

JEN SERMONETA, PSYD
LICENSED CLINICAL PSYCHOLOGIST

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In addition to working in private practice I teach doctoral students in an APA accredited program and am in my fifth year as an Associate Director on the Executive Committee of the Institute of Contemporary Psychotherapy and Psychoanalysis. For six years I ran a behavioral health integration program constituted of three bilingual licensed therapists, a bilingual patient monitor, a consulting psychiatrist, and three graduate students.

Before becoming a psychologist, I founded and directed a grassroots arts and disabilities non-profit organization. Next, I oversaw funding, compliance, and technical assistance for an affiliate network of arts and disabilities organizations across the US. I have also taught ethics in Bogotá, Colombia and worked as a salvager at an architectural antiques yard. Being bicultural and a fluent Spanish speaker, I have keen interests in identity and culture.

I've presented at the MPA and Society for the Exploration of Psychotherapy Integration, as well as providing trainings to students, nurses, medical doctors, parents, and perinatal families. Publications include "Integrating Concerns of Mothers and Infants: The Sermoneta Checklists of Mother-Infant Risks and Strengths," coauthored with Dr. George Stricker, and "Mirroring the Body," in Voices, the journal of the American Academy of Psychotherapists.

EDUCATION

2014 – 2015	Couples Training Program The Institute of Contemporary Psychotherapy + Psychoanalysis
2011 – 2012	Certificate Program in Primary Care Behavioral Health University of Massachusetts Medical School
2005 – 2011	American School of Professional Psychology, Argosy University, DC APA Accredited, Doctor of Psychology
1988 – 1993	The University of Chicago, Chicago, IL Bachelor of Arts in Studio Art, with Honors

CLINICAL PSYCHOLOGY EXPERIENCE

2014 – Present	The Chicago School of Professional Psychology, DC Campus Adjunct Assistant Professor <ul style="list-style-type: none">• Launched and taught new elective on Primary Care Psychology• Taught Interpersonal (Relational) Psychotherapy• Led Advanced Practicum Seminars
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2012 - Present

**Private Practice, Takoma Park, Maryland
Psychologist**

Provide therapy for individuals and couples, in Spanish and English

- Offer an integrated approach, drawing on various orientations
- Work with people of varied cultures, sexual orientations, and abilities
- Co-led consultation group

2009 – 2015

**Aspire Counseling (Formerly Child Center and Adult Services),
Gaithersburg, Maryland, in collaboration with Mobile Medical Care, Inc.
and Mary's Center
Program Manager and Staff Therapist (including one year Pre-Doctoral
Internship)**

Helped design policies and procedures, intake, assessment, referral and evaluation systems for smooth and productive operation of pilot project and three additional pilot sites

- Launched graduate student externship program, supervised group (five students) and individual students
- Reviewed program results, reports, and data to oversee the general functioning of the program, designed and oversaw trainings, and problem-solved or implemented changes as needed
- Communicated with Mobile Med clinical staff, adjuncts such as psychiatrists, and relevant CCAS staff; supervised the training and work of the patient care monitor
- Helped prepare grant applications and reports, met with funders
- Provided bilingual intake, assessment, therapy, consultation, in-services, and referrals to uninsured, poor, ethnically diverse patients
- Conducted home-based psychotherapy in Spanish to undocumented Latinas with post-partum depression

2008 – 2009

**William Stixrud and Associates, Silver Spring, Maryland
Supervisor: Ellen K. Goldman, PhD
Doctoral Extern**

- Administered and scored neuropsychological assessments for youth up to age 16
- Wrote comprehensive neuropsychological reports

- 2007 – 2008 **Family Support Center: Burgundy Farm Country Day School**, Alexandria, Virginia. Supervisor: Julie Bindeman, PsyD
Doctoral Extern: Middle School Counselor
- Provided individual counseling to students
 - Led groups on conflict resolution, self-esteem, sex-education, relaxation, visualization, and gender politics
 - Consulted to teachers and parents
 - Delivered in-services on bullying and mandatory reporting
 - Created organizational assessment tool, interviewed staff, and reported on school dynamics, strengths, and weaknesses
- 2006 – 2007 **Montgomery County Commission for Women – Counseling Center**, Rockville, MD. Supervisor: Janet Akman, LCSW-C
Master's Extern: Counselor
- Provided individual counseling to adult women and men ages 18 to 60 with adjustment, anxiety, panic, conversion, schizoid, schizotypal, or borderline personality disorders, compulsive behaviors, substance dependence, chronic pain, and depression.
 - Co-led an ongoing support group for job seekers
 - Led creativity-based workshops on identifying personal goals
 - Co-developed, and trained users of, a values assessment tool

PROFESSIONAL EXPERIENCE

- 2001 – 2003 **VSA Arts** (formerly Very Special Arts), Washington, DC
Director of Affiliate Services
- Served as primary liaison to 40 executive directors and boards
 - Oversaw \$2.4 million of awards to VSA Arts' domestic affiliates
 - Developed standards and monitored affiliates' compliance
 - Provided ongoing technical assistance on non-profit management
 - Worked with executive directors, board members, volunteers, employees and program-users to help affiliate organizations identify and solve problems and improve overall function
- 1997 – 2001 **Integrated Arts 501(c)(3)**, Berkeley, CA
Founder and Executive Director
- Founded an organization to increase opportunities for people with and without disabilities to express themselves through art

- Recruited Board of Directors, incorporated, fundraised, led community meetings, collaborated, supervised staff and volunteers
- Involved clients with physical, cognitive, and emotional disabilities in the development and leadership of expressive art projects designed to offer opportunities to voice experiences

1996 – 1998

**Client Choice Project, Center for Independent Living, Berkeley, CA
Project Coordinator**

- Interviewed people with physical, cognitive and emotional disabilities on career and personal attendant issues; matched them to attendants

1994 – 1996

**Colegio Nueva Granada, Bogotá, Colombia, South America
High School Ethics Teacher**

- Developed curriculum to teach new 9-12th grade ethics classes
- Developed curriculum to teach two new film electives on critical perception of violence in film

PROFESSIONAL PUBLICATIONS AND PRESENTATIONS

2017

“Mirroring the Body,” *Voices*, The Journal of the American Academy of Psychotherapists, June, 2017.

2017

Invited Speaker: Fostering Grit
Fusion Academy, DC

2016-2017

Steering Committee Member and Group Leader: Embodying the Unspoken Self: Attachment, Trauma, Neurobiology and the Body
Institute of Contemporary Psychotherapy and Psychoanalysis, DC

2016, 2014

An Introduction to ICP+P: Self and Relational Practice and Community, with Janna Sandmeyer, PhD
The Mid-Atlantic Internship Consortium, American School of Professional Psychology, Argosy DC

2012-2013

Monthly Workshop Leader: Preparing for Parenthood
Women OB/GYN, DC

2012

Invited Speaker: Mental Health/Behavioral Health in Primary Care
American School of Professional Psychology, Argosy DC

2012

Jen Sermoneta, PsyD, George Stricker, PhD, and Marina Eovaldi, PhD.
The Sermoneta Checklists of Mother-Infant Well-Being (SC-MIRS): The Case of Flora and Her Infant. Society for the Exploration of Psychotherapy Integration, Annual Conference, Evanston, Illinois.

2012

Workshop Leader: Using Collage for Goal-Setting
Acorn Hill School, MD

- 2012 **Trainer: Perinatal Assessment and Referral**
Health and Human Services, Up-County Visiting Nurses, MD
- 2012 **Presenter: Community Cares, Primary Care/Behavioral Health Integration**
Child Center and Adult Services, MD
- 2012 **Presenter: Community Program Conference**
Community Clinic Inc., Women, Infants, and Children (WIC) Program, MD
- 2012 **First Author, with George Stricker, PhD, 2012.** Integrating concerns of mothers and infants: The Sermoneta Checklists of Mother-Infant Risks and Strengths (SC-MIRS). *Psychotherapy Bulletin*, Vol. 47, 1, pp 6-10.
- 2012 **Trainer: Reflective Listening**
Mobile Medical Care, Inc., MD
- 2011 **Invited Speaker: Mental Health/Behavioral Health in Primary Care**
American School of Professional Psychology, Argosy DC
- 2011 **Trainer: Perinatal Depression and Anxiety**
Healthy Families Montgomery, MD
- 2011 **Trainer: Identifying and Responding to Perinatal Problems**
African American Health Project, MD
- 2011 **Carol Goodheart, EdD, George Stricker, PhD, Gayle Norbury, PhD, Sally Nazari, MSW, MA, and Jen Sermoneta, MA.** Psychotherapy Outcome Measurement and the Future of Psychology Practice. American School of Professional Psychology at Argosy University, Washington, DC.
- 2009 **Alan Nathan, PsyD and Jen Sermoneta, MA.** Management and Use of Countertransference in Clinical Supervision: A Relational Psychodynamic Perspective. Maryland Psychological Association Annual Convention, Annapolis, Maryland.
- 2009 **Alan Nathan, PsyD and Jen Sermoneta, MA.** Management of Loving Countertransference in the Psychotherapy Relationship. Mid-Atlantic Internship Colloquium, Argosy University, Arlington, Virginia.
- 2008 **Presenter: Bullying, A Parents' Workshop**
Burgundy Farm Country Day School, Alexandria, VA
- 2008 **Presenter: Mandatory Reporting in School**
Burgundy Farm Country Day School, Alexandria, VA
- 2007, 2008 **Workshop Leader: Envisioning Your Ideal Self through Creativity**
The Montgomery County Commission for Women, Rockville, MD
- 2007 **Co-Developer and Presenter: The Values Checklist**
The Montgomery County Commission for Women, Rockville, MD
- 2000 **Panelist: Art & Culture: The Politics of Self Expression**
In-Home Support Service Conference, San Francisco, CA

- 2000 **Panelist: From Insight to Innovation: Art & Accessibility**
Western Arts Federation/NEA Conference, Oakland, CA
- 2000 **Panelist: How to Work with Volunteer Consultants**
Business Volunteers for the Arts, San Francisco, CA
- 1999 **Invited Speaker: Identifying and Affecting Social Problems**
Hunter College High School, New York, NY
- 1999 **Invited Speaker: Incorporating and Founding a 501(c)3**
San Francisco Bar Association Volunteer Lawyers, San Francisco, CA

RESEARCH EXPERIENCE

- 2009 – 2011 **Clinical Research Project:**
The Sermoneta Checklists of Mother-Infant Risks and Strengths (SC-MIRS):
A Tool for Considering the Well-Being of the Dyad
Chair: George Stricker, PhD, Member: Alan Nathan, PsyD
- 2006 – 2007 **Master's Thesis:**
Creativity in the Therapeutic Relationship
Advisor: Dee Preston-Dillon, PsyD
- 1989 – 1990 **University of Chicago**
Laboratory of Starkey Duncan, PhD, Chicago, IL
Research Assistant: Study on pre-verbal child-parent communication
- 1987 – 1988 **Hunter College**
Laboratory of Gerald Turkewitz, PhD, New York, NY
Research Assistant: Study on hemispheric specialization in the brain

RELATED PROFESSIONAL EXPERIENCE

- 2013 – present **Associate Director, Executive Committee Board Member (Three years as
AD for Programs, now AD for Outreach)**
Institute of Contemporary Psychotherapy and Psychoanalysis, DC
- 2008 – present **Foundation Trustee**
MacLeod Educational Trust, Berkeley, CA
- 2000 – 2001 **Commissioner, by Mayoral Appointment**
The Mayor's Commission on People with Disabilities, Oakland, CA
- 2000 – 2001 **Founding Member**
Art Shakers: Community Change through the Arts, Oakland, CA
- 1999 – 2001 **Program and Accessibility Planner**
Berkeley Art Museum's Accessible Family Day, Berkeley, CA
- 2000 **Event Steering Committee Member**
Celebrating the 10th Anniversary of the ADA, Oakland, CA

1998 **Co-leader: Living with Loss**
Bilingual support groups for families grieving for a child
PediatricCare, Oakland, CA

SELECTED ADDITIONAL TRAINING

2017 **Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice**
Bruce Wine Memorial Conference: Red Well Theater Company
Institute of Contemporary Psychotherapy and Psychoanalysis

2016-2017 **Embodying the Unspoken Self: Attachment, Trauma, Neurobiology and the Body**
Beatrice Beebe, PhD on Infant Attachment Research, Adult Treatment
Stephen Porges, PhD on Polyvagal Theory
Kathy Steele, MN, CS on Trauma and Dissociation
Richard Chefetz, MD on Recognizing Dissociative Processes in Your Casework: Keeping the Body in Mind
Ame Cutler, PhD on Integrating the Body
Institute of Contemporary Psychotherapy and Psychoanalysis, DC

2016 **Developmental Psychotherapy Across the Lifespan: Integrating Child-Centered Therapy Principles to Treating Adults with Dysregulation**
Georgia DeGangi, PhD and Marc Nemiroff, PhD

2016 **Connectedness: Intimate Moments of Therapeutic Growth**
with Richard Geist, EdD
Institute of Contemporary Psychotherapy and Psychoanalysis

2016 **Beyond Betrayal: Couples Therapy After The Affair**
with Barbara Shapard, MSW; Michael Wannon, PhD; Angela Snyder, PsyD;
Adrienne Simenhoff, MSW, PsyD; and Aaron Bourne, LCPC, NCC
Institute of Contemporary Psychotherapy and Psychoanalysis

2015 **Authenticity, Openness, and Spontaneity: A Contemporary Psychoanalytic View of Adolescent Development and Treatment**
with Shelley Doctors, PhD and Jackie Gotthold, PsyD.
Institute of Contemporary Psychotherapy and Psychoanalysis

2015 **Where Therapists Dare to Tread: 60th Annual Institute & Conference**
The American Academy of Psychotherapists

2015 **In Celebration of the Inquiring Spirit and Life of Joseph D. Lichtenberg**
Joseph Lichtenberg, MD; Sandra Hershberg, MD; and Linda Gunsberg, PhD
Institute of Contemporary Psychotherapy and Psychoanalysis

2015 **The Many Faces of Eros: Countertransference Revelations**
Andrea Celenza, PhD
Institute of Contemporary Psychotherapy and Psychoanalysis

- 2015 **Expanding Self and Relational Capacities: Psychoanalysis as a Developmental Process**
 Monica Callahan, PhD, Sandra Hershberg, MD, Marie Hellinger, LICSW, and Elizabeth Carr, APRN, MSN, BC
 Institute of Contemporary Psychotherapy and Psychoanalysis
- 2014 **A play reading and discussion of *The Great God Pan***
 Bruce Wine Memorial Conference: Christine Courtois, PhD and The RedWell Theater Group
 Institute of Contemporary Psychotherapy and Psychoanalysis
- 2014 **Working with Sex Addiction**
 Ira Abrams, PhD
 Elements Behavioral Health
- 2014 **Managing Risk in Clinical Practice**
 Russell Palarea, PhD, Karen Eberwein, PsyD, and Eric Shaw, PhD
 Institute of Contemporary Psychotherapy and Psychoanalysis
- 2014 **A Relational Psychoanalytic Approach to Couples Psychotherapy** Philip Ringstrom PhD, PsyD
 Institute of Contemporary Psychotherapy and Psychoanalysis
- 2013 **How We Make a Difference in Patients' Lives**
 Sandra Buechler, PhD
 Institute of Contemporary Psychotherapy and Psychoanalysis
- 2013 **A Developmentalist Perspective on the First Year of Life and Applications to Therapy**
 Joseph Lichtenberg, MD
 Institute of Contemporary Psychotherapy and Psychoanalysis
- 2013 **The Use of Play Therapy with Abused/Traumatized Children**
 Eliana Gil, PhD
 Child Center and Adult Services
- 2013 **Emotion Focused Couple Therapy & Addictions: A Bi-directional Relationship**
 Kathryn Rheem, EdD, LMFT
 Kolmac Clinic
- 2013 **Psychotherapy Contextualized: Culture, Reality, Self and Other**
 Kimberlyn Leary, PhD and Pratyusha Tummala-Narra, PhD
 Institute of Contemporary Psychotherapy and Psychoanalysis
- 2013 **Calming Down and Cooling Off: Helping Children Learn To Regulate**
 Judith Glasser, PhD
 Kolmac Clinic
- 2013 **Fundamentals of Interpersonal Psychotherapy (IPT)**
 Scott Stuart, MD
 Iowa Depression and Clinical Research Center, University of Iowa

- 2012 **Delivering SBIRT: A “How To” Training on Screening, Brief Intervention, and Referral to Treatment**
Carlo DiClementi, PhD
SAMHSA
- 2012 **Society for the Exploration of Psychotherapy Integration**
Diana Fosha, PhD; Luis Castonguay, PhD; Leslie Greenberg, PhD; William Pinsof, PhD; Stephen Porges, PhD and others: Annual Conference
Evanston, IL
- 2012 **Chronic Pain in Primary Care**
Karl Haake, MD, Richard Lillard, PsyD, and Katherine Freidebach, MD
SAMHSA-HRSA Center for Integrated Health Solutions, Webinar
- 2012 **Prolonged Exposure for PTSD**
Paula Dominici, PhD
Bethesda Naval Hospital
- 2012 **Attachment and Developmental Psychopathology**
Alan Srouf, PhD, Mauricio Cortina, MD, and June Srouf,
Washington School of Psychiatry
- 2012 **Prenatal and Postpartum Mood Disorders**
Nancy Ebb, JD, LCSW-C and Barbara Byers, MD, MPH
Child Center and Adult Services
- 2011 **Ethics, Culture, and Acculturation**
Sabrina Carrie Crawford, PsyD
Child Center and Adult Services
- 2011 **After the Affair: From Trauma to Reconnection**
Janis Abrahms Spring, PhD
Institute of Contemporary Psychotherapy and Psychoanalysis
- 2011 **The Growth of the Individual: A View Through the Empathic Lens (Empathy in Parent-Child and Therapist-Patient Relationships)**
Frank Lachmann, PhD
Institute for Contemporary Psychotherapy & Psychoanalysis
- 2011 **Couples Therapy in Three Stages**
Steven Stein, LCPC
Child Center and Adult Services
- 2011 **Working with High Conflict Couples**
Linda Grey, MSN
Child Center and Adult Services
- 2011 **Affirmative Psychotherapy with LGBT Adults, Couples and Families**
Julie Eastin, PhD
Child Center and Adult Service

- 2011 **Working with Trauma**
Chanda Graves, PhD and Yeshashwerk Kibbour, PhD
Howard University
- 2010 **Play Therapy**
Sonia Hinds
Psychiatric Institute of Washington
- 2010 **Ethics and Spirituality**
Michael Sheridan, PhD and Cathleen Gray, PhD
Child Center and Adult Services
- 2010 **Therapy with Newly Arrived Africans**
Joshua Okundaye, PhD
Child Center and Adult Services
- 2010 **Emotionally Focused Therapy**
Doug Tilley, LCSW-C
Child Center and Adult Services
- 2010 **The Nuts and Bolts of Primary Care Psychology**
Patrick Smith, PhD, Linda Berg-Cross, PhD, and Adele S. Rabin, PhD
National Register
- 2010 **Working with Latino Families**
Maria Falconier, PhD
Child Center and Adult Services
- 2010 **Endocrinology and Postpartum Depression**
Pedro Martinez, MD
Child Center and Adult Services & NIMH
- 2006 **Bowen Theory's Unique View of Marriage**
Kathleen B. Kerr, MA
Montgomery County Commission for Women
- 2006 **Sandplay**
Dee Preston Dillon, PsyD
Cultureplay
- 2005 **The Leadership Training Institute**
Peter Drucker
The Drucker Institute
- 2002 **Ways of Seeing/Ways of Making**
ArtTrek
- 1995 **Film for High School Teachers of Film, Summerlong Course**
New York University, Tisch School of Film

AWARDS AND HONORS

2015	Scholars Group Member American Academy of Psychotherapists
2011	Graduate Speaker: Commencement Ceremony American School of Professional Psychology, Argosy DC
2009	Clinical Competency Exam (Comprehensive Exams) Passed with Distinction
2001	Oakland Mayor's Commission on Persons with Disabilities Certificate of Recognition "For outstanding service to the community, the City of Oakland, and the goal of ensuring equal access and social opportunity for persons with disabilities."
2000	California State Legislature Certificate of Honor "For excellence in work on disability civil rights and integration."
1997 – 2001	Berkeley Art Museum + Pacific Film Archive Appointed Member, Community Advisory Committee; Elected Co-Chair, Arts and Disabilities Committee

PROFESSIONAL MEMBERSHIPS

2016 – Present	Study Group on Psychodynamic Readings of Literary Fiction
2011 – Present	American Psychological Association
2011 – Present	Division of Health Psychology, Division 38 of the American Psychological Association
2011 – 2013	Division of Clinical Psychology, Division 12 of the American Psychological Association
2011 – Present	Institute of Contemporary Psychotherapy and Psychoanalysis
2011 – 2012	Society for the Exploration of Psychotherapy Integration
2011 – 2013	Relational Supervision Group, Roger Segalla, Jr., PhD
2006 – Present	American Psychological Association
2005 – 2007	Psychodynamic Interest Group

SPECIAL INTERESTS & SKILLS

- Fluent written and spoken Spanish
- Experience providing integrated mental health services in primary care settings

- Specialization in pregnancy and childbirth-related depression, anxiety, and adjustment
- Focus on culture and identity
- Long-term expertise on disability issues
- Skills in teaching, training, and curriculum design
- Expertise on founding and piloting new projects and organizations
- Expertise in designing programs and systems for both clinical assessment and outcome measurement