

Fernando Garzon, Psy.D.

Associate Dean, Chair, Professor
Regent University
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EDUCATION

Psy.D., Graduate School of Psychology at Fuller Theological Seminary
Bachelor of Arts, Biology, Wake Forest University, Winston-Salem, NC

ACADEMIC EXPERIENCE

2022-Present	Associate Dean, College of Health and Behavioral Sciences
2021-Present	Director, School of Psychology and Counseling
2024-Present	Chair, Counseling Ministries Department
2021-2022	Interim Psy.D. program director, Regent University
2019-2022	Assistant Dean, School of Psychology and Counseling, Regent University
2018-Present	Professor, School of Psychology and Counseling, Doctor of Clinical Psychology Program, Regent University, Virginia Beach, VA
2016-2018	Professor, Doctorate in Education, Department of Community Care and Counseling, Liberty University
2011-2018	Professor, Clinical Mental Health Counseling Program, Liberty University
2005-2011	Associate Professor, Clinical Mental Health Counseling Program, Liberty University
2001-2005	Associate Professor, Psy.D. Program and Clinical Mental Health Counseling Program, Regent University
1996-2001	Assistant Professor, Psy.D. Program and Clinical Mental Health Counseling Program, Regent University

PROFESSIONAL LICENSURE

Clinical Psychologist (Virginia #0810002174)

PUBLICATIONS

Peer Reviewed Journal Articles and Book Chapters

Garzon, F., Hitchcock, D., McCleese, J. (In Press). Ethical considerations in research involving human participants. In A. Rockinson-Szapkiw, Spaulding, L.S., & Perry, J. (Eds), *Navigating the doctoral journey, an essential guide for persistence in research scientist and scholar practitioner programs (2nd edition)*. Rowman & Littlefield.

Garzon, F., & Hinkley, P. (2024). A brief history of integration and current models relating counseling and Christianity. In J. A. King & K. M. Ford's (Eds.), *Christian integration in counselor education*. Kendall Hunt Publishers. ISBN 979-8-3851-2564-7

- Counted, V., Garzon, F., Hathaway, W. L., Mckinzie, G., Stephens, R., & Francis, L. J. (2024). Missional psychotherapy: A hermeneutic of mental health care in Christian counseling. *The Journal of Psychology and Christianity*, 43(2), 189–204.
- Knabb, J. J., Difonzo, N., & Garzon, F. (2024). Emic Christian worldview psychologies: Theoretical and empirical contributions. *The Journal of Psychology and Christianity*, 43(2), 108–121.
- Counted, V., Baum, L., Smith, R., Kane, A., Williams, S., Joynt, S., & Garzon, F. (2024). Do daily spiritual experiences moderate relations between subjective suffering and psychological distress among Christians? Cross-sectional and longitudinal evidence from a sample of South African adults. *The Journal of Psychology and Christianity*, 43(2), 151–169.
- Garzon, F. (2024). Review of Stephen Parker's God and psychology. *Pastoral Psychology*. <https://doi.org/10.1007/s11089-023-01095-7>
- Garzon, F., Page, C., Gilbert, L., Olvera, G., Daniel, H., Guilfoyle, J., Maxwell, K., Artis, C., & Villate, F. (2023). A Christ-centered acceptance and commitment program for racial harmony in Christian populations. *Journal of Psychology and Christianity*, 42(2), 144-187.
- Jones, T., Garzon, F., & Ford, K. (2023). Christian accommodative mindfulness in the clinical treatment of shame, depression, and anxiety: Results of an N of 1 Time Series Study. *Spirituality in Clinical Practice*, 10(2), 118-130, <http://dx.doi.org/10.1037/scp0000221>
- Garzon, F., Benitez-DeVilbiss, A. J., Berberena, N., Jens, A., Jenks, J., Keay, J., Noble, C., Turbessi, V., Park, E., Wray, K., Yaa, O. D., Artis, C. (2022). Christian accommodative mindfulness: Definition, current research, and group protocol. *Religions*, 13(1), Advanced online publication.
- Knabb, J. J., Vazquez, V. E., Pate, R. A., Garzon, F. L., Wang, K. T., Edison-Riley, D., Slick, A. R., Smith, R. R., & Weber, S. E. (2021). Christian meditation for trauma-based rumination: A two-part study examining the effects of an internet-based 4-week program. *Spirituality in Clinical Practice*. Advance online publication. <http://dx.doi.org/10.1037/scp0000255>
- Knabb, J. J., Johnson, E., & Garzon, F. (2020). Introduction to the special issue: Meditation, prayer, and contemplation in the christian tradition; towards the operationalization and clinical application of christian practices in psychotherapy and counseling. *Journal of Psychology and Christianity*, 39(1), 5-11.
- Wilder, J., Garzon, F., & Johnson, E. (2020). A Christian multi-modal approach to therapy utilizing inner healing prayer: The Life Model. *Journal of Psychology and Christianity*, 39(1), 49-64.

- Johnson, E., Knabb, J., & Garzon, F. (2020). Conclusion to the special issue: Formalizing Christian indigenous practices for evidence-based research. *Journal of Psychology and Christianity*, 39(1), 75-85..
- Knabb, J. J., Vazquez, V. E., Garzon, F. L., Ford, K. M., Wang, K. T., Conner, K. W., Warren, S. E., & Weston, D. M. (2020). Christian meditation for repetitive negative thinking: A multisite randomized trial examining the effects of a 4-week preventative program. *Spirituality in Clinical Practice*, 7(1), 34–50.
- Tone, L., Garzon, F., Thomas, J., Ritchey, B., & Malek-Ahmadi (2020). Stress perception and measurement in missionary populations. *The European Movement for Christian Anthropology, Psychology, and Psychotherapy*, 14, 168-180.
- Garzon, F. (2018). Spiritual strategies. In J. Thomas's *Counseling Techniques: A Comprehensive Resource for Christian Counselors*. Zondervan.
- Foulkes, D., Volk, F., Garzon, F., Pride, M. (2018). The relationship between transformational leadership behavior, adult attachment, and God attachment. *Journal of Psychology and Theology*, 47(1), 20-33.
- Ford, K., & Garzon, F. (2017). A randomized investigation of evangelical Christian accommodative mindfulness. *Spirituality in Clinical Practice*, 4 (2), 92-99.
- Garzon, F., Kim, J., Pride, M., & Rice, D. (2017). How to develop an effective multicultural ministry. *The Struggle is Real: How to Care for Mental Health and Relational Health Needs in the Church*. Pp. 151-164. Bloomington, IN: Westbow Press.
- Garzon, F., & Ford, K. (2016). Adapting mindfulness for conservative Christians. *Journal of Psychology and Christianity*, 35 (3), 254-259.
- Garzon, F. (2016). Acceptance and Commitment Therapy or Grace and Commitment Therapy? *Christian Psychology: An Interdisciplinary Journal*, 9(2), 16-19.
- Yocum, R., Silvey, R., Milacci, F., & Garzon, F. (2015). Spirituality in school counseling practice and implications for school counseling education. *Journal of Academic Perspectives*, 2015(3), 1-24.
- Garzon, F.L., Hall, M., & Ripley, J. (2014). Teaching Christian integration in psychology and counseling courses. *Journal of Psychology and Theology*, 42, 131-135.
- Garzon, F.L. (2014). Ethical considerations in research involving human participants. In A. Rockinson-Szapkiw & L. Spaulding's *Navigating the Doctoral Journey: A Handbook of Strategies for Success*. Pp 197-205. Routledge, Taylor, & Francis Group.
- Rasar, J., Garzon, F., Moriarty, G., Volk, F., & O'Hare, C. (2013). The Efficacy of

a manualized group treatment protocol for changing God image, attachment to God, religious coping, and love of God, others, and self. *Journal of Psychology and Theology*, 41, 267-280.

- Garzon, F.L. (2013). Christian devotional meditation for anxiety. In J. Aten, E. Johnson, E. Worthington, & J. Hook's (Eds.), *Evidence-Based Practices for Christian Counseling and Psychotherapy*. Pp. 59-76. Downers Grove, IL: Intervarsity Academic Press.
- Garzon, F. & Hall, M. (2012). Teaching Christian integration in psychology and counseling: Current status and future directions. *Journal of Psychology and Theology*, 40 (2), 155-159.
- Garzon, F. (2011). Cultural competence and minority groups. In T. Clinton & R. Hawkins' (Eds.) *The popular encyclopedia of Christian counseling*. American Association of Christian Counseling Press.
- Garzon, F. (2011). Lay counseling. In T. Clinton & R. Hawkins' (Eds.) *The encyclopedia of Christian counseling*. American Association of Christian Counseling Press.
- Garzon, F. (2011). Spirituality in counseling. In T. Clinton & R. Hawkins' (Eds.) *The encyclopedia of Christian counseling*. American Association of Christian Counseling Press.
- Garzon, F. (2009). Guest editor's page: Teaching the integration of faith and learning. *Journal of Psychology and Theology*, 37, 3-4.
- Ripley, J., Garzon, F., Hall, E., & Mangis, M. (2009). Pilgrims' progress: Faculty and University factors in graduate student integration of faith and learning. *Journal of Psychology and Theology*, 37, 5-14.
- Sites, E., Garzon, F., Milacci, F., & Boothe, B. (2009). A phenomenology of the integration of faith and learning. *Journal of Psychology and Theology*, 37, 28-38.
- Hall, E., Ripley, J., Garzon, F., Mangis, M. (2009). The other side of the podium: Student perspectives on learning integration, *Journal of Psychology and Theology*, 37, 15-27.
- Garzon, F. (2009). Rethinking integration: A prodding case in Brazil. *Journal of Psychology and Christianity*, 28, 78-83.
- Garzon, F., Worthington, E., Tan, S-Y, & Worthington, R.. (2009). Lay Christian counseling and client expectations for integration in therapy. *Journal of Psychology and Christianity*, 28, 113-120.
- Garzon, F., & Tilley, K. (2009). Do lay Christian counseling approaches work? What we currently know. *Journal of psychology and Christianity*, 28, 130-140.

- Garzon, F. (2007). The neuroscientific approach and God image. *Journal of Spirituality and Mental Health*, 139-155.
- Garzon, F., & Burkett, L. (2007). Healing of memories: Models, research, future directions. In P. Hegy's (Ed.), *What do we imagine God to be? The function of "God images" in our lives*. Mellen Press.
- Garzon, F.L. (2007). A neuroscientific approach and the God image. In G. Moriarty & L. Hoffman's (Eds.) *The God Image Handbook: Theory, Research, and Practice*, pp. 139-155. Haworth Press.
- Garzon, F. (2005). Interventions that apply Scripture in psychotherapy. *Journal of Psychology and Theology*, 33, 113-121.
- Garzon, F., & Poloma, M. (2005). Theophostic Ministry: Preliminary Practitioner Survey. *Pastoral Psychology*
- Garzon, F. (2005). Inner healing prayer in "Spirit-Filled" Christianity. In R. Moodley & W. West's (Eds.) *Integrating traditional and cultural healing in counseling and psychotherapy*. Pp. 148-158. London: Sage Press.
- Garzon, F. (2004). Cognitive restructuring through contemplative inner healing prayer. In G. Walz & R. Yep's (eds.), *VISTAS: Perspectives on Counseling 2004*. Alexandria, VA: American Counseling Association Press.
- Garzon, F., Garver, S., Kleinschuster, D., Tan, E., & Hill, J. (2003). Freedom in Christ: Quasi-experimental research on the Neil Anderson approach. In Mark McMinn and Todd Hall's (eds.) *Spiritual Formation, Counseling, and Psychotherapy*. New York: Nova Science Publishers.
- Garzon, F., Richards, J., Witherspoon, M., Garver, S., Wu, Z., Burkett, L., Reed, H., & Hall, L. (2002). Forgiveness in Community Cultural Contexts: Applications in Therapy and Opportunities for Expanded Professional Roles. *Journal of Psychology and Christianity, Special Edition: Christian Psychology and Underserved Populations: Embracing the Call to the Least of These*, 21(4) 349-356.
- Garzon, F. & Burkett, L. (2002). Healing of memories: models, research, future directions. *Journal of Psychology and Christianity*, 21(2) 42-49.
- Reed, H., Burkett, L., and Garzon, F. (2001). Exploring Forgiveness as an Intervention in Psychotherapy. *Journal of Psychotherapy in Independent Practice*, 2 (4), 1-16.
- Garzon, F., Garver, S., Kleinschuster, D., Tan, E., & Hill, J. (2001). Freedom in Christ: Quasi-experimental research on the Neil Anderson approach. *Journal of Psychology and Theology*, 29(1), 41-51.

Garzon, F., & Tan, S. (1992). Counseling Hispanics: Cross Cultural and Christian Perspectives. *Journal of Psychology and Christianity*, 11, 378-390.

Media

Garzon, F. (In Press). Interview for *Through this Valley*. Newspring Church.

Garzon, F. (2022). *Honoring spirituality and religion in the therapeutic relationship*. APA-approved continuing education video. American Association of Christian Counselors.

Garzon, F., & Pride, M. (2021). Video Series for Light University: *Dare to Care: Church and Mental Health Ministry Certificate Training Program, Course 1: How to Start and Manage a Mental Health Ministry in Your Church or Community, MHCM 109: Multicultural Mental Health Ministry*

Magazine Articles

Garzon, F. (2025). Research Digest: Loneliness in adolescents, older adults, and across the Life span. *Christian Counseling Today*, 28 (2).

Garzon, F. (2025). Research Digest: Traditional men and psychotherapy. *Christian Counseling Today*, 28 (1).

Garzon, F. (2024). Hispanic heritage month. Blog article for Regent University Community.

Garzon, F. (2024). Research Digest: Cutting edge treatments for depression. *Christian Counseling Today*, 27 (4).

Garzon, F. (2024). Research Digest: Grief treatments for today's youth. *Christian Counseling Today*, 27 (3).

Garzon, F. (2024). Research Digest: Family systems and parenting. *Christian Counseling Today*, 27 (2).

Garzon, F. (2024). Research Digest: Family systems and parenting. *Christian Counseling Today*, 27 (1).

Garzon, F. (2023). Research Digest: Exploring keys to health behavior change, the role of optimism with older couples, and increasing motivation in athletes. *Christian Counseling Today*, 26 (4).

Garzon, F. (2023). Introduction to the main articles to spiritual formation. *Christian Psychology Around the World*, 19, 8-9.

Garzon, F. (2023). Research Digest: Incentives, videoconferencing, and homelessness in

- substance abuse treatment. *Christian Counseling Today*, 26 (3).
- Garzon, F. (2023). Research digest: Exploring teen suicide, ADHD, and young adult sexual coercion. *Christian Counseling Today*, 26 (2).
- Artis, C., Guilfoyle, J., Kuschel, S., & Garzon, F. (2022). Youth mental health: What can we do as Christian leaders. *Impact Magazine*
- Garzon, F. (2022). Research Digest: Treatment for Prolonged Grief in Children, Trauma's Role in Teenage Psychopathy, and Understanding Adolescent Posttraumatic Growth. *Christian Counseling Today*, 26 (1).
- Garzon, F. (2021). Research digest: Grace, repentance, and collective trauma. *Christian Counseling Today*, 25 (4).
- Garzon, F. (2021). Research Digest: Christian Meditation, Religiosity's Relationship to Volunteer Service, and Prayer Types' Relationship with Well-Being. *Christian Counseling Today*, 25 (3).
- Garzon, F. (2021). Research Digest: Countertransference with Religious Clients, Possible Bias with Evangelicals, and the Value of Assessing Religious Beliefs on the Therapeutic Alliance. *Christian Counseling Today*, 25 (2).
- Garzon, F. (2021). Research digest: Findings on the "Will to Live", Religious Support, and Forgiveness with Various Trauma Populations. *Christian Counseling Today*, 25 (1).
- Garzon, F. (2020). Research digest: Natural Disasters, Coping and the Frequency of Future Trauma in College Students, and Spiritual Distress among PTSD Veterans. *Christian Counseling Today*, 24 (4).
- Garzon, F. (2020). Research digest: Current findings on COVID-19 and loneliness. *Christian Counseling Today*, 24 (3).
- Garzon, F. (2020). Research digest: Narcissism in Sports Performance, Healthy Meal Qualities, Mindfulness and Well-Being, and Workplace Incivility's Impact on Sleep. *Christian Counseling Today*, 24 (2).
- Garzon, F. (2020). Research digest: Exploring Evidence-Based Practices in Community Mental Health, School Settings, and Child Integrated Medical Center Treatment. *Christian Counseling Today*, 24 (1).
- Garzon, F. (2019). Research digest: Findings on parent relocation, attachment, and divorce. *Christian Counseling Today*, 23 (4).
- Garzon, F. (2019). Research Digest: Exploring Evidence-Based Practices in Community Mental Health, School Settings, and Child Integrated Medical Center Treatment.

Christian Counseling Today, 23 (3).

Garzon, F. (2019). Research digest: Finances and relationships. *Christian Counseling Today*, 23 (2).

Garzon, F. (2019). Research Digest: Separated parent relocation impact on children, mid-life divorce, and relationship satisfaction in re-marriage. *Christian Counseling Today*, 23 (1).

Garzon, F. (2018). Research digest: Gender pay differences, student loan debt, and health. *Christian Counseling Today*, 22 (3).

Garzon, F. (2018). Research digest. *Christian Counseling Today*, 22 (2).

Garzon, F. (2018). Research Digest: Sexual harassment and sex trafficking. *Christian Counseling Today*, 22 (1).

Garzon, F. (2015). Mindfulness or Christian Present Moment Awareness? Different Options with Different Results. AACC Newsletter: *Christian Counseling Connection*, 20 (1), p. 7.

Garzon, F. (2012). Cultural Pitfalls in Forgiveness: A Case involving Collectivism. AACC E-Newsletter.

Garzon, F. (2011). Mindfulness and Christian devotional meditation. *Soul & Spirit* (A publication of the Society of Christian Psychology, a division of the AACC), October edition.

Garzon, F. (2007). Research on spiritual interventions in psychotherapy. *Christian Counseling Today*, 15 (2), 54-55.

Garzon, F. (2005). Passing the client's test of racial issues in therapy. *Practice Points* (A publication of the American Association of Christian Counselors)

Garzon, F. (2004). Theophostic Ministry: What is it? Who's Using It? What Does the Research Show? *Reformation & Revival Journal, Special Issue: Counseling: The Cure of Souls*, 13(2), 101-113.

Garzon, F. (1999). A New Prescription for Your Health: Go to Church!. *The Evangel*, Spring edition.

Garzon, F. (1998) Leaders on the Verge of Burnout. *Ministries Today*, July/August edition.

CONFERENCE PRESENTATIONS

Parker, K., Johnson, E., & Garzon, F. (2025). Internal family systems (IFS): A Christian psychology critique and approach. Christian Association for Psychological Studies

national conference, Denver, CO.

Knabb, J., DiFonzo, N., & Garzon, F. (2025). Emic Christian worldview psychologies: Theory, research, and practice. Christian Association for Psychological Studies national conference, Denver, CO.

Waldheim, D., Counted, V., Baum, L., Garzon, F. (March, 2025). Sufficient for the Day is its Own Troubles: Does Daily Spiritual Experiences Buffer the Effects of Suffering on Psychological Distress in the Present and Future? Christian Association for Psychological Studies. Denver, Colorado.

Waldheim, D., Counted, V., Hathaway, W., Garzon, F. (March, 2025). Missional Psychotherapy: A Hermeneutic of Mental Health Care in Christian Counseling. Poster Presentation at Christian Association for Psychological Studies. Denver, Colorado.

Garzon, F. L., Haught, S., Israel, J., Coddington, K., Kuschel, S. G., Netz, D., Coile, D., Villate, F., Glover, C., Khanal, S., Bradley, K., Marchant, H., Tan, J., Tan, J., Waters, P. (2024, June). Flourishing for neurodiverse Christian clients. Regent Christian Flourishing School, Virginia Beach, VA.

Counted, V., Netz, D., Smith, R., Waldheim, D., Williams, S., Garzon, F. (2024, March). Attachment to the Holy Spirit: Theory, measurement, and research applications. Christian Association for Psychological Studies national conference, Atlanta, GA.

Benitez-DeVilbiss, A.J., Garzon, F.L., & Ripley, J. (2024, March). The effects of parental autonomy support on sociocultural adjustment and psychological well-being in a sample of third culture kids. Poster at Christian Association of Psychological Studies, Atlanta, GA.

Parker, K., Garzon, F., Ford, K. (2024, March). IFS and the Jesus invitation: Christian inner healing prayer integration case study. Christian Association of Psychological Studies, Atlanta, GA.

Garzon, F., Ripley, J., Winston, B. (2024, Feb. 29). Research conversations: Predatory publishing. Presentation for Regent faculty, Regent University, Virginia Beach, VA.

Brown, W., & Garzon, F. (2023, Dec. 11). Discussion forum: Christian life—Deeply felt. Presentation for Regent faculty.

Garzon, F., & Maxwell, K. (2023, October). Why DEI programs are failing and what we can do about it. Council for Christian Colleges & Universities (CCCU) Diversity Conference, Siloam Springs, AR.

Garzon, F., & Brooks-Davis, F. (2023, September). Through God's Eyes: Understanding Implicit Bias and Applying Acceptance and Commitment Therapy to Improve

Multicultural Competence in Mental Healthcare. Workshop presented at the American Association of Christian Counselors World Conference, Nashville, TN.

Vazquez, V., Knabb, J., Garzon, F., Zuniga, S., Hook, J., & Seegobin, W. (2023, March). "One in Christ Jesus": The Development of Integrative Programs to Improve Racial Unity Among Christian Populations. Symposium at the Christian Association for Psychological Studies national conference, Louisville, KY.

Garzon, F., Ford, K., Gardner, T., & Jones, T. (2023, March). Christian Accommodative Mindfulness: Clinical Applications and Current Empirical Status. Presentation at the Christian Association for Psychological Studies national conference, Louisville, KY.

Benitez-DeVilbiss, A. J., & Garzon, F. (2022, March). The Effects of Parental Autonomy Support on Sociocultural Adjustment and Psychological Well-Being in a Sample of Missionary Kids. Poster presented at the Christian Association for Psychological Studies national virtual conference.

Keay, J., & Garzon, F. (2022, March). An online Christian accommodative mindfulness program. Presentation at the Christian Association for Psychological Studies national virtual conference.

Garzon, F. L., Benitez-DeVilbiss, A. J., Berberena, N., Doughtie, T., Jens, A., Keay, J., Noble, C., Offei Darko, Y. T., Turbessi, V. (2021, March). Christian accommodative mindfulness: Definition, group protocol, & pilot study findings. Presentation at the Christian Association for Psychological Studies national conference (virtual).

Garzon, F., Ford, K., Jones, T., & Gardner, T. (2021, September). Christian accommodative mindfulness as a tool for spiritual formation in times of crisis. Presentation at the World Conference of the American Association of Christian Counselors, Orlando, FL.

Benitez-DeVilbiss, A. J., & Garzon, F. (2021, March). Poster presented at the Christian Association for Psychological Studies national virtual conference.

Doughtie, T., & Garzon, F. (2020, August). Self-compassion, shame, and loving-kindness intervention for domestic violence survivors. Poster presented at APA national conference.

Jones, T., Garzon, F., Ford, K. (2020, March). The effectiveness of Christian accommodative mindfulness in the treatment of shame, depression, and anxiety: Results of a quasi-experimental study. Paper presented at APA Division 36 (Society for the Psychology of Religion and Spirituality) mid-year conference.

Garzon, F., & Ford, K. (2019, October). Addressing ministry burnout and compassion fatigue: Three keys from the latest research. Presentation completed at the 2019 World Conference of the American Association of Christian Counselors, Nashville,

TN.

- Garzon, F., & Ford, K. (2018, November). Adapting mindfulness for Evangelical Christians: A randomized comparative trial. Poster Presentation at the Association for Behavioral and Cognitive Therapies international conference, Washington, DC.
- Kim, S. & Garzon, F. (2018, April). Spiritual formation with Latinos: A randomized empirical investigation. Presentation at the international convention of the Christian Association for Psychological Studies, Norfolk, VA.
- Ford, K. & Garzon, F. (2018, April). A Christian approach to mindfulness practice. Presentation at the international convention of the Christian Association for Psychological Studies, Norfolk, VA.
- Goh, S. & Garzon, F. (2017, November). Responding to the needs of the Burmese refugee population in Virginia. Virginia Counselors Association, Homestead, VA.
- Goh, S. & Garzon, F. (2017, July). Contextualizing diversity and culture within a faith-driven intervention for the refugee population. Presentation at the Association of Spiritual and Ethical Values in Counseling (ASERVIC) international conference, Richmond, VA.
- Ford, K. & Garzon, F. (2017, March). Adapting mindfulness for conservative Christian Clients: Strategies and research outcomes. Presentation at the international convention of the Christian Association for Psychological Studies, Chicago, IL.
- Garzon, F., Carlton, M., & Dickens, M. (2016, May). Depression & bipolar disorder in the church. Presentation at the American Association of Christian Counseling The Struggle is Real Conference, Charleston, SC.
- Garzon, F. (2015, September). Adapting Mindfulness and Other Meditation Forms for Conservative Christians. Presentation at the American Association of Christian Counseling World Conference, Nashville, TN.
- Thomas, J., & Garzon, F. (2015, September). Transformative Encounters. Presentation at the American Association of Christian Counseling World Conference, Nashville, TN.
- Moitinho, E., Garzon, F., Freyre, F., & Davila, Z. (2015, September). Best Practices for Counseling Hispanic/Latino Clients. Presentation at the American Association of Christian Counseling World Conference, Nashville, TN.
- Kim, J. & Garzon, F. (2015, July). Christian meditation in the Korean American Population: A comparison with progressive muscle relaxation. Paper presentation at the ASERVIC conference [ACA religion subdivision national conference], New York, New York.

- Ritchey, B. & Garzon, F. (2013, November). An effectiveness survey study of Theophostic Prayer Ministry. Paper presentation at the Christian Association for Psychological Studies, Eastern Region conference, Virginia Beach, VA.
- Moitinho, E., Garzon, F., & Davila, Z. (2013, September). Mi casa es su casa: Essentials for counseling Hispanic/Latino clients effectively. Presentation at the American Association of Christian Counseling World Conference.
- Park, J., Garzon, F., Worthington, E., & Sosin, L. (2013, April). A study of social injustice and forgiveness in the case of North Korean Refugees. Paper presented at the international convention of the Christian Association for Psychological Studies, Portland, OR.
- Greer, C., Worthington, E., Garzon, F., Sutton, G., Toussaint, L. (2012, March). When conflict and forgiveness go to church: What happens when we offend within a congregation? Paper presented at the international convention of the Christian Association for Psychological Studies, Washington, DC.
- Garzon, F. (2011, September). Christian devotional meditation for anxiety. Paper presented at the international convention of the American Association of Christian Counselors, Nashville, TN.
- Garzon, F. (2011, September). Spirituality, prayer, and the healing of souls. Panel participant: Geneva Institute of the American Association of Christian Counselors, Nashville, TN.
- Garzon, F. (2010, November). Devotional meditation: Empirical status and comparison with mindfulness. Paper presentation at the Christian Association for Psychological Studies, Eastern Region conference, Chambersburg, PA.
- Garzon, F. (2010, April). Ethical guidelines for Christian therapists: Using the Bible in therapy. Workshop conducted at Messiah College, Grantham, PA.
- Ripley, J. S., Garzon, F. L., Hall, E. L., Mangis, M., & Murphy, C. (2008, November). Pilgrim's progress: Faculty and university factors in graduate student integration of faith and profession. In F. L. Garzon (Chair), *Teaching integration: Quantitative and qualitative research perspectives*. Symposium conducted at the Christian Association for Psychological Studies, Eastern Region conference, Chambersburg, PA.
- Hall, M. E. L., Ripley, J. S., Garzon, F. L., & Mangis, M. (2008, November). The other side of the podium: Student perspectives on learning integration. In F. L. Garzon (Chair), *Teaching integration: Quantitative and qualitative research perspectives*. Symposium conducted at the Christian Association for Psychological Studies, Eastern Region conference, Chambersburg, PA.

- Sites, E. C., Garzon, F. L., Milacci, F. A., & Boothe, B. (2008, November). A phenomenology of the integration of faith and learning. In F. L. Garzon (Chair), *Teaching integration: Quantitative and qualitative research perspectives*. Symposium conducted at the Christian Association for Psychological Studies, Eastern Region conference, Chambersburg, PA.
- Garzon, F., Ripley, J., & Makino, H. (2007, March). What is integration? Undergraduate student perceptions at a conservative evangelical Christian University. Poster presented at the international convention of the Christian Association for Psychological Studies, King Of Prussia, PA.
- Garzon, F. (2006, November). Integration: What do the Students Think? Paper presented at the international convention of the Transnational Association of Christian Colleges and Schools, Nashville, TN.
- Garzon, F. (2006, October). Freedom in Christ Ministries: Preliminary findings from effectiveness research. Paper presented at the international conference for the Society for Christian Psychology, Chattanooga, TN.
- Garzon, F. (2005, December). What a novice needs to know about designing a survey. Paper presentation at the international convention of the Transnational Association of Christian Colleges and Schools, Virginia Beach, Virginia.
- Rawles, P., & Garzon, F. (2005, February). Cultural and Gender Sensitivity in Navy and Marine Corps Personnel: Preliminary Analyses of Self Report Data from Two Ships. Poster presentation at the 5th Biennial EO/EEO Research Symposium for the Defense Equal Opportunity Management Institute, Patrick AFB, Florida.
- Garzon, F., & Fisher, W. (2004, November). A Times Series Investigation of a Freedom in Christ Seminar with Group Application of the Steps to Freedom. Paper presentation at the eastern regional convention of the Christian Association for Psychological Studies.
- Garzon, F., & Perez, J. (2004, October). A case of God image transformation in a Latino male Pentecostal pastor. Paper presentation at the international convention of the Society for the Scientific Study of Religion, Kansas City, Missouri.
- Rawles, P., & Garzon, F. (2004, August). An Assessment of Prejudicial Attitudes in Navy and Marine Corps Personnel. Poster presentation at the international convention of the American Psychological Association, Hawaii.
- Garzon, F. (2004, May). Interventions that apply Scripture in Psychotherapy. Paper presentation at Scripture and the Disciplines, international convention at Wheaton College, Wheaton, IL.
- Garzon, F. (2004, March). Cognitive Restructuring through Contemplative Inner Healing

Prayer: Clinical Demonstration & Current Research. Paper presentation at the international convention of the American Counseling Association, Kansas City, MO.

Smith, E., & Garzon, F. (2004, March). Integrating Theophostic Ministry with your counseling practice. International convention for the Christian Association for Psychological Studies, Petersburg, FL.

Garzon, F. & Poloma, M. (2003, October). The Usage of Inner Healing Prayer in the Conservative Christian Population: An Exploratory Survey. Paper presentation at the international convention of the Society for the Scientific Study of Religion, Norfolk, VA.

Mair, B., Ripley, J., & Garzon, F. (2003, August). Cultural Prejudices Among Conservative Christians Toward Interracial Marriages. Paper presentation at the international convention for the American Psychological Association, Toronto, Canada.

Mair, B., Ripley, J., & Garzon, F. (2003, June). Cultural Prejudices Among Christians Toward Interracial Marriages. Paper presentation at the international convention of the Christian Association for Psychological Studies, Anaheim, CA.

Zuehlke, T., Zuehlke, T., & Garzon, F. (2002, November). Theophostic Ministry: What It Is and What the Research Shows. Paper presentation at the convention of the American Association of Christian Counselors, Atlanta, GA.

Garzon, F., Zuehlke, T., Zuehlke, J., Hall, L., Burthwick, P., Teske, M., Thatcher, M., Smith, A. (2002, November). Theophostic Ministry: Internet Survey and Outcomes-Based Case Study Data. Paper presentation at the Christian Association for Psychological Studies, eastern regional conference, Baltimore, Maryland.

Garzon, F., Zuehlke, T., Zuehlke, J., Burthwick, P., & Witherspoon, M. (2002, April). Theophostic Ministry (Healing of Memories): Case Studies with External Review. Paper presentation at the international convention of the Christian Association for Psychological Studies, Chicago, IL.

Garzon, F., & Parker, S. (2001, September). Biblical Counseling and Theophostic Ministry: Preliminary Research Report. Paper presentation at the international convention of the American Association of Christian Counselors, Nashville, TN.

Garzon, F., Hardy, P., Smith, C., Borden, C., Cagle, R., Simonaviciute, G., Jageman, M. (2001, March). Theophostic Ministry (Healing of Memories): Case Study Data Suggests Research Is Warranted. Paper presentation at the Christian Association for Psychological Studies, international convention, Richmond, VA.

Garzon, F., Poloma, M., Gorsuch, R., Borden, C., Tjersland, T. (2001, March). Theophostic Ministry (Healing of Memories): Initial Survey Data. Paper presentation at the Christian Association for Psychological Studies, international convention,

Richmond, VA.

- Burkett, L. & Garzon, F. (2001, March). A Case Study of Integration in Psychotherapy. Poster session at the Christian Association for Psychological Studies, international convention, Richmond, VA.
- Garzon, F., Reed, H., & Zoby, M. (2000, August). Group therapy for incarcerated, sexually abused women: Empirical data. Paper presentation at the American Psychological Association, international convention, Washington, DC.
- Garzon, F., Burkett, L., & Hill, J. (2000, August). Sexual abuse survivors: An empirical investigation of religiously congruent interventions. Paper presentation at the American Psychological Association, international convention, Washington, DC.
- Gray, S., & Garzon, F. (2000, August). Spiritual Well-Being and Reasons for Living: Assessing the Connections. Poster presentation at the American Psychological Association, international convention, Washington, DC.
- Reed, H., Garzon, F., & Zoby, M. (2000, April). Issues in Group Therapy with Incarcerated Women: Lessons from a Pilot Study. Paper presentation at the Virginia Psychological Association spring convention, Alexandria, Virginia.
- Garzon, F., & Burkett, L. (2000, March). Healing of Memories: Models and Research. Poster presentation at Christian Association for Psychological Studies, international convention, Tulsa, Oklahoma.
- Reed, H., Burkett, L., & Garzon, F. (1999, October). Healing from the trauma of childhood sexual abuse: A proposed group therapy intervention. Paper presentation at Christian Association for Psychological Studies, eastern regional conference, Sandy Cove, Maryland.
- Garzon, F. (1999, October). Christian Inner Healing Models: Reconciling the Charismatic Church with Secular Psychology? Paper presentation at Christian Association for Psychological Studies, eastern regional conference, Sandy Cove, Maryland.
- Jefferson, G., Garzon, F., Yarhouse, M., Morgan, D., Gatewood, J., O'Hare, C., Ritterspach, C., & Lewis, A. (1999, April). Innovative ideas in clinical skills training: The team-teaching approach. Paper presentation at Virginia Psychological Association Spring Convention, Virginia Beach, Virginia.
- Garzon, F. (1998, November). Spiritual Interventions in Psychotherapy: Cultural and Empirical Considerations. Paper presented at Virginia Psychological Association, state convention, Richmond, VA.
- Garzon, F. (1998, February). Science Meets God: The Healing Influence of Christianity. Presentation in Pentecostal & Charismatic Caregivers Conference, Spirituality and

Healing: Yearnings of the Spirit, Virginia Beach, VA.

Garzon, F. & Hathaway, W. (1998, February). Through a Vale Darkly: the Distorting Influence of Mental Health Problems on Spiritual Development. Presentation in Pentecostal & Charismatic Caregivers Conference, Spirituality and Healing: Yearnings of the Spirit, Virginia Beach, VA.

Garzon, F. (1997, November). Working with Managed Care. Presentation in Private Practice Issues panel for the American Association of Christian Counselors World Conference on Christian Counseling.

ACADEMIC LEADERSHIP

Fellow, Christian Psychology Institute. In this organization, I have assisted in developing the following policy documents:

Garzon, F., Bumanglag-Webb, B., Joubert, N., & Jones, T.P. (2025). *Social, cultural, and worldview diversity in Christian soul care [Policy document]*. Christian Psychology Institute.

Bracey, S., & Garzon, F. (2025). *Guidelines for supervision, professional training, practice/practicum, and internship [Policy document]*. Christian Psychology Institute.

Guest Editor along with Joshua Knabb and Nicholas DiFonzo (2024). *Journal of Christianity and Psychology*, Special Edition:

Guest Editor along with Joshua Knabb and Eric Johnson (2020). *Journal of Christianity and Psychology*, Special Edition: Meditation, prayer, and contemplation in the Christian tradition; towards the operationalization and clinical application of christian practices in psychotherapy and counseling

Guest Editor along with Elizabeth Hall and Jennifer Ripley (2014). *Journal of Psychology and Theology*, Special Edition: Teaching Christian integration in psychology and counseling courses

Guest Editor, 2009, *Journal of Psychology and Theology*, Special Edition: Teaching Integration

Editorial Board Member:

- *Psychology of Religion and Spirituality*
- *Spirituality in Clinical Practice*
- *Christian Psychology: An Interdisciplinary Journal*,
- *Journal of Psychology and Theology*,
- *Journal of Psychology and Christianity*,

Conference Chair, 2008, *Christian Association for Psychological Studies* Eastern Regional Conference, Chambersburg, PA

Program Chair, 2007, *Christian Association for Psychological Studies* Eastern Regional Conference, Chambersburg, PA

Continuing Education Coordinator, 2007, for the *Christian Association for Psychological Studies* International Conference, King of Prussia, PA

Pastoral Care/Spirituality Track Coordinator, 2007, for the *Christian Association for Psychological Studies* International Conference, King of Prussia, PA

Board member, 2005-2008, Eastern Region, *Christian Association for Psychological Studies*

COMMUNITY LEADERSHIP

YouTubes for COVID Coping

My research team (the Society for Christian Accommodative Treatments and Programs) developed two YouTubes to help the general public cope with COVID. One focused on Scripture meditation (<https://youtu.be/x0VQyCtTLGM>) and one focused on handling distressing thoughts through acceptance and commitment therapy (<https://www.youtube.com/watch?v=lkrvmeQQcf8&t=261s>).

Christ over COVID

Four-week webinar series for Christian Embassy International Church. April 15-May, 15, 2020.

Clinical Training Workshops

Free workshops on brief cognitive therapy restructuring strategies for complex trauma, Piedmont Community Service Board. April 9, 2018, and July 19, 2018.

Pastoral Care Minister

Assisted in meeting the mental health and spiritual needs of Harvest Worship Center, Stuart, Virginia. 2006-2018.

Spanish Radio Program

“Encuentro” (Spanish for “Encounter”). Co-host of a Spanish counseling radio program. One hour program every Sunday, 3:30-4:30PM, on 670AM WRJR, Radio Luz, in Hampton, VA. March 2002-June 2004.

Diversity Training

For Norfolk Police Dept., 7-29-02, 7-31, 8-15-02, with T.R.A.I.T. Consulting.

Associate Pastor

“El Mundo Para Cristo” (The World for Christ), a local COG Latino congregation in Virginia Beach, VA. March 2001-2005

Trauma Response Team for the Ground Zero Clergy Taskforce

New York City, Oct. 17-21, 2001. Assisted law enforcement, fire personnel, and local churches in processing WTC terrorist attack. Trained area pastors in counseling those traumatized in their congregations.

CLINICAL EXPERIENCE

Outpatient Clinician

Donation-based practice, Virginia Beach, 3-00 to 5-05

Individual and marital therapy with a culturally diverse client population (predominantly Latino, African American) utilizing cognitive therapy and religiously congruent intervention strategies.

Outpatient Clinician

Health Psychology Associates, Irvine, CA 8-95 to 7-96.

Individual, group, marital, and family therapy with a culturally diverse client population. Psychoeducational classes and seminars. Administrative projects.

Director of Provider Services [Managed care company]

Integrated Behavioral Health, 3-94 to 9-95

Implemented Total Quality Management processes in Provider Services department. Designed periodic needs assessment instruments with interfacing departments. Participated in creation of new account proposals. Negotiated contract per diem rates with facilities. Evaluated treatment facilities/mental health professionals for panel status. Addressed facility-Integrated Behavioral Health problem areas. 30 hrs/wk.

Psychology Intern

V.A. Outpatient Clinic--Los Angeles, 9-92 to 8-93

Outpatient based assessment and therapy with ethnically diverse veterans and their spouses. Created 4 new therapy/psychoeducational groups for veterans (2 stress management groups, an Hispanic cultural awareness group, and a pre-group orientation program for newly admitted veterans). Client population included behavioral medicine clients, personality disorders, and PTSD. Therapy modes consisted of individual, couples, and group using an eclectic approach, and cognitive behavioral techniques with behavioral medicine clients.

PROFESSIONAL AFFILIATIONS

Membership in:

2018-present	American Psychological Association
2018-present	Christian Association for Psychological Studies
2018-present	The Society for the Psychology of Religion and Spirituality (APA Division 36)
2001-present	American Association of Christian Counselors
2004-present	Society for Christian Psychology