



St. Benedict's

PREPARATORY SCHOOL

IVAN LAMOURT, Psy.D. BIO

Dr. Ivan Lamourt was born and raised in Newark, NJ, and graduated from St. Benedict's Prep School in 1982. He received his M.A. in Counseling from New Jersey City University and a Professional Diploma in School Psychology. Dr. Lamourt received his doctorate in psychology from Fairleigh Dickinson University in 2013.

Dr. Lamourt was one of a group of faculty including Gerard Figurelli, Ph.D., to spearhead development of the St. Benedict's counseling center - today known as the Grossman Counseling Center, a comprehensive mental health services department that rivals any to be found even on major college campuses across the country. The department is at the forefront of applied school psychology and is a resource virtually nonexistent in other urban school settings, an achievement which was featured in the documentary "The Rule" by Marylou and Jerome Bongiorno.

In 2005, Dr. Lamourt, along with Dr. Figurelli and later Jill Hall, helped establish the Velvet Rope program in the Leahy House, which helps resident students deal with a variety of socio-emotional issues that impact their learning. In 2009, at the urging of Fr. Edwin and Stephen N. Adubato Sr., Dr. Lamourt ran for and was elected to the Newark School Advisory Board with the help of Newark North Ward Councilman, Anibal Ramos and the North Ward Center. He served the students of Newark for three years. He is currently an adjunct psychology professor at New Jersey City University, and he serves on the board of trustees at St. Anselm College.

Dr. Lamourt was honored by Steve Adubato and the North Ward Center with the Msgr. Geno C. Baroni award in 2014. In 2017, he received the Illustrious Award for Education by the Institute for Latino Studies, and was recognized as a distinguished teacher by the St. Benedict's Alumni Association in 2012. In 2012, Dr. Lamourt also received the Medal of St. Benedict. Dr. Lamourt has appeared on film representing the students and community of St. Benedict's including Religion and Ethics, NJ Caucus, The Rule, and 60 Minutes. Lamourt has also been featured in segments on Fox News and WPIX.

In 2015, Dr. Lamourt and St. Benedict's Theatre Director, Patricia Flynn, received funding through an Arts Horizons grant to establish Stage Rage, a therapeutic program for students, run in collaboration with the Grossman Counseling staff. In Stage Rage, students reenact experiences that have impacted their lives. Stage Rage addresses topics such as domestic violence, substance use, suicide, child neglect and abandonment, assault, and homelessness. The goal of Stage Rage is for our students to present their stories to allow others to recognize those issues within themselves to get the help they need. Stage Rage has been performing at local schools for the past several years to raise mental health awareness. Stage Rage has been proven to be a useful therapeutic tool, helping promote empathy, self awareness, community and connectedness.

More recently, in July 2023, Dr. Lamourt, along with the Grossman Counseling Center staff, was invited to participate via zoom for the Connect Conference by Magnus Health. Our first presentation on "How to Use Mental Health Screeners at Schools to Help Early Identification of Students with Mental Health Issues," described how to use biopsychosocial interviews to identify students with mental health issues. The second presentation, "Using Group Therapy as a Way to Create More Connections with Students," details how a strong school community allows the school's mental health professionals to reach more students.

Dr. Lamourt still resides in Newark with his wife, Tara, where they live in a restored 1905 Heller house in the historic district of Forest Hill for the last 25 years.