

Myra Garcia, LCSW, Ph.D. Candidate

(915) 329-7765 * myragarcia8@gmail.com

Education

University of Utah

In progress

- PhD Candidate in Social Work
- Stanford- Surgery Policy Improvement Research and Education Center Mixed Methods Intensive

New York University

2013

- Masters in Social Work

The University of Texas at Austin

2012

- Bachelors in Social Work

Licensure

- LCSW Texas
 - Council Approved Supervisor
- LCSW New York

Academic Experience

University of Utah

Salt Lake City, Utah

Adjunct Instructor

Fall 2023- Current

BSW Courses:

- Human Behavior and the Social Environment I
- Social Diversity and Cultural Understanding

New Mexico State University- Hispanic serving Institute

Las Cruces, New Mexico

Full time College Assistant Professor- School of Social Work

August 2019-May 2023

Adjunct Instructor

August 2018-May 2019 and June 2023- Current

MSW Courses:

- Advanced Social Work and Mental Health Practice
- Advance Practice with Families
- Social Work Research II: Program Evaluation
- Specialized Curriculum: Core Components and Skills for Trauma Informed Practice
 - Summer 2022 Inaugural Faculty Institute Training from UNC National Initiative for Trauma Education and Workforce Development

BSW Courses:

- Social Work Practice Skills



- Socio Cultural Concepts
- Social Work Practice with Families
- Introduction to Social Welfare Policy
- Human Behavior and the Social Environment II

Awards:

- David C. Roush Award for Teaching Excellence **2019**

Service and Leadership

- MSW Curriculum Committee
- Diversity and Social Justice Committee
 - Founding committee member Spring 2020
 - Chair from 2020 to Spring 2022
- BSW Curriculum Committee
 - Chair from 2019-2020
- BSW Program Coordinator
 - Spring 2020-Fall 2021 and Fall 2022 to Spring 2023

Research Experience

University of Utah **August 2022- Current** **Salt Lake City, UT**

Research Assistant

- Conducted literature reviews, data collection through surveys, focus groups, interviews scoping and systematic reviews on research regarding racism, trauma informed care, mental health, and anti racist frameworks.
- Collaborated with interdisciplinary and interinstitutional teams to identify research aims, protocols, theoretical frameworks, and contributed to the development of publications, community presentations, and conference presentation on citation bias, anti racist frameworks in higher education, and impact of racism on wellbeing.
- Developed and presented various trainings on Anti-Racism frameworks to transform organizational functioning and improve student practicum placements in healthcare related agencies.

Clinical Experience

Liberación Therapy and Consultation, PLLC **August 2019- Current** **El Paso, Texas**

Clinical Director and Founder

- Established a bilingual private practice to provide culturally responsive and affirming therapy as well as provide training and consulting on Anti Racist Principles, DEI, social justice and trauma informed/responsive practices, and evaluating outcomes.
- Partnered with organizations to provide crisis response for critical incidents for employees, staff, and community at large.
- Presented at local, state, and national conferences, specializing in topics relevant to anti-oppressive organizational assessments and trauma-informed approaches, and understanding ADEISJ.
- Consulted and provide trainings to therapists and social service agencies in enhancing trauma informed approaches, reducing secondary traumatic stress, and ADEISJ.



El Paso Child Guidance Center

April 2016-August 2019

El Paso, Texas

Bilingual Therapist Supervisor

- Conducted trauma-informed clinical supervision to therapists and conducted assessments and interventions for clients spanning various age groups with psychosocial, emotional, behavioral, and mental health needs.
- Evaluated employee satisfaction and well-being through quantitative and qualitative methods and provided data-driven strategies to organization to improve employee support.
- Implemented a mixed method study to determine the effectiveness of 6-month long trauma informed organizational training and individual staff consultation resulting in the creation of a sustainable professional development plan embedded into the company strategic plan.
- Co-led the evaluation and revision of program policies to incorporate DEI and trauma informed principles.

Union Settlement Association

April 2014-March 2016.

New York, New York

James Weldon Johnson Counseling Center

Bilingual Psychotherapist

- Managed 40+ client caseload and completed psychosocial assessments to determine provisional diagnosis and reviewed diagnosis periodically using DSM V
- Engaged clients in individual, family, couples, and group psychotherapy to help manage and manage symptoms and stressors
- Facilitated support group for older adults diagnosed with HIV and provided case management services
- Collaborated with on site psychiatrists to support clients with medication management and continuity of care

Program Manager for CURE Violence Therapeutic Services

- Directed and implemented a new therapeutic services program for victims of community violence in East Harlem under a grant from the New York Office of the Mayor and Department of Health and Mental Hygiene
- Conducted outreach to local schools, NYPD precincts, and other agencies to build strategic partnerships for program expansion
- Established collaboration with Strive International and created support group for young BIPOC men impacted by gun violence
- Assessed efficacy of support groups through use of surveys and interviews of members. Utilized data to adapt support group topics and approaches.
- Analyzed and managed budget to properly allocate funds ensuring that all components of the program were sustainable

Good Shepherd Services

June 2013-April 2014

Bronx, New York

Bilingual Social Worker

- Provided individual and family counseling to families and children at risk of foster care using family systems framework and solution focused interventions
- Incorporated psycho-education on child and adolescent development, trauma, and attachment to enhance parent's relationship with children



Service

Fund Texas Choice (FTC)

October 2019- October 2021

Texas

Board of Directors, Co-President

- Advocated for health and reproductive rights in the state of Texas by participating in community events, attending policy briefings with legal counsel, and roundtable with the White House's Gender Policy Council and Office of Legal Counsel
- Led board meetings and leadership meetings to support the infrastructure and programming of the organization.
- Collaborated with Executive Director and finance to create and approve fiscal budget of 500k+
- Incorporated anti- racist and anti-oppressive frameworks to build sustainable organizational and employee support systems
- Co-led policy reviews to respond to Texas legislature that impacted service programming and functioning of FTC
- Fundraised capital for services and programming needs of FTC
- Liaison and representative for FTC in the People's Lawsuit Coalition: coalition between Texas organizations that are actively advocating for equitable laws for reproductive healthcare
- Previously held the community engagement chair position

Community Presentations and Panels

Garcia, M. (2017, November). *Trauma Informed Care: What is it?* Presented for staff and clinicians at Centro San Vicente, El Paso, Texas

Garcia, M. (2018, March). *Culture, Conflict and Trauma*. Presented to El Paso Independent School District Social Workers, El Paso, Texas

Garcia, M. (2018). *Identifying and Managing Trauma Responses in a School Setting*. Positive Behavior Interventions and Support (PBIS), El Paso, Texas

Garcia, M., Lara, I. (2018). *Early Childhood Attachment and Trauma*. Presented for community therapists, in El Paso, Texas.

Garcia, M (2019). *Understanding Childhood Traumatic Grief*. Virtual based training for nationwide volunteers of Mothers Against Drunk Driving (MAAD).

Garcia, M. (2019). *Immigration and Childhood Trauma*. Panel for Save the Children Action Network (SCAN).

Acosta, C. & Garcia, M. (2020). *Trauma-Informed Assessment and Documentation*. Webinar based training.

Garcia, M (2023). *Understanding and Managing Secondary Trauma*. Virtual based training for employees of Young Center for Immigrant Children's Rights.

Conference Presentations

Garcia, M. (2020, June 5-6). *Brewing Rage: The Catalyst and Downfall* [Presentation Cancelled]. Eikenberg Academy for Social Justice: Soul Work: A Conference devoted to healing Racial Trauma 2020, Virtual Conference.

Nelson, A. & Garcia, M. (2020, November 12-15). *In solidarity: Critical approaches to Decolonizing, Antioppressive Social Work Education* [Presentation Cancelled due to Covid]. Council on Social Work Education Annual Program Meeting 2020, Denver, CO, United States



Gergerich, E. & Garcia, M. (2021, November 4-7). *Assessing Teaching Methods for Diverse Student Learning* [Presentation Cancelled due to Covid] Council on Social Work Education Annual Program Meeting 2020, Orlando, Florida

Montoya, M., Garcia, M., Lopez, A. (2022, February 25). *Formal Course Assessment From a Diversity and Social Justice Perspective*. New Mexico Higher Education Assessment and Retention Conference, Albuquerque, New Mexico

Garcia, M., Howey, W. Patin, K. Dilanchian, A. (2023, January). A Structural Equation Modeling Analysis: *External Influences on Conversations of Race: Religion, Service Attendance, and Social media* [Poster Abstract]. 2023 Society for Social Work and Research Phoenix, AZ

Contributor to Baffour, T et al., (2023, September). *A Scoping Review Protocol of Anti-Racism Interventions in Higher Education: Implications for Equity, Diversity and Inclusion* [Panel] Utah Black Affairs Summit, Salt Lake City, UT

Garcia, M. & Baffour, T. (2023, October). *Advancing the Grand Challenge to Eliminate Racism: A Call to Action for Citational Justice in Social Work* [Paper Presentation] Council on Social Work Education Annual Program Meeting 2023, Atlanta, GA

Publications

VO, D. X., Dr, & **Garcia, M.** (2020) Chapter 84: Reaching Immigrant Youth. In *Reaching Teens: Strengths Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development*. American Academy of Pediatrics.

Gherardi, S., **Garcia, M.**, Stoner, A (2021) Just Trauma-Informed Schools: Theoretical Gaps, Practice Considerations and New Directions, *International Journal of School Social Work*: Vol. 6: Iss. 1

Patin, K., Jagers, J. Howey, W. **Garcia, M.**, Dilanchian, A., (2022) *A Replication to Examine Previously Confirmed Factor Structure of Adverse Childhood Experiences in Public Health Surveillance*. [Manuscript submitted for publication].

Lundahl, B., Howey, W., Dilanchian, A., **Garcia, M. J.**, Patin, K., Moleni, K., & Burke, B. (2023). Addressing Suicide Risk: A Systematic Review of Motivational Interviewing Infused Interventions. *Research on Social Work Practice*, 0(0)

Baffour, T. **Garcia, M.**, Rich, M. (2024) *The Grand Challenge to Eliminate Racism: Advancing Citational Justice in Social Work Education A Call to Action*. College of Social Work, University of Utah. [Manuscript accepted for publication].

Training and Certifications

- Completed Online Course Improvement Program (OCIP)
- Certified in Child Parent Psychotherapy (CPP)
- Certified in Trauma-Focused Cognitive Behavioral therapy (TF-CBT)
- Eye Movement and Desensitization Reprocessing Therapy (EMDR)
 - Eligible for certification
- Parent-Child Interaction Therapy (PCIT)
 - Eligible for certification
- Introduction to Trust-Based Relational Intervention (TBRI) with survivors of Human Trafficking



- Substance Abuse and Mental Health Service Administration (SAMSHA) Enhancing Motivation for Change
- National Council for Behavioral Health:
 - Trauma Informed Care Practices and Organizations
 - Trauma Informed Supervision
- Completed training for Assisting Individuals in Crisis and Group Crisis Intervention training with the International Critical Incident Stress Foundation, Inc.
- Completed training on Traumatic Grief and Loss after community violence
- National Initiative for Trauma Education and Workforce Development
 - Case-Based Curriculum: Core Components and Skills for Trauma Informed Practice

Professional Affiliations

Member, EMDR International Association	2020-2021
Member, Council of Social Work Education	2019-Current
Member, Society for Social Work Research	2021-Current

Skills

Fluent in Spanish: reading, writing, conversational