

Gary M. Quan, LMFT (#82204)
Therapist, Professor, Public Speaker, First-Time Author
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Asian American Family Systems Intervention & Support / Grief & Loss
 Healthy Attachment / Adolescent & Young Adult Metamorphosis
 Post-COVID Era Transformation / Personal Development & Discovery
 Adjustments & Life Stage Changes / Spiritual Growth & Recovery

Current Professional Experience

California Institute of Integral Studies, San Francisco 0.5 Core Faculty	May 2024 - Current
Taught variety of modernized courses to student cohorts in Community Mental Health program	
Advised graduate school students working their way through Counseling Psychology program	
Contributed to ongoing scaffolding of program courses and requirements for students' benefit	
Christian Counseling Center, Sunnyvale / Los Altos Experienced Marriage and Family Therapist	April 2008 - Current
Offered individual counseling for 10-15 clients with variety of presenting issues, including addiction and other compulsive disorders, adjustment to life stages, marriage building, grief/loss, personality disorders, spiritual exploration and identity, and mood disorders	
During 2020's/COVID-era, supplied teletherapy offerings during acutely distressful shutdown and recuperation for struggling families, couples, and young people	
Utilized blend of Bowen Family Systems, Addiction Recovery (12-step, Harm Reduction, Rational Recovery), Person-Centered, Attachment, and CBT therapy models	
Daybreak Health (Teens and Youth) Individual Telehealth Therapist - Contractor	February 2023 - Current
Provided specialized mental health support and therapy to 6-8 adolescents addressing unique emotional, psychological, familiar, and social challenges during critical stages of development	
Collaborated with patients on immediate mental health concerns, while equipped them with valuable and pertinent coping skills and resilience to promote longer-term well-being	
Constructed trust and rapport immediately while supplying safe and empathetic space where they could express themselves and work intentionally towards positive growth and healing	
Octave Mental Health Care (Adults 18-70+) Individual Telehealth Therapist - Contractor	February 2023 - Current
Provided specialized mental health support and therapy to 6-8 adults addressing unique stage of life / adjustment concerns and specialized focus on AAPI populations, stage of life struggles	
Supported organization's aim to create a new standard for mental health care accessible to people by providing teletherapy to adult clients from diverse backgrounds around California	
Consistently established rapport and trust with patients while using the online space to meld talk therapy with psychoeducation from live online resources via the teletherapy platform	
University of San Francisco, Counseling Psychology Adjunct Faculty - School of Education	August 2021 - Current
Worked with moderately-sized classes utilizing current industry trends (10 years or less), relevant work experience, and course assignments meant to develop professional competence	
Taught: Group Counseling, Counseling Methods, Family Systems Therapy, Substance Abuse Assessment and Treatment	

San Jose City College	February 2022 - Current
Adjunct Faculty - Jail / Re-Entry and Educator - The Learning Partnership	
Taught in-custody Substance Abuse Assessment and Treatment course to female/male inmates	
Taught several recurring continuing education courses to Santa Clara County employees, Including: Case Management (Jan 2024, Apr 2024), Co-Occurring Disorders Group Rehabilitation (Oct 2022, Nov 2022, Apr 2024), Psychotropic Medications and Substance Abuse (Nov 2023, Feb 2024, May 2024)	
The Meadows Outpatient Center of Silicon Valley	March 2022 - Current
Group and Individual Therapist - Per Diem	
Managed caseload of 5-7 patients with supplemental counseling on top of group offerings	
Group facilitator - Partial Hospitalization Program (PHP)/Intensive Outpatient Program IOP) for 8-12 patients in same assigned cohort (focus on process & psychoeducation)	
Western Theological Seminary	September 2022 - Current
Adjunct Faculty	
During post-COVID era, modified and facilitated in-person courses in moderately-sized arrangements utilizing current industry trends (10 years or less), recent clinical experience, and assignments meant to increase competence and integrating psychology & spirituality	
Taught: Clinical Foundations, Multicultural Counseling, Group Therapy	
Good Samaritan Hospital - Mission Oaks Campus	September 2020 - March 2022
Behavioral Therapist	
Group Therapist - PHP / IOP settings for 8-10 patients in 3-4 groups daily with process focus	
Utilized CBT / DBT modalities addressing schema, thoughts, beliefs and relational safety	
Received consistently high marks on quality of group facilitation and experience during tenure	
La Familia	May 2022 - March 2023
Interim Clinical Supervisor - Recovery and Wellness Services (RWS) Division	
Provided individual supervision for 3-5 interns who were providing individual & group services	
Reviewed / authorized notes, treatment plans, and assessments for quality assurance purposes	
Golden Gate University	September 2021 - December 2022
Adjunct Faculty - Ageno School of Business	
Worked with moderately-sized classes utilizing current industry trends (10 years or less), recent clinical experience, and course assignments meant to increase professional and interpersonal competence in variety of settings (in-person, online, asynchronous) for 100+	
Taught: Group Models of Counseling, Family/Couples Models of Counseling, Special Issues in Families and Couples	
Holy Names University (since-closed)	January 2021 - May 2023
Adjunct Professor - Counseling and Forensic Psychology Graduate Program	
Worked with moderately-sized classes utilizing current industry trends (10 years or less), recent clinical experience, and course assignments meant to increase competence while honoring the school's Social Justice mission and impacting disenfranchised communities	
Taught: Substance Abuse Assessment and Treatment, Trauma-Informed Foundations for Treatment, Group Therapy, Clinical Foundations	

Valley Medical Center - Health and Hospital Systems May 2016 - September 2020	
Marriage and Family Therapist II - Adult Custody Mental Health	
During COVID-19 pandemic, initiated 'Book Club by Gary' where 40-45 inmates voluntarily read and responded to selected growth/recover-related books in absence of in-person services	
Counseled 15+ individual low-to-medium female inmates and facilitated weekly psychoeducation groups for 60+ covering pro-social thinking, codependency, and resilience	
Supplied grief-specific (individual and group) services to support women's and men's housing units particularly in times of suicide, unforeseen death, and holiday-specific incarceration	
Other topics included self-kindness, Emotional Intelligence, Grief and Loss Recovery, Substance Use and Abuse Essentials, Bereavement Processing, Healthy Attachment Essentials	
Samuel Merritt University	January 2016 - April 2016
Adjunct Faculty - Physician Assistant Program	
Redesigned and taught Behavioral Medicine course introducing DSM-IV to 50+ pre-clinical graduate-level students	
Adjusted lecture content to address disorders that had the most relevance to students' future internship/practicum work	
William Jessup University	August 2014 - October 2022
Adjunct Professor - School of Professional Studies	
Worked with moderately-sized classes utilizing current industry trends, current clinical experience, groups, and outside assignments targeted at increasing professional competence	
Taught over 20+ courses over multiple iterations: Abnormal Psychology, Professional Treatment Skills, Grief and Loss, Treatment of Chemical Dependency, Small Group Dynamics, Group Counseling, Human Services, Counseling of Addictive Behavior, Intro to Addiction in Society, Physiology & Pharmacology of Addiction, Integration & Applied Learning, Sexuality	
Community Solutions	November 2010 - April 2016
Clinical Program Manager - FSP Criminal Justice Systems Program	
Provided clinical oversight of disparate programs serving 200+ dual-diagnosed AB109, CDCR, FSP, and 'Housing First'-oriented patients	
Acted as liaison for outward-facing treatment partners: Probation / Parole, Social Workers, key family members, adjunct positive influences, educators, & several organizational partners	
Provided weekly group counseling addressing: recovery issues, grief/loss/trauma, drug abuse/dependence, emotion management essentials, physiology/pharmacology of substances, lifespan development, interpersonal communication via discussions/educational media	
Co-created first of its kind monthly 'Family Action Night' for patients and support persons	
New Life Community Services May 2019 - Current / January 2006 - February 2009	
Active Member - Board of Directors (former Individual / Group Counselor)	
Facilitated process groups to address recovery, client education, life / interpersonal issues	
Performed individual counseling with over 20 pre-assigned clients in social model residential treatment center program and outpatient care	
Trained handful of interns on facilitation of men's-specific and process/psychotherapy groups	

Professional and Keynote Speaking Engagements

Repeat Guest Appearance on the “Soul Grit” Podcast Showcasing newly published book - focus ‘Asian American Mental Health’	Online Apr 2025
Guest Speaker - Goldenwest College Shared with 50+ faculty / students - “Shedding NEEDED light on AAPI Mental Health”	Huntington Beach May 2024
Guest Speaker - Valley Christian School Educated 20 11 th /12 th graders AP Psychology students (Discrimination, Bias, & Groupthink)	Dublin Feb 2024
Keynote: Healthier Couples - Ethiopian Mental Wellness Conference Educated group of 250+ on Healthy / Unhealthy Ingredients in Marital Relationships	Oakland Oct 2023
Breakout Keynote Speaker - CAMFT Annual Conference Shared with 50+ - “Shedding Light on AAPI Mental Health: Considerations & Concerns”	Santa Clara May 2023
Pacific Center for Human Growth - Didactive Training Series Keynote - “Cannabis Use: Impact, Implications, Benefits, and Concerns” for 20+ people	Berkeley Feb 2023
Guest Appearance on “The Mind of a Therapist” Podcast Subject matter expertise: ‘A Vantage Point into Asian-American Mental Health Issues’	Online Dec 2022
Keynote Speaker - Newport Healthcare’s Continuing Education Program ‘First of its kind’ webinar on Asian American Mental Health - Considerations & Concerns	Online Oct 2022
Guest Appearance on the “Soul Grit” Podcast Subject matter expertise and podcast focus ‘Mental Health and Incarceration’	Online Apr 2022
Holy Names University (since closed) - Professional Development Series Informed 50+ “Cannabis Use: Impacts, Implications, Benefits, and Concerns”	Oakland Aug 2021/July 2022
Eastern University - Multicultural Awareness Advisory Committee Keynote for faculty, advisors, and students on ‘Anti-Asian Discrimination & Sentiment’	St. Davids, PA Mar 2021
The Kings Academy High School - Parent/Student Seminar Keynote for 100+ parents / students on ‘Grief, Anxiety, and Self-Care in the Pandemic’	Sunnyvale Oct 2020
Correctional Institutions Chaplaincy of Santa Clara County - Fall Seminar Keynote for 120+ - “Going In / Staying In” - Discussion on Mental Health In-Custody	San Jose Sept 2019
Valley Church - Stress Management Overview (Mental Health Conference) Educated group of 100+ on ‘Finding Healthier Ways to Deal with Life’s Struggles’	Cupertino Sept 2018
Ethiopian Mental Wellness Conference - “Coping with Ongoing Stress” Keynote for 200+ - ‘Ideas for Managing Stress with Respect to Ethnocultural Traditions’	Oakland May 2019

Ongoing Philanthropic, Spiritual Edification, and Continuing Education

California Care Force - Chico Annual Clinic Led team to provide trauma-related counseling services to hundreds of fire survivors	Paradise/Chico Aug 2019
River Church Community - Adulthood 101 Clinic Educated 20+ congregants on ‘Assets for Psychological Development across Lifespan’	San Jose Apr 2019
Ethiopian Mental Wellness Conference - Stress Management Essentials Encouraged group of 200+ on pragmatic ideas for managing stress	San Jose Apr 2016
Speaker - Periodic Seminars: Intersection of Spiritual Development/Recovery & Mental Wellness Home of Christ (7 churches) -Retreat (Rohnert Park) Fourth Home of Christ (Saratoga) Tri-Valley Chinese Bible Church (Pleasanton) SouthBay Chinese Baptist Church (San Jose) Orchard Valley Christian Church (Sunnyvale) Bethany University [since-closed] (Scotts Valley)	July 2023 2020 - Current 2012 - Current 2013 - 2019 2016 - 2018 2009 - 2010

Pertinent Education

Western Seminary Master of Arts - Marriage and Family Therapy / Graduated ‘With Honors’ Addiction Studies Certificate	Bay Area June 2008
California Polytechnic State University - San Luis Obispo Bachelor of Science - Business Administration (Management Information Systems concentration) Minor in Psychology	San Luis Obispo June 1998

