



Kent B. Provost, PhD

Interim Program Director: Master of Arts in Counseling Program, Associate Professor

Dr. Kent B. Provost is the Interim Program Director of the Master of Arts in Counseling Program (MAP) at City University of Seattle. He received his doctoral degree from Idaho State University's Counselor Education and Counseling (a CACREP accredited doctoral program) in 2009. He maintains his Licensed Professional Counselor (clinical licensure) in Oregon, practicing as well as conducting supervision for over 15 years. Dr. Provost has worked for CityU since August 2019 as a core faculty for the MAP. Dr. Provost is a long-standing member of the American Counseling Association and Association for Counselor Education and Supervision. He has worked in numerous clinical settings counseling a broad variety of diverse clients dealing with general developmental, cultural identity, age, gender-identity, and sexuality related issues. He has and continues to supervise students-in-training and counselors working towards licensure since 2004. Additionally to conducting supervision and other workshops for PESI and throughout the United States, Dr. Provost has presented at several national, regional, and state professional conferences on topics related to: clinical supervision, trauma, group work, Alexithymia, co-occurring disorders, and innovative teaching strategies.



Lee Nathan Gardner, PhD

Director of School Counseling Training and Program Manager: Master of Arts in Counseling

Dr. Nate Gardner is the Director of School Counseling Training and Program Manager for the Master of Arts in Counseling Program at City University of Seattle. 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.



Amy Cummings-Garcia, PhD

Director of Clinical Training and Program Manager: Master of Arts in Counseling Program

Dr. Amy Cummings-Garcia is the Director Clinical Training and Program Manager for the Master of Arts in Counseling Program 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 and the Community Truancy Board for her local school district. Her areas of interest include advocating for social justice and equity within the mental health community and school systems, addressing disparity of services among those with unique and special needs in community mental health and schools, and the increasing and bolstering of reentry programs.



Anastasia Imig, PhD

Full-Time Faculty: Master of Arts in Counseling Program

Dr. Anastasia Imig is a licensed professional counselor (Colorado) and registered play therapist (national credential). She received her MA in School Counseling from the University of Iowa and her PhD in Counselor Education and Supervision from the University of South Dakota. She has over 15 years of counseling experience with children, adolescents, and families having worked in a variety of settings including international schools, hospitals, residential and day treatment, private practice, and crisis centers. Given her specialty in child and adolescent mental health, Dr. Imig has supervised child welfare workers as well as school-based therapists. Her main areas of research interest include multicultural supervision and curriculum development, as well as trauma-informed care in higher education. Dr. Imig is described by both her clients and supervisees as having a sense of humor, compassion, and authenticity.

Jamey Cheek, EdD

Full-Time Faculty: Master of Arts in Counseling Program



Dr. Cheek is a member of the faculty for the Master of Arts and Counseling Program at City University of Seattle. 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 as 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.

Evette Dean

Program Administrative Assistant



Evette Dean currently provides administrative support to the programs within the School of Health and Social Sciences. She first came to CityU in 2004 after being inspired by the university's mission statement which stated it will help "Change your life for good!" Believing in those words and realizing she had an opportunity to fulfill her dream of earning a bachelor's degree, she began taking classes right away, while also working full time and juggling responsibilities as a single parent. Today, after years of focusing on that mission, Evette has surpassed fulfilling her dream of achieving just one degree, she has three - a Bachelor of Science in Business Administration, a Master in Business Administration, and a Master of Arts in Leadership. Other supportive roles Evette has taken on during her time at City University of Seattle include: assisting students, as a writing lab tutor, with their writing; grading papers as an Outcomes Evaluator for the School of Management's BAM program; and teaching courses as an Associate Faculty member for the General Education program.