

# KATHRYN HOLLINGSWORTH GANSKE

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## EDUCATION AND LICENSURE

- Licensed Psychologist in the State of Georgia, No. 3300 **2009**
- Georgia State University** **2009**  
Ph.D. in Counseling Psychology  
Dissertation Title: *The Relationship between Counselor Trainee Perfectionism and Working Alliance with Supervisor and Client*  
Chair: *Jeffrey S. Ashby, Ph.D.*
- Boston College** **2002**  
M.A. in Mental Health Counseling
- Rice University** **2000**  
B.A. in Psychology and English

## EXPERIENCE

- Psychologist** **2012 - present**  
*Bridge Counseling Services of Atlanta*  
Provide individual outpatient therapy in solo private practice consisting primarily of graduate students and young professionals. Areas of specialization include grief, stress management, LGBTQ issues, perfectionism, anxiety and depression.
- Instructor, Counseling and Psychological Services Department** **2019 & 2022**  
*Georgia State University*  
Instructor of record for Applied Practice course in Counseling Psychology doctoral program. Responsible for supervision of counseling psychology doctoral students participating in practica at local hospitals and university counseling centers. Provide weekly group and individual supervision to students with diverse caseloads.
- Consultant** **May 2021 – October 2021**  
*Oglethorpe University*  
Reporting to university president's office, provided transitional leadership for university counseling center. Supervised counseling center staff, provided oversight for counseling center functioning, and reviewed policies and procedures. Collected and analyzed records for statistical analyses of counseling center utilization. Assisted with search for new counseling center director. Managed university electronic health record-keeping and facilitated transition to new director.

**Director, Counseling and Psychological Services****2019-2020***Agnes Scott College*

Served as director of counseling center in small women's liberal arts college. Supervised four staff members. Processed data on counseling center utilization and presented regularly to campus constituents. Developed and maintained relationships with local hospitals and referral sites. Provided initial assessment, individual counseling, crisis management, on-call and referral services. Served on numerous campus-wide committees with focus of improving campus mental health.

**Director, Counseling and Psychological Services****2009-2012***Georgia Gwinnett College*

Served as founding director of counseling center in newly established four-year public college. Created structure, policies and goals for provision of psychological services to university population. Conducted searches for, hired and supervised four direct-report staff members. Developed practicum training program. Processed data on counseling center utilization and presented regularly to campus constituents. Developed and maintained relationships with local hospitals and referral sites. Provided initial assessment, individual counseling, crisis management, on-call and referral services. Served on numerous campus-wide committees with focus of improving campus mental health, including Threat Assessment Team, Wellness Committee, Hardship Withdrawal Committee, and Student and Faculty Orientation Committees. Trained faculty, staff and police regarding student mental health needs and coordinated responses to student crises.

**Postdoctoral Fellowship****2008-2009***Emory University Student Counseling Center and Emory Faculty Staff Assistance Program*

Provided individual, group and couples therapy. Conducted initial assessments and coordinated referrals. Provided employee assistance services including assessment, referral, and individual and group counseling. Co-facilitated grief and loss groups. Co-led doctoral practicum student seminar class. Provided individual clinical supervision for doctoral practicum student. Served as liaison with campus LGBT office and co-facilitated "Gender Outside the Lines" discussion group.

**Pre-doctoral Internship****2007-2008***Emory University Student Counseling Center*

Provided individual, group and couples therapy. Co-facilitated eating disorders group. Consulted with medical providers, academic deans and residence life staff. Provided supervision to peer counseling Helpline program. Served on case assignment committee. Provided individual supervision to doctoral practicum student. Developed and participated in outreach presentations.

**Advanced Doctoral Psychotherapy Practicum****2004-2007***The Anxiety and Stress Management Institute*

Conducted initial assessments and provided individual counseling to a diverse range of community members.

**Advanced Doctoral Assessment and Psychotherapy Practicum** **2005-2006**

*Georgia Tech Counseling Center*

Provided individual, group, couples and career counseling. Co-facilitated therapy group for LGBT graduate students. Developed and facilitated grief and loss therapy group. Conducted, scored and wrote reports for psychological tests of intelligence, personality, attention and career interests.

**Advanced Doctoral Psychotherapy Practicum** **2004-2005**

*Georgia State University Counseling Center*

Provided individual, group, and couples counseling with a training focus on trauma and multicultural issues. Participated in outreach presentations on depression, life skills and health.

**Doctoral Psychotherapy Practicum** **2003-2004**

*Georgia State University Counseling Center*

Provided individual, group, couples and career counseling. Participated in outreach presentations on stress management, depression, and new student orientation.

**Master's Internship** **2001-2002**

*Wheaton College Counseling Center, Norton, Massachusetts*

Provided individual counseling and engaged in crisis intervention, consultation and referral services. Designed and implemented psychoeducational workshops.

**PUBLICATIONS**

**Ganske, K. H., Gnilka, P.B., Ashby, J.S., & Rice, K.G. (2015).** The relationship between counselor trainee perfectionism and working alliance with supervisor and client. *Journal of Counseling and Development, 93*(1), 14–24.

**Ganske, K. H. (2008).** The relationship between counselor trainee perfectionism and working alliance with supervisor and client. Unpublished doctoral dissertation, Georgia State University.

**Ganske, K. H. & Ashby, J. S. (2007).** Multidimensional perfectionism and career decision-making self-efficacy. *Journal of Employment Counseling, 44*(1), 17-28.

**Ganske, K. H. & Ashby, J. S. (2006).** Carroll depression scale. In *Encyclopedia of measurement and statistics*. Thousand Oaks, C.A.: Sage Publications.

**Ganske, K. H. & Hebl, M. R. (2001).** Once upon a time there was a math contest: Gender stereotyping and memory. *Teaching of Psychology, 28*, 266-268.

## PRESENTATIONS

**Ganske, K.H. & Ganske, R.J.** (2023, February 1-3). *Legal and ethical issues in counseling center policies, procedures, and record-keeping*. GCCA 2023 Convention, St. Simons, GA.

**Ganske, K.H.** (2021, September). *Managing stress during this wave of COVID*. Firm meeting presentation at Lawrence & Bundy, LLC, Atlanta, GA.

**Ganske, K.H.** (2020, September). *Managing the effects of working with traumatized clients*. Continuing legal education presentation at Lawrence & Bundy, LLC, Atlanta, GA.

**Ganske, K.H.,** Edge, E., Brasfield, C.D., Blandino, J., Lewis, N., & Abrams, A. (2016, January). *Transition from intern to licensed professional*. Panel presentation to Emory University Counseling Center pre-doctoral interns, Atlanta, GA.

**Ganske, K.H.,** Brasfield, C.D., Abrams, A., Moffitt, L., Toma-Harold, M., Lewis, N. & Bailey, W. (2015, January). *Transition from intern to licensed professional*. Panel presentation to Emory University Counseling Center pre-doctoral interns, Atlanta, GA.

**Ganske, K.H.,** Abrams, A., Moffitt, L., Toma-Harold, M., Lewis, N. & Blandino, J. (2014, January). *Transition from intern to licensed professional*. Panel presentation to Emory University Counseling Center pre-doctoral interns, Atlanta, GA.

**Ganske, K.H.** (2013, March). *Managing the effects of working with traumatized clients*. Presentation to the Atlanta Bar Association as part of Pro Bono March Madness Continuing Legal Education, Atlanta, GA.

**Ganske, K.H.** (2013, March). *Managing the effects of working with traumatized clients*. Continuing legal education presentation at Alston & Bird, LLC, Atlanta, GA.

**Ganske, K.H.,** Brasfield, C.D., Moffitt, L., Toma-Harold, M., Lewis, N. & Blandino, J. (2013, January). *Transition from intern to licensed professional*. Panel presentation to Emory University Counseling Center pre-doctoral interns, Atlanta, GA.

**Ganske, K.H.,** Brasfield, C.D., Blandino, J., Lewis, N., & Harp, S. (2012, January). *Transition from intern to licensed professional*. Panel presentation to Emory University Counseling Center pre-doctoral interns, Atlanta, GA.

**Ganske, K.H.,** Brasfield, C.D., Blandino, J., Lewis, N., & Harp, S. (2011, June). *Transition from intern to licensed professional*. Panel presentation to Emory University Counseling Center pre-doctoral interns, Atlanta, GA.

**Ganske, K.H.,** Brasfield, C.D., Blandino, J., Lewis, N., & Harp, S. (2010, January). *Transition from intern to licensed professional*. Panel presentation to Emory University Counseling Center pre-doctoral interns, Atlanta, GA.

- Ashby, J. S., **Ganske, K. H.**, Martin, J. L., Matheny, K. B., Aycock, K. A., Trotter, R., Canty, L., & Watson, L. (2007, August). *Gender differences in the relationship of coping, optimism, and depression*. Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Trotter, R. H., **Ganske, K. H.**, Ashby, J. S., Matheny, K. B., Timmons, D. J., Odenat, L., Canty, L., Aycock, K. J., & Watson, L. (2007, August). *Big five personality traits, coping resources, and depression*. Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Ganske, K. H.**, Frazier, S. S., McMichen-Wright, P. & Berry, F. (2006, August). *Understanding Black female college students' subjective well-being: A visual ethnographic perspective*. Poster session presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- Frazier, S. S., **Ganske, K. H.**, Chung, Y. B. (2006, February). *Exploring light-skinned African-American females' racial identity: A qualitative study*. Poster session presented at the 5th Annual Southeastern Conference on Cross-Cultural Issues in Counseling and Education, Savannah, GA.
- Ganske, K. H.**, Berry, F., Frazier, S. S. & McMichen-Wright, P. (2005, August). *Layered supervision: How does supervision of supervision affect trainees?* Poster session presented at the annual meeting of the American Psychological Association, Washington, DC.
- Matheny, K. B., Ashby, J. S., Cupp, P., Dickinson, W. L., **Ganske, K. H.**, Ward, A., McMichen-Wright, P., & Brasfield, C. D. (2005, August). *Gender differences in stress, coping and illness among college students*. Poster session presented at the annual meeting of the American Psychological Association, Washington, DC.
- McMichen-Wright, P., **Ganske, K. H.**, Ashby, J. S., McMahan, G., Dickinson, W. L., & Ward, A. (2005, August). *Coping resources and depression in middle school students*. Poster session presented at the annual meeting of the American Psychological Association, Washington, DC.
- Sue, D. W. (Moderator), Suprina, J. S., **Ganske, K.H.**, Putnam, M., Smith, L., Vishwamitra, A. & Williams, W. (2005, April). *Multicultural diversity panel*. Presented as part of Fostering a Culturally Competent Learning Environment: Individual, Organizational, & Ethical Issues. Georgia State University Cultural Competency Conference, Atlanta, GA.
- Dickinson, W. L., Ashby, J. S., LoCicero, K. A., Timmons, D., **Ganske, K. H.**, & Brasfield, C. D. (2004, August). *Multidimensional perfectionism and hope in middle school students*. Poster session presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Ashby, J. S., Rice, K. G., Timmons, D., Dickinson, W. L., Brasfield, C. D., **Ganske, K. H.**, & Martin, J. L. (2004, August). *Refining the classification of perfectionists*. Poster session presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Ashby, J. S., Kutchins, C. B., Rice, K. G., **Ganske, K. H.**, Dickinson, W. L., & Brasfield, C. D. (2004, August). *Matches and mismatches: Partners, perfectionism, and premarital adjustment*. In K. G. Rice and R. B. Slaney (Chairs), *Interpersonal Implications of Perfectionism*. Symposium conducted at the annual meeting of the American Psychological Association, Honolulu, HI.

## **AFFILIATIONS & AWARDS**

### **Georgia Psychological Association**

*Continuing Education Committee, past member*

*Council on Psychology of Women and Girls, past member*

*Fellow*

### **Karen Lopp Memorial Scholarship 2006**

Awarded to a deserving student in the Georgia State University Counseling and Psychological Services department who demonstrates activities as a heterosexual ally to the LGBTQ community.

## **REFERENCES**

Jeffrey S. Ashby, Ph.D., ABPP  
Professor and Program Director, Counseling Psychology  
Co-Director, Center for the Study of Stress, Trauma, and Resilience  
Georgia State University  
Counseling and Psychological Services  
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