

Jennifer E. Stelmach, Psy.D.

Curriculum Vitae

7 Wagner Road, Poquoson, Virginia 23662

Cell Phone: (210) 857 – 5339; E-mail: Jennifer.Stelmach@dbhds.virginia.gov

License and Certifications

05/13 – Current	Licensed Clinical Psychologist Board of Psychology Number 0810004818	Commonwealth of Virginia
10/11– Current	Certified Forensic Examiner Institute for Law, Psychiatry and Public Policy. Basic and Advanced Training	Charlottesville, VA

Education

08/06 – 05/11	Regent University <i>Doctorate in Clinical Psychology (Psy.D.)</i> <ul style="list-style-type: none">American Psychological Association (APA) Accredited	Virginia Beach, VA
08/06 – 05/09	Regent University <i>Master of Arts in Clinical Psychology</i>	Virginia Beach, VA
05/06 – 07/06	Dallas Baptist University	Dallas, TX
2001 – 2004	Schreiner University <i>Bachelor of Arts in General Arts, Magnum Cum Laude</i> <ul style="list-style-type: none"><u>Certificate:</u><ul style="list-style-type: none">Texas Educator Certificate, Elementary Self-Contained (1-6 Grades)	Kerrville, TX
08/99 – 05/00	Texas Christian University	Fort Worth, TX

Clinical Experience

05/11 – Present	Eastern State Hospital <i>Treatment Team Psychologist (40 Hours/week)</i> <u>Supervisors:</u> Donna Cairns, Psy.D., Adult Services (2011-2012; 32 Hours/week); Mike Kohn, Psy.D., Forensic Services (2012-Present;) <ul style="list-style-type: none">Collaborate as a multidisciplinary treatment team member providing comprehensive psychiatric treatment to adults adjudicated Not Guilty by Reason of Insanity (NGRI) who are court ordered to progressively demonstrate risk management skills and strategies in working through graduated NGRI privileging systemAssisted in the development of an Honor's Unit, an intensive treatment unit, with a problem solving focus for NGRI patientsServe as practicum student supervisor and recently began	Williamsburg, VA
-----------------	---	------------------

- transitioning into practicum program coordinator
- Assist in creating and developing individualized treatment plans with thoughtful conceptualization and recovery-oriented, trauma-focused goals and interventions
 - Provide a wide range of psychological interventions such as individual, milieu, and group therapy to address various presenting problems, including mental illness, substance use, risk management, and trauma to individuals adjudicated Not Guilty by Reason of Insanity
 - Completed varying types of psycholegal assessments (i.e., competency to stand trial, mental state at the time of the offense, and annual NGRI status reports) as well as NGRI privilege requests, and temporary custody evaluation and other assessment as necessary (suicide, neurocognitive screeners, intelligence and personality assessment)
 - Provided training to hospital staff, staff and treatment providers at community housing placements, and also to attorneys in the community on a range of topics including general mental health education, best practices for interacting with patients through a trauma-informed care lens, as well as on special topics such as boundaries training, personality disorders, violence risk management, and the NGRI system
- 08/10 – 05/11 **Eastern State Hospital** (*Central Virginia Consortium*) Williamsburg, VA
Pre-Doctoral Psychology Intern (40 hours a week)
Supervisors: Donna Cairns, Psy.D.; Alix Price, Psy.D.
- Provided psychological services (i.e, individual, milieu, and group) as part of a multidisciplinary treatment team to medically compromised inpatient population on an adult service unit
 - Administered psychological and neuropsychological assessment as well as annual assessments
 - Lead and co-facilitated psychosocial groups and on-unit groups rehabilitative groups
 - Assisted in creating behavior interventions and reviewing treatment plans
 - Conducted substance abuse evaluations to guide treatment planning
 - Acted as primary supervisor for two students for six month rotations through a tiered-supervision format
- 08/08 – 07/09 **Eastern State Hospital** Williamsburg, VA
Third Year Clinical Practicum (20 hours a week)
Supervisors: Donna Cairns, Psy.D.; Alex Price, Psy.D.; Christy McFarland, Ph.D.
- Provided psychological services as part of a multi-disciplinary treatment team to adult inpatient clients on the Acute Admission, Psychosocial Rehabilitation and Medically Compromised Psychiatric units

- Monitored the behavior of medically compromised, chronically mental ill, and institutionalized individuals in an inpatient treatment facility and acted as a support person in providing adjunctive and assessments services
- Conducted initial intake evaluations, administered monthly symptom inventories/ progress evaluations and annual assessments, administered assessments to assist in treatment planning
- Developed group curriculums and facilitated group therapy to individuals with a broad range of serious mental health and co-morbid psychological disorders
- Coordinated and implemented interdisciplinary education for nursing staff working with behaviorally changed individuals in order to encourage continuity of care
- Provided individual psychotherapy to inpatient clients with serious mental health disorders and gained experience by providing behavioral treatments for serious medical conditions, such as polydipsia

08/07 – 07/08

Regent University Psychological Services Center (PSC)
Second Year Clinical Practicum (20 hours a week)
Supervisor: Denise Biron, Psy.D.

Virginia Beach, VA

- Provided empirically based individual, group, and family psychotherapy services to students and individuals from the surrounding community in the University's psychological clinic
- Conducted clinical interviews, administered psychological testing batteries, scored and wrote psychological reports
- Developed personalized treatment plans and utilized empirically supported treatment protocols

01/08- 06/08

Regent University Career Resource Center (CRC)
Adjunct Second Year Clinical Practicum (8 hours a week)
Supervisors: Denise Biron, Psy.D.; LaTrelle Jackson, Ph.D.

Virginia Beach, VA

- Conducted career interviews, administered career assessments and wrote career evaluation reports for university students seeking career consultation

08/07- 12/07

Juvenile & Domestic Relations Court Services Unit (CSU)
Adjunct Second Year Clinical Practicum (8 hours a week)
Supervisors: Denise Biron, Psy.D.; LaTrelle Jackson, Ph.D.

Chesapeake, VA

- Offered structured intake interviews to court-referred adolescents and their guardians
- Administered psychological assessments and wrote psychological reports
- Evaluated reports as consultant for the juvenile court

system

Additional Relevant Clinical Experience

08/20- 12/20	<p>Resilience Group <i>Eastern State Hospital</i></p> <ul style="list-style-type: none"> • Co-facilitated psychoeducation and process oriented group aimed to facilitate the development of resiliency skills including understanding the brain and body, arousal regulation skills, rapid relief techniques, calm thinking, mindfulness, self-compassion, gratitude, and forgiveness 	Williamsburg, VA
05/14 – 05/19	<p>Preconditional Release Group <i>Eastern State Hospital</i></p> <ul style="list-style-type: none"> • Co-facilitated psychoeducation and process oriented group regarding various aspects of conditional release process including components of the conditional release plan, community placements, evaluating individual readiness for conditional release, maintaining self-care and identifying support network upon discharge, and preparing for potential obstacles in the community • Facilitated community provider presentations and self-assessments regarding successful understanding the conditional release process 	Williamsburg, VA
01/13 – 12/19	<p>NGRI Risk Factors <i>Eastern State Hospital</i></p> <ul style="list-style-type: none"> • Co-facilitated psychoeducation group aimed at assisting forensic patients acquitted not guilty by reason of insanity (NGRI) with identifying and understanding the current status of risk factors, means to manage risk, and how to navigate the NGRI system with regards to managing risk factors • Facilitated mock FRP panel in order to thoroughly review each members individualized risk factors 	Williamsburg, VA
05/12 – 08/13	<p>NGRI Basics <i>Eastern State Hospital</i> Supervisor: Michael Kohn, Psy.D.</p> <ul style="list-style-type: none"> • Co-facilitated psychoeducation group aimed at assisted forensic patients acquitted not guilty by reason of insanity (NGRI) with basic information relevant to the NGRI graduated privileging system and risk management • Assisted group members in identifying personalized risk factors and develop means to manage risk factors 	Williamsburg, VA
08/08-12/08	<p>Anger Management Group</p>	Chesapeake, VA

Chesapeake Court Services Unit (CSB)

Supervisors: Denise Biron, Psy.D.; LaTrelle Jackson, Ph.D.

- Co-facilitated group on anger management and emotional regulation
- Conducted group for adolescents court-mandated by the Chesapeake CSB at the Chesapeake library aimed at promoting anger and emotional management
- Co-developed anger management curriculum implemented in eight weekly sessions

08/08-12/08

Adolescent's Behavior Modification and Leadership Group

Virginia Beach, VA

Plaza Middle School

Supervisors: Denise Biron, Psy.D.; LaTrelle Jackson, Ph.D.; Jennifer Jones, M.A.

- Co-led weekly behavioral modification and leadership skills group for at-risk adolescents who were referred to group due to behavioral concerns
- Implemented a standardized curriculum and worked with a multi-disciplinary education team, including principals, school counselors, and teachers
- Utilized character education treatment protocol (managing emotions, building leadership skills, and improving self-esteem) and maintained clinical records

01/07-05/07

Anger Management Group

Suffolk, VA

Suffolk Court Services Unit (CSB)

Supervisors: Denise Biron, Psy.D.; LaTrelle Jackson, Psy.D.

- Co-facilitated a group that focuses on helping adolescents identify sources of and triggers for anger, as well as teaching copings skills to assist youth in managing their anger more effectively
- Group content consisted of psycho-education, skills-training, interpersonal feedback, and group processing techniques
- Provided services to adolescents court-ordered by the Suffolk CSB at the Suffolk court house on a weekly basis for 6 weeks and coordinated services with parole officers as well as with the court staff

Research Experience

08/09 –05/10

Sports Neuropsychology Research Team

Virginia Beach, VA

Hampton Roads Neuropsychology

Supervisor: Scott Sautter, Ph.D., ABPN

- Assist in administering a battery of neuropsychological tests to high-school athletes participating in a research study examining the effects of sports concussions on neuropsychological functioning

- 08/09 – 05/11 **Dissertation Research: “Adult ADHD and Religious Coping”** Virginia Beach, VA
Regent University
Dissertation Chair: William Hathaway, Ph.D.
• Dissertation Defense: May 5th, 2011
- 08/07 – 05/10 **Attention Deficit Research Team** Virginia Beach, VA
Regent University
Supervisor: William Hathaway, Ph.D.
• Researched areas of adult ADHD and spirituality
• Created psycho-education group for adults diagnosed with ADHD
- 08/07-12/07 **Personality, Religious Commitment, and Forgiveness** Virginia Beach, VA
Regent University
Principle Investigator: Judy Johnson, Ph.D.
• Investigated personality variables with EPQ-R subscales
• Examined relationship between forgiveness and religious commitment
- 08/06-12/06 **Child and Pediatric Health Research Team** Virginia Beach, VA
Regent University
Principle Investigator: Lynn Olson, Ph.D., ABPP
• Assisted in scoring teen health profiles completed by adolescents participating in a research study investigating health variables and emotional and behavioral disorders

Conference Presentations

- Jones, R.G., Hudson, A., Rainwater, S. & **Stelmach, J.** (2007, October). *Suicide and adolescent homosexuality*. Poster presentation at the Beacon of Hope Conference, Virginia Beach, VA.
- Ripley, J., Dewberry, J., Bennett, L., Kays, J., Kemp, H., Moran, T...**Stelmach, J.** (2007, November). *Empathizing with the betrayer: Why empathy matters in forgiving others*. Paper Presentation at the Christian Association for Psychological Studies, East Regional Conference, Chambersburg, PA.

Invited Addresses, Workshops, Seminars

- Kohn, M. & **Stelmach, J.** (2021, April). *NGRI Treatment: An Intensive Problem Solving Approach*. Presented to Senior Clinical Leadership at Eastern State Hospital, Williamsburg, Virginia.
- Mathewson, L & **Stelmach, J.** (2020, September). *Empowering you to Change Lives*. Invited presentation. Presented to Nursing and Direct Care Staff at Eastern State Hospital, Williamsburg, Virginia.

Stelmach, J. & Kohn, M. (2020, August). *Attachment based treatment approach, Ohana Family training*. Invited presentation. Presented to Nursing and Direct Care Staff at Eastern State Hospital, Williamsburg, Virginia.

Stelmach, J. & Bak, B. (2017, September). *Impact of early Trauma on later adulthood*. Invited presentation. Presented to Nursing and Direct Care Staff at Eastern State Hospital, Williamsburg, Virginia.

Stelmach, J. & Iskarous, M. (2016, June). *Parallel Process in Trauma-Informed Care*. Invited presentation. Part of New Employee Orientation at Eastern State Hospital, Williamsburg, Virginia.

Stelmach, J. & Vanskiver. (2015, October). *Parallel Process in Trauma-Informed Care*. Invited presentation. Part of New Employee Orientation at Eastern State Hospital, Williamsburg, Virginia.

Kohn, M., Iskarous, M. & **Stelmach, J.** (2015, October). *Risk Management and the NGRI Population*. Presented at the NGRI Specialty Training at Eastern State Hospital, Williamsburg, Virginia.

Stelmach, J. & Townsill, B. (2012, January- Present). *Empowerment: Raising Awareness of Power Differentials*. Invited presentation, part of ongoing monthly New Employee Orientation, Eastern State Hospital, Williamsburg, VA.

Stelmach, J., & Maclin, V. (2009, March). *A time to act now: Child abuse awareness and prevention*. Invited presentation, part of 2008-2009 Cultural Diversity Lunch Series, Psychological Services Center, Virginia Beach, VA.

Clinical Supervisory Experience

08/20- Present	<p>Practicum Training Program Coordinator <i>Eastern State Hospital</i></p> <p>Supervisor: Kristen Hudacek, PsyD, CSOTP</p> <ul style="list-style-type: none"> • Recruits students and networks with local programs to offer placements in the hospitals practicum program. • Works with and assists practicum agencies as needed to establish practicum descriptions for students. • Holds an annual Practicum Information Session for students from several local educational programs. • Sits on Interview panel to assess appropriateness of intern/ practicum student applicants and collaborates with educational programs to offer candidates acceptance into the student training program • Facilitates internal hospital logistics including New Employee training and prescreening 	Williamsburg, VA
08/19 – Present	<p>Supervisor for Practicum Student <i>Eastern State Hospital</i></p> <p>Supervisor: Mike Kohn, Psy.D.</p> <ul style="list-style-type: none"> • Supervised a third year practicum student on a forensic unit • Weekly one-hour supervision occurred with student to discuss cases, watch live therapy sessions, and give feedback on clinical, forensic and assessment skills as 	Williamsburg, VA

- well as therapeutic interventions
 - Co-facilitate weekly group supervision
- 08/12 – 05/13 **Supervisor for Practicum Student** Williamsburg, VA
Eastern State Hospital
Supervisor: Mike Kohn, Psy.D.
- Supervised a third year practicum student on a forensic unit
 - Weekly one-hour supervision occurred with each student to discuss cases, watch live therapy sessions, and give feedback on clinical, forensic and assessment skills as well as therapeutic interventions
- 08/10 - 05/11 **Supervisor for Practicum Students/Interns** Williamsburg, VA
Eastern State Hospital
Supervisors: Donna Cairns, Psy.D.; Alix Price, Ph.D.
- Supervised two practicum students on a quarterly basis in a tiered supervision format
 - Weekly one-hour supervision occurred with each student to discuss cases, watch live therapy sessions, and give feedback on clinical and assessment skills
- 08/09 - 12/09 **Peer Supervisor for Psychological Services Center (PSC)** Virginia Beach, VA
Regent University
Supervisor: LaTrelle Jackson, Ph.D.
- Served as peer supervisor to a second-year practicum student, with the primary focus on the supervisee's psychological assessment and evaluation of clients
 - Additional responsibilities included discussing cases, watching live therapy sessions, and giving feedback on clinical skills of the practicum student

Program Development, Evaluation, and Consultation Experience

- 03/20 - Present **Honors Unit** Williamsburg, VA
Eastern State Hospital (
- Assisted in developing a problem solving Honors Unit as a graduated treatment approach to working with not guilty by reason of insanity patients
 - Co-developed problem solving forms to assist patients in working through treatment barriers
 - Co-developed pretreatment team forms to assess patient issue and assist in effectiveness in team meetings
- 08/20 - 12/20 **Resilience Group Curriculum** Williamsburg, VA
Eastern State Hospital (approximately 15 hours)
- Created and co-facilitated group curriculum for patients forensic patients adjudicated not guilty by reason of insanity (NGRI) to facilitate essential skills

to bounce back from setbacks, remain calm under pressure, manage distressing emotions, build self-esteem and inner strength, and thrive in difficult situations.

- | | | |
|-----------------|--|------------------|
| 01/13 - 12/19 | <p>Risk Factors and Preconditional Release Group Curriculum
 <i>Eastern State Hospital (approximately 10-15 hours developing each group curriculum)</i></p> <ul style="list-style-type: none"> • Created and co-facilitated two group curriculum for patients forensic patients adjudicated not guilty by reason of insanity (NGRI) regarding the NGRI privileging process, individualized risk factors, and the graduated release system. | Williamsburg, VA |
| 01/12 - Present | <p>Empowerment: Raising Awareness of Power Differentials
 <i>Eastern State Hospital (2 Hour training plus time to create and annually to update the training based on relevant nursing literature)</i></p> <ul style="list-style-type: none"> • Co-facilitate a nursing training to nursing and direct care staff employees during new employee orientation | Williamsburg, VA |
| 01/11 - 05/11 | <p>Back-up Discharge Champion
 <i>Eastern State Hospital (4 hours/week)</i>
 <u>Supervisors:</u> Donna Cairns, Psy.D.; Alix Price, Ph.D.</p> <ul style="list-style-type: none"> • Served as the back-up discharge champion for a treatment team • Wrote weekly summaries for the discharge committee regarding the progress of discharge planning and discharge barriers for 20 patients | Williamsburg, VA |
| 01/11 - 07/11 | <p>Superteam Member
 <i>Eastern State Hospital (8 hours/week)</i>
 <u>Supervisors:</u> Donna Cairns, Psy.D.; Alix Price, Ph.D.</p> <ul style="list-style-type: none"> • Reviewed charts and documents required for joint commissioning • Provided 20 patients with monthly recovery self-assessments and treatment team invitations | Williamsburg, VA |
| 08/10 - 12/10 | <p>Organizational Consultation
 <u>Consultee:</u> RSVP Design Services, Elle Décor (30 hours total for project)
 <u>Supervisor:</u> Joseph Francis, Psy.D.</p> <ul style="list-style-type: none"> • Consulted with interior design firm and conducted organizational assessment to improve the organizations productivity. • Evaluated financial allocations • Interviewed employees and provided feedback regarding employee attitudes and strengths/weaknesses | Addison, TX |

- Created Employee Handbook and New Employee Handbook
- 01/09 - 05/09 **Suicide Awareness Consultation** Virginia Beach, VA
Consultee: I Need a Light House (20 hours total for project)
Supervisor: LaTrelle Jackson, Ph.D.
- Consulted with community organization to assess the content validity of a suicide prevention program for tenth grade Virginia Beach students
- 01/09 - 06/09 **Coping with Life Group Curriculum** Williamsburg, VA
Eastern State Hospital (1 hour a week plus curriculum development and note writing time)
Supervisors: Donna Cairns, Psy.D.; Lisa Mazzio, M.A., Psychology Intern
- Authored group curriculum for inpatient individuals with serious mental illnesses aimed at providing psychosocial education and coping interventions
 - Incorporated “I Love Lucy” episodes and tactile learning experiences into the group curriculum to assist low functioning or severely impaired group members in grasping abstract concepts such as emotional expression and to assist group members in concrete real life applications for coping techniques
- 08/08 - 12/08 **Symptom Management Curriculum** Virginia Beach, VA
Eastern State Hospital
Supervisor: Donna Cairns, Psy.D. (1 hour a week plus curriculum development and note writing time)
- Developed inpatient psychosocial rehabilitation group curriculum for individuals with chronic serious mental illnesses to assist group members in identifying the symptoms of their illnesses, recognizing the warning signs of relapse, and understanding early interventions for relapse symptoms
- 05/08 - 08/08 **Young Adults Group Curriculum** Virginia Beach, VA
Virginia Beach United Methodist
Supervisor: LaTrelle Jackson, Ph.D. (approximately 20 hours total for the project)
- Conducted consultation interview that revealed a need for group for young adults, who were identified as underserved in the church populations
 - Developed a psycho-educational and process group curriculum that addressed critical areas of a young adult’s development including social skills, cultural awareness, and problem solving

Related Administrative Position

- 10/06 - 03/07 **Student Assistant** Virginia Beach, VA
Hampton Roads Neuropsychology and Behavioral Medicine (8 hour per week)
- Provided administrative assistance services to psychologists at Hampton Roads Neuropsychology as well as to patients and their families, including checking in patients, collecting copayments, collecting paperwork, and copying patient records
 - Organized the clinical and administrative files of current patients
 - Scored neuropsychological and psychodiagnostic assessments completed by children, adolescents and their families

Relevant Volunteer Work

- 08/07 **National Depression Screening Day** Virginia Beach, VA
Supervisor: LaTrelle Jackson, Ph.D. (*8 hour event*)
- Offered both depression and anxiety screenings as well as referral services at Regent University
- 08/04 - 04/06 **Community Services Board** Newport News, VA
Supervisor: John Mason, Psy.D. (*hours varied, at least 8 hours a week*)
- Assisted in scoring psychological testing instruments, such as the Revised Children's Manifest Anxiety Scale, CBC, Conner's Parent Rating Scales, DBRS, MCMI-II, MMPI-2, MMPI-A, Trauma Symptom Checklist for Children, Piers Harris, Child Sexual Behavior Inventory, CDI, Adult- Adolescent Parent Inventory, Parent Stress Index, and Suicide Probability Scale
 - Observed intake and assessments conducted in a community mental health setting

References

- *Additional References available upon request*