

Gary R. Altheim, Psy.D.
Director of The Training Institute
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EDUCATION

Yeshiva University, Ferkauf Graduate School of Psychology, Bronx, NY
Doctorate in Clinical Psychology (Psy.D.), September 1994
University of Maryland, College Park, MD
Bachelor of the Arts (B.A.), Sociology, August 1987
Activities: Varsity Soccer Team, 1983–1986

CLINICAL EXPERIENCE

Growth & Development Services, Inc. (GDS), New York, NY
Founder, Executive Director, Youth and Family Services 1996–Present

- Created and implemented a specialized therapeutic and recreational sleep-away camp and year round program for teens challenged by social, learning and behavior problems living in Westchester, Bronx and Upper Manhattan
- Direct all administration, fundraising and development

Director of The Training Institute, 2003–Present

- Provide individual, group and family psychotherapy
- Supervise social workers, case managers and externs in individual and family counseling and group therapy
- Oversee case management, after school, and mentoring services
- Conduct psychological assessments and provide feedback to teens and caretakers
- Provide pet assisted therapy
- Conduct in-service trainings for staff and volunteers on the *Reach Your Potential!* system
- On site supervisor for Licensing of Clinical Psychologist and Mental Health Professionals

Family Service of Westchester, White Plains, NY

Psychologist, 1992–1996

- Provided and supervised individual, couple, family, and group psychotherapy
- Led groups and educational seminars related to HIV/AIDS
- Co-Chaired Central Westchester Network
- Conducted psychological assessments of children and adults
- Served as therapist and presenter for Employee Assistance Program

Founder/Director of Camp Viva, 1993–1995

- Created, implemented, and directed *Camp Viva*, a weeklong therapeutic summer camp for children and families in Westchester County affected by HIV/AIDS
- Created and supervised a follow-up program for children and families affected by HIV/AIDS

Jewish Board of Family and Children's Services, New York, NY

Psychology Intern, 1993–1994

- Provided psychotherapy to individuals, couples, families, and groups
- Worked as part of a therapeutic nursery treatment team
- Participated in and presented at weekly family therapy and individual psychotherapy seminars

West HELP, Greenburg, NY

Director of Parenting Skills Group, 1992–1993

- Implemented and led a group therapy program for homeless parents
- Worked as part of the homeless shelter therapeutic treatment team

Camp Timber Lake, Shandanken, NY

Assistant Head Counselor, Summer 1992

- Co-directed all camper and counselor activities
- Supervised group leaders and counselors

Mid-Fairfield Child Guidance Center, Norwalk, CT

Psychology Extern, 1992–1993

- Provided psychotherapy and worked as part of a therapeutic treatment team
- Directed recreational activities for the therapeutic summer camp program

Herbert G. Birch Services, Springfield Gardens, NY

Program Director, 1991–1993

- Coordinated programming and directed recreational activities for a one-week summer program for HIV+ children and their families
- Served as program committee member on the Board of Directors

RESEARCH EXPERIENCE

Research Committee Member, 2008-2011

- Served on the dissertation committee for Supervised Doctoral level
- *Predicting Child Physical Abuse Potential of Physically Abused Adolescents*, David Wapner; 2011

Research Supervisor, 1999-2003

- Supervised research *The Effects of Supportive Camp Relationships on Self-Perceptions of Competence and Psychiatric Symptoms Among Urban Minority Youth*
- Gabriella Johr, 2005

PROGRAM OUTCOME SPECIALIST, 1996-Present

- Designed and implemented program outcome evaluations measures for Camp Excel and The Excel After School Program, Case Management, Counseling and Mentoring programs
- Direct psychology extern and staff on program outcome implementation and use of standardized measures
- Utilized and supervised psychology interns on the program outcome measures.
- Supervised implementation, administration and statistical analysis of the Behavior Assessment System for Children (BASC) (Reynolds and Kamphaus)

TEACHING EXPERIENCE

Growth & Development Services, Inc. (GDS), The Training Institute, New York, NY

Youth Worker Trainer, 1996-Present

- On-site supervisor for psychologists, social workers and mental health counselors.
- Conducted workshops and lectures on working with severely “at-risk” youth for mental health professionals, parents, teachers, students, youth workers, camp counselors, volunteers, and medical personnel

Provided in-service trainings for the following Program Partners

- Partnership for After School Education (PASE)
- Ferkauf Graduate School of Psychology of YU
- City University of New York
- American Red Cross
- American Camping Association
- Fresh Air Fund
- New York University Rusk Institute
- The Harvey School
- Vista Fire Department
- Department of Youth

AWARDS & HONORS

Red Cross Certificate of Appreciation as 9/11 First Responder, 2001

Lead a team of mental health professionals in collaboration with first-responders of 9/11 at the Armory at 34th Street

Family Services of Westchester, 15-Year Anniversary Award, 2009

Honored by Family Services of Westchester for being a founder of Camp Viva, a sleep-away camp for children and families affected by HIV/AIDS

Growth and Development Services, Inc., Certificate of Excellence, 2011

Recognized for the dedication and commitment to GDS and in helping other to *Reach Their Potential!*

PROFESSIONAL MEMBERSHIPS

Vista Fire Department, Head Crisis Counselor, South Salem, NY, 2009-Present

American Psychological Association: Member, 1999–Present

Therapeutic Dog International: Pet Assisted Therapist, 2008–Present

American Kennel Club: Canine Good Citizen: Member, 1995–Present

Delta Society: Pet Assisted Therapist, 1995–2003

Reach Your Potential Trainings and Workshops

Therapeutic Playshops for Teens

Reach Your Potential rap groups
Impact of Media on your Identity
How to handle School Bullying and Cyber Bullying
Social media: Safety and Confidentiality
On the Streets Today (Reality and Fear)
Anger Management and Stress Reduction
Self-Identity
Peer Pressure
Teen Drug Use
Gang Violence/Vandalism
Teens and “Sex”
Family conflict and communication
Conflict Resolution
Time Management
College Preparation
Preparation for the Work Force
Peer Leadership Development

Trainings and Workshops for Mental Health Professionals and Youth Workers

Therapeutic and Approaches to Working with Adolescents
Building Self-esteem in today's youth
Labeling and What is “Mental Illness”
Interacting Positively with Teens
Being a Lifeguard by Michael Carrera
Confidentiality and Rapport
Motivating Children and Teens
Child Development
Adolescent Development
The use of Sports and Art in Therapy
Pet Assisted Therapy
Strengths-based Approach
Challenges Working with “Today's” Youth and Families
GDS' Reach Your Potential System and the Excel Model

Trainings and Workshops for Mental Health Professionals and Youth Workers (continued)

Burnout and Caring for Self
Being an effective Youth Worker
The Teen's Eco-system
Providing the safest environment for youth at-risk
Effective Approaches to preventing and handling misbehavior
Being Liked by Youth and Transference
Boundaries and our teen years
Communication and the Therapeutic Team
Relaxation Techniques
The use of play and sports
Utilizing Program Outcome Measures- BASC

Life Skills Training Topics

Anger and Healthy Coping
How to Cope with Anxiety and Depressive Feelings
Leadership Development Training
Tension Myositis Syndrome
Parenting Tool Kit
Self-esteem and Warrior/Empowerment Kit
How to cope with Stress
Conflict Resolution
Transformation and Change
Empower the Warrior Within
Sexuality and What is Love?
Team Building Techniques
Independent Living Skills
Family Challenges
Communication Styles
Finding and using your strengths
Parenting Skills Tool Kit



"Thank you Dr. Gary and GDS, this program has literally saved my life."
A GDS Alumni