

Jesse B. Spiegel, Psy.D.

*Licensed in California PSY29913

*Licensed in New York PSY022310-1

EDUCATION

Widener University, Chester, PA June 2016
Doctorate in Clinical Psychology (Psy.D.)
Dissertation: Psychological Assessment Feedback for Individuals with Learning Disabilities
Patricia M. Bricklin Scholarship for Excellence -- Psychology

University of Maryland College Park, College Park, MD May 2006
Bachelor of Arts in Government and Politics
College Park Scholar in Public Leadership
Phi Beta Kappa (Collegiate Honor Society)

CLINICAL EXPERIENCE

University of California, Irvine – Student Health Center Aug. 2018 - Current
Senior Staff Psychologist Irvine, CA

- Provide short-term individual psychotherapy to undergraduate and graduate students struggling with issues such as anxiety, insomnia, obsessive compulsive disorder, panic attacks, insomnia and depression
- Consultant to clinicians for providing exposure based interventions for anxiety related disorders
- Implement crisis interventions and urgent care services for students in emergency related situations

GamePlan Therapy, Inc. July 2018 - Current
Consultant and Associate Psychologist Los Angeles, CA

- Provide cognitive behavioral therapy and exposure based interventions at a private practice for children and adult clients with obsessive-compulsive disorder, phobias, panic attacks, and other significant anxiety related disorders
- Help lead seminars for educational specialists on implementing anxiety and exposure based interventions for children and young adult clients

University of Southern California – Student Health Center Dec. 2017 – June 2018
Staff Psychologist Los Angeles, CA

- Completed a 6-month full-time temporary position providing psychotherapy services to undergraduate and graduate students at the University of Southern California's College Counseling Center
- Provided weekly individual psychotherapy within a short-term model utilizing cognitive behavioral therapy, exposure based interventions and relational based therapy for students with presenting concerns including anxiety, panic attacks, depression, attention deficit hyperactivity disorder, substance abuse, and eating disorders
- Performed crisis based interventions for students in acute distress and in emergency situations
- Conducted triage and intake assessments for students initially contacting the counseling center

- Led a training seminar for pre-doctoral intern trainees to help prepare them for applying to jobs and postdoctoral positions upon graduation

New Alternatives for Children
Psychology Postdoctoral Fellow

Sept. 2016 – Oct. 2017
New York, NY

- Worked in a community mental health clinic within a foster care and adoption agency that serves medically fragile children and their families
- Provided individual psychotherapy to children and adult clients struggling with concerns such as medical illnesses, domestic violence, intergenerational trauma, homelessness, autism, anxiety, and depression
- Co-facilitated a weekly social skills training group for adults with intellectual disabilities and affect regulation difficulties
- Presented a discussion series for mental health providers on the use of behavioral activation as a treatment modality for depression among clients seen at the clinic
- Conducted weekly comprehensive psychological evaluations and composed over 50 reports in the assessment of children with various developmental, behavioral, and academic related needs

West Chester University Counseling Center
Psychology Intern

Aug. 2015 – May 2016
West Chester, PA

APA Accredited Doctoral Internship in Clinical Psychology

- Maintained a caseload of 14-16 undergraduate and graduate students with a wide range of concerns including anxiety, depression, substance abuse, and eating disorders
- Worked within a short-term model utilizing an integrative framework of cognitive behavioral therapy and interpersonal psychodynamic therapy
- Co-facilitated a weekly interpersonal process group with seven student clients
- Created and presented outreach events to clubs and organizations on campus including topics such as the benefits of exercise on mental health
- Participated in weekly interdisciplinary case conferences

Fairmount Behavioral Health System
Psychology Intern

July 2014 – June 2015
Philadelphia, PA

APA Accredited Doctoral Internship in Clinical Psychology

- Conducted extensive psychological assessments as part of an interdisciplinary team within an inpatient hospital setting
- Administered and wrote over 40 comprehensive psychological assessment reports for patients suffering from severe trauma, cognitive deficits, and various psychopathology
- Tests frequently administered included broadband self-report measures (PAI-A, BASC-2), projective measures (RIM, TAT, HTP), and various narrowband rating scales (e.g. CDI 2, BDI TSCC)
- Offered feedback to families regarding psychological assessment results and treatment recommendations
- Provided solution focused brief therapy to children and adult patients in the hospital ranging in ages from 6 through 70

Rose Tree Media School District - Penncrest High School

Sept. 2013 – May 2014

Practicum Student

Media, PA

- Administered comprehensive psychoeducational assessments to high school students
- Composed over 25 psychoeducational evaluations based on behavioral observations, clinical interviews, relevant school data, test results, and overall interpretations of assessment results
- Tests frequently administered included WISC-IV, WRAML-2, WIAT-III, WJ III, TORC-4, D-KEFS, Beery VMI 6th ed., and various rating scales and self-report measures (e.g. PAI-A, Connors-3)
- Participated in feedback sessions of Individual Education Plan and Evaluation Report meetings consisting of the student, parents, and relevant school officials
- Provided counseling to students with difficulties that interfere with their learning

University of Pennsylvania Counseling and Psychological Services

Sept. 2012 – May 2013

Practicum Student

Philadelphia, PA

- Conducted weekly individual psychotherapy sessions to undergraduate and graduate students with presenting problems such as depression, anxiety, substance abuse, and bereavement
- Maintained a caseload of 8 individual clients
- Performed and composed initial psychological intake evaluations as well as weekly treatment plans
- Presented clinical evaluation of ongoing treatments to a team of psychiatrists, psychologists, social workers, and fellow trainees

TRAINING AND CONTINUING EDUCATION

International OCD Foundation's BTI Training Certification – <i>Cognitive Behavioral Therapy for Obsessive Compulsive Disorder and Related Disorders</i>	Nov. 2018
Beck Institute Training Certification – <i>Cognitive Behavioral Therapy for Anxiety</i>	Aug. 2018
Beck Institute Training Certification – <i>Cognitive Behavioral Therapy for Depression</i>	Aug. 2018
American Society of Clinical Hypnosis – <i>Fundamentals of Clinical Hypnosis Training</i>	June 2017
Anxiety and Depression Association of America (ADAA) full day workshop: <i>Changing the Anxious Mind – Rapidly</i> , Reid Wilson, Ph.D.	Mar. 2016
Online Training Certification: <i>Trauma Focused Cognitive Behavioral Therapy (TF-CBT)</i>	Dec. 2014

PROFESSIONAL AFFILIATIONS

International OCD Foundation	Aug. 2018 – Present
Association for Behavioral and Cognitive Therapies	Sept. 2017 - Present
Anxiety and Depression Association of America	Feb. 2016 – Present

PRESENTATIONS AND PUBLICATIONS

Spiegel, J (November 2018). *Anxiety Related Strategies for Parents and Educational Specialists*.

Presentation. Los Angeles, CA

Spiegel, J. (September 2016). *What to Do if Your Child is Being Bullied*. Peace of Mind Column: Delaware County News Network. Holmes, PA.

TEACHING EXPERIENCE

Supervisor, Widener University

Aug. 2015 – Dec. 2015

- Provided weekly individual supervision to a first year doctoral student as part of the experiential work for a class in professional supervision
- Supervision involved providing support for psychotherapy cases of adolescent clients with various behavioral, emotional, and cognitive concerns

ADDITIONAL EXPERTISE

Personal Trainer, Aerobics and Fitness Association of America Sept. 2002 – Present

- Administer one-on-one aerobics and strength training to individual clients ranging in ages from 15 to 75 in the gym and home settings

Indoor Cycling Instructor, Flywheel Sports Feb. 2015 – Mar. 2017

- Taught high-intensity weekly group indoor cycling classes for a nationally recognized fitness company