

Name: Niccole McGowens, Psy.D. '90

Post Mercy Education:

B.A., Psychology, Trinity College of Vermont, May 1994
M.A., Human Sciences & Psychology, Hood College, May 1996
Psy.D., Clinical Psychology, Alliant International University/The California School of Professional Psychology, 2003



Personal and Professional Achievements:

I have a Doctor of Psychology Degree in Clinical Psychology (emphasis on family and children) from the Alliant International University/California School of Professional Psychology located in Emeryville, California. Since July 2008, I have worked at The Center for Eating Disorders at Sheppard Pratt Health Systems, providing direct patient care as well as collaborating with nursing leadership to educate the nursing staff regarding eating disorders behavioral management, therapeutic communication, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). I continue to provide group and individual therapy for patients in the inpatient and partial hospital programs as well as program training to externs and interns who work on the eating disorder unit. My expertise includes working with children adolescents and young adults to adults and seniors with various mental-behavioral health concerns. I also have experience working with individuals, couples, families and groups. I have a therapeutic background in CBT, DBT skills, behavior modification, conflict resolution, adolescent trauma, and chemical dependency. My current position gives me an opportunity to take care of human beings in their most difficult times of need and I consider it an honor that people entrust me to assist them in their mental health journey.

Since graduating from Mercy, I have given back to every community of which I have been a part. Having lived in Vermont, California, and Pennsylvania has helped me to realize that everyone needs assistance of some kind regardless of where one lives. I appreciate the experiences of giving back to the community in many ways. I volunteer most of my time to the various events during the year in promoting the understanding and knowledge of Eating Disorders.

I would not be who I am today if it were not for my loving family, friends, and Mercy High School. I am very fortunate to have been a Mercy Girl and now a Mercy Woman to carry on the qualities instilled in me at Mercy into my work, personal life, and community.

Please share your favorite Mercy memory.

I had the most difficult time thinking of only one Mercy memory because I have so many! I decided that my favorite Mercy memory encompasses all the memories of being with my classmates from the Class of 1990. We were and are amazing women! Moreover, we are amongst an amazing legacy of Mercy women. I continue to keep in contact with folks. Good times!

Were there any Mercy faculty members who especially impacted your life? Why?

Ms. Consuella Wilder (RIP) and **Ms. Cindy Magruder** were truly my mentors and two very strong women that taught me to be persistent, to compromise as needed, and to be tenacious in whatever I put my mind into doing.

Were there any classes you took at Mercy that stand out to you? Why?

I loved Latin and originally took the class in hopes that it would help with my science classes and eventually help me on my journey to become a medical doctor. Even though it was only offered for one year, I am still grateful for having taken at least a year of the subject.