Jas Tilghman, Ph.D.
Licensed Psychologist & CEO

Ph.D.	Counseling Psychology *Minor*: Multicultural Education in Psychology APA-Accredited Program University of Missouri	July 2015 Columbia, MO
M.Ed.	Counseling Psychology Elementary School Counseling APA-Accredited Program University of Missouri	May 2009 Columbia, MO
B.A.	Psychology University of Missouri *Minor*: Human Development and Family Studies	May 2007 Columbia, MO

LICENSE AND CERTIFICATIONS

Licensed Psychologist in California (PSY28549)	8/2016-Present
Certified in Performing Arts Health	6/2018-Present
Certified in Question, Persuade, Refer Instructor (QPR)	10/2018-Present
Certified Hot Yoga Instructor RYT 200	7/2019-Present
Suicide Safe Trainer	11/2020-Present
Gottman Leader	2/2023-Present
Basic Life Support (CPR)	12/2023-Present

PROFESSIONAL CLINICAL EXPERIENCE

Person-Centered Therapy | Feminist/Multicultural Therapy | Cognitive Behavioral Therapy | Dialectical Behavior Therapy | Interpersonal Therapy | Motivational Interviewing | Acceptance and Commitment Therapy | Relational

Founder & CEO 2019-Present
True To You Psychotherapy & Consulting, Inc. (Private Practice)
Southern California
Clinical: Provide couples, family, and individual therapy and intake assessments. Focus on clinical diagnoses, race-related stress, communication, accountability, values, and active listening, to foster healthy relationships. Also, provide yoga therapy, life coaching, and consultation to individuals, groups, organizations, and major corporations. Specialize in working with performers and those in the entertainment industry.
Consultation: Develop and facilitate psycho-education presentations to large companies coordinated through the companies' human resources and training departments. Manage professional relationships with major corporations as clientele. Manage the business side of my company.

NOT YET RETAINED

Independent Contractor (Psychologist - Lyra Health) 2020-Present
Psychological Healing, Inc. (Group Practice)
Los Angeles, CA
Clinical: Population served from fortune 500 companies. Provide couples, family, and individual therapy and intake assessments. Focus on communication accountability, values, and active listening, to foster healthy relationships through evidenced-based treatment.

Assistant Director of Mental Health Training, Intervention, & Response 9/2020-12/2025
Residential Life
University of California Los Angeles
***Outreach, Consultation & Administration*:** Provided 1:1 support for professional and student staff and made appropriate referrals. Developed and implemented health and healing programs through the campus Resilience Center. Served on the *Training Committee* to coordinate and provide mental health and campus partner presentations for professional and student staff during summer training(s). Serve on ResLife *Health & Safety* meetings to discuss students of concern and staff support needs. Serve on the *Narcan Implementation Interdisciplinary Committee* and coordinated the distribution of 8,000 ASHE Wellness Totes throughout ResLife. Serve on the *Neurodiversity Empowerment Team* to increase awareness, programs, and support for students and staff. Served on the *Southern California Crisis Co-Response meetings* as well as ResLife *Safety meetings* involving UCPD and Housing. Serve on the *Recognition Committee* to help plan ResLife Day of Service and End of Quarter celebrations and staff recognitions. Serve UCLA's *RISE Center* (Resilience In Your Student Experience), as well as the greater campus, including staff and faculty, by providing holistic mental health interventions, crisis response, and wellness workshops around mental health awareness, tips and strategies to manage symptoms, and prevent burnout. Helped with the search and supervision of 4 Rise Center Ambassadors as well as the search for the first 3 Health & Well-being Coordinators. Recorded and facilitated several training sessions for the online Mental Health Leadership Certificate through Bruin Learn. In the ResLife Mental Health Unit, helped to coordinate the *Social Justice Task Force* and lead department breakout groups 3x/quarter within the department. Managed projects and supervised a student staff. Consulted with parents and students about mental health resources. Work with other departmental units and campus partners to provide comprehensive support for students in distress. Served as an expert panelist and moderator for national conferences.
Crisis Postvention: Facilitated postvention healing and processing spaces, conducted follow up support for known student and professional staff involved in managing student crises, made appropriate referrals to campus partners.

Independent Contractor (Psychologist) 11/2017-2020
Best Me Psychotherapy & Consulting, Inc. (Group Practice)
Culver City, CA
Clinical: Provide couples, family, and individual therapy and intake assessments. Focus on communication accountability, values, and active listening, to foster healthy relationships.

Director of Performance Psychology 8/2017-2020
Synergy Performance, Inc.
Los Angeles, California
Clinical: Provide services that include mental conditioning, individualized psychology skills training, performance consulting, individual therapy, groups, and workshops for teams and organizations.
Outreach & Consultation: Provide workshops for teams and organizations on healthy coping self-soothing strategies, Yerks-Dodson Law of optimal performance, and a holistic approach to performance longevity.
Clinical Consultation: Provided clinical consultation to 1 performance coach as well as the CEO of the company was a Doctor of Physical Therapy.
Administration: Supervise and direct flow of the performance psychology department; help with group practice logistics and operations.

NOT YET RETAINED

Senior Staff Psychologist 9/2016-2020
Counseling Center
University of California Irvine
Clinical: Provide brief couples, group, and individual therapy, intake assessments, and referral services to campus and community resources to therapy to multicultural undergraduate, graduate, and professional students.
Crisis/Urgent Care/Postvention: Provide half-day triage and urgent care services in collaboration with ProtoCall (after hours crisis phone service) several times each quarter and provided post-vention outreach after crises.
Outreach & Consultation: Member of the outreach committee at the counseling center. Provided outreach and consultation to campus, university offices, departments, cultural centers, and student organizations. Liaison to Verano Place graduate housing and Claire Trevor School for the Arts. Serve on Outreach Committee and Goals and Action Team. Member of Training Committee for psychology interns.
Liaisons: Verano Place Student Housing, Claire Trevor School for the Arts, Cross-Cultural Center, Sierra Living learning Community.
Teaching: Instructor of Sierra living learning community on diversity, holistic wellness, and moral development course.
Supervision: Provided clinical supervision to 1 psychology intern for 6 months.
Administration: Co-chair of search committee for 3 Senior Staff Psychologists positions. Peer Chart Review.

PROFESSIONAL CLINICAL TRAINING

Post-Doctoral Psychology Resident 8/2015-7/2016
Counseling and Psychological Services (APA Accredited), University of California San Diego
Clinical Supervisors: Jerry Phelps, Ph.D., Licensed Psychologist;
Cathy Thompson, Ph.D., Licensed Psychologist
Clinical: Provide brief couples, group, and individual therapy, intake assessments, and referral services to campus and community resources to therapy to multicultural undergraduate and graduate students. Developed and facilitated the Performers Group (drop-in) and co-facilitated Understanding Self and Others group, Couples Workshop, Career Transitioning for PhD Students, Advanced Performance Group, and PhD Support Group.
Crisis/Urgent Care/Postvention: Provide half-day triage and urgent care services in collaboration with ProtoCall several times each quarter and provided post-vention outreach after crises.
Outreach & Consultation: Provided outreach and consultation to university offices, departments, cultural centers, and student organizations. Serve as the graduate student outreach representative as well as student performers outreach advocate.
Supervision: Received 2-hours of individual supervision, 1-hour of group supervision, and 1-hour case team consultation.
Administration: Served on graduate life steering committees, student of concern meetings, and Revelle college staff meetings.

Psychological Intern 2014- 2015
Colorado State University Health Network (APA-Accredited), Colorado State University
Clinical Supervisors: Ellen Cooney, Ed.D., Licensed Psychologist; Aki Hosoi, Ph.D., Licensed Psychologist;
Mark Benn, Psy.D., Licensed Psychologist
Clinical: Provided brief couples, group, and individual therapy, and intake assessments to multicultural undergraduate and graduate students. Developed and facilitated the Musical De-Stress Group, co-facilitated Interpersonal Process Group each semester co-facilitated with senior staff, peer, and practicum student, Dialectical Behavior Therapy group.
Crisis/Ugent Care/Postvention: Provided 7-hours/week of walk-in/urgent care services with occasional overnight pager responsibility and ProtoCall. Served as a Behavioral Health walk-in counselor at Student Health Center as well as iTEAM counselor for at-risk students recently released from hospitalizations.
Outreach & Consultation: Provided outreach and consultation services to university offices, departments,

NOT YET RETAINED

cultural centers, and student organizations.
Supervision: Received 2-hours of individual supervision, 2-hour of group supervision, and 1-hour case team consultation. Provided clinical weekly supervision of two doctoral-level counseling practicum students.

Clinical Graduate Assistant 2011-2014
University Counseling Center, University of Missouri
Clinical Supervisors: Christopher Smith, Ph.D., Licensed Psychologist; Renee Powers-Scott, MSW, Licensed Professional Counselor; Jenny Lybeck-Brown, Ph.D., Licensed Psychologist.
Provided 20-30 hours (12-17 clinical hours) of service/week including intake assessments, individual, and group counseling, wrote case notes, developed treatment plans, and managed cases. Sessions ranged from 1-21 sessions. Common concerns included: family dynamics and parental concerns, interpersonal and relational concerns, college transition, homesickness, academic adjustment, depression, anxiety, and other affective symptomology, identity concerns related to sexuality, religious affiliation, and cultural background, stress management, grief and loss, eating issues, racial stressors, and suicide ideation and attempts. Reviewed client files, intake notes, Outcome Questionnaire 45 (OQ-45), and Counseling Center Assessment of Psychological Symptoms (CCAPS) assessment results. Received and provided feedback during 1.5-hour/week individual supervision and 2.0-hours/month group workshops, reviewed videotapes of individual counseling sessions, presented cases and participated in 1.5 hours weekly clinical team meetings.

BASICS Coordinator 2011- 2013
Brief Alcohol Screening and Intervention for College Students
Wellness Resource Center, University of Missouri
Supervisor: Matthew Martens, Ph.D., Licensed Psychologist.
Utilized motivational interviewing techniques to conduct group and individual interventions for judicially-mandated MU students with alcohol and/or drug violations. Delivered brief alcohol screening interventions for college students, co-lead 2-hour single-session bi-monthly psycho-education workshop on alcohol related information, administered substance-use assessments, provided psycho-education feedback, provided constructive confrontation on discrepancies to students regarding their substance use assessment results, and their reported drinking patterns and behaviors while using motivational interviewing during 1-2-hour individual sessions.

Biofeedback Coach 2012- 2012
Health Promotions, Student Health Center, University of Missouri
Supervisor: Jeff Tarrant, Ph.D., Licensed Psychologist.
Provided biofeedback psycho-education and demonstrations using the emWave ® software to college students referred by MU health professionals in order to decrease anxiety. Sessions ranged from 1-6 sessions. Practiced mindfulness meditation, deep breathing, as well as Audio Visual Entrainment (AVE) to clients particularly with Fibro Myalgia and difficulty concentrating or sleeping. Wrote case notes including conceptualizations and progress made with clients and received weekly 1.5 hours of group supervision.

Practicum Counselor 2010- 2011
University Counseling Center, University of Missouri
Clinical Supervisors: Amber Olson, M.A., Kelly Liao, M.A., Anne Meyer, Ph.D., Licensed Psychologist, and Jenny Lybeck-Brown, Ph.D., Licensed Psychologist
Provided 15-20 hours (5-7 clinical hours) of service/week including individual therapy ranging from 1 to 12 sessions. Common concerns included: family dynamics and parental concerns, interpersonal and relational concerns, college transition, depression, anxiety, and other affective symptomology, sexual identity, religious affiliation, and cultural background, stress management, grief and loss, racial stressors. Reviewed client files, wrote intake and case notes, received and provided feedback during 1-hour/week individual supervision and 2.75-hours/week group supervision, presented cases and participated in 1.5 hours weekly clinical team meetings.

NOT YET RETAINED

Practicum Counselor 2008- 2009
Russell Elementary School, Columbia, Mo
Supervisor: Lisa Fortner, M.Ed., Licensed Professional Counselor.
Provided 15 hours (5-7 clinical hours) of service/week including individual and group therapy to elementary students and received weekly 1-hour individual supervision and 2-hour group supervision. Common concerns included: grief and loss, anger management, suicidal ideation, bullying, friendships, parental divorce, absent parents, and addicted parents. Helped administer Cognitive Assessment Test (CAT) and Missouri Achievement Program (MAP) to students. Consulted with school personnel to increase student progress through mental health interventions and attended school personnel meetings on Individual Education Plans (IEPs) for students. Facilitated and Co-facilitated Guidance Curriculum to classes and implemented classroom management learned in Teacher Development Courses.

CLINICAL SUPERVISION EXPERIENCE

Clinical Supervisor 2016-Present
Counseling Center
University of California Irvine
Served as both primary and delegated supervisor. Provide 1.0 hours weekly face-to-face individual supervision to beginning psychology intern who provided 10-15 hours weekly of counseling to college students, reviewed supervisee's videotape and notes, provided/ received written and oral evaluations, received supervision of supervision, being available 24/7 for supervision consultation or emergencies.

Clinical Supervisor 2014- 2015
Counseling Center CSU Health Network
Colorado State University
Supervisors: Ellen Cooney, Ed.D., Licensed Psychologist
Aki Hosoi, Ph.D., Licensed Psychologist
Provided 2.0 hours weekly individual supervision to beginning doctoral-level practicum counselors (2) who provided 3-5 hours weekly of counseling to college students, reviewed supervisee's videotape and notes, provided/ received written and oral evaluations, received supervision of supervision

Clinical Supervisor 2012- 2013
Career Center
University of Missouri
Supervisors: Kathleen Boggs, Ph.D., Licensed Psychologist
Norman C. Gysbers, Ph.D.
Provided 1.5 hours weekly individual supervision to beginning masters-level practicum counselors (2) who provided 1-5 hours weekly personal/career counseling to college students and community adults, reviewed supervisee's audio recordings, and notes, provided/ received written and oral evaluations, received supervision of supervision

OUTREACH AND PROGRAM DEVELOPMENT EXPERIENCE

Assistant Director of Mental Health Training, Intervention, & Response 9/2020-Present
University of California Los Angeles
Residential Life

- **RISE Resource Panel - African American Studies**, *September 2020*
- **Social Justice Task Force - Residential Life**, *September 2020 thru May 2021*
- **RISE Information Session - Integrative Medicine**, *September 2020*

NOT YET RETAINED

- **RISE Virtual Wellness Drop-ins - Campus**, *September 2020 thru May 2021*
- **RISE Black Bruin Discussion Series - Campus**, *September 2020 thru May 2021*
- **Election Season Support - Campus**, *October 2020 thru November 2020*
- **Athletics Coaches: Anti-racist Discussion - Athletics**, *November 2020*
- **Yoga and Meditation - Campus**, *November 2020*
- **Mental Health Resources - VIPS**, *January 2021*
- **Meditation and Mindfulness -USP**, *January 2021*
- **RISE Graduate Student Series - Campus**, *February 2020*
- **Softball Diversity Session - Athletics**, *February 2020*
- **From Relationships to Situationships -Black Bruin Resource Center**, *February 2020*
- **Mindfulness Session - Physics and Astronomy**, *February 2020*
- **Yoga - Athletics**, *March 2021*
- **DEI Conversation with Coaches - Athletics,** *April 2021*
- **Common Experience Panel - ResLife**, *May 2021*
- **Wellness Training - University Apartments South**, *June 2021*
- **Resilience Training - AAPFTSP**, July 2021
- **Stress Management Training - AAPFTSP**, *July 2021*
- **Distressed and Distressing Students - Athletics**, *September 21*
- **RISE/BBRC Drop-in Hours - BBRC**, *October 2021 thru May 2023*
- **Breathe to Movement Yoga - RISE**, *September 2021*
- **Fall Welcome Tabling - ResLife,** *September 2021*
- **Stress and Anxiety - VIPS**, *October 2021*
- **RISE Above Series - RISE center**, *October 2021 thru December 2021*
- **Trauma-Informed Yoga - Integrative Medicine**, *November 2021*
- **Yoga Session - University Apartments North**, *November 2021*
- **Holistic Healing Presentation - SHEP**, *November 2021*
- **Suicide Safe Training - ResLife New Hires**, *January 2022*
- **Community Healing Space facilitator - Campus**, *February 2022*
- **Community Healing Space - Philosophy Department**, *February 2022*
- **Movement & Mediation - RISE center**, *February 2022 thru October 2024*
- **Yoga session - University Apartments North**, *February 2022*
- **8 Dimensions of Wellness - RISE**, *February 2022*
- **Trauma-Informed Yoga - CARE**, *April 2022*
- **RISE Intro - CCCP x Umoja**, *April 2022*
- **Distressed and Distressing Students - Active Minds**, *May 2022*
- **Mental health 101 Presentation - student organization**, *May 2022*
- **Suicide Safe Training - WAZO Connect**, *February 2023*
- **Yoga Destress Session - A/RA ResLife,** *March 2023*
- **Community Gathering Space - Campus**, *April 2023 thru June 2023*
- **Stress Management - Melon Mays Research Academy**, *June 2023*
- **Summer Orientation - Incoming students**, *July 2023 thru August 2023*
- **Distressed and Distressing Students - Professional Staff**, *July 2023*
- **Biofeedback Session - ResLife Professional Staff,** *August 2023*
- **Counseling Skills Train-the-Trainer-ResLife Professional Staff**, *August 2023*
- **Behind Closed Doors - ResLife Professional Staff,** *August 2023*
- **Counseling Skills Training - RA's in ResLife ,** *September 2023*
- **Mental Health 101 Training- ResLife Student Staff**, *September 2023*
- **Mental Health 102 Training on Body Image - RA's in ResLife**, September 2023
- **Behind Closed Doors - ResLife Student Staff,** *September 2023*
- **Community Healing Space - University Apartments South**, *September 2023*
- **Stress Less or Burnout - Daily Bruin**, *September 2023*

NOT YET RETAINED

- **Ask Me Tents Tabling - ResLife**, *September 2023*
- **Movement & Meditation - Black GSA**, *October 2023*
- **Suicide Safe Training - WAZO Connec**t, *October 2023*
- **Narcan Training - ResLife Student Staff,** *October 2023*
- **Narcan Presentation - University Apartments South,** *November 2023*
- **Movement and Meditation - Engineering**, *November 2023*
- **Community Healing Space - Public Affairs**, *December 2023*
- **Imposter Syndrome Panel Discussion - CAL PPH Cohort,** *December 2023*
- **Mindfulness for the Senses - CAMP Cozy ResLife**, *January 2024*
- **Behind Closed Doors - ResLife New Staff**, *January 2024*
- **Movement & Meditation BHM Series - CAPS**, *February 2024*
- **Suicide Safe Training - Student group**, *February 2024*
- **Emotional Intelligence Training - Student Affairs**, *March 2024*
- **Self-Care in ResLife Professional Development - ResLife,** *March 2024*
- **Assisting Distressed and Distressing Students - Housing**, *March 2024*
- **Encampment Community Processing Space - ResLife**, *April 2024*
- **Rest, Restore, Reconnect - Strategic Communication**, *June 2024*
- **Sensitivity Student Staff Training - Housing Student Staff,** *June 2024*
- **Stress Management - Melon Mays Research Academy**, *June 2024*
- **Counseling Skills Training - RA's in ResLife**, *September 2024*
- **Mental Health 101 - ResLife Student Staff,** *September 2024*
- **Behind Closed Doors - RAs in ResLife**, *September 2024*
- **Harm Reduction Campus Event Tabling - Campus Partners**, *April 2025*
- **Narcan Presentation - Engineering Academic Counselors**, *May 2025*
- **The Art of Appreciation - Professional Staff ResLife**, *June 2025*
- **Community Drop-in Hours - RISE @ Rieber**, *June 2025*
- **Community Processing Space - Molecular Biology**, *June 2025*

Senior Staff Psychologist 9/2016-Present
University of California Irvine
Counseling Center

Liaison and Relevant Outreach

- **Counseling Center Services – Claire Trevor School for the ARTS – Tabling**, *September 2016*
- **Survivors of Suicide Loss – Counseling Center Tabling,** *November 2016*
- **Post-Election Event – Cross Cultural Center,** *January 2017*
- **Post-Election Event – Center for Black Cultures, Research, and Resources,** *January 2017*
- **Imposter Syndrome – Presenter, UCI Outreach and Retention Center,** *March 2017*
  - Presented the concept of imposter syndrome, how common it is among people, particularly graduate students, and discussed ways to combat it
- **Annual Love Healthy Event – Verano Place Graduate Housing Commons,** *March 2017*
- **Student Housing Banquet – Student Housing,** *May 2017*
- **Team Building Workshop – Presenter, Center for Educational Partnership,** *July 2017*
  - Human knot, caterpillar walk, tallest tower challenge, team names
- **POSTVENTION – Claire Trevor School for the ARTS,** *July 2017*
  - Provided support for department who lost a student from a car accident, informed of counseling center services including urgent care, provided psychoeducation on the grief process
- **Counseling Center Services – Co-presenter, Student Parent Orientation Program,** *August 2017*
- **Counseling Center Services – Co-presenter, Housing Resource Walk,** *September 2017*
- **Counseling Center Services – Presenter, Verano Place Information Fair,** *October 2017*

NOT YET RETAINED

- **Stress and Time Management – Presenter, Mesa Court (Cuesta Hall),** *November 2017*
- **Stress and Time Management – Active Minds (Humanities),** *November 2017*
- **Cross Cultural Center Drop – In hours, 4 hours/week,** *November 2017 – June 2019*
  - Serve a psych consult for center as well as provide outreach programming for students
- **Goals in Action -- Co-facilitator, Counseling Center,** *January 2017, 2018*
  - Taught first-generation college students on academic probation skills for academic success
- **POSTVENTION - Claire Trevor School for the Arts drama department group**, *April 2018*
  - Support group for master's Drama students after department distress
- **Wind down Wednesdays – Counseling Center**, April 2018
  - Provided a deep breathing tutorial for students
- **ASUCI panelist Mental Health – ASUCI**, *April 2018*
  - Spoke about mental health in this generation, stigma, etc.
- **Relationships to Situationships – Cross Cultural Center**, *April 2018*
  - Workshop on dating in this generation, commitment, social influences, etc.,
- **Selfcare for Performers – Claire Trevor School for the Arts**, *April 2018*
  - Discussed specific challenges, mental health concerns, and coping specific to this population
- **Math Department – Managing Students in Distress/Self-Care**, *November 2018*
- **Dance Department – Mind/Body Wellness**, *January 2019, October 2019*
- **Mesa Court Black History Fair – Black Mental Health**, *February 2019*
- **Cross Cultural Center – Healing Through Community**, *March 2019*
  - Postvention support for Muslim-identified students after attack
- **Verano Place Graduate Housing – Meeting with a student**, *March 2019*
  - Facilitated a roommate intervention due to roommate conflict
- **History Teaching Assistant – Working with Students in Distress**, *April 2019*
- **QPR Training for graduate students – Claire Trevor School for the Arts**, *April 2019*
- **Communication skills - Sierra Housing Staff**, *September 2019*
- **Sierra Housing Instructor Class Tu/Th – Sierra Housing Community**, *October 2019*
  - Diversity, Wellness, Moral Development
- **Touring of counseling center and presentation to RA staff of residential life**, *October 2019*

All Other Outreach

- **Stress Management – Presenter, Understanding Violence lecture class***, October 2016*
- **Minority Research – SAEP,** *November 2016*
- **Stress and Time Management – Presenter, Minority Association of Pre-Health Students,** *November 2016*
- **Stress and Time Management – Co-presenter, Charles R. Drew University of Medicine and Science,** *November 2016*
- **Black Women's Appreciation – Alpha Phi Alpha Fraternity, Inc.,** *May 2017*
- **Black GALA – Black Faculty Staff Association,** *May 2017, May 2019*
- **Mentoring – UCI student,** *June 2017*
- **UC-HBCU – Minority Recruitment Initiative,** *July 2017*
- **Stress and Time Management – Presenter, Transfer Student Center,** *July 2017*
- **XBwomen Daily –** *April 2017 – present*
  - Support group for Black-identified women faculty, staff, and students
- **Managing distress students** – *February 2018*
- **Self-Care Presentation - Division of Career pathways**, *May 2018*
- *Art show – Counseling Center*, *May 2018*
  - Programmed the first Counseling Center Art Show displaying artwork from UCI students to help decorate he walls of the counseling center
- **Student and Parent Orientation Program (SPOP) – Counseling Center Services**, *July, August 2018*

NOT RETAINED

- **Fall Welcome Tabling Medical School – Counseling Center Services**, *August 2018*
- **Fall Harvest – Black faculty, staff, and students Networking Event***, September 2018*
- **Black Law Students Association - Self-Care Presentation**, *October 2018*
- **Black Psychology Students Association – My Professional Journey Presentation**, *November 2018*
- **Therapist Fireside Chat – Womyn's Hub**, *February 2019*
- **Stress Management – Teaching Assistants**, *February 2019*
- **International Student Coffee Hour – Sleep Hygiene**, *March 2019*
- **Womyn's Hub Podcast – Cross Cultural Center**, *April 2019*
  - Spoke about Self-Care practices
- **Navigating the Holiday Blues - Academic and Professional Womyn of UCI Speaker**, *December 2019*

Post-Doctoral Resident 9/2015-7/2016
University of California San Diego
Counseling and Psychological Services

- **Fueling Your Future – Co-presenter, Black Resource Center and Career Services**, *May 2016*
  - Discussed career path challenges and successes as a Black professional, words of wisdom, answered questions, served as a resource
- **Thurgood Marshall College – Presenter, Graduating Seniors**, 5/2016
  - Presented on adjustment, social support, common concerns, and managing anxiety of the unknown
- **REAL WORLD Transition – Presenter, UCSD Graduating Seniors,** *April 2016*
  - Presented on adjustment, social support, common concerns, and managing anxiety of the unknown
- **Eight Dimensions of Well-Being – Co-presenter, Orientation Leaders,** *April 2016*
  - Presented on the eight dimensions of well-being, self-care, and CAPS services
- **Tunnel of Oppression, emotional support**, *April 2016*
  - Represented CAPS as emotional support for students who may have been impacted walking through the tunnel with live scenes related to depression, homelessness, religious discrimination, xenophobia, and rape
- **CAPS Groups Services – Presenter, Revelle College staff**, *April 2016*
  - Presented on the different groups/workshops offered through CAPS including open, closed, online sign-up sheets, and drop-in groups
- **POSTVENTION Experience – Co-facilitator**, *February 2016*
  - Provided emotional support and consultation for suitemates of a student returning back to the suite from being hospitalized after a suicide attempt that was witnessed by two of the suitemates
- **Career Services – Co-panelist, Campus Professionals Event**, *February 2016*
  - Discussed career path challenges and successes, words of wisdom, answered questions, served as a resource
- **Recognizing Students in Distress and CAPS services – Co-presenter, Music Teaching Assistants and Faculty**, *February 2016*
  - Presented on signs of distress for common mental health concerns in music students, the roles of the TA/Faculty including their limitations, and campus resources
- **Self-Love – Co-presenter, Black Student Union**, *February 2016*
  - Presented on the concept of self-love, self-esteem, self-worth, ideal characteristics in a partner, and values
- **Imposter Syndrome – Presenter, Graduate Workshop Series,** *January, 2016*
  - Presented the concept of imposter syndrome, how common it is among people, particularly graduate students, and discussed ways to combat it
- **Race-Related Stress and Hardiness – Co-presenter, Black Student Union**, *January 2016*
  - Presented on the concept of race-related stress and different components, different types of microaggressions, the concept of hardiness, and how it may serve as a buffer against race-related

NOT YET RETAINED

stress

- **Black Women's Collective – Presenter**, *February 2016*
  - Presented on adjustment, social support, common concerns, and managing anxiety of the unknown
- **MusiCares Substance Abuse in the Music Industry Panel Discussion – Coordinator**, *November 2015*
  - Coordinated a celebrity panel discussion for the UCSD campus community related to substance abuse, addiction, ways to reduce usage or abstain from substances, the recovery process, and still living a sober life around others musicians who engage in substance use, and applying these strategies to college student life. *Panelists included*: Harold Owens, Senior Director of MusiCares MAP Fund and panel moderator, Steve Ferrone, drummer for Tom Petty and the Heartbreakers, Billy Morrison, guitarist for Billy Idol, and Raul Pacheco, founder, guitarist, and composer of Ozomatli Band
- **Imposter Syndrome – Presenter, Oceanography Graduate Students**, *November 2015*
  - Presented the concept of imposter syndrome, how common it is among people, particularly graduate students, and discussed ways to combat it

  Imposter Syndrome – Presenter, Graduate School Sloan Scholars, *November 2015*
  - Presented the concept of imposter syndrome, how common it is among people, particularly graduate students, and discussed ways to combat it
- **Behind the Mask – Co-Facilitator, Black Resource Center**, *November 2015*
  - Facilitated a mask activity that provided students with perspectives of what they show of themselves and what is perceived by others around them, and students learned that they are more positively perceived than was expected
- **CAPS services – Presenter, Theatre/Dance PhD students**, *December 2015*
  - Presented on the services that CAPS provides including individual therapy, group therapy/workshops, and couples therapy, how to make a CAPS appointment, statistics of common mental health concerns, and urgent services
- **Recognizing Students in Distress and CAPS Services – Co-presenter, Resident Advisors**, *September, 2015*
  - Presented on the signs of distress for common mental health concerns in students, the roles of the RA including their limitations, and campus resources
- **CAPS Services – Co-presenter, Parents of incoming students**, *September 2015*
  - Presented the common adjustment and mental health concerns for incoming students, roles for parents (i.e., not being a helicopter parent, and providing campus and community resources that parents could utilize for their child
- **Student Services Resource Fair Tabling**, *September 2015*
- **Cross Cultural Center Tabling**, *September 2015*
- **Black Resource Center Tabling**, *September 2015*
- **Women's Center Fair Tabling**, *September 2015*
- **CAPS Services – Presenter, Transfer Student Orientation**, *September 2015*
  - Presented common stressors and adjustment concerns for transfer students, explored different ways to cope, and utilizing campus resources
- **Time management/Life Balance – Co-presenter, Cognitive Science Graduate Students**, *September 2015*
  - Presented on common responsibilities and stressors to Cognitive Science graduate students, and explored ways to manage stress, as well as brainstormed with students' ways to increase self-care
- **Graduate Student Fair Tabling**, *September 2015*
- **Summer Bridge – Co-presenter and Supervisor, first-generation college students**, *August 2015*
  - Presented on common stressors and adjustments for incoming students including cognitive distortions and other mental health concerns, social support, time and stress management, supervised first and second year summer bridge counselors

NOT YET RETAINED

Psychological Intern 2014-2015
Counseling Center/Health Network Representative
Colorado State University

- **Depression and Anxiety - Presenter, Delta Sigma Theta Sorority, Inc.**, *April 2015*
  - Presented the common signs and coping strategies for anxiety and depression to middle and high school women of color, strategies to help someone in distress, and resources available to them
- **Healthy Relationships Workshop - Presenter, Black Women's Summit**, *February 2015*
  - Presented on strategies to aid in maintaining or building healthy relationships starting with self-love, ideal mate, values, and shared communication tips using John Gottman's Four Horseman
- **Counseling Services – Presenter, Music Therapy Department**, , *September and October 2014*
  - Presented on the resources and services available through the counseling center including individual, groups, and couples therapy
- **Stress management – Presenter**, Native American Cultural Center, *September 2014*
  - Co-presented on the 8 Dimensions to Well-being and the 8 Dimensions to Time Management
- **Depression and Anxiety – Presenter**, Office of Sorority/Fraternity Life, *November 2014*
  - Presented on the common signs and coping strategies for both anxiety and depression to undergraduate women, strategies to help someone in distress, and resources available to them
- **LGBTQAA Cultural Center Intersex Movie**, emotional support, *November 2014*
- **De-Stress with Dogs**, emotional support, *December 2014 and May 2015*
- **Black/African American Cultural Center**—Community consultation and discussion
  - GPS: Parents raising biological or adopted Black/Biracial children, *December 2014 and February 2015*

Graduate Assistant/Representative 2010-2014
Counseling Center
University of Missouri

- **Love Your Body Day Tabling**, *February 2014*
- **Mental Health 101 Presentation to underrepresented students**, *October 2013*
  - Presented a mental health presentation including signs of distress in ourselves and others, strategies to help someone in distress, and campus resources
- **MU Take Action Carnival/Reduce Stigma**, *August 2013*
- **Queer Monologues emotional support**, *April 2013*
- **MU Counseling Center film project**, *April 2013*
- **Rage Aggression Defense emotional support**, Campus Police, *November 2012*
- **Pride Photo**, *October 2012*
- **Fall Festival Tabling**, *September 2012*
- **MU Take Action Carnival/Reduce Stigma**, *August 2012*
- **De-stress for Stress-Out Week Tabling**, *April 2012*
- **Right to Life Anti-Abortion Demonstration/Protest emotional support**, *April 2012*
- **Rage Aggression Defense emotional support, Campus Police**, *March 2012*
- **Eating Disorders Awareness Week Tabling**, *February 2012*
- **Active Minds Tabling and outreach**, *August 2011-May 2012*
- **Residential Life Film emotional support**, *February 2011*
- **Love Your Body Day Tabling**, *October 2010*

Facilitator and Assistant 2011- 2013
Wellness Resource Center
University of Missouri

- **Meeting of the Minds Conference**, *April 2013*
- **Campus Wide Alcohol Screening Day**, *October 2012*

NOT YET RETAINED

- **Fall Welcome Tabling**, *August 2012*
- **Wellness Presentation**, *July 2012*
- **Suicide Prevention Tabling**, *November 2011*
- **Alcohol Responsibility Month Walk**, *October 2011*
- **Campus Wide Alcohol Screening Day**, *October 2011*

MANAGEMENT AND ADMINISTRATION EXPERIENCE

Assistant Director of Mental Health Training, Intervention, & Response 2020-2025
University of California Los Angeles
Residential Life
Mental Health Training Coordinator
Coordinate and facilitate summer training related to mental health for 100 professional and 500 student staff. These trainings include campus partners such as CARE, Santa Monica Rape Treatment Center, Title IX, CAE, Case Management, CAPS, and the RISE Center. Coordinated the distribution of 8,000 Harm reduction tote bags.

Senior Staff Psychologist 2017
University of California Irvine
Counseling Center
Search Committee Co-Chair
Updated and dispersed employment application, reviewed applicants, coordinated a search committee, selected phone-interview candidates, selected in-person-interview candidates, coordinated day long itineraries for in-person candidates, summarized feedback from management, colleagues, and community members, wrote summary, and submitted to management

Doctoral Admissions Student Coordinator 2012- 2013
Educational, School and Counseling Psychology 2009- 2010
University of Missouri
Supervisor: Bryana French, Ph.D.
Assisted in preparing for interview weekend for invited doctoral applicants, coordinated doctoral applicants' hosts and student coordinator pairings with current department doctoral students, sought community, campus, college, departmental, and organization donations and information to provide to applicants

Co-Assistant Director 2011- 2012
Coalition for Cultural Competency
Educational, School and Counseling Psychology
University of Missouri
Supervisor: Puncky Heppner, Ph.D.
Coordinated 12th annual Helen A. Neville Multicultural Speaker Series for entire campus with invited scholar, Dr. Joseph L. White, Godfather of Black Psychology, sought fundraising sponsorship through campus and community resources to host invited speaker, created marketing materials to be distributed throughout campus the community, sent invitation emails to campus departments and community partners, distributed and collected evaluations, sorted quantitative and qualitative data, provided school-wide intervention for diversity awareness with 100 elementary students, distributed and collected evaluations, sorted quantitative and qualitative data

Assistant Director 2009- 2011
A Way with Words and Numbers
Career Center
University of Missouri
Supervisor: Robert McDaniels, M.Ed.

NOT YET RETAINED

Supervised graduate students as Site Coordinators, consulted with 26 community principals, teachers, and directors, provided bi-weekly supervision meetings to check in on site coordinators professional and personal well-being, delegated tasks, led staff meetings, evaluated site coordinators mid and end of year, instructed and co-instructed Structured Groups course including course prep and training, interviewed and selected new site coordinators, co-wrote, co-produced, and copy wrote "A Way With Words & Numbers" theme song

Graduate Assistant 2009-2010
APA Self-Study Preparation Team
Counseling Psychology Program
University of Missouri
Supervisor: Mary Heppner, Ph.D.
Seven years of accreditation granted in 2012, read through materials from last site visit, made revisions, updated, and added new information, tracked down previous graduates of counseling psychology program since 2004, developed survey for satisfaction ratings of overall training, conducted data analyses and developed tables for easier interpretation of data

Site Coordinator 2007- 2009
A Way with Words and Numbers
Career Center
University of Missouri
Program Director: Rob McDaniels, M.Ed.
Coordinated a math and literacy tutoring and mentoring program for two local elementary schools, supervised 12-15 undergraduate tutors, interviewed and selected prospective graduate students as Site Coordinators, assisted and developed ongoing diversity training for co-workers, attended weekly meetings

TEACHING EXPERIENCE

University of California Irvine
Sociology Ecology S74A: Moral Development and Just Community Fall 2019-Present
Goals in Action, Winter 2017, Winter 2018, Co-Facilitator
Hardiness and Race-Related Stress, two-hour Training Seminar, Summer 2017, Instructor
Goals in Action (online), Spring 2017, Facilitator
Hardiness and Race-Related Stress, two-hour Training Seminar, Fall 2017, Instructor

University of California San Diego
Hardiness and Race-Related Stress Continuing Education Course, Summer 2016, Instructor

University of Missouri
ESC PS 8087-22: Multicultural Issues in Sport, Summer 2013, *Teaching Assistant*
ESC PS 9000: Multicultural Issues in Counseling, Fall 2012, *Lab Instructor*
ESC PS 8087: East Meets West , Fall 2011, *Co-Teaching Assistant*
ESC PS 4087: Experiencing Cultural Diversity in the United States, Fall 2010-Spring 2011, *Instructor*
ESC PS 8087: Structured Groups, Fall 2009 and Fall 2010, *Instructor*

INVITED PRESENTATIONS

NOT YET RETAINED

Rest, Restore, Reconnect: A Team Wellness Session June 2024
UCLA Strategic Communication
Workshop Presenter
Discussed wellness strategies to apply to both personal and professional endeavors and practiced tangible self-care strategies.

Leading with Emotional Intelligence: Building Your Student Affairs Toolkit March 2024
UCLA Student Affairs
Workshop Presenter
Discussed terms, principles, and theories under and relevant to emotional intelligence. Practiced applying these concepts.

Guest Lecturer to Dance Students April, November 2019
CSU Long Beach-"The Wellness Dance"
Discussed unique stressors experienced by dancers including academics, career, finances, and repetitive rejection, how mind and body are connected, and provided tangible ways to self-monitor and self-soothe ones mental, emotional, and physical well-being.

Guest Lecturer to Physical Therapy Students November 2019
CSU Los Angeles-"Stress Management and Self-Care"
Discussed the 8 components of stress management and the 8 dimensions of wellness and provided tangible strategies to help increase self-care.

Invited Speaker 2017
MLK Symposium
"Gimme Five on the Black Hand Side": Black Community Mental Health
Cross-Cultural Center
Discussed the mental health statistics among the Black community, historical contexts of stigma to counseling, historical contexts of racism in this society and the role it plays on Black mental health, Black psychology, and self-care strategies within the community

Invited Presented 2017
WEBINAR: Unique Career Trajectories
Association of Black Psychologists Student Circle
Provided background of my personal and professional journey and important things to remember and/or keep in mind throughout the process

Diversity Presenter/Activity Facilitator 2011
Elementary School-wide Diversity Intervention in Centralia, MO
Developed presentation about differences between students of color, facilitated discussion about racial and cultural differences and co-facilitated an interactive diversity activity with 100 elementary students

Co-Developer and Facilitator 2010
Transracial Adoption Workshop, Columbia, MO
Co-developed and presented 2-hour workshop for 9 community foster White parents who have adopted, or intend to adopt, African-American children. Workshop covered Black identity development

Invited Presenter 2009
Delta Sigma Theta Sorority, Inc., Columbia, MO

NOT YET RETAINED

Provided a mentorship and career workshop to 20 Black female adolescents, ranging from 11-18 years old, about career and college choices for their futures

PROFESSIONAL SPECIALTY VOLUNTEER EXPERIENCE

GRAMMY Foundation/MusiCares Mariah Carey Person of the Year	2026
GRAMMY Foundation/MusiCares Berry Gordy & Smokey Robinson Person of the Year	2023
GRAMMY Foundation/MusiCares Joni Mitchell Person of the Year	2022
Day of Dancer Health for Professional Dancers Screening	2017
Positive Coaching for Adolescent Athletes Professional Panel, Stub Hub	2017
GRAMMY Foundation/MusiCares Tom Petty Person of the Year	2017
GRAMMY Foundation/MusiCares Lionel Richie Person of the Year	2016
GRAMMY Foundation/MusiCares Smokey Robinson Tribute Event	2016
MusiCares Substance Abuse in the Music Industry Panel Discussion	2015
Band representatives from Billy Idol, Ozomatli, and Tom Petty Band	
Bohemian Nights Music Festival/MusiCares Custom Earbuds/Safe Harbor Room	2015
MusiCares Musicians in Recovery Group Co-facilitator Marty Rein, Ph.D., LPC, CACII	2015
SpokesBUZZ Band Camp Musicians Retreat onsite therapist	2015

PROFESSIONAL BOOKS AND PUBLICATIONS

McGaskey, F. G., McPherson, E., Wilkins, T., & **Tilghman, J. (2025)**. Examining the spiritual experience of Black doctoral students using an African American spirituality framework. In E. McPherson and T. Laing (Eds.), *Black student support networks: Creating community at HBCUs and PWIs* (pp. 157-173). The State University of New York Press.

Tilghman, J. & Gardner, D. (2021). *Color Coded: A Therapeutic Sketch Journal Towards Personal Breakthrough for Black Folks*. Kindle Direct Self-Publishing.

Tilghman, J. (2019). *Entertainers Managing Stress Through EnterTraining.* Hamilton, Ontario: Crescendo Publishing.

Tilghman, J. (2019). MindBody. *Sage Magazine, 001, 33.*

Tilghman, J. & Oden, K. (2017). A roadmap to success: Navigating time and stress management. *The Edge, 8,* 18.

Tilghman, J. (2015). *EXAMINING THE ROLE OF HARDINESS, RACE-RELATED STRESS, AND RACIAL IDENTITY ON PSYCHOLOGICAL HEALTH OUTCOMES OF BLACK COLLEGE STUDENTS* _ (Doctoral dissertation, University of Missouri-Columbia).

French, B., **Tilghman, J**., Malebranche, D. (2014). Male sexual coercion and the mediating role of sexual risk taking on sexual attitudes. *Psychology of Men and Masculinity,* online, March 2014.

Vaughan, M. D., Miles, J., Parent, M. C., Lee, H. S., **Tilghman, J. D.,** & Prokhorets, S. (2014). A content analysis of LGBT-themed positive psychology articles. *Psychology of Sexual Orientation and Gender Diversity*, *1*(4), 313.

NOT YET RETAINED

PROFESSIONAL PRESENTATIONS

Tilghman, J., Howes, J., Kennedy, C., & McBride, L. (2024, August). *To PD or Not To PD: That is the Question for Mobile Crisis Co-Response Teams.* Critical Conversation presented at the 132nd Annual Convention of the American Psychological Association, Seattle, W.A.

Tilghman, J. (2019, June). *PT for TP: Physical therapist-inspired moves for Therapists Posture.* Mental health at the Intersection of Culture and Technology, University of California Conference, Los Angeles, CA.

Haeny, A., Malebranche, D., Rojas Perez, O., & **Tilghman, J.** (2017, February). *Healing from Racial Injustices.* Round table presented at the 34th Annual Winter Roundtable, Harlem, N.Y.

Tilghman, J. & Tappero, L.H. (2016, December). *Let's Talk About It: Support or Burnout?*. Presented at the 2nd Annual Cultural Competency Conference, Newport Beach, C.A.

Tilghman, J., Henderson, R., Rein, M., & Hewitt, A. (2016, August). *Performing Counselors Counseling Performers: Current Challenges, Success, and Trends*. Symposium presented at the 124th Annual Convention of the American Psychological Association, Denver, C.O.

Tilghman, J. (2016, June). *Race-Related Stress and Hardiness*. Continuing Education. University of California San Diego.

Tilghman, J. (2013, July). Culturally validating hardiness with Black college students: A Mixed methods approach. Poster presented at the 45th Annual Association of Black Psychologists Conference, New Orleans, LA.

Tilghman, J. (2013, August). Culturally validating hardiness with Black college students. Poster of preliminary findings presented at the 121st Annual Convention of the American Psychological Association, Honolulu, HI.

French, B., Aguayo, D., Sconyers, T., Sykes, J., & **Tilghman, J**. (2011, August). *Context and consequences of sexual coercion among racially diverse adolescent men*. Poster presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.

French, B., Sconyers, T., Sykes, J., Aguayo, D., & **Tilghman, J**. (2011, August). *Sexual coercion from male perspectives: Understanding the definitions and conceptualizations of black and white adolescent men.* Poster presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.

Hsieh, C., Chen, H., **Tilghman, J**., McCartney, M., & Mendoza, A. (2011, August). *A qualitative exploration of the acculturation experiences of Filipina correspondence brides in the rural Midwest.* Poster presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.

Hsieh, C., **Tilghman, J**., Kanagui-Munos, M., Macowviak, C., & Chiao, H. (2011, August). *Becoming multicultural educators: Experiences and strategies for graduate students teaching diversity-focused courses.* Symposium presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.

NOT YET RETAINED

Jung, A., Lee, H., **Tilghman, J**., Hsieh, C., & Wilkerson, A. (2011, August). *Researching your background: Listening to the voices of graduate students.* Symposium presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.

Tilghman, J. (2011, August). *Understanding perspectives of African American female phd students at a predominately white institution in the Midwest.* Poster presented at the 119th Annual Convention of the American Psychological Association, Washington, DC.

Vaughn, M., **Tilghman, J.**, & Lee, H. (2011, August). *Content Analysis reviewing the positive psychology literature on LGBT populations*. Discussion hour at the 119th Annual Convention of the American Psychological Association, Washington, D.C.

French, B., **Tilghman, J**., & Sykes, J. (2011, July). *Black adolescent experiences of sexual coercion*. Poster presented at 43rd Annual Association of Black Psychologist Conference, Crystal City, VA.

Mobley, M., Puri, R., Trotter, R., Chaichanasakul, A., Smith, M., Hastings, M., & **Tilghman, J**. (2008, August). *Life stress, academic stress and perfectionism among international students.* Poster presented at the 115th Annual Convention of the American Psychological Association Convention, Boston, MA.

SCHOLARLY AWARDS, HONORS, FELLOWSHIPS, GRANT FUNDING

CCC Staff Ally of the Year 2018
UCI Student Affairs "You've Been Tapped" Honoree 2017
The James S. Rollins Slavery Atonement Endowment Research Grant (MU) 2013
University of Missouri Research Council Grant 2013
APA Minority Fellowship Program Psychology Summer Institute 2013
Departmental Travel Award, University of Missouri 2013
APA Quantitative Training for Underrepresented Students 2012
Ford Fellowship Honorable Mention 2011
Departmental Travel Award, University of Missouri 2011
Wakonse Teaching Fellow, University of Missouri 2010
Gus T. Ridgel Academic Fellowship, University of Missouri 2009-2014
QEBH Secret Honor Society, University of Missouri 2006

PROFESSIONAL LEADERSHIP AND MENTORSHIP

Hospitality Suite Co-Chair Elect 2019-2020
Division 17: Counseling Psychology
American Psychological Association
Provided support for the hospitality suite chair for the organization of 30 + graduate student volunteers, and 50 + programming held in the hospitality suite.

Treasurer 2017-2021
Division 35: Section 1 on Black Women
American Psychological Association
Oversee the finances of the section, provide reimbursement paperwork, and sign checks for the section.

National Midwest Graduate Regional Representative 2012- 2013
Association of Black Psychologists (ABPsi) Student Circle

NOT YET RETAINED

Served as liaison between regional chapters and national student circle board, Coordinated and hosted the ABPsi Student Circle Midwest Regional Conference.

Founder and Graduate Advisor 2012-2015
Association of Black Psychologists Student Circle Chapter
University of Missouri
Held informational meetings on campus, recruited students, established a constitution and an executive board, and led weekly meetings on topics such as mental health in the Black community

Active Minds Co-Advisor 2011- 2012
Counseling Center
University of Missouri
Coordinated and planned bi-monthly meetings for undergraduate members of organization, recruited new members, and facilitated discussion of mental health issues

Graduate Advisor 2010-2012
Mizzou Black Women's Initiative
University of Missouri
Advised and mentored Black women juniors and seniors with their mentorship of Black women freshmen and sophomores, discussed topics related to the Black women experience at PWI

Social Chair 2010- 2011
Association of Black Graduate and Professional Students
University of Missouri
Planned and coordinated social events to foster bonding among the members, attended bi-monthly executive board meetings, and attended monthly general body meetings

Treasurer 2010- 2011
Graduate Student Network
University of Missouri
Submitted reimbursement and funding requests paperwork for conference expenses including travel, lodging, and registration to MU Organization Resource Group

Graduate Student Representative 2009-2010
Graduate Student Association (GSA)
University of Missouri
Served as the liaison between MU Graduate School and Educational, School and Counseling Psychology Department communicating changes, concerns, opportunities, and current events

PROFESSIONAL AFFILIATIONS

American Psychological Association, Member	2015-Present
Division 35: Psychology of Women, Section 1, Black Women/Member	2015-Present
Division 17: Society of Counseling Psychology, Student Affiliate/Member	2009-Present
Division 17: Section on Ethnic and Racial Diversity, Student Affiliate/Member	2009-Present
Division 17: Section on Psychology of Women, Student Affiliate/Member	2009-Present
American Psychological Association, Student Affiliate	2009-2015
American Psychological Association of Graduate Students, Student Affiliate	2009-2015
Association of Black Graduate and Professional Students, Student Affiliate	2009-2015

NOT YET RETAINED

National Black Graduate Student Association, Student Member 2010-2011

CLINICAL REFERENCES

Drea Letamendi, Ph.D.
Licensed Psychologist
(Previous UCLA Supervisor)
Director
Compassionate Response (CORE)
Assistant Director
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