

# Gail Parker, Ph.D.

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## Profile

Thirty-three years experience offering psychological counseling to individuals, couples, and families, with a focus on love and relationships, personal growth and transformation, self-awareness and self-worth, stress reduction and life transitions, discovering meaning and purpose. Consulting services include assisting for profit and not for profit businesses and organizations in cultivating diversity, and in developing practices that support and foster inclusive environments, particularly as it relates to race, ethnicity and culture, with a special emphasis on cross racial dialogue; interpersonal skills development; and organizational change through personal transformation. Dr. Parker is a counseling and consulting psychologist, coach, educator, lecturer, workshop presenter, and media psychologist, with extensive experience as a psychologist expert, appearing on local and national television and radio talk shows.

## Educational Background

Bachelor of Arts, History major/Psychology minor, 1967  
Duquesne University, Pittsburgh, PA

Master of Arts, Counseling Psychology, 1972  
Wayne State University, Detroit, MI

Doctor of Philosophy, Counseling Psychology, 1976  
Wayne State University, Detroit, MI

Registered Yoga Teacher-200 Hours, Yoga Alliance, 2002

Certified Imago Relationship Therapist, 2006

## Professional Background

**Fully licensed as a Psychologist, 1976**

### **PSYCHOLOGIST, PARKER COUNSELING AND CONSULTING SERVICES P.C., BINGHAM FARMS, MI, 1993-PRESENT**

President and founder of Parker Counseling and Consulting Services, P.C., a private psychology practice whose foundational work is based on helping clients develop and maintain a healthy psychology relative to mind, body, and spirit. The practice offers counseling to individuals, couples, and families interested in learning how to develop strategies for living psychologically, physically, and spiritually lifestyles. The focus of the counseling offered is on wellness and prevention. The goal is to support clients in fulfilling their greatest potential. The practice also offers coaching and consulting services to executives and businesses seeking to maximize their potential.

### **MEDIA PSYCHOLOGIST, LOCAL AND NATIONAL, 1981-PRESENT**

Appears as a psychologist expert on a variety of local and nationally syndicated television and radio talk shows, including seven appearances on the *Oprah Show*. Has appeared as a psychologist feature reporter on local and national newscasts with responsibility for creating feature stories including writing scripts as well as delivering the product on air. Has been a script consultant on nationally featured documentaries for the Public Broadcast System. In July, 2005 participated as a psychologist expert in a PBS broadcast, *Reclaiming the Village*, a series of broadcasts addressing parenting issues in the African American community. Hosted a radio talk show called *Ask the Psychologist* on WXYT radio in Detroit, Michigan from 1982-1990. Is a frequent psychologist expert on the popular radio talk show *Senior Solutions* on WGPR radio in Detroit, Michigan.

### **EXECUTIVE COACH, UNIVERSITY OF MICHIGAN, ANN ARBOR, MI, 2008-PRESENT**

Coach's executives who attend the Ross School of Business customized leadership development programs offered through the Department of Executive Education.

**INSTRUCTOR, UNIVERSITY OF MICHIGAN, ANN ARBOR, MI, 1994-2004**

*Taught Effective Managerial Coaching and Counseling, Leadership Development Through Personal Transformation, and Diversity Awareness, in the Ross School of Business Department of Executive Education.*

**CONSULTANT, NATIONAL CONFERENCE FOR COMMUNITY AND JUSTICE, (NCCJ), DETROIT, MI 1998-2004**

Designed and conducted teacher education workshops throughout the state of Michigan in school districts, grades K-12, and universities, dealing with issues related to diversity including: Detroit, West Bloomfield, Royal Oak, Berkley, Birmingham, Grosse Pointe, Farmington Hills, Novi, Dearborn, and Walled Lake public schools, Ferris State University, Central Michigan University, Wayne State University, and the University of Detroit-Mercy. Developed and implemented a curriculum for educators in these districts interested in learning how to deal with issues of diversity within the school environment, including a facilitator training for educators want to teach the curriculum to other educators and support staff within the school setting. Developed and implemented a Human Relations Leadership Curriculum for High School Students interested in learning how to deal with issues of diversity, human relations, and cross cultural communication within their school environment, and a curriculum for faculty to teach diversity leadership skills to students.

Designed and conducted training for residents of metropolitan Detroit interested in learning how to facilitate dialogues related to various aspects of diversity within their communities.

Designed and conducted workshops to foster and support diversity awareness and inclusion which were delivered to business and organizations within the metropolitan Detroit area including: Ford Motor Company, the Detroit Convention Bureau, the Detroit Chamber of Commerce, the Detroit Medical Center, and Saint Joseph Mercy Hospital.

**PSYCHOLOGIST, PSYCHOLOGICAL INSTITUTES OF MICHIGAN, FRANKLIN, MI, 1990-1993**

Psychologist, private practice. Adults, Individual, and group psychotherapy.

**DIRECTOR OF PSYCHOLOGICAL SERVICES, SALINE COMMUNITY HOSPITAL, SALINE, MI 1987-1990**

Director of psychological services at the Millrose Women's Health Center. Responsibilities included individual and group psychotherapy, supervision of limited licensed psychologists, development of standards of care for outpatient psychotherapy patients, community outreach through lectures and workshops.

**INSTRUCTOR, OAKLAND UNIVERSITY, ROCHESTER, MI 1978**

Taught *Group Procedures in Counseling* to Master degree level student in the College of Education, Guidance and Counseling Department. Course content included group theory, procedures, and skills.

**PSYCHOLOGIST AND ASSOCIATE DIRECTOR, CENTER FOR CONTEMPORARY PSYCHOLOGY, BIRMINGHAM, MI 1976-1986**

CO-founder and CO-owner of the Center for Contemporary Psychology, and outpatient psychiatric clinic. Conducted a clinical practice, which included individual, couples, and group counseling. Was responsible for supervision of therapists as well as administrative duties.

**PSYCHOTHERAPIST, LEE SHULMAN AND ASSOCIATES, ROYAL OAK, MI 1973-1976**

Psychotherapist, private practice. Individual and group psychotherapy.

**STAFF PSYCHOLOGIST, WOMEN'S CONTINUUM CENTER, OAKLAND UNIVERSITY, ROCHESTER, MI 1974-1975**

Personal and career counseling with adult women. Trained paraprofessionals to lead personal growth counseling groups. Supervised peer group counselors.

**COUNSELOR, WAYNE STATE UNIVERSITY, DETROIT, MI, 1972-1974**

Mental health counselor in University Counseling Services. Trained paraprofessional peer group counselors.

**COUNSELOR, VOCATIONAL REHABILITATION SERVICES, DETROIT, MI 1971-1972**

Career counseling and job placement for clients with psychiatric disabilities.

**SOCIAL WELFARE CASEWORKER, DEPARTMENT OF SOCIAL SERVICES, PITTSBURGH, PA AND DETROIT, MI 1968-1971**

**Community Activities, 1977-Present**

Steering Committee, Foster Care Youth Leadership Conference, Oakland University, (Rochester, MI, 2009-present); Board of Directors Imago Relationships International, (NYC, 2008-2010); The Metropolitan Detroit Teen Conference Coalition, Wayne State University; (Detroit, MI, 1983-present), Vice Chairperson of the City of Detroit Civil Service Commission (1994-1995); Advisory Board, Center for Humanistic Studies, (Detroit, MI); Advisory Board, American Red Cross; (Detroit, MI); Board of Directors; Merrill Palmer Institute (Detroit, MI); Advisory; Rehabilitation Institute, Detroit Medical Center, (Detroit, MI)

**Awards and Honors**

Women of Wayne Award; Women in Perspective Award, (YWCA); Metropolitan Detroit Teen Conference Coalition; John Fitzgerald Kennedy Award (Coette Club); Spirit of Detroit Award (Detroit City Council); Who's Who In Black Detroit, Inaugural Edition.

**Professional Organizations**

American Psychological Association; Michigan Psychological Association; Imago Relationships International; Yoga Alliance

**Publications**

Doctoral Dissertation: *Psychological Openness and the Facilitative Conditions: An Evaluation of a Selection and Training Procedure for Paraprofessional Personal Growth Group Leaders*

Waters, E., Fink, S., Goodman, J., and Parker, G., Strategies for Training Adult Counselors. *The Counseling Psychologist*, 1976, 6, 61-65

Parker, G., and Barton, E., *The Game of Change: A discussion Guide on Race Relations*, 2009, NCAA Publishers

**Recent Lectures, and Workshops**

Workshop Presenter, *Because You're Worth It*: A Weekend Retreat for Women of Color, June 2010

Workshop Presenter, Oakland University, Rochester, The Cherish Thomas Foster Care Youth Leadership Conference, Rising Above the Odds Against Me, May 8, 2010, *'Cuz You're Worth It*

Workshop Presenter, Imago Relationships International Annual Conference, October 24, 2009, *Building Bridges to Understanding*. A workshop designed to aid therapists in healing psychological wounds related to the trauma of racial discrimination.

Commencement Speaker, The University of Michigan Black Celebratory Graduation Ceremony, May 2, 2009, *Fulfilling Your Potential in a World of Unlimited Possibility*

Workshop Presenter, The University of Michigan Cherish Thomas Conference for Foster Care Students, Overcoming the Odds Against Me, April 25, 2009, *All About You*

Keynote Speaker, New Mexico Association for Spiritual, Ethical, and Religious Values in Counseling, Annual Conference, Counseling as a Spiritual Path, March 4, 2009, *The Healing Power of Presence: Cultivating a Healing Consciousness*

Keynote Speaker, Michigan Women's Psychological Association, 2008, *Psychotherapy as a Spiritual Path*

Keynote Speaker, Detroit Waldorf School, Annual Parent Conference, 2008, *Conscious Parenting*