

## Jill C. Thomas, Ph.D.

*Curriculum Vitae*

### License

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Licensed Psychologist  
Pennsylvania  
License Number: TPS030361

Licensed Psychologist  
Florida  
License Number: PY 9264

### Certification

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AASECT Certified Sex Therapist  
Certified Provider of Cognitive Processing Therapy (CPT) for PTSD

### Education

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*University of Michigan Sexual Health Certificate Program, Ann Arbor, MI.*

- Certificate date: July 2013

*Level 1 Training in Gottman Method Couples Therapy, The Gottman Institute National Marriage Seminars, Tampa, FL. June 2013.*

Ph.D. *Miami University, Oxford, OH*

Department of Psychology

- Degree Date: August 2007
- Program: Clinical Psychology
- Dissertation: Facilitating citizenship through teaching action research: An undergraduate course as an action research intervention
- Chairperson: Larry M. Leitner, Ph.D.
- Honors: *2004 Patten Prize for Outstanding Graduate Student in Psychology  
Phi Kappa Phi National Honor Society*

M.A. *Miami University, Oxford, OH*

Department of Psychology

- Degree Date: May 2003
- Program: Clinical Psychology
- Thesis: The role of death threat and responsibility in the actions of community mental health professionals with suicidal clients
- Chairperson: Larry M. Leitner, Ph.D.
- Honors: *Letter of Commendation 2001 & 2002*

B.F.A. *Otterbein College, Westerville, OH*

- Degree Date: April 1, 1996
- Major: Theatre Design & Technology
- Minor: Psychology
- Honors: *Mortar Board, National Senior Leadership & Service Honor Society  
Torch and Key, Senior Scholarship Honorary  
Alpha Lambda Delta, National Scholarship Honorary  
Otterbein Presidential Scholar, 1992-1996  
Procter and Gamble Scholar, 1992*

## Professional & Academic Activities

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*Invited Speaker:* “Sexuality and Amputation.” May 2015. Nurse Education Session: Advancing Nursing Practice: After Lower Limb Loss, James A. Haley Tampa VA.

*Invited Speaker:* “Evaluation of Sexual Problems.” February 2015. Mental Health and Behavioral Sciences, Pain Psychology, Chronic Pain Didactic Seminar, James A. Haley Tampa VA.

*Invited Speaker:* “Veterans’ Sexual Health: A Call to Action for the VA.” August 2014. Mental Health and Behavioral Sciences Grand Rounds, James A. Haley Tampa VA.

*Independent Contractor (Thesis/Dissertation Committee Member):* April 2014 – Present. Saybrook University, San Francisco, CA.

*Adjunct Assistant Professor of Psychology:* January 2013 – May 2015. Syracuse University, Syracuse, NY.

*Invited Speaker:* “Struggling in Silence: Physician Depression and Suicide.” December 2012. Central New York Suicide Prevention Coalition (CNYSPC), Hutchings Psychiatric Center, Syracuse, NY.

*Steering Committee Member:* July 2012 – Present, Constructivist Psychology Network.

*Invited Speaker:* “Medical Student Wellness Through a Cultural Lens.” July 2012. Department of Psychiatry Grand Rounds, Upstate Medical University, Syracuse, NY.

*Invited Speaker: EnMotion: CNY Amputee Support Group.* Presentation on sexual issues related to amputation and aging. May 2012. Enable Orthotics & Prosthetics; Syracuse, NY.

*Invited Speaker:* “Understanding and Meeting the Needs of Returning Veterans.” April 2012, Faculty Development Seminar, Upstate Medical University, Syracuse, NY.

*Invited Committee Member: Upstate Medical University Health and Wellness Committee.* April 2012 – present. SUNY Upstate Medical University, Syracuse, NY.

*Invited Speaker:* “Addiction is Not Just for Substances.” September 2011, Student Affairs Lunch and Learn Series, Upstate Medical University, Syracuse, NY.

*Invited Committee Member: Engaging Excellence for Residents and Fellows Life and Wellness Team.* September 2010 – June 2011. SUNY Upstate Medical University, Syracuse, NY.

*Invited Speaker:* “The Millennials: The good, the bad, and the ugly.” January 2011, Coffee Talk Multicultural Education Series, Veterans’ Affairs Center, Syracuse, NY.

*Invited Speaker:* “Today’s Students: The Millennials: What do they need from us?” November 2010, Professional Development Series, University of Buffalo Student Counseling Center, Buffalo, NY.

*Invited Speaker:* “Today’s Students: The Millennials: What do they need from us?” November 2009, Faculty Development Seminar, Upstate Medical University, Syracuse, NY.

*Invited Speaker:* “Today’s Students: The Millennials: What do they need from us?” October 2009, Student Affairs Lunch and Learn Series, Upstate Medical University, Syracuse, NY.

*Program Chair, September 2004 - July 2005, International Congress on Personal Construct Psychology, Columbus, Ohio*

*Eating Disorders Management Team Member, 2004 - 2006, Miami University, Oxford, Ohio.*

*Invited Speaker: "Teaching Using Service Learning," April 2005, Preparing Future Faculty (PFF) Discussion Series, Miami University, Oxford, Ohio*

*Administrative Council, 1994 - 1995, Otterbein College, Westerville, Ohio*

*Judicial Council, 1993 - 1995, Chair, 1994 - 1995, Otterbein College, Westerville, Ohio*

*Student Senator, 1993 - 1995, Otterbein College, Westerville, Ohio*

## **Clinical, Administrative, Teaching, & Supervisory Experience**

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### **Private Practice**

#### **Alive and Thriving: Psychological Services for Your Well-Being, Temple Terrace, FL**

April 2015 – Present

Provide individual and couples therapy from a humanistic framework using empirically supported techniques including cognitive-behavioral (CBT), emotion-focused (EFT), motivational interviewing (MI), Gottman Method, and sex therapy techniques. AASECT Certified Sex therapist with special expertise in the treatment of sexual issues, including sex and pornography addiction. My broad base of training and experience allows me to work with people struggling with a wide range of issues including, anxiety, depression, trauma/PTSD, sexual dysfunction, and relationship issues. Special expertise in treating medical professionals, veterans, and active duty military and federal law enforcement officers.

### **Clinical Psychologist**

#### **James A. Haley Tampa VA, Lakeland CBOC, Lakeland FL**

December 2013 – Present

Provide individual and couples' therapy for male and female veterans ranging from their early 20s to their 90s presenting with a wide range of concerns, including trauma, PTSD, depression, anxiety, dementia, and relationship issues. Created and operate specialized sexual health clinic at the VA to serve veterans in Lakeland and Tampa presenting with sexual health issues, including problems with sexual functioning, pain, sex/porn addiction, and concerns related to sexual orientation and transgender identity. Provide supervision for Peer Support Specialist providing peer support/coaching to veterans. Provide education for staff and trainees about sexual health via Grand Rounds, training seminar, and staff meeting presentations. Provide supervision for Psychology Intern on sex therapy case.

*Cognitive Processing Therapy (CPT) for PTSD Certification, June 2015.*

### **Assistant Director of Internship Training**

#### **SUNY Upstate Medical University, Syracuse, NY**

November 2012 – November 2013

Worked in partnership with the Director of Internship Training on all aspects of the internship program including recruitment (application review and interviews), retention (supervision/evaluation of interns and ongoing program evaluation), and program development. Completed self-study in 2012 and site visit in 2013, resulting in continued accreditation.

**Co-Director of Student Counseling & Assistant Professor**

**SUNY Upstate Medical University, Syracuse, NY**

August 2011 – November 2013

**Assistant/Interim Director of Student Counseling & Assistant Professor**

**SUNY Upstate Medical University, Syracuse, NY**

April 2008 – August 2011

**Interim Director of Student Counseling**

**SUNY Upstate Medical University, Syracuse, NY**

September 2007 – April 2008

**Activities:**

- Provide psychological assessment, psychotherapy, crisis intervention, academic counseling (study skills, stress management, career counseling), and referral services to all medical, graduate, nursing, and other health professional students interested in the service.
- Serve faculty and administration by providing consultations on students of concern.
- Collaborate with Director of Student and Employee Health about care of students.
- Perform administrative tasks in relation to the day-to-day operations of Student Counseling, including budget management, staff management, and records compliance.
- Create and implement projects designed to expand or improve Student Counseling Services.
- Publicize and promote services to the University community.
- Provide educational outreach and wellness activities for students, staff, and faculty
- Participate in various Student Affairs committees to address students' needs across a variety of domains (e.g., Student Health Advisory Committee, Impaired Student Assistance Program Committee, Wellness Committee).
- Consult with CCNY (College Counseling Centers of NY) Directors, including a sub-division of SUNY Directors about general matters related to Student Counseling in New York.
- Perform duties as a member of the faculty of the Psychology Division of the Department of Psychiatry including teaching and research. Teaching includes a course and practicum in clinical supervision for psychology interns as well as coordination and teaching of psychological assessment for psychology interns.
- Supervise psychology interns in psychological treatment and assessment.
- Administration and facilitation of various aspects of the psychology internship program, including activities required to ensure ongoing APA accreditation.

**Private Practice**

**Professional Practice Group, Upstate Medical, Department of Psychiatry, Syracuse, NY**

August 2008 – November 2013

Provided individual, couples, and family therapy from a constructivist framework using empirically supported techniques. Specialized in the treatment of sexual issues, including sex and pornography addiction. Patient population varied and included the treatment of medical professionals and active duty military and federal law enforcement officers. Presenting issues also varied and included anxiety, depression, trauma/PTSD, sexual dysfunction, and relationship issues.

**Psychology Intern – Adult Track**

**Department of Psychiatry & Behavioral Sciences, SUNY Upstate Medical University, Syracuse, NY**

September 2006 – September 2007

Activities: Provided inpatient and outpatient psychological services in a variety of treatment settings (University Hospital Inpatient Psychiatry Unit—4B, Upstate Adult Psychiatry Clinic, Upstate Child and Adolescent Psychiatry Clinic, University Hospital Consultation Liaison Service, University Hospital Physical Medicine and Rehabilitation Unit—2N, and Upstate Student Counseling Service) to a diverse population within the Central New York region. Duties included:

- providing outpatient individual and couples therapy to community members and SUNY Upstate students
- conducting psychological assessments with children and adults
- providing daily individual inpatient therapy for patients hospitalized for acute psychiatric care
- offering recommendations regarding psychological care for psychiatric inpatients while serving as a member of multidisciplinary treatment team
- co-facilitating daily inpatient Systems Centered Therapy (SCT) group
- co-facilitating weekly outpatient Dialectical Behavior Therapy (DBT) group
- co-facilitating 12-week outpatient Compulsive Overeating Group
- participating in clinical activities of the Child and Adolescent Psychiatry subspecialty clinics: the ADHD program, Child Abuse Project, ENHANCE (multidisciplinary care for foster children), and Anxiety Disorders clinic
- completing multi-session diagnostic assessments for the child and adolescent diagnostic team
- conducting child and adult intake sessions
- consulting with psychiatrists, caseworkers, school personnel, and other treatment providers
- providing psychiatric consultation services for non-psychiatric inpatients
- providing individual therapy and psychoeducation for physical medicine and rehabilitation inpatients and their families
- participating in weekly child psychotherapy, adult psychotherapy, SCT, and assessment seminars
- attending weekly Department of Psychiatry Grand Rounds and Child Rounds
- case presentation in staff meetings and seminars

### **Psychology Intern**

#### **Butler County Children's Services (BCCSB), Hamilton, Ohio**

August 2005 – May 2006 (20 hours per week)

Supervisors: Charles Lee, Ed.D. and Raquel Maymir, Ph.D.

Activities: Conducted, interpreted, and summarized psychological assessments for children and parents referred by the judicial system or other agents interested in answering questions about appropriate placement and/or treatment. Duties included:

- administering assessment batteries comprised of various cognitive and personality measures, including the WASI, MMPI, Parenting Stress Index (PSI), Maryland Addictions Questionnaire (MAQ), and SCID-II.
- conducting clinical interviews
- gathering background information from BCCSB case workers and other collateral sources
- writing an integrated assessment reports submitted to the court and/or referring party

### **Therapeutic Alternative Court (TAC) Psychology Intern**

#### **Fairfield Municipal Court, Fairfield, Ohio**

August 2004 – August 2005 (10 hours per week)

Supervisors: Denise Fox-Barber, PsyD and Quine Brengle, Ph.D.

Activities: Determined each referred defendant's eligibility for the TAC program, a multi-disciplinary team of professionals providing mental health services to individuals charged with criminal offenses associated with a mental illness. Duties included:

- completing two structured clinical interviews (SCID and the Addiction Severity Index—ASI) and an MMPI for each referral
- providing a written report for the Judge, including a diagnosis, testing and interview summary, and recommendations for treatment
- weekly consultations with the TAC team about on-going clients and new referrals during the TAC docket
- meeting with the team for bi-monthly roundtable discussions about client needs and program direction

**Doctoral Associate**

**Miami University Psychology Clinic, Oxford, Ohio**

August 2004 – June 2005 (10 hours per week)

Supervisor: Julie Rubin, Ph.D.

Activities: Served in an administrative and clinical capacity as the student manager for the training clinic. Duties included:

- providing long-term individual therapy for 2 individual clients (Miami University students)
- serving as the liaison between clinic staff and the clinic director
- assisting the clinic secretary in managing the daily operations of the clinic
- computerized scoring of MMPIs and SCL-90s administered in the clinic
- training new therapists and supervisors on clinic procedures
- facilitating weekly clinical case conferences
- offering peer supervision for therapists in training
- providing peer supervision of emergency on-call services after-hours

**Doctoral Associate**

**Miami University Student Counseling Services, Oxford, Ohio**

August 2003 – May 2004 (20 hours per week)

Supervisors: Jill C. Peterson, M.A. and Deborah Dunphy, Ph.D.

Training Director: Pam Salter, Ph.D.

Activities: Worked with a team of professionals providing mental health services to individual students and offering support and service to the larger university community. Duties included:

- ongoing individual therapy for Miami students
- triage 2 new clients each week
- co-facilitating a weekly interpersonal process group
- assessment (intelligence, personality, ADHD, career) and diagnosis
- providing campus outreach and psychoeducational services
- consulting with family, faculty, staff, and outside service providers
- referrals for those needing outside services
- emergency on-call services
- participating in weekly trainings and professional development activities

### **Mental Health Intern**

#### **School Based Mental Health Program, Talawanda Middle School, Butler County, Ohio**

August 2002 – June 2003 (20 hours per week)

Supervisor: Denise Fox-Barber, Psy.D.

Activities: Provided mental health services to children in grades 6-8 and their families in the school setting. Services included:

- ongoing individual therapy for students
- consultation with educators/administrators regarding clients' educational needs
- family interventions and consultations
- collaboration with outside treatment providers
- data collection for outcomes evaluation
- intellectual and social-emotional assessment and report writing
- crisis intervention
- suicide prevention/intervention classroom presentation for all 7<sup>th</sup> graders
- providing referrals for those needing outside services

### **Mental Health Case Manager**

#### **CRI, Cincinnati, Ohio**

1998 – 2000 (Full-time)

Supervisor: Jayne Ruble, LISW

Activities: Provided community based treatment for a caseload of approximately 40 adults with severe mental illness. Duties included:

- treatment plan development and implementation
- supportive counseling
- symptom and medication monitoring
- consultation and collaboration with treating psychiatrist
- coordination with other care providers
- accessing community resources for client services and benefits
- presentation of cases at bi-weekly team meetings
- 24-hour on-call services for two weekends each month to provide emergency support and services to all clients served by the case management team

#### Honors:

- Excellence in Exceeding Utilization Standards in Case Management, 2000
- Model Case Manager of the Year Award, 1999

### **Assistant to the Director of Case Management**

#### **CRI, Cincinnati, Ohio**

1997 – 1998 (Full-time)

#### Activities:

- Collected, managed and reported client outcomes and utilization data
- Participated in implementation of and transition to new information database
- Served as CRI liaison to Mental Health Board for data management of countywide effort to begin to provide standardized services based on client level of functioning

- Piloted project for new client intake system, including communication with new clients, coordination with Mental Health Access Point, and transcription of intake interviews
- Served on agency committees, including Peer Review Committee and Supervisory Team
- Coordinated department efforts to maintain compliance with CARF, ODMH, Mental Health Board, and Medicaid standards
- Managed and maintained department clinical records systems
- Monitored client benefits systems including wrap-around loans and Central Pharmacy
- Trained, managed, and supervised 6 clerical staff

## **Publications**

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### **Edited Books**

Leitner, L. M., & **Thomas, J. C.** (Eds.). (2009). *Personal constructivism: Theory and applications*. New York: Pace University Press.

### **Book Chapters**

**Thomas, J. C.** (2010). Healing after tragedy. In M. Trotter-Mathison, J. M. Koch, S. Sanger, & T. M. Skovholt, (Eds.) *Voices from the field: Defining moments in counselor and therapist development*. New York: Routledge.

**Thomas, J. C.** (2009). Personifying the cast of characters in experiential constructivist supervision. In L. M. Leitner & J. C. Thomas (Eds.), *Personal constructivism: Theory and applications*. New York: Pace University Press.

Leitner, L. M., & **Thomas, J. C.** (2006). Experiential personal constructivism and anger. In P. Cummins (Ed.), *Working with anger: A constructivist approach* (pp. 65-81). London: Wiley.

Leitner, L. M., Faidley, A. J., Domenici, D., Humphreys, C. L., Loeffler, V., Schlutsmeier, M. W., & **Thomas, J. C.** (2005). Encountering an other: Experiential personal construct psychotherapy. In D. Winter & L. Viney (Eds.), *Personal construct psychotherapy: Advances in theory, practice, and research* (pp. 54-68). London: Wiley.

Leitner, L. M., & **Thomas, J. C.** (2003). Experiential personal construct psychotherapy. In F. Fransella (Ed.), *International handbook of personal construct psychology* (pp. 257-264). London: Wiley.

### **Journal Articles**

**Thomas, J.C.** (in press). A Humanistic approach to problematic online sexual behavior. *Journal of Humanistic Psychology*.

**Thomas, J.C.** (2014). Re-visioning medicine. *Journal of Medical Humanities*, 35(4), 405-422.

**Thomas, J.C.** (2011). Betrayals of therapist trust: Lessons from the field. *Journal of Constructivist Psychology*, 24, 1-26.

**Thomas, J.C., & Leitner, L. M.** (2005). Styles of suicide intervention: Professionals' responses and clients' preferences. *The Humanistic Psychologist*, 33(2), 145-165.

**Thomas, J.C., & Schlusmeyer, M. W.** (2004). A place for the aesthetic in experiential personal construct psychology. *Journal of Constructivist Psychology*, 17(4), 313-335.

### **Book Reviews**

**Thomas, J.C.** (2015). Beyond recovery: Trauma provides an opportunity for growth. *Journal of Constructivist Psychology*, 28(1), 100-103.

### **Conference and Poster Presentations**

**Thomas, J.C.** (2011, July). An EPCP understanding of internet pornography addiction: Relationships and dependency in the age of the internet. Paper presented at the 19<sup>th</sup> International Congress on Personal Construct Psychology, Boston, MA.

**Thomas, J.C.** (2010, July). Trust in the therapeutic relationship: What they don't teach you in graduate school. Paper presented at the 14<sup>th</sup> Biennial Conference of the Constructivist Psychology Network, Niagara Falls, NY.

Finocan, G., Del Castillo, D., Salvi, L., **Thomas, J.**, Fishman, J., & Loeffler, V. (2006, June). The power of multiplicity in an on-going dream group. Paper presented at the 23rd International Conference for the Association of the Study of Dreams, Bridgewater, MA.

**Thomas, J. C.** (2005, July). *Experiential personal construct psychology and social activism*. Paper presented at the 16<sup>th</sup> International Congress on Personal Construct Psychology, Columbus, OH.

**Thomas, J. C.** (2005, May). *Socially responsible teaching using participatory action research*. Paper presented at the Psychologists for Social Responsibility conference, Portland, OR.

Humphreys, C. L., Loeffler, V. A., Schlusmeyer, M. W., Glick, M. J., **Thomas, J.C.**, & Leitner, L. M. (2003, July). *Growing as therapists: Using Tschudi's ABC model in supervision*. Paper presented as part of a symposium at the 15<sup>th</sup> International Congress on Personal Construct Psychology, University of Huddersfield, UK.

**Thomas, J. C.** (2003, July). *The role of death threat and responsibility in the actions of community mental health professionals with suicidal clients*. Paper presented at the 15<sup>th</sup> International Congress on Personal Construct Psychology, University of Huddersfield, UK.

**Thomas, J. C.** (2003, April). *Styles of suicide intervention: Professionals' responses and clients' preferences*. Poster presented at Miami University Psychology Department Poster Session, Oxford, OH.

**Thomas, J. C.** (2002, August). *Experiencing a client's suicide: A personal and professional perspective*. Paper presented as part of a symposium at the annual American Psychological Association convention, Chicago, IL.

**Thomas J. C., & Schlusmeyer, M. W.** (2002, July). *A place for the imaginal in experiential personal construct psychology*. Paper presented at the 10<sup>th</sup> Biennial Conference of the North American Personal Construct Network, Vancouver, BC, Canada.

Schlutsmeier, M. W., & **Thomas, J. C.** (2002, June). *A qualitative understanding of value change in psychotherapy*. Paper presented at the Society for Psychotherapy Research conference, Santa Barbara, CA.

Leitner, L. M., & **Thomas, J. C.** (2001, July). *Experiential personal constructivism and anger*. Paper presented as part of a symposium at the 14<sup>th</sup> International Congress on Personal Construct Psychology, Wollongong, NSW, Australia.

## **Professional Affiliations**

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American Association of Sexuality Educators, Counselors and Therapists member, 2010-present

International Association of Trauma Professionals 2014 - Present

CPN Steering Committee Member. 2012 - Present

American Psychological Association, 2000 - Present

Constructivist Psychology Network (CPN). 2010 – Present

Central New York Psychological Association, 2007 – 2013

New York State Psychological Association, 2008 – 2013

Psychologists for Social Responsibility, 2005 – 2011

## **Volunteer Activities**

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Syracuse Public Arts Task Force, 2008 – 2010

“Connections Through Art” fundraiser Planning Committee for Connections of CNY, 2009

Partners in Business and Education, 2007 - 2013