

Gustavo G. Cortina Rodríguez, PhD, CHES

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PROFESSIONAL EXPERIENCE

Associate Director of the Department of Social Sciences at the University of Puerto Rico at Mayaguez Campus

(August 2023 – present)

- Assist the Chair of the department in administrative tasks, internal and external transfers, develop initiatives for the benefit of students and the community in general, development of recruitment plan, help in equivalencies and work directly with student organizations ascribed to the department.

Assistant Professor of Psychology (By term) at the University of Puerto Rico at Mayaguez Campus

(August 2015 – present)

- Teach psychology courses to undergraduate students. Guide students to the knowledge of the science that studies behavior and mental processes. In addition to the tasks as a professor, it is a responsibility to develop research tied to the social sciences. Also, offer lectures and workshops to the university community on a diversity of topics related to psychology.

Advisory Committee Member at the American Psychological Association

(March 2025 – Present)

- Serve as a member of the IMFP Training Advisory Committee (ITAC), comprised of distinguished psychologists, nurses, social workers, mental health professionals, individuals with lived experience, and community advocates. The committee provides leadership, strategic guidance, and expert advisement for the IMFP fellowship program.

Special Assistant to the Chancellor at the University of Puerto Rico at Mayaguez Campus

(May 2023 – August 2023)

- Special functions to assist the appointing authority in matters of discrimination, diversity, equity, and inclusion. Ensure compliance with the federal law of Title IX.

Title IX Coordinator at the University of Puerto Rico, Mayaguez Campus

(May 2015 – August 2023)

- Receive and process inquiries and discrimination complaints from the campus community and third parties in a timely manner, providing a fair and neutral process for all parties. Develop and implement case management plan for each reported Title IX incident and elaborate investigation plans for each Title IX complaint. Conduct investigations or train staff members to conduct investigations. Implementation and management of the Student Title IX Policy, train, and provide leadership to staff to serve

as investigators, as appropriate and needed. Write comprehensive reports of investigation with findings of fact and recommendations. Develop a case management database to organize, manage and track Title IX incidents. Monitor and manage Title IX incidents to ensure an efficient and effective response to complaints. Provide ongoing updates to the disciplinary procedure for sexual assault as necessary. Continuously identify and integrate best practices in the Title IX investigation arena into knowledge base and practice. Advocate for improvements in the investigatory process.

**Director Quality of Life Office at University of Puerto Rico, Mayaguez Campus
(June 2014 – January 2023)**

- As the director of the Quality-of-Life Office my responsibilities include, offering a wide variety of services to promote a safe campus environment and achieve the educational objectives of this institution. This office encourages a safe and secure environment through various activities each semester. It sponsors peer education and support student groups. Proactive prevention programs are offered in order to prevent campus crime, violence, sexual assault, and the use and abuse of alcohol and other drugs, which may affect the quality of life on campus. I offer seminars, conferences and individual interventions and health communication strategies.

**Director: Student Disability Office at University of Puerto Rico, Mayaguez
(January 2018 - March 2020)**

- As the Director of OSEIRUM my duties are to review a caseload of students with disabilities: conduct student intake interviews, determine and communicate academic accommodations, and provide coaching and accessibility services to individual students with disabilities. Maintain accurate records in a confidential manner in keeping with FERPA and ADA requirements. Maintain contact with class deans regarding individual students and collaborate with them to provide support and accountability.

OFFERED POSITION: Dean of General Education, Universidad Sagrado Corazón (Santurce)

I rejected the position because starting date of position conflicted with the commitments in my appointment at the University of Puerto Rico in Mayaguez.

EDUCATION

Post-doctorate in Psychology (2022)

University of Flores, Argentina

PhD in Psychology (2022)

Universidad Central de Nicaragua

Equivalency by NACES (IEE)

US Department of Education

PhD in Psychology — Degree Validation (2024)

Universidad de Zaragoza

Official homologation of foreign Ph.D. in Psychology

Recognition granted in accordance with Spanish academic and professional standards

Ph.D. in International Public Health (2018)

EUCLID University (Pôle Universitaire Euclide)

Equivalency by NACES and University of Puerto Rico

US Department of Education

Mater's of Science in Health Communication (2014)

Universidad Complutense de Madrid

Bachelors of Arts in Psychology (2012)

Universidad de Puerto Rico, Recinto Universitario de Mayaguez

Also:

Ph.D. in Public Health (Community Health Education)(2015–2017)

Walden University (Transfer)

LICENSES AND CERTIFICATIONS**Social and Behavioral Research (2025)**

CITI Program

Credential ID: 67999098

Social and Behavioral Responsible Conduct of Research

CITI Program

Credential ID: 67999099

Certified Health Education Specialist (CHES) (2022)

CHES #: 37689

National Commission for Health Education Credentialing, Inc.

Fellow Royal Society for Public Health (2020)

Membership Number: 126873

Certified National Prevention Specialist (2016-2018)

NADAI #87428

Certified Mental Health Counselor (2016-2018)

NADAI #87471

Certified Grief Therapist (2016-2018)

NADAI #87909

Certification in Caring for Health Professionals (2014)

Organizational Leadership (2010)

Certified in Mental Health and Illness (2014)

Certified in Basic Aspects of Sexually Transmitted Diseases (2014)

PR Department of Health

Certified in Alcohol use and Prevention (2014)

#HeforShe Advocate and Member (2014)

PROFESSIONAL COMMITTEES & AFFILIATIONS

**Advisory Committee Member, Training Advisory Committee (ITAC) – Interdisciplinary Minority Fellowship Program (2024 – present)
American Psychological Association**

National advisory committee supporting training, diversity, and workforce development in behavioral health provide strategic input on interdisciplinary approaches to mental health and minority-serving initiatives.

RED VIVE (Mentor)

A multidisciplinary network of national and international institutions and organizations promoting interuniversity volunteerism, healthy lifestyles, and social responsibility aligned with the Sustainable Development Goals (SDGs). As a mentor, I support community engagement and health promotion through educational and sociocultural initiatives.

Co-Representative of the University of Puerto Rico Ibero-American Network of Health Promoting Universities (RIUPS)

Under the auspices of the Pan American Health Organization (PAHO)
Serve as institutional co-representative in this international network dedicated to promoting health and well-being in higher education institutions across Ibero-America.

PUBLICATIONS, PRESENTATIONS AND PROFESSIONAL CONFERENCES

Cortina, G. (2025 & 2024). **The Impact of National Disasters and Mental Health in Puerto Rico.** University of Michigan in Ann Arbor.

Cortina, G. (2024). **Humanizing Alcohol Addiction.** National Convention of Alcoholics Anonymous in Puerto Rico.

Cortina, G. (2024). **Humanized Prevention and Intervention Strategies in Educational Environments**. VI Puerto Rican Public Health Conference.

Cortina, G. (2023). **Humanized Compassionate Psychology**. XII International Congress of Psychology and Education. (Quindío, Colombia).

Cortina, G. (2023). **Compassionate Humanized Psychology: a new frontier in understanding the human experience**. Convention of the Puerto Rico Psychological Association.

Cortina, G. (2023). **Quality and Healthy Lifestyles**. 1st interprofessional mental health summit.

Cortina, G. (2023). **Humanization in Alcohol Addiction**. Convention of Alcoholics Anonymous of Puerto Rico.

Cortina, G. (2022). **Anxiety and COVID-19**. Poster in the Convention of the Puerto Rico Psychological Association. Ponce, Puerto Rico.

Cortina, G. (2022). **Humanization in Health Education and Prevention in Educational Environments**. Poster Presentation in 10th Congress of the Ibero-American Network of Health Promoting Universities (RIUPS) in Coimbra, Portugal.

Cortina, G. (2022). **Ansiedad y COVID-19 en Estudiantes Universitarios: Una Revisión Sistemática**. *Psicología UNEMI*, 6(11), 156-165. <https://doi.org/10.29076/issn.2602-8379vol6iss11.2022pp156-165p>

Cortina, G. **“Health determinants of health and disparities”**. Red Vive International Congress in Peru (2021).

Cortina, G. **“Humanization in Health during the COVID-19 Pandemic”**. Red Vive International Congress in Peru. (2021).

Cortina, G. (2020). **Social implications for university students due to the COVID-19 pandemic**. Red Vive International Congress in Peru. (2020).

Cortina-Rodríguez, G.; Afanador, Y. **Burnout in the Clinical Personnel of Puerto Rico during the COVID-19 Pandemic**. Preprints 2020, 2020070451 (doi: 10.20944/preprints202007.0451.v1).

Cortina, G. (2020). **Prevalence of Anxiety and Depression among university students during the COVID-19 Students**. (Submitted)

Cortina et al., 2019. **Alcohol use Disorder Among the Youths in a High-risk Setting in the Commonwealth of Puerto Rico**. Substance Abuse and Rehabilitation Dove Medical Press.

(Cortina, 2019). **Frequency of Alcohol Use Disorder in Puerto Rico**. Submitted to public health journal

Cortina, G. (2012). **Risks Behaviors among University Students**. University of Puerto Rico, Mayaguez Campus (2012). The results are kept in the Quality-of-Life Office at the UPRM.
Supervisor: Dra. Janet Bonilla

Collaboration in UPR Medical Sciences Campus, CORE Studies and undergraduate investigations at the UPRM.

ADDITIONAL AND RELEVANT CONFERENCES

Cortina, G. "COVID-19: What is It and what to expect? Education to several universities and community groups about the SARS-CoV-2 virus (2022)

Cortina, G. "Anxiety during the covid-19 Pandemic". International conference in various universities around the globe.

Cortina, G. "COVID-19 and anxiety management. Educational webinar with invite to all UPR Campus and Central Administration.

Cortina, G. "Drunk Driving Prevention Seminars". Educating about the risk of drunk driving and other risk behaviors related to road safety. University of Puerto Rico at Mayaguez.

Cortina, G. "Anxiety Stories and Management". Educating about anxiety and what strategies can be done to help with this Public Health issue. University of Puerto Rico at Mayaguez, Schools in Puerto Rico, etc.

Cortina, G. "Sexual Assault". Education about sexual assault prevention and what to do in case of emergencies. University of Puerto Rico at Mayaguez, Schools in PR.

Cortina, G. "Human Sexuality and Basic Concepts of Sexual Transmitted Infections". Basic concepts of STI's and human behavior. UPRM and schools.

Cortina, G. "Sexual harassment". University of Puerto Rico at Mayaguez.

Cortina, G. "Adaptation to Academic Life". CROEM School.

Cortina, G. "Leadership Presentation". UPRM, Student Associations and schools

Cortina, G. "Psychology of Health". University of Puerto Rico at Mayaguez.

Cortina, G. "Social Networks and its Dangers". UPRM and schools.

Cortina, G. "Work Stress and Management of Anxiety". University of Puerto Rico at Mayaguez

Cortina, G. "Interpersonal Relations Workshop". University of Puerto Rico at Mayaguez

Cortina, G. "Mental Health and Suicide". University of Puerto Rico at Mayaguez

Cortina, G. "Sex Education and How to Talk to Our Children". University of Puerto Rico at Mayaguez.

Cortina, G. "What is mental health?". University of Puerto Rico at Mayaguez.

Cortina, G. "Motivational Workshop". University of Puerto Rico at Mayaguez.

Cortina, G. "Bullying Workshop". University of Puerto Rico at Mayaguez.

Cortina, G. "Types of Violence Conference". University of Puerto Rico at Mayaguez.

Cortina, G. "Effective Communication Workshop". University of Puerto Rico at Mayaguez

Cortina, G. "Disparities and Inequities in Public Health Conference". University of Puerto Rico at Mayaguez.

Cortina, G. "Communicating Effectively with the Audience". University of Puerto Rico at Mayaguez.

Cortina, G. "Anxiety from My Eyes". Personal experience conference. University of Puerto Rico at Mayaguez.

Cortina, G. "Violent Student Handling". Elementary Schools.

Cortina, G. "Personal hygiene". Elementary Schools.

Cortina, G. "Suicide". University of Puerto Rico at Mayaguez.

Cortina, G. "Responsibilities and Challenges in Academic Life". University of Puerto Rico at Mayaguez.

Cortina, G. "Emotional Intelligence in the Workplace". University of Puerto Rico at Carolina.

Cortina, G. "Teamwork". University of Puerto Rico at Mayaguez.

Cortina, G. "Motivation in the Labor Area". University of Puerto Rico at Mayaguez.

Cortina, G. "Optimism and its Benefits". University of Puerto Rico at Mayaguez.

NEWSPAPER COLUMNS

Emotional support for personnel in the direct fight against COVID-19. (El Nuevo Día Newspaper, Puerto Rico.)

The rise of domestic violence during the pandemic. (El Nuevo Día Newspaper, Puerto Rico.)
University students facing the new reality. (El Nuevo Día Newspaper, Puerto Rico.)

Collective immunity is not the answer to curb the virus. (El Nuevo Día Newspaper, Puerto Rico).

Loneliness in older adults during the pandemic. (El Nuevo Día Newspaper, Puerto Rico).

Collective immunity as a strategy against COVID-19. (El Nuevo Día Newspaper, Puerto Rico).

COVID-19 and our population with disabilities. (El Nuevo Día Newspaper, Puerto Rico).

The health professional and the population perception. (El Nuevo Día Newspaper, Puerto Rico).

Racism is a public health issue. (El Nuevo Día Newspaper, Puerto Rico).

Health literacy is essential. (El Nuevo Día Newspaper, Puerto Rico).

Racism and the search for social justice. (El Nuevo Día Newspaper, Puerto Rico).

Long-term risks from COVID-19. (El Nuevo Día Newspaper, Puerto Rico).

Humanization in Health. (El Nuevo Día Newspaper, Puerto Rico).

Blurring the new reality of COVID-19. (El Nuevo Día Newspaper, Puerto Rico).

Mental health is key to a good public health system. (El Nuevo Día Newspaper, Puerto Rico).

Hope amid the pandemic. (El Nuevo Día Newspaper, Puerto Rico).

We must face the fatigue of the pandemic. (Primera Hora Newspaper, Puerto Rico).

The reality of the Swedish response to COVID-19. (El Nuevo Día Newspaper, Puerto Rico).

The COVID-19 pandemic is not over. (El Nuevo Día Newspaper, Puerto Rico).

Compassion and gratitude in times of pandemic. (El Nuevo Día Newspaper, Puerto Rico).

Sensitivity in health education to vaccines. (El Nuevo Día Newspaper, Puerto Rico).

In this new year: gratitude, forgiveness and hope. (El Nuevo Día Newspaper, Puerto Rico).

A new Trauma Center for Puerto Rico. (El Nuevo Día Newspaper, Puerto Rico).

One year after the pandemic: health inequities exposed. (El Nuevo Día Newspaper, Puerto Rico).

Controlling transmission is key in the fight against COVID-19. (El Nuevo Día Newspaper, Puerto Rico).

Disinformation about COVID-19 continues to cost lives. (El Nuevo Día Newspaper, Puerto Rico).

Loneliness in young university students. (El Nuevo Día Newspaper, Puerto Rico).

The stigma of drug addiction in Puerto Rico. (El Nuevo Día Newspaper, Puerto Rico).

Human Rights Day: joining forces for a more just world. (El Nuevo Día Newspaper, Puerto Rico).

The Gift of Hope. (El Nuevo Día Newspaper, Puerto Rico).

Three Tools for a New Start in 2022. (El Nuevo Día Newspaper, Puerto Rico).

Suicide is Preventable, we have to be Compassionate and Supportive. (El Nuevo Día Newspaper, Puerto Rico).

The Magic of Ted Lasso. (El Nuevo Día Newspaper, Puerto Rico).

Hope is the Key Feeling at Christmas. (El Nuevo Día Newspaper, Puerto Rico).

The Forgotten Pillar in Learning. (El Nuevo Día Newspaper, Puerto Rico).

Pink Cocaine: A New Public Health Threat. (El Nuevo Día Newspaper, Puerto Rico).

What to Do to Contain Avian Flu Infections. (El Nuevo Día Newspaper, Puerto Rico).

RELEVANT PROFESSIONAL AND FACULTY EXPERIENCES

Appointed member of the Interdisciplinary Minority Fellowship Program Training Advisory Committee (ITAC) at the American Psychological Association (APA).

Associate Director, Department of Social Sciences.

Psychology Professor at the University of Puerto Rico at Mayaguez (2015 - present).

Collaboration UPRM Teacher Preparation Program as a professor in: Foundations of Human Development and Foundations of Educational Psychology.

Teach an advanced independent investigation course at the University of Puerto Rico, Mayaguez Campus. Teach the basic concepts about behavior and mental processes to students of any academic year.

Special Invites to UPR Medical Sciences Campus for lectures in public health and health communication (2014-present).

Lectures in other academic institutions in Public Health topics.

PUBLISHED BOOKS

Cortina, G. (2020). *A Vision of COVID-19 from Puerto Rico: A Global View and Perspectives*. ISBN: 979- 8581037409

Cortina, G. (2020). *Stress in the Workplace and Alternative Approaches*. Amazon.com. Amazon

INITIATIVES

Humanization in Health. Founder and President of the Solidarity Movement and Non-Profit Organization with the purpose of educating about humane treatment in health systems. As the COVID-19 pandemic began in 2020, the group had to refocus its efforts on prevention and education about the new coronavirus. Now it has a group of specialists in different areas and volunteers. (humanizationinhealth.org).

GCR Health Communication. Founder and CEO of the company established to improve the quality of life through health communication. We want to help and educate effectively health organizations and individuals through internet marketing, with a strong knowledge in prevention and education.

International Lecturer. Various conferences have been exposed to different organizations and universities around the world. These countries include Colombia, Costa Rica, Peru, Switzerland, Sweden, India, Mexico, among others.

Member of Coordinator Committee. Network of health promoting universities of Pan American Health Organization.

UPR co-representative. Iberoamerican network of health promoting universities in the Pan American Health Organization (PAHO).

1st Symposium on Health, Prevention and Well-being in the RUM. Development of the initiative to educate the university community in a diversity of topics.

LEADERSHIP EXPERIENCES AND RECOGNITION

Dedication of the XVIII Social Sciences Research Symposium (2023).

President and Founder of Humanization in Health Foundation and Solidarity Movement.

CEO & President GCR Health Communication.

Nominated for Dean of Students at the University of Puerto Rico in 2019.

Mentor for the National Society of Leadership and Success (2016-present).

Professional association, from the US, about leadership and it's the first chapter in PR.

Mentor and counselor for various student associations at the UPRM.

Coordinator and lecturer of a leadership Certificate at the UPRM (2015).

Founder and President of "Tutties Response: Multiple Myeloma Foundation (2014).

Invited guest to TV Programs and Radio Show related to health.

Visits to elderly homes in weekends.

EDUCATIONAL WORKSHOPS AND TRAININGS

COVID-19 volunteer educator and health communicator. Several appearances in radio, Facebook lives of news channels and independent writer in social media.

Lecturer for COVID-19 training for universities in Switzerland and India.

Lecturer at CRUSADA congress.

Title IX Webinar UPRM.

Retention of Students at a University Level Webinar (2016).

CRUSADA (Consortium of universities in PR, where we receive training about Public Health issues affecting our schools (2012-present).

Child Pornography and Human Trafficking by Homeland Security (2015).

DEVELOPMENT OF PROGRAMS

Lovin la Vida (2014). Student Association directed to peer education about suicide and how to prevent it.

Professional Improvement Program (2015). Directed to give workshops to teaching and non-teaching employees about the importance of healthier environments in the university. Diverse topics.

Radio Show "Bienestar Colegial" (2014). Radio program designed to educate students about healthier behaviors in a university environment.

“Creando Sonrisas” (2016). Community outreach program, with interventions in elderly homes. This project has been essential in student organizations.

“Balance Positivo a lo Colegial” (2015). Educational program for eating disorders.

“Puppy RUM” (2015). In collaboration with students, it was developed a program of therapy dogs for our student community to reduce stress and anxiety. The program also focuses in investigations in this area.

“NES Project” (2016). In collaboration with students, it was developed for students of the LGBTQ+ community. The aim was to help student in the process of “coming out” and supporting them in the process.

“NutriRUM” (2020). A nutrition and education program for the University of Puerto Rico, Mayaguez Campus. The scope of the program was to promote healthy eating among the student community in the pandemic of COVID-19.

“Actívate Colegial” (2020). An exercise program to promote exercising during the COVID-19 pandemic.

“incluRUM” (2022). The LGBTQ+ Student Life Program (incluRUM) is a multisectoral initiative that seeks the collaboration of student leaders, teachers and non-teachers in the fight for equality and equity. This program seeks to strengthen and make visible the voices of gay, bisexual, lesbian, trans, queer, and other students on our campus. The program is adjunct to the Office of Quality of Life of the Dean of Students.

“Bienestar Colegial”. Magazine with health and wellness topics.

Curtain Call (2022). A project directed to fine arts and musical theater. It is a high-profile program and very popular in the University of Puerto Rico at Mayaguez.

OTHER COMMUNITY SERVICES

- Columnist in “El Nuevo Día” and “Primera Hora” newspaper.
- International Lecturer
- Elderly homes visit and interventions.
- COVID-19 prevention specialist advocate.
- Community outreach for interventions with homeless people.
- Workshops and ad honorem educational strategies for communities.
- Conference: “Road Safety for Puerto Rico”. This is a conference I developed and presented to community schools and university groups that have invited me, to expose the reality of the events that occur in the streets of Puerto Rico. It is aimed to improve the quality of life of the young population.

- ASSPR (“Asociación de Salud Primaria de PR”). Collaborated with this Association with an educational program (“Train the Trainers”). Also developed a health communication program for the Institution.
- Active member of The International Union for Health Promotion and Education (IUHPE)
- Member of Puerto Rico’s International Amnesty (MSC)
- Collaborated with “Recinto pa’ la calle”
- Social Sciences Investigation about alcohol and risk conducts (2012)
- Organizer of the first symposium of wellness and prevention (2019)

COMPUTER SKILLS

Office (Word, Excel, Publisher, Power Point), Adobe (Photoshop, Premier), Basic HTML, WordPress, iWork (Keynote), Social Media Manager

SKILLS

Strong Leadership Skills, Writing Articles, Fully Bilingual (Spanish & English), Team Player, Public Speaking, Excellent interpersonal skills, Enthusiastic, Knowledge in Adobe Photoshop, Highly motivated