

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Omaha, NE. 68114

402-393-5432

Professional Experience

Private Practice, Omaha, Nebraska; August, 1987-Present

Responsibilities: Psychologist-parent training; Marital and family counseling, Individual therapy with children, adolescents, and adults; Psychological and educational evaluations; School and forensic consultations, EPA Consultant; Sexual abuse evaluations.

Iowa Western Community College, Council Bluffs, Iowa; August 1976-Present

Professor of Psychology
Development of Social Sciences

Courses Taught: Introduction to Psychology; Human Growth and Development; Behavioral Management Techniques; Personality and Adjustment; Human Potential Seminar; Research Methods; Statistical Analysis; Human Sexuality; Abnormal Psychology; Social Psychology.

University of Nebraska at Omaha, Omaha, Nebraska; August, 1976 -May, 1979; August, 1999-Present

Adjunct Professor, Department of Psychology

Courses Taught: Introduction to Psychology; Educational Psychology; Personality and Adjustment; Adolescent Psychology; Abnormal Psychology; Limits of Consciousness; Introduction to Clinical Psychology.

Buena Vista University, Council Bluffs Iowa; August, 1977 - 1987; August, 1999-December, 2012

Adjunct Professor
Department of Psychology

Courses Taught: Child Development; Abnormal Psychology; Education Psychology; Personality Theories; Behavior Statistics; Research Design; Senior Seminar; Behavioral Modification; Human Sexuality.



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Creighton University Medical Center, Omaha, Nebraska; August, 1997-June, 2006

Clinical Assistant Professor (Graduate Faculty)

Department of Psychiatry

Courses Taught: Seminar for Psychiatric Child Fellows

College of St. Mary, Omaha, Nebraska; August, 1981-June, 1999

Adjunct Instructor

Department of Psychology

Courses Taught: Introduction to Psychology; Human Growth and Development; Social Psychology; Personality and Adjustment; Counseling Techniques; Family Therapy; Human Sexuality.

University of Nebraska Medical Center, Omaha, Nebraska; August, 1983 - June 1987

Assistant Professor of Medical Psychology (Graduate Faculty),

Department of Psychiatry

Responsibilities: Planning, implementing, and evaluating educational training and behavioral modification programs; Research; Consultation with medical and educational professionals; Parent training; Marital, individual, and family therapy; Psychological educational evaluation; Training supervisor for APA approved clinical internship (senior clinical Ph.D. students) and externship (senior undergraduates from Creighton University) programs; Teaching psychological principles and management skills to medical, nursing and psychology students; Consultation with the Departments of Pediatrics and Rehabilitative Medicine; Supervisor for research assistants; Joint appointment with the psychology department at University of Nebraska at Omaha; Consultation to Educational Service Unit # 2, Fremont Schools, Cross-cultural consultation to Macy Schools; EPA consultant for Occupational Health Services, Inc.

University of Nebraska Medical Center, Omaha, Nebraska
Nebraska Psychiatric Institute; August, 1977 - July, 1983

Associate Psychologist

Responsibilities: Planning, implementing, and evaluating educational training and behavior modification programs; Consultation with medical and educational professional; Psychotherapy with children, adults, and families; Psychological-educational evaluations; Training supervisor for externship (senior undergraduates from Creighton University programs); Research.

Metropolitan Technical Community College. Omaha, Nebraska;
August, 1976-June, 1979

Adjunct Instructor, Department of Psychology

Courses Taught: Introduction to Psychology; Psychology of the Exceptional Child.



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Nebraska Psychiatric Institute
University of Nebraska Medical Center, Omaha, Nebraska;
August 1976 - June, 1979
Research Fellow
National Institute of Mental Health.

University of Nebraska at Omaha
Department of Psychology
Omaha, Nebraska;
August, 1973-July, 1974
Graduate Research Assistant

Education

Ph.D. Psychology, UNL Nebraska, 1982
Program Focus: Observational methodology and analysis, Human and primate development, Clinical psychology, School psychology.

APA Approved Clinical Internship (Honors)
1976-1977
Nebraska Psychiatric Institute
University of Nebraska College of Medicine (Omaha, Nebraska)
Program Focus: Developmental psychology, Behavior modification, Individual, marital, and family therapy, Psychological-evaluations, Intervention planning, Consultations, Parent training.

School Psychology Certification Program (30 graduate hours past Master's Degree). 1976
University of Nebraska (Omaha, Nebraska)
Program Focus: Psychological-educational evaluations, Behavior modification, Intervention planning, Consultation with parents and teachers.

School Psychology Fellow, 1975-1976
Center for Applied Psych. Services
University of Nebraska
Omaha, Nebraska
Program Focus: Psychological-educational evaluations, Intervention planning, Consultants with parents and teachers.

Human Ethnology Fellow
Summer, 1975
Institute for Child Development
University of Minnesota (Minneapolis, Minnesota)
Program Focus: International exchange of ideas in observational technology and primate and human development.

M.A. Developmental Psychology
University of Nebraska at Omaha
Omaha, Nebraska
August, 1974



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B.S. (Magna cum Laude), 1970
Loras College (Dubuque, Iowa)
Major: Biology
Minors: Psychology and Chemistry

Awards and Recognition

Delta Epsilon Sigma Honor Society
(Undergraduate)

Psy Chi Honor Society (Graduate)

NICHHD Pre-doctoral Fellowship

Grant Foundation Fellowship

Sigma Xi (National Science Honorary)

Teacher of the Year:
Buena Vista University

NISOD National Teacher Award for
Excellence

Professional Membership

American Psychological Association (National and Nebraska
Chapters)

Clinical Psychology Association (Division 12 of APA)

Clinical Child Psychology Association

Independent Psychologist (Division 42 of APA)

Pediatric Psychology Association

License and Certification

Nebraska License as a Psychologist (#181)

Consultation

Alegent Center for Mental Health

Ute Halle Group Home

Cooper Village Group Home

Alegent Memory Clinic
(Alzheimer's Evaluation Team)

Federal Court for Social Security Disabilities



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Training / Education Programs Presented

Happiness: Staying in the Moment. Present to Insurance Group Inc., September, 2003.

Sexual Harassment. Presented to Rinker Corporation, February, 2003.

Teaching Your Way: Introduction to E-College Format. Presented to Iowa Western Community College, March, 2002.

Teaching on the Net. Presented to Iowa Western Community College, October, 2001.

Peak Experiences: Creating Flow in the Later Years. Presented to the Loess Hills Learners, February, 2001.

Team Building. Presented to US West, Omaha, Nebraska, May, 1996.

Behavior Problems in the Schools. Presented to Educational Service Unit #2, Fremont, Nebraska, February, 1995.

Burnout in Mental Health Professionals. Presented to Columbus Mental Health Agency, Columbus, Nebraska, March, 1993.

Stress: The Hidden Problem. Presented to the Helen Becker Conference on Family Health, Fremont, Nebraska, March, 1986.

Motivation for Learning. Presented to Millard Public Schools, February, 1986.

Age Appropriate Behavior. Presented to the Omaha Public Schools, February, 1986.

Interpreting the Meyers-Briggs Personality Test. Presented to the Dundee Presbyterian Church, Omaha, Nebraska, December, 1985.

Parenting Your Adult Children. Inservice presented to University of Nebraska Medical Center, Omaha, Nebraska, May, 1985.

Dealing with Adolescents. Presented to the Department of Pediatrics, Methodist Children's Hospital, Omaha, Nebraska, January, 1985.

Oppositional Children. Presented to the Department of Pediatrics, Methodist Children's Hospital, Omaha, January, 1985.

Reality Therapy. Presented to the Nebraska Occupational Therapy Association, January, 1985.

Behind Closed Doors. Presented to the Omaha Chapter of the Administrative. Management Society, October, 1984.

The Winning Edge: The effects of competition and video games on children. Presented to Helen Becker Conference on Family Health, Lincoln, Nebraska, March, 1984.



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Motivation for Supervisors. Presented to Iowa Police Academy, October,
1983.



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Depression in Children and Adolescents. Presented to Educational Service Unit #2, Fremont, Nebraska, January, 1983.

Psychotherapy with Children. Presented to Jennie Edmondson Hospital, Council Bluffs, Iowa, November, 1982.

Oppositional Children. Presented to Department of Pediatrics, University of Nebraska Medical Center, October, 1982-1985.

Child Abuse and the Role of the Police Officer. Presented to Omaha Police Academy, February, 1981.

Behavior Modification and its Relevance to Hospital Ward Management. Presented to Department of Pediatrics, Mercy Hospital, Council Bluffs, Iowa, October, 1980.

Theories of Development and Their Relationship to Pediatric Nursing, University of Nebraska School of Medicine, February, 1980.

Presentations

Gard, G.C. & Glennon, C. Service Learning on the Net. Presented to the Iowa Association of Higher Education, Ames, Iowa, September, 2003.

Gard, G.C., Glennon, C., & Exley, R. Merging Service Education With Internet Courses. Presented to Teaching for a Change Conference, Steamboat Springs, Colorado, June, 2003.

Gard, G. C. & Berry, K.K. Sexual Abuse Intervention: Is the Treatment Worse Than the Disease. Presented at the American Psychological Association, Los Angeles, California, August, 1985.

Gard, G. C. & Berry, K. K. Social Behavior in Normal and Behaviorally Disturbed Boys. Presented at the American Psychological Association, Los Angeles, California, August, 1985.

Gard, G.C. Variables Effecting Parents Satisfaction in Parents of Normal and Mentally Retarded Children. Presented to the Midwest Region of the American Association for Mental Deficiency, Omaha, Nebraska, October, 1984.

Gard, G.C. & Berry, K.K. DSM III and The School Psychologist. Presented to the Nebraska Chapter of School Psychologist, September, 1984.

Gard, K. A. & Gard, G .C. Correlates of Management Promotion in Professional Engineers. Presented at the American Psychological Association, Toronto, Canada, August, 1984.

Gard, G.C. Oppositional Children: Research, Theory and Treatment. Presented at the American Psychological Association, Toronto, Canada, August, 1984.



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Gard, G.C., Gard, K.A. & Cacioppo, B. Behind Closed Doors: Dealing with Personal and Sensitive Matters with Employees. Presented at the Nebraska Chapter of The American Society of Training and Development, February, 1984.

Gard, G.C., Tyrone, R., Devlin, B., & Dossett, D. Anxiety and nonverbal communication. Presented at the American Psychological Association, Montreal, Canada, September, 1980.

Gard, G.C. Transitions in Fatherhood. Presented at the American Psychological Association, Montreal, Canada, September, 1980 .

Gard, G.C. Play Behavior in Rhesus Macaques. Presented at The International Society for Developmental Psychobiology, St. Louis, Missouri, October, 1974.

Publications

Gard, G.C. & Berry, K. (1986). Oppositional Children: Taming Tyrants. *Journal of Clinical Psychology*, 15, 148-158.

Gard, G.G., Tyrone, R., & Devlin, B. (1986). Social Interaction and Interpersonal Distance in Normal and Behaviorally Disturbed Boys. *Journal in Behavior Genetics*. 146, 89-196.

Gard, G.G. & Cacioppo, B. Fatherhood in Transition. (1983). *Family Perspective*, 17,203-207

Gard, K., Gary, G.C., Tyrone, R. & Dossett, D. (1982). The Effects of Anxiety on Decoding Nonverbal Communication. *Perceptual and Motor Skills*, 55, 747-753.

Sherrets, S., Gard, G. & Langner, H. (1979). Frequency of Clerical Errors in Wechsler Intelligence Scale for Children Protocols. *Psychology in the School*. 16, 495-506

Gard, G.C., & Meier, G. (1977). Social and Contextual Factors of Play Behavior in Sub-adult Rhesus Monkeys. *Primates*, 18,367-377.