

Jennifer Susan Harris, PhD

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EDUCATION

Seattle Pacific University – Seattle, WA 2006-2012

- Doctorate of Philosophy (PhD) in Clinical Psychology
- Dissertation: *Mindfulness Intervention: Effects on Coping and Self-Efficacy*

Eastern Washington University – Cheney, WA 2002 -2006

- Bachelor of Science (BS) in Psychology, Magna Cum Laude
- Minor in African American Studies

TEACHING EXPERIENCE

Full-Time Lecturer of Psychology 2012-Present
University of Washington, Tacoma

Designed original course curriculum and taught the following undergraduate psychology courses:

- Chemical Dependency – Autumn 2012
- Personality Theory – Autumn 2012, Summer and Autumn 2013
- Introduction to Psychology – Winter 2013
- Inquiry and Research in the Social Sciences – Winter, Spring, and Autumn 2013
- Social Psychology – Spring and Summer 2013
- Abnormal Psychology – Spring 2013

Adjunct Faculty of Psychology 2009 - 2012

Eastern Washington University at Bellevue College, Bellevue, WA

Supervisor: Kayleen Islam-Zwart, PhD

Designed original course curriculum and taught the following undergraduate psychology courses:

- Drugs and Behavior - Summer 2009, Summer 2010 , and Spring 2011
- Research in Psychology - Winter 2010 and Spring 2010
- Scientific Principles of Psychology - Autumn 2010
- Introduction to Statistics – Winter 2011
- Tests and Measurements – Winter 2011

Seminars

- Graduate Preparation Seminar (10 hours) – Fall 2011 Eastern Washington University
- Competency to Stand Trial and Mental Retardation (2 hours) – Fall 2011 Utah State Hospital

- Stages of Consciousness (Sleep) Seminar (10 hours) – Winter 2012 Eastern Washington University
- Dialectical Behavior Therapy (2 hours) – Winter and Spring 2012 Utah State Hospital
- You Can Sleep When You are Dead (1 hour): Autumn 2012 University of Washington Tacoma
- Mindfulness in the Classroom (2 hour): Winter 2013 University of Washington Tacoma

RESEARCH EXPERIENCE

Director of Project READY
Tacoma Public Schools

August 2013 – Present

READY was originally a grant funded by the National Institute on Drug Abuse, Prevention Services Branch, to test the effectiveness of an in-school intervention for youth who are using and abusing substances.

Project READY

2006 -2012

Supervisor: David G. Stewart, PhD

Served in various roles for Project READY including research assistant, project coordinator, and interventionist.

Research Assistant:

- Assist in an on-going study examining a school-based intervention in adolescent substance users using Motivational Interviewing and Personalized Feedback.
- Involved in participant recruitment, randomization procedures, and record keeping.
- Conduct drug and alcohol research assessments.
- Conduct literature research, prepare literature summaries, enter participant data, and perform statistical analysis and interpretation.
- Co-author manuscripts for publication, presentation, and grant writing.

Coordinator:

- Present Project READY to high school administrators to recruit potential sites.
- Coordinate with school administration and counselors to administer drug and alcohol relapse prevention and research programs with students.
- Design treatment manuals and protocols.
- Train incoming interventionists in motivational interviewing.
- Responsible for providing weekly supervision of ten interventionists.

Interventionist:

- Engage clients in eight sessions of a manualized and evidence-based substance use treatment program.
- Utilize Motivational Interviewing skills to elicit behavior change and resolve ambivalence in substance using youth.

- Provide personalized feedback from comprehensive assessments based on lifetime quantity and frequency of drug use norms; affective, behavioral, and cognitive dysregulation; drug and alcohol use triggers; and risky use.
- Engage clients in relapse prevention based techniques, goal-planning, and teach clients skills to help them cope with drug and alcohol cravings and increase self-efficacy.

Principle Investigator, Doctoral Program Second-Year Project

Sept 2007 - May 2008

- Topic: *Parental Practices as a Mediator between Religious Participation and Adolescent Substance Use*
- Advisor: Margaret Diddams, PhD
- Designed and conducted a study exploring youth's perception of parental practices and aspects of adolescent's religious participation with quantity and frequency of drug use.
- Created and administered questionnaires.
- Analyzed data using SPSS and wrote research report.

Research Assistant, Human Psychophysiology Laboratory

Sept 2004 –June 2006

- Topic: *ADHD in Adults*
- Advisor: Bill Williams, PhD

PAPERS/POSTERS/PRESENTATIONS

Stewart, D. G., Welton, S., Arger, C., Effinger, J., Serafini, K., **Harris, J. S.**, & Helfer, M. (2011). The utility of a developmentally-based quadrant model of co-occurring substance use and mood disorders classification in adolescents. *Journal of Dual Diagnosis*, 7, 130-140. DOI: 10.1080/15504263.2011.596454

Harris, J. S. (June 2013). Project READY: Reducing the Effects of Alcohol and Drugs on Youth. Presentation at the Closing the Gap Conference, Tacoma, Washington.

Harris, J. S., Mancil, L. E., & Campbell, G. V. (May 2008). *Parental Practices as a Mediator between Religious Participation and Adolescent Substance Use*. Poster/paper presented at the Annual SPFC Student Research Conference, Seattle, Washington.

Harris, J. S., Effinger, J., Shipley, L. J., & Stewart, D. G. (April 2010). *Dysregulation Feedback in a Motivational Enhancement Based Substance Abuse Intervention*. Poster presented at the Annual Western Psychological Association Research Conference, Cancun, Mexico.

Harris, J. S., Fellerman, B., & Stewart, D. G. (March 2012). *Urge Surfing*. Poster accepted at the Annual Society for Research on Adolescents Research Conference, Vancouver, Canada.

Stewart, D. G., **Harris, J. S.**, Helfer, M., Welton, S., Arger, C., Effinger, J., & Serafini, K. (February 2010). *Outcomes of a School-Based Motivational Incentives Program: Impact of Depression Symptoms*. Presentation at the International Conference on the Treatment of Addictive Behavior, Santa Fe, NM.

Stewart, D. G., Welton, S., Arger, C., Effinger, J., Serafini, K., **Harris, J. S.**, Helfer, M., & Baker, M. (June 2009). *Mechanisms of Heightened Consequences of Substance Use in Adolescents with Depressive Symptoms: Results from a School-Based Intervention*. Poster presented at the annual meeting of the International Society for Research on Child and Adolescent Psychopathology, Seattle, WA.

Stewart, D.G., Welton, S., **Harris, J. S.**, Serafini, K., Effinger, J. & Arger, C. (June 2009). *Mediators between depression and substance use disorder symptoms among adolescents referred by schools for substance use interventions*. Poster presented at the annual meeting of the International Society for Research on Child and Adolescent Psychopathology, Seattle, WA.

PROFESSIONAL DEVELOPMENT/ TRAININGS

Intensive Workshop in Forensic Psychology Dec 2009
Sponsored by the *American Academy of Forensic Psychology*
Taught by *Terese A. Hall, JD, PhD, Marsha Hedrick, PhD, ABPP, Bill Foote, PhD, Alan M. Goldstein, PhD, and Kirk Heilbrun, PhD*

Assessing Psychopathy with the Hare Psychopathy Checklist Revised Oct 2009
Western State Hospital, Tacoma, WA

The Hare Psychopathy Checklist Revised Sept 2009
Robert Hare, PhD, Lakewood, WA

10-day Vipassana Meditation Aug 2009
As taught by *S.N. Goenka. Dharamsala, Himachal Pradesh, India*

The Wise Heart and the Mindful Brain (SGLRC-1). June 2008
Dan Siegel, MD and Jack Kornfield, PhD Seattle, WA

CLINICAL EXPERIENCE

Predoctoral Forensic Intern July 2011 – June 2012
Utah State Hospital, Provo, UT
Training Director: Ted Barratt, Ph.D.

Utah State Hospital is dedicated to providing excellent care in a safe and respectful environment to promote hope and quality of life for individuals with mental illness.

- Dialectical Behavior Therapy: provide individual DBT, serve as a co-leader and then leader of DBT skills group, and attend weekly supervision and DBT consultation meetings.
Supervisor: Doug Benson, Ph.D.
- Adult Treatment: provide cognitive behavior therapy to individuals with psychotic disorder and anxiety disorders, lead and co-lead weekly social skills for schizophrenia group, and weekly supervision.

Supervisor: Ted Barratt, Ph.D.

- Pediatric Treatment: provide cognitive remediation to children with pervasive developmental disorders as well as behavioral and cognitive dysregulation.

Supervisor: Thad Lloyd, Ph.D.

- Forensic Rotation: conduct court-ordered competency to stand trial evaluations of male and female adult defendants using a variety of valid and reliable psychological and forensic instruments and writing integrated forensic reports including information from interviews, assessments, discovery materials, medical records, and criminal history.

Supervisors: Brian Partridge, Psy.D. and Gerald Berge, Ph.D.

- Additional responsibilities: participated in interdisciplinary team meetings to collect relevant information regarding clinical psychosocial history while interfacing with psychiatrists, social workers, caseworkers, and attorneys.
- Case Presentations: Issues Regarding Competency to Stand Trial in Mentally Retarded Offenders; Utility of Dialectical Behavior Therapy in Borderline Personality Disordered Individuals; Outcomes of Dialectical Behavior Therapy in a Suicidal Patient.

Practicum Forensic Evaluator

Aug 2010 – Jan 2011

Child Study and Treatment Center, Tacoma, WA

Supervisor: Julie Gallagher, PsyD, Director of Forensic Services

Child Study and Treatment Center (CSTC) is the only state forensic psychiatric hospital for children in Washington. CSTC is designed to treat children with serious mental illness from 5-17 years of age who cannot be served safely in less restrictive settings within the community.

- Conducted adolescent competency to stand trial (CST) evaluations and dangerousness assessments.
- Administered, scored, and interpreted valid and reliable psychological and forensic assessments.
- Write integrated forensic reports incorporating information from forensic interviews, psychological and forensic assessments, discovery materials, medical records, and school records.
- Co-designed a presentation titled Evaluating Juveniles' Competency to Stand Trial delivered to forensic psychologists in Spokane, WA and Missoula, MT.
- Attended psycholegal discussion groups, continuing forensic and other education seminars, and presentations relevant to juvenile forensic evaluations.

Practicum Forensic Evaluator

Aug 2009 –July 2010

Center for Forensic Services, Western State Hospital, Tacoma, WA

Supervisor: Ray Hendrickson, JD, PhD

The Center for Forensic Services (CFS) is an inpatient forensic hospital designed to provide court-ordered evaluations to answer questions such as mental health diagnoses, competency to stand trial, and mental state at the time of the offense (insanity and diminished capacity. CFS also provides competency restoration treatment, civil commitment evaluations, and treatment of patients found by the courts to be not guilty by reason of insanity.

- Conducted court-ordered forensic evaluations of male and female adult defendants including CST, mental state at the time of the offense (insanity and diminished capacity) dangerousness and risk of re-offense.
- Evaluated and petitioned for the civil commitment of seriously mentally ill offenders.
- Participated in interdisciplinary team intake interviews to collect relevant information regarding clinical psychosocial history while interfacing with psychiatrists, social workers, caseworkers, and attorneys.
- Many of the individuals were acutely psychotic and manic at intake
- Testified in a competency hearing regarding a defendant with Mild Mental Retardation.
- Worked with a Developmental Disabilities Professional on approximately 30 CST evaluations with individuals from the Developmental Disabilities population.
- All evaluations included conducting mental status examinations and assessing validity of reported symptoms to rule out malingering.
- Administered a variety of valid and reliable psychological and forensic instruments.
- Wrote integrated forensic reports including information from interviews, assessments, discovery materials, medical records, and criminal history.
- Attended psycholegal discussion groups, continuing forensic and other education seminars, and presentations relevant to forensic examinations.

Practicum Clinician

Aug 2008 – July 2009

Maple Lane School, Juvenile Rehabilitation Administration, Centralia, WA

Supervisor: David Fenstermaker, PhD

Maple Lane is a medium/maximum security facility that provides male offenders treatment for serious mental health and behavioral problems. Maple Lane adheres to a Dialectical Behavioral Treatment (DBT) model.

- Provided individual therapy to a culturally diverse population in short-term and long-term evidenced-based treatments.
- Addressed therapeutic issues such as affective disturbance, behavioral problems, and cognitive issues as well as racial issues, relationship problems, coping with loss and/or illness, gang involvement, sex offending, sexual and physical abuse, and self-harm.
- Implemented evidenced-based therapies which included Dialectical Behavior Therapy, Motivational Interviewing, Desensitization, Exposure, Relapse Prevention, and Trauma-Focused Cognitive Behavioral Therapy.
- Taught and used DBT skills such as interpersonal effectiveness, distress tolerance, emotion regulation, and mindfulness skills with clients.
- Used Motivational Interviewing to elicit behavior change by helping clients explore and resolve ambivalence.
- Administered psychological testing with validated instruments.

TESTS ADMINISTERED, SCORED, AND INTERPRETED

Tests Administered in Adult Forensic Evaluations:

- Wechsler Adult Intelligence Scale, Third and Fourth Editions; Wechsler Abbreviated Scale of Intelligence, First and Second Editions; Test Of Nonverbal Intelligence, Third Edition; Vineland Adaptive Behavior Scales, First and Second Editions; Wide Range Achievement Test, Fourth Edition; Wechsler Memory Scale, Third and Fourth Editions; California Verbal Learning Task, Second Edition; Test of Malingered Memory; Rey's 15-item Memory test; Minnesota Multiphasic Personality Inventory^{2nd} Edition; Personality Assessment Inventory; Brief Psychotic Rating Scale – Extended; Validity Indicator Profile; Structured Interview of Reported Symptoms; Structured Inventory of Malingered Symptomatology; the Inventory of Legal Knowledge; Competency Assessment Inventory; Competence Assessment for Standing Trial for Defendants with Mental Retardation; Evaluation of Competent to Stand Trial- Revised; and The Historical, Clinical, Risk Management-20; The MacArthur Competency Assessment Tool; The Repeatable Battery for the Assessment of Neuropsychological Status; and The Peabody Picture Vocabulary Test

Tests Administered in Adolescent Forensic Evaluations:

- Wechsler Intelligence Scale for Children, Fourth Edition; Behavior Assessment System for Children, Second Edition; Vineland Adaptive Behavior Scales, Second Edition; Social Communication Questionnaire; Juvenile Adjudicative Competency Interview; and The Youth Level of Service/Case Management Inventory.

Tests Administered in a Treatment Setting:

- Brief Psychotic Rating Scale- Expanded, Clinical Assessment for Depression; Personality Assessment Inventory- Adolescent Version; State-Trait Anger Expression Inventory-2; and the Conner's Third Edition.

Tests Administered in Drug and Alcohol Intervention and Research:

- Customary Drinking and Drug use Record; Inventory of Drug-Taking Situations; Stages Of Change and Treatment Eagerness Scale; Dysregulation Inventory; Center for Epidemiological Studies – Depression Scale; Situational Confidence Questionnaire; Temptation Coping Questionnaire; Alcohol and Drug Use Consequence Questionnaire; and the Rutgers Alcohol Problem Index.

PROFESSIONAL AFFILIATIONS

American Psychological Association 2007 – Present
Graduate Student Affiliate

Psi Chi 2005 - Present
Graduate Student Affiliate

MENTORSHIP, ADVISING, AND SUPERVISION

Vietnamese Student Association Advisor 2013-Present
University of Washington Tacoma

Psychology Club Advisor
University of Washington Tacoma

2013-Present

Project READY Supervisor
Seattle Pacific University
Eastern Washington University
University of Washington Tacoma

2008-Present

COMMUNITY INVOLVEMENT

Volunteer, Invisible Children

May 2006

- Assisted in national fundraising activities and helped raise awareness to end child soldiering in Uganda

Volunteer, Fundraiser against Sex Trafficking

January 2009

- Assisted in fundraiser activities to raise money for Eastlake Community Church trip to rescue 13 Cambodian girls from sex slave trade

Volunteer, Charity Water

August 2010

- Assisted in fundraiser activities that helped raise \$252, 869.68 to build clean water drinking wells in Africa

Volunteer, Genesis Project

December 2012

- Provide pro bono psychological services to women trying to get out of human trafficking.