

Darlene Powell Garlington, Ph.D.

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Licensed Clinical Psychologist

Certified School Psychologist

SPECIALIZATIONS:

- **Industrial Psychologist:** Consulted with Fortune 500 companies, specifically regarding Employee Assistance Programs, diversity initiatives and cultural proficiency. Provided training, workshops and retreats internationally focusing on human and organizational development. Assisted companies in strategic planning, improving business processes, employee morale, enhancing productivity and maximizing profits. Utilized empirical methods of assessing measureable results and monitoring progress.
- **Clinical Psychologist:** Private practice and consultation for over twenty years with a particular emphasis on post traumatic stress disorder and traumatic brain injury. Provided individual, couples, family and group therapy. Conducted psychological evaluations using devices such as Wechsler Scales, Rorschach, Thematic Apperception Test, Minnesota Multifaceted Personality Inventory and Woodcock Johnson.
- **Consultant:** Provided supervision and direction to multidisciplinary teams including psychologists, psychiatrists, social workers and case managers. Training and supervision of staff and interns in clinical intervention and therapeutic approaches; group sessions on diverse behavioral health and related issues and training/seminars for individuals, faith organizations and non-profit organizations; leading clinical case supervision and directing staff in using a variety of treatment modalities and clinical approaches. Secured contracts with psychiatric hospitals, clinics, schools and community action agencies.
- **Program Development:** Coordinated services with state and private agencies; developing intake process and clinical assessment forms to fulfill accreditation requirements; supervising and training staff regarding conducting initial assessments, establishing client rapport, developing treatment plans, ensuring third party reimbursement and maintaining accurate files; compiling, evaluation and developing procedures to ensure accuracy and efficiency in clinical documentation, accessing HMOs and service delivery.
- **Professor/Trainer:** Taught as an associate professor and adjunct professor at Hampton University in Virginia and Wesleyan University in Connecticut, respectively. In addition provided training and workshops for university administration and/or students at universities across the country including Yale, Harvard, University of Connecticut, Southern Illinois University and numerous others. At Hampton University, assisted in the development of the National Center on African American Marriages, Parenting and Families. Conducts retreats internationally focused on parenting, families, diversity issues and women's empowerment.
- **Researcher/Presenter:** Developed, designed and conducted research on racial identity, effective parenting, spirituality, relationships and diversity issues. Provided presentations to the American Psychological Association, Association

of Black Psychologists, American Psychiatric Association, National Association of Social Workers, National Association of Black Social Workers and other national organizations. In addition conducted research, presented results and implemented programs for state and government agencies.

- **Renowned author and media psychologist:** Author of eight books published by Simon & Schuster, William Morrow, John Wiley and self-published. Publications have received national recognition in hundreds of newspapers and magazines, including the *New York Times*, *Chicago Tribune*, *Chicago Sun Times*, *Los Angeles Times*, *Washington Post*, *USA Today*, *Newsweek*, *Cosmopolitan*, *Ebony*, *Parenting*, *Child*, *Jet* and *Essence* magazines. Hired by Mattel toys as a consultant to advise the company on promoting positive play products in the media. Consulted with Nickelodeon Television Network and participated on the advisory board of *Child* magazine. Consulted as an expert on television programs, including *Good Morning America*, *20/20*, *The Today Show*, *Montel Williams*, *Tony Brown's Journal*, *Geraldo Live*, *Judge Hatchett*, *The McCreary Report* and numerous others. Has written monthly advice columns for Black Entertainment Television and *Today's Black Woman* magazine, and has been a psychological consultant for websites including Disney Online's Family.com and Melanet.

EXPERIENCE:

02/84 –present, Private Practice, Connecticut and New York
CLINICAL PSYCHOLOGIST/MEDIA PSYCHOLOGIST/AUTHOR

- Individual, group and couples therapy
- Psychological evaluation and assessments
- Training and workshops
- Consultation to schools, clinics, agencies and organizations
- Publication of books, training materials and pamphlets
- Expert for print and broadcast media

08/08-08/09, Hampton University, Hampton, VA
ASSOCIATE PROFESSOR
ASSISTANT DIRECTOR, NATIONAL CENTER ON MARRIAGES AND PARENTING

- Taught courses in developmental psychology
- Coordinated independent study courses for upper level students
- Developed and implemented mentoring program for upper level students
- Assisted in developing The Center for African American Marriages and Families
- Assisted in hosting a National Summit on Marriage Parenting and Families
- Assisted in grant focusing on services for military families

08/87–08/08, Catholic Charities, Hartford, CT
CONSULTING PSYCHOLOGIST

- Training and supervision of a multidisciplinary team

- Wrote and developed clinical manuals and training materials
- Coordinated psychological consultations
- Reviewed cases and provided quality assurance
- Supervised interns and the reviewed psychological evaluations
- Provided yearly retreats for team building and strategic planning

**08/94–11/05 New Opportunities, Waterbury, CT
CONSULTING PSYCHOLOGIST**

- Training and supervision of a multidisciplinary team
- Conducted psychological evaluations and clinical interviews
- Wrote and developed clinical manuals and training materials
- Reviewed cases and provided quality assurance
- Supervised interns and the reviewed psychological evaluations
- Worked in collaboration with Yale Child Study Center
- Provided yearly retreats for team building and strategic planning

**09/90 –09/92 Wesleyan University, Middletown, CT
ADJUNCT PSYCHOLOGY PROFESSOR**

- Taught course on The Developmental Psychology of the Black Child
- Assisted students in research projects
- Coordinated independent study courses for upper level students

**09/87–06/92 Head Start, Hartford, CT
CONSULTING PSYCHOLOGIST**

- Training and supervision of teachers, coordinators and administrators
- Conducted psychological evaluations, observations and clinical interviews
- Wrote and developed clinical manuals and training materials
- Conducted program evaluations
- Developed parent involvement program

**09/88–09/89 Klingberg Family Center, New Britain, CT
STAFF PSYCHOLOGIST**

- Psychological evaluations
- Individual, family and group psychotherapy
- Staff training and development workshops
- Crisis intervention

**01/87–06/87 Elmcrest Psychiatric Institute, Portland, CT
STAFF PSYCHOLOGIST**

- Psychological evaluations
- Individual, family and group psychotherapy
- Staff training and development workshops
- Crisis intervention

**09/84–01/87 The Village for Children and Families
STAFF PSYCHOLOGIST**

- Psychological evaluations

- Individual, family and group psychotherapy
- Staff training and development workshops
- Supervision of interns
- Development of school based treatment programs

EDUCATION:

1985 Hofstra University, Hempstead, NY
DOCTORAL DEGREE/CLINICAL-SCHOOL PSYCHOLOGY

1982 Hofstra University, Hempstead, NY
MASTER'S DEGREE/CLINICAL-SCHOOL PSYCHOLOGY

1980 Adelphi University, Garden City, NY
MASTER'S DEGREE/APPLIED RESEARCH PSYCHOLOGY

1979 Adelphi University, Garden City, NY
BACHELORS DEGREE/PSYCHOLOGY

BOOK PUBLICATIONS:

Different and Wonderful: Raising Black Children in a Race-Conscious Society (Simon & Schuster)

Raising the Rainbow Generation: Teaching Your Children to be Successful in a Multicultural Society (Simon & Schuster)

Friends, Lovers and Soul Mates: A Guide to Better Relationships Between Black Men and Women (Simon & Schuster)

Juba This & Juba That: 100 African-American Games for Children (Simon & Schuster)

The Power of Soul: Pathways to Psychological and Spiritual Growth (William Morrow)

Team Spirited Parenting: Eight Essential Principles for Parenting Success (John Wiley)

Love Affairs: How to Handle Difficult Relationship Decisions (self-published for *Today's Black Woman* magazine)

Rise Black Child: Racial Identity Development, Self-Esteem and Academic Achievement in African American Children (self-published for students, parents and service providers)