Dr. Pat Russell  
Dean, School of Health & Social Sciences

Dr. Russell has over 20 years of multi-cultural and community-based experience, ranging from post-secondary teaching and administration, non-profit program development, to teaching Adult Basic Education and community-based advocacy.

Among her areas of expertise are administration and operations, program development planning and implementation, resource development, curriculum development, working therapeutically with diverse individuals and communities to heal historical traumas, cultural and anti-bias education, family therapy, substance abuse awareness and counseling, and youth and family services. She is an active member of City University’s Social Justice Coalition and works with the Social Justice Equity, Diversity, and Inclusion committee with National University.

Dr. Amy Cummings-Garcia  
Clinic Director/Faculty

Dr. Amy Cummings-Garcia is the Clinic Director at City University of Seattle. Dr. Cummings-Garcia obtained her doctorate from Seattle Pacific University in 2006 in the field of Clinical Psychology. Her work experience has included roles as Substance Abuse Coordinator in a university setting, Group Therapist within behavioral health in-patient and outpatient programs, Program Therapist, Clinical Program Manager of an adult behavioral health hospital, and work within two university counseling centers. Dr. Cummings-Garcia has over ten years of teaching experience at various universities, as well as providing education and trainings to those in the mental health community. She is actively involved in community outreach including participation on BAAP Advisory Board City University of Seattle, Washington Autism Speaks Ambassador, and participant in the King County Office of Social Justice Committee. Her areas of interest include advocating for social justice and equity within the mental health community and school settings, addressing disparity of services among those with unique and special needs in community mental health and schools, increasing community support in areas of trauma and loss, and the increasing and bolstering of reentry programs.

Dr. Jamey Cheek  
Core Faculty

Dr. Cheek obtained his doctorate from Texas Tech University in 2002 under the supervision of Dr. Loretta Bradley, former ACA President. He is a Licensed Mental Health Counselor and supervisor in the state of Washington and a certified Professional School Counselor. Dr. Cheek’s work experience has ranged from working as a clinical supervisor, university and public-school administrator, a professional school counselor, and in private practice. Dr. Cheek has over 20 years of graduate teaching experience in both clinical mental health and professional school counseling programs and has published and presented numerous papers at the state, regional, and national levels. He is a long-standing member of the American Counseling Association, was a founding member of Counselors for Social Justice (having served on the CSJ executive board as Treasurer from 2001 – 2003) and served as a trainer for The Education Trust’s Transforming School Counseling Initiative. He has also worked as a part of several national crisis responses, including the Assistant Director for the 9/11 World Trade Center Disaster response in New York City and with the Mayor’s Office of Houston as part of the recovery efforts following Hurricane Katrina in New Orleans. His areas of interest include advocating for social justice and reform, disability as diversity, and increasing LGBTQIA+ equity and access.

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Dr. Nate Gardner
Core Faculty

Dr. Gardner obtained his Doctorate from the University of Maine in 2014 in the field of Counselor Education. His work experience has included the Dean of Residential Life at the Maine School of Science and Mathematics (Maine’s first Public Charter School), and School Counselor at two High Schools. In addition, after completing a Master’s Degree in 2005, he spent one year as a case manager for a Community Health organization supporting adults with mental illness who were living independently. He is a member of the Washington School Counselor Association Board and involved on several state boards in support of his work in the field of school counseling within the state of Washington. He continues to both advocate and work for recruiting and training a more diverse school counseling population in order to better serve the students and families who are served by public education in the state of Washington.

Dr. Diana Charnley
Core Faculty and CACREP Liaison

Dr. Diana Charnley (she/her) is a core faculty member and the CACREP Liaison for the Master of Arts in Counseling Program at City University of Seattle. Dr. Charnley earned her PhD in Counselor Education and Supervision from Western Michigan University in 2020. Her faculty experience has included teaching doctoral, master’s, and undergraduate students at Western Michigan University, Kean University, Aquinas College, and Northwestern University prior to coming to City U. Dr. Charnley is a Licensed Mental Health Counselor in Washington and Licensed Professional Counselor in Michigan and works part-time as a telehealth therapist in a private practice. Her client population includes individuals of all ages, couples, and families, with a focus on women with anxiety and depression, trauma, first responders, and LGBTQ+ clients. She is also an Approved Clinical Supervisor, National Certified Counselor, and Certified Clinical Trauma Professional, and has completed Gottman training in couples’ counseling. She has been actively involved in leadership and advocacy at the local, state, and national levels, including work with Michigan MHCA. Her research interest areas include culturally competent gatekeeping and gatekeeper development, cultural intersectionality in the classroom, trauma and substance use treatment in interdisciplinary healthcare settings, and career counseling and development, especially with first-generation college students. She is currently located in Seattle where she enjoys going on new walks and hikes with her 2 dogs (Beagle and Corgi), trying new foods and teas, and reading.

Dr. Kimberly Walker
Core Faculty

Dr. Kimberly Walker is a member of the faculty for the Master of Arts in Counseling Program at City University of Seattle. Dr. Walker obtained her PHD in Counselor Education from the University of North Texas in 2021. She has counseling experience across the lifespan, with specialties in play therapy and ecotherapy. She has worked in community counseling centers, domestic violence outreach, and within elementary schools. Dr. Walker is a member of the Association for Play Therapy and serves on the ethics committee that establishes best practices for play therapists nationally. Dr. Walker’s main areas of research interest include the integration of nature-based treatments with traditional child-centered play therapy and with humanistic supervision approaches. Her advocacy focuses on equitable access for children to outdoor spaces and social justice reform.
Dr. Annette Perales  
Core Faculty and Professional School Counseling Lead

Dr. Annette Perales (she/her) earned her doctorate in counselor education and supervision from Western Michigan University and has a Master of Arts in clinical mental health counseling from Gonzaga University. Dr. Perales is a licensed mental health counselor in Washington and a licensed professional counselor in Michigan; she is also a nationally certified counselor.

Dr. Perales has a clinical background working with youth and adults; she has a passion for serving BIPOC and LGBTQIA+ individuals. Before joining the CityU faculty, she worked in community mental health, college counseling centers, and private practice. She has taught undergraduate and graduate courses since 2015. Additionally, Dr. Perales’ dissertation research was on intragroup marginalization among Latinx migrant college students. Her research interests include multicultural counseling, college counseling, and mental health in immigrant populations.

Dr. LaCretisha McDole  
Associate Faculty

Dr. LaCretisha McDole is a nationally certified counselor (NCC) and a licensed professional counselor (LPC) in the State of Michigan. She earned her PhD in Counselor Education and Supervision from Western Michigan University. Prior to her doctoral studies, Dr. McDole earned both a Bachelor of Science in Psychology and a Master of Arts in Counselor Education with a concentration in Couples, Marriage, and Family Counseling from Western Michigan University. Dr. McDole has clinical experience providing individual, couples, and group counseling services for children, adolescents, and adults. In addition to her work as a counselor, Dr. McDole has six years of experience working in career services and student development in higher education. She is an experienced speaker on topics related to career exploration, career development, job search strategies, and workplace professionalism. She also has experience teaching at the University level.