

Michael Prazak, Ph.D.
Ocean Springs, MS

LICENSE

Alabama – licensed psychologist
Louisiana – licensed psychologist
Mississippi – licensed psychologist
Virginia - licensed psychologist

EDUCATION

Ph.D., Counseling Psychology (Aug. 2019)

University of North Dakota (APA-Accredited); GPA: 3.91

M.S., Clinical Mental Health Counseling (Dec. 2014)

Neumann University (CACREP-Accredited); GPA: 4.00

B.S., Psychology (Aug. 2009)

University of North Texas; GPA: 3.67

CLINICAL EXPERIENCE

Gulf Coast Veterans Health Care System (2019-2024)

Staff Psychologist – MH Residential Rehabilitation Treatment Program (2022-2024)

Provided group and individual therapy, psychological assessment, screening and interviewing decisions, and consultation in team-based mental health residential program.

Staff Psychologist – General Mental Health Outpatient Clinic (2020-2022)

Conducted group therapy, individual therapy and assessment in outpatient BHIP team. Focus on high-risk Veterans, personality disorders, and SPMI in particular. Provided consultation in BHIP team and diagnostic clarification.

Post-Doctoral Fellow - Rural & Underserved Interprofessional Fellowship (2019-2020)

Primary Rotation: Provided assessment and individual therapy to underserved populations, including LGBT, homeless, rural, and SPMI. Settings included walk-in clinic, mental health outpatient clinic, in-home therapy and telehealth

Secondary Rotations: Evidenced-Based Practices for PTSD including administration of PE and CPT; assessment; trauma-based group therapy; and supervision of pre-doctoral interns

Larned State Hospital (2018-2019)

Pre-Doctoral Intern

Primary Rotation: inpatient psychiatric hospital conducting group therapy (process, CBT, DBT, trauma, relationships, integrated treatment); individual therapy; cognitive, personality and diagnostic assessment; crisis de-escalation; and staff training

Secondary Rotation: inpatient forensic hospital conducting group therapy (co-occurring disorders, trauma and competency restoration), individual competence restoration, and completing competency to stand trial forensic evaluations

TRAINING EXPERIENCE

Gulf Coast Veterans Health Care System:

Leadership and Service

Fellowship/internship training faculty member (2020-2024)
National Diversity Series C.E. Coordinator (2020-2023)
Employee Whole Health Committee member (2021-2023)
Whole Health Committee member (2021-2023)
Deputy Assistant Director of Training (2021-2022)
Externship training coordinator (2021-2022)
Training steering committee member (2020-2022)

Trainings Provided

Research Lab: monthly interactive/supervisory seminar (2020-2023)
Interviewing and Psychotherapy: ad-hoc trainings (2020-2023)
Professional Issues: ad-hoc trainings (2020-2023)
Diversity/Culturally-competent practice: Annual and ad-hoc trainings (2020-2023)
Conceptualization and Theory: ad-hoc trainings (2020-2023)
Evidence-Based Practices: ad-hoc trainings (2023)
Research Methods: monthly didactic seminar (2020-2023)
Psychodiagnostics: weekly didactic seminar (2020-2022)

TRAININGS AND CERTIFICATIONS

VHA EBP Rollout Certifications:

Advanced Training in the Safety Planning Intervention (ASPI) (2022)
Integrative Behavioral Couple Therapy (IBCT) (2022)
Interpersonal Psychotherapy for Depression (IPT) (2022)

VHA Whole Health-Funded Trainings:

EMDR Level 1 (2021), Level 2 (2022) - EMDR Institute
EMDRIA-Approved Therapist (2022)
American Society of Clinical Hypnosis (ASCH) – Level 1 (2021), 2 (2022)
VA CALM National Mindfulness Facilitator (2021)

MILITARY EXPERIENCE

LA Army National Guard (2020-present)

Psychologist (O3) – 756 MCAS

Engaged in direct clinical service including individual therapy, psychological assessment including diagnosis and treatment planning, and crisis intervention services. Provided unit-wide education related to mental health services, preventative steps, peer intervention, and psychoeducation. Worked with leadership regarding consultation, assessment of common difficulties and solution-focused planning, and system-wide interventions.

ND Air National Guard (2015-2019)

Religious Affairs Specialist (E5) – 119th WG

Special appointment in integrated chaplaincy-social work office providing mental health training to chaplaincy and social work across Army and Air Force in North Dakota and Minnesota. Also provided brief crisis-intervention services to airmen and families.

MD Army National Guard (2009-2015)

Mental Health Specialist – 224th Medical Co. (2014-2015)

Worked with a clinical psychologist in team-based setting to conduct mental health screenings

and meet with individual clients to assess symptom severity, provide brief therapy, and coordinate outpatient discharge planning

AWARDS

Professional/Academic

VA Performance Award 2021; VA COVID Performance Award 2021; Chester D. Gaston Award (for distinguished early career contribution) 2021; UNT Excellence Scholarship 2007-2009; UNT Dean's List 2007-2009

Military

Army Commendation Medal (x2); Army Achievement Medal, Army Humanitarian Medal, Air Force Commendation Medal; Air Reserve Forces Meritorious Service Medal; Afghanistan Campaign Medal; NATO Medal; North Dakota NG Emergency Service Ribbon, Louisiana War Cross

RESEARCH

Peer-Reviewed Publications

- Prazak, M.,** Bacigalupi, R., & Hamilton, S. C. (2024). Rural suicide: demographics, causes, and treatment implications. *Community mental health journal*, 1-10.
- Prazak, M.,** Bacigalupi, R., & Adams, K. (2023). Reincarnation Beliefs and Suicidality: Social, Individual and Theological Factors. *Journal of Religion and Health*, 1-22.
- Prazak, M.** (2021). Dimensions of compulsive internet use as a function of attachment style. *Atlantic Journal of Communication*, 31(4).
- Prazak, M.** & Herbel, D. O. (2020). The role of military chaplaincy in addressing service member help avoidance: a critical review with treatment implications. *Journal of Health Care Chaplaincy*, 1-20.
- Tillman, K. S., & **Prazak, M.** (2019). Friendship Club: Development and implementation of a 12-week social skills group curriculum. *Counselling and Psychotherapy Research*, 19(2), 158-166.
- Tillman, K. S., & **Prazak, M.** (2018). Kids Supporting kids: A 10-week small group curriculum for grief and loss in schools. *Counselling and Psychotherapy Research*, 18(4), 395-401.
- Tillman, K. S., **Prazak, M.**, & Obert, M. L. (2018). Understanding the experiences of middle school girls who have received help for non-suicidal self-injury. *Clinical Child Psychology and Psychiatry*, 23(4), 514–527.
- Tillman, K. S., & **Prazak, M. D.** (2018). Trauma in forensic adolescent females: Predictors, correlates and mental health outcomes. *Journal of Child & Adolescent Trauma*, 1-9.
- Tillman, K. S., **Prazak, M.**, Burrier, L., Miller, S., Benzra, M. (2016). Factors influencing school counselors' suspicion and reporting of childhood physical abuse: Investigating child, parent, school, and abuse characteristics. *Professional School Counseling*, 19(1), 103-115
- Grados, M., **Prazak, M.**, Saif, A., & Halls, A. (2015). A review of animal models of obsessive-compulsive disorder: a focus on developmental, immune, endocrine and behavioral models. *Expert Opinion on Drug Discovery*, 11(1), 27-43
- Prazak, M.**, Doster, J. A., Critelli, J. W., Martin, L. A., Miranda, V., Purdum, M. (2012). Mindfulness and its role in physical and psychological health. *Applied Psychology*:

- Health and Well-being*, 4(1), 91-105.
- Martin, L. A., Doster, J., Critelli, J., Lambert, P., Purdum, M., Powers, C., & **Prazak, M.** (2010). Ethnicity and Type D personality as predictors of heart rate variability. *International Journal of Psychophysiology*, 76(2), 118-121.

Published Abstracts

- Kim, C., **Prazak, M.**, Tan, E., Shaffer, M., Heirangi, T., Frederick, J., ... Grados, M. (2016, October). Confirmatory Factor Analysis in Pediatric OCD: the role of Higher-Order and Bifactor Models. *Journal of the American Academy of Child & Adolescent Psychiatry*, 55(10), S240. Poster session presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry: New York, NY.
- Price, E., Martin, L. A., Critelli, J. W., **Prazak, M.**, Purdum, M. & Powers, C. (2013). Gender Differences in Mindfulness Skills and Physical Symptoms in Young Adults. *Annals of Behavioral Medicine*, Vol. 45, Abstract Supplement, B-133. Poster presented at the Society of Behavioral Medicine Convention.
- Martin, L. A., Critelli, J. W., Purdum, M., Powers, C., Miranda, V., & **Prazak, M.** (2012, April). Inhibition of Negative Affect and Lifestyle Behaviors as Predictors of Cardiovascular Functioning. *Annals of Behavioral Medicine*, Vol. 43, Supplement, 1. Poster presented at the Society of Behavioral Medicine Convention.

Conference Presentations

* denotes student presentation

- Scully, K.,* Bacigalupi, R. & **Prazak, M.** (2024, August). *Exploring the needs and characteristics of psychiatrically hospitalized veterans*. Poster session presented at the annual meeting of the American Psychological Association: Seattle, WA.
- Bacigalupi, R.,* Scully, K. & **Prazak, M.** (2024, August). *Women in Psychiatric Hospitalization: Demographics, characteristics and mental health needs*. Poster session presented at the annual meeting of the American Psychological Association: Seattle, WA.
- Bacigalupi, R.* & **Prazak, M.** (2022, August). *Mental Health Outcomes of Technology Attitudes and Behaviors*. Poster session presented at the annual meeting of the American Psychological Association: Minneapolis, MN.
- Hutchison, A., **Prazak, M.**, Gerstein, L., Atari, R., Nathani, P., Zhang, Y & Covington, H. (2019, August). *Testing the Effectiveness of an Emotion Recognition Training Program with Mental Health Trainees*. Poster session presented at the annual meeting of the American Psychological Association: Chicago, IL.
- Prazak, M.**, Ayala, E., Edwards, S. R., Tillman, K., Newell, C., & Carrero Pinedo, A. (2019, August). *The Impact of Attachment Style on Online Behavior: Problematic Internet, Disclosure, and Attitudes*. Poster session presented at the annual meeting of the American Psychological Association: Chicago, IL.
- Ayala, E., **Prazak, M.**, Edwards, S. R., & Carrero Pinedo, A. (2019, August). *Exploring the Meditational Effects of Attachment and Maladaptive Outcomes*. Poster session presented at the annual meeting of the American Psychological Assoc: Chicago, IL.
- Durand, D.,* **Prazak, M.**, Tillman, K., Ayala, E., Edwards, S. R. & Carrero Pinedo, A. (2019, August). *The Impact of Internet: Exploring Dimensions of Problematic Internet Use and Mental Health Outcomes*. Poster session presented at the annual meeting of the

- American Psychological Association: Chicago, IL.
- Schoener, A., Edwards, S. R., & **Prazak, M.** (2018, August). *The effects of postpartum depression and postpartum post-traumatic stress disorder symptoms on mothers' postpartum functioning*. Poster session presented at the annual meeting of the American Psychological Association: Washington, D.C.
- Rozzi, M. R., Forbes, A. K., **Prazak, M.**, & Wettersten, K. (2017, August). *Development and Validation of the Graduate Student Self-Efficacy Scale*. Poster session presented at the annual meeting of the American Psychological Association: Washington, D.C.
- Tillman, K. S., & **Prazak, M.** (2017, August). *Integrating Developmentally Appropriate Play-Based Activities into Social Skills Groups*. Poster session presented at the annual meeting of the American Psychological Association: Washington, D.C.
- Prazak, M.** & Tillman, K. S. (2017, May). *Development and Evaluation of a Social Skills Curriculum*. Poster session presented at the annual meeting of the Association for Psychological Science: Boston, MA.
- Tillman, K. S., & **Prazak, M.** (2016, August). *Using a group counseling approach with children who have experienced the death of a loved one*. Poster session presented at the annual meeting of the American Psychological Association: Denver, CO.
- Chapple, L., **Prazak, M.**, Obert, M. (2016, August). *A Qualitative Study of Strengths and Barriers of First Generation Doctoral Psychology Students*. Poster session presented at the annual meeting of the American Psychological Association: Denver, CO.
- Tillman, K. S., & **Prazak, M.** (2016, June). *An Exploration of Experiences of High School Females Who Have Received Help for Self-Injurious Behaviors*. Poster session presented at the annual meeting of the International Society for the Study of Self-Injury: Eau Claire, WI.
- Tillman, K. S., & **Prazak, M.** (2016, June). *Choosing not to seek professional help: An analysis of high school females' experiences with non-suicidal self-injury*. Oral presentation delivered at the annual meeting of the International Society for the Study of Self-Injury: Eau Claire, WI.
- Fuerst, N., **Prazak, M.**, Lucke, I., Grados, M. (2015, January). *Sustained Attention Deficits in Pediatric Obsessive-Compulsive Disorder and Tic Disorders: A Comparison using the Continuous Performance Test*. Poster session presented at the annual meeting of the American Professional Society of ADHD and Related Disorders, Washington, D.C.
- Prazak, M.**, Anderson, K., Davarya, S., Specht, M., Grados, M. (2011, May). *Latent Profiling Analysis in a Clinical Pediatric Sample with Obsessive-Compulsive Disorder*. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, D.C.
- Prazak, M.**, Critelli, J. W., Martin, L. A., Miranda, V. (2011, May). *Mindfulness and its Role in Predicting Vividness and Depth of Experience*. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, D.C.
- Prazak, M.**, Doster, J. A., Critelli, J. W., Martin, L. A., Miranda, V., Purdum, M. (2010, May). *Mindfulness and Explanatory Style*. Poster session presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Prazak, M.**, Doster, J. A., Critelli, J. W., Martin, L. A., Miranda, V., Purdum, M. (2010, May). *Mindfulness and Coping Style*. Poster session presented at the Annual Conference on Addictions, Infectious Disease, and Public Health, Johns Hopkins University Bloomberg School of Public Health, Baltimore, MD.

- Prazak, M.,** Martin, L. A., Doster, J. A., Critelli, J. W. (2009, May). *Mindfulness and the Prediction of Heart Rate Variability*. Poster session presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Martin, L. A., Doster, J. A., Critelli, J. W., Purdum, M., Miranda, V., Lewis, K., **Prazak, M.** (2008, May). *Negative Affect, Coping and Cardiovascular Risk in a Non-Medical Sample*. Poster session presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

Conference Workshops

- Prazak, M.,** & Bacigalupi, R. (2022, August). *Evidence-Based Psychodynamic Suicide Assessment*. One-hour workshop as part of the annual convention of the American Psychological Association: Minneapolis, MN.
- Prazak, M.,** & Bacigalupi, R. (2022, April). *Evidence-Based Psychodynamic Psychotherapeutic Principles - Understanding, Assessing, and Treating Suicide*. Two-hour workshop as part of the annual convention of the American Assn. of Suicidology: Chicago, IL.
- Prazak, M.** (2021, September). *Understanding Suicide: Contemporary Suicide Practice through an Evidence-Based, Psychodynamic Framework*. 90-minute webinar for C.E. as part of the annual convention of the Mississippi Psychological Assoc.: Biloxi, MS.
- Utley, J. & **Prazak, M.** (2021, May). *Evidence-Based Care after Hospitalization: Risk Management and Interventions*. Training offered for the DoD/VA Suicide Prevention conference: online.
- Prazak, M.** & Marin, N. (2021, March). *Providing Culturally Sensitive Supervision as a Psychologist*. One-hour webinar for C.E. for national VA Diversity Days series: Biloxi, MS.
- Prazak, M.** (2020, December). *Evidence-Based Assessment and Responding in Veteran Suicidality*. One-hour webinar for C.E. for GCVHCS: Biloxi, MS.
- Prazak, M.** & Marin, N. (2020, September). *Suicide Assessment: Integrating and Applying Theoretical and Evidence-Based Models*. Two-hour webinar for C.E. as part of the annual convention of the Mississippi Psychological Association: Biloxi, MS.
- Prazak, M.** (2019, September). *Understanding and Treating Compulsive Internet Use: Research and Treatment Innovations for Young Adults in Diverse Settings*. Oral presentation at the annual convention of the Mississippi Psychological Association: Biloxi, MS.
- Tillman, K. S., **Prazak, M.** (2017, February). *Working with Teens who Self-Injure*. Workshop conducted at the annual meeting of the North Dakota Counseling Assoc.: Fargo, ND.
- Tillman, K. S., **Prazak, M.** (2017, February). *Using Books in Counseling to Help Children Learn and Succeed*. Workshop conducted at the annual meeting of the North Dakota Counseling Association: Fargo, ND.
- Tillman, K. S., **Prazak, M.** (2016, February). *Helping Kids Learn to Make and Keep Friends*. Workshop conducted at the annual meeting of the North Dakota Counseling Association: Fargo, ND.
- Tillman, K. S., **Prazak, M.** (2016, February). *Helping Kids Deal with Parental Separation*. Workshop conducted at the annual meeting of the North Dakota Counseling Association: Fargo, ND.
- Tillman, K. S., **Prazak, M.** (2016, February). *Helping Kids Deal with Death*. Workshop

conducted at the annual meeting of the North Dakota Counseling Assoc.: Fargo, ND.