

# JACQUELYN SARAH GOLA, PSY.D.

*Licensed Psychologist NJ #35SI00578400*

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## EDUCATION

### **Doctorate of Psychology in Clinical Psychology**

*La Salle University*

- APA accredited Psy.D program

August 2015  
Philadelphia, PA

### **Master of Arts in Clinical Psychology**

*La Salle University*

September 2011  
Philadelphia, PA

### **Bachelor of Arts in Psychology**

*University of Delaware*

May 2009  
Newark, DE

## CLINICAL EXPERIENCE

### **The Center for Emotional Health of Greater Philadelphia**

*Licensed Psychologist*

- Provide treatment to children, adolescents, and adults in a private practice setting utilizing evidence-based treatments for OCD, anxiety, trichotillomania, tics, and related disorders.

June 2017-present  
Cherry Hill and Princeton, NJ

### **The Center for Emotional Health of Greater Philadelphia**

*Postdoctoral Fellow*

Supervisor-Jayme Jacobs, Psy.D., Marla Deibler, Psy.D.

September 2015-May 2017  
Cherry Hill and Princeton, NJ

### **OhioGuidestone**

*Psychology Intern*

Internship Director-Robert Brian Denton, Psy.D.

- Provided family and individual therapeutic/intervention services to young children in places of residence in Early Childhood Mental Health rotation (ECMH).
- Provided family and individual therapeutic/intervention services to children and adolescents in outpatient setting (OPC rotation).
- Conducted comprehensive psychological assessment batteries for referred children and adolescents in outpatient and residential settings (assessment rotation).

August 2014-August 2015  
Brook Park, OH

### **The Child and Adolescent OCD, Tic, Trich and Anxiety Group**

**University of Pennsylvania**

*Clinical Extern*

Supervisors- Diana Antinoro, Psy.D., Martin Franklin, Ph.D.

- Provided cognitive-behavioral therapy for children and adolescents with OCD, anxiety disorders, tic disorders, and trichotillomania.
- Conducted comprehensive intake interviews with new clients and their families.
- Co-led a semi-structured support group for children and adolescents with OCD.

July 2013-July 2014  
Philadelphia, PA

**La Salle University Psychological Services- Health Team**

Philadelphia, PA  
May 2013- May 2014

*Clinician*

Supervisor- Natalia Zelikovsky, Ph.D.

- Provided empirically-supported treatment to adolescents and adults with comorbid health concerns at a community clinic for underserved population.
- Attended weekly group supervision meetings to discuss cases.

**Terry Children's Psychiatric Center**

New Castle, DE *Extern*  
September 2012- June 2013

Supervisors - Diane McGuffin, Psy.D., Thomas L. Olson, Ph.D.

- Provided therapy for children, adolescents, and their families on the Intensive Outpatient (IOP) rotation and the day program/residential treatment center rotation.
- Conducted weekly therapy groups with children and adolescents on the Crisis Stabilization Unit.
- Conducted comprehensive psychoeducational assessment batteries and wrote assessment reports for children and adolescents.
- Attended weekly didactic trainings.

**La Salle University Psychological Services- Depression Team**

Philadelphia, PA *Clinician*  
May 2012-May 2013

Supervisor – Kelly McClure, Ph. D.

- Provided Cognitive-Behavioral Therapy, Acceptance and Commitment Therapy, and Problem Solving Therapy for adults with depression.

**MathomHouse**

Doylestown, PA *Extern*  
September 2011- July 2012

Supervisors- Tom Bortner, Psy. D, Jon Roberds, Psy. D

- Co-led an introductory and advanced therapy group in an inpatient setting for adjudicated and non-adjudicated adolescent males who have committed sexual offenses.
- Co-led a social skills group for residents with various social skill deficits.
- Co-led a 15-week cognitive-behavioral based group therapy for juvenile delinquents with Posttraumatic Stress Disorder (PTSD).
- Utilized a 10-week individual Wellness Module based on the “Good Life Model-Comprehensive (GLM-C)”, a strength-based approach for sexual offenders in weekly individual therapy.
- Administered, scored, and interpreted battery of psychological tests (e.g. WISC-IV, WAIS-IV, IVA, Rorschach Inkblot Test, TAT, MMPI-A, BASC) and wrote comprehensive assessment reports.
- Conduct weekly individual therapy with residents to assist in cognitive behavioral therapy based group assignments.

**La Salle University Psychological Services-Anxiety Team**

Philadelphia, PA *Clinician*  
June 2011-May 2012

Supervisor – Megan Spokas, Ph. D

- Provided Cognitive-Behavioral Therapy to adults with anxiety disorders.

**Northwestern Human Services**

Sharon Hill, PA *Extern*  
June 2010-June 2011

Supervisor- James Jackson, Psy. D.

- Conducted weekly individual therapy with children, adolescents, and adults.
- Co-led Child Intensive Outpatient Program (IOP) therapy groups for 6-8 year old children with internalizing disorders and 9-12 year olds with externalizing disorders.
- Assisted in running a CBT based therapy group for adults suffering from depression.

**La Salle University Psychological Services- Child Team**

Philadelphia, PA *Intake Clinician*  
May 2010- May 2011

Supervisor – Dahra Williams, Ph. D

- Conducted comprehensive intake interviews with children and adolescents and their caregivers.
- Wrote comprehensive intake reports, which included a thorough history, assessment interpretations, conceptualization, 5-axis diagnoses, and treatment recommendations.
- Conducted comprehensive psychoeducational assessment batteries and wrote assessment reports for children and adolescents.

**Christiana Hospital**

Wilmington, DE and Newark, DE *Extern*  
September 2008 – December 2008

Nidia De Yanez, M.D.

- Volunteered at the First State School for medically ill children and Rosenblum Child and Adolescent Center for emotionally and behaviorally disturbed children.
- Sat in with Dr. Yanez during therapy sessions and psychiatric medication management check in sessions with patients.
- Performed clinical intake interviews with clients and determine provisional diagnoses.
- Participated in weekly conferences with child/adolescent professionals at the Christiana Hospital to discuss various topics/cases or grand rounds.

**RESEARCH EXPERIENCE**

**Clinical Dissertation: The Relations between Children's Empathic Responding and Parental Responses to Children's Negative Emotion Expression**

Chair: Diana Montague, Ph.D.

Defended November 25<sup>th</sup>, 2014

- Examining the relationship between children's situational and dispositional empathy, sympathy, and personal distress and parent's encouraging and discouraging responses to their children's expression of negative emotions.
- Created video clips of children in naturalistic classroom settings and utilized to assess the children's empathic responses.

**National Park Elementary School**

National Park, NJ *Clinician*  
March 2012- June 2012

Supervisor – Dahra Williams, Ph. D

- Examined the effects of supplementing CBT treatment for anxious youth with a therapeutic board game, *Dr. PlayWell's Worry-Less Game*, on children's anxiety symptoms, social and emotional symptoms, quality of life, and involvement in therapy as part of a research study.
- Used the Coping Cat program to treat six anxious children.

**Camp Dreamcatcher**

West Chester, PA *Clinician*  
August 13<sup>th</sup>-17<sup>th</sup>, 2012

Supervisor-Dahra Williams, Ph.D

- Conducted a five-day mindfulness group therapy program for adolescents who are infected or affected by HIV.
- Examined changes in mindfulness and quality of life from pre to post treatment.

**First State School**

Wilmington, DE

Supervisor-Dahra Williams, Ph.D

2011-May 2011

- Developed a questionnaire to assess the work, education, social and health outcomes of children who attended the First State School, a school for chronically ill children
- Using this questionnaire to gather outcome data from former First State School students.

**Pennell Elementary School**

Philadelphia, PA

*Clinician*

October 2010- December 2010

Supervisor-Dahra Williams, Ph.D.

- Conducted manualized school based group therapy program for elementary aged children titled *Strategies for Success* and discussed topics such as anger management, communication, social skills, mental illness, and grief and loss.
- Utilized self-report questionnaires to measure changes pre- and post treatment.

**Delaware Valley Charter High School**

Philadelphia, PA

*Clinician*

October 2010- December 2010

Supervisor-Dahra Williams, Ph.D.

- Conducted manualized school based group therapy program for adolescents titled *Strategies for Success* and discussed topics such as anger management, conflict resolution, communication, social skills, grief and loss, mental illness, sex, drugs, goal setting, and planning for post-graduation of high school.
- Utilized self-report questionnaires to measure changes pre- and post treatment.

**University of Delaware Infant Cognition Lab**

Newark, DE

*Undergraduate Research Assistant*

February 2009- May 2009

Supervisor - Paul Quinn, Ph.D.

- Recorded infant looking times at stimuli
- Tested infant vision with Teller Acuity Cards
- Collected data on perceptual and cognitive capacities of infants
- Studied relevant past and present research in the field of infant cognition

**University of Delaware Depression and Wellness Lab**

Newark, DE

*Undergraduate Research Assistant*

September 2008 – May 2009

Supervisor - Adele Hayes, Ph.D

- Ran an experiment of social behavior of interacting strangers that involves directing participants, collecting measures, and recording data.
- Observed parent-preschooler interactions and coding the level of positive/negative affect and behavior. Coding of the child and female caregiver behavior variables focuses on the intergenerational transmission of depression from the mother to the child.

**University of Delaware Human Emotions Lab**

Newark, DE

*Undergraduate Research Assistant*

September 2007- December 2007

Supervisor - Carroll Izard, Ph.D

- Observed and recorded/coded behaviors and emotions of children in a classroom setting.
- Examined the effectiveness of an emotion curriculum implemented in preschool Head Start programs in Wilmington, DE by analyzing and interpreting collected data.
- Learned research skills and data entry using SPSS.

**SELECT TRAINING AND PROFESSIONAL DEVELOPMENT**

**Trichotillomania Learning Center Professional Training Institute**  
NJTrichotillomania Learning Center  
Presenters: Charles Mansueto, Ph.D., Fred Penzel, Ph.D., and Ruth Golomb, L.C.P.C., M.Ed.

Jersey City,  
October 16<sup>th</sup>-18<sup>th</sup>, 2015

**Exposure and Response Prevention for Pediatric OCD**  
*Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGe)*  
University of Pennsylvania

Philadelphia, PA  
June 6<sup>th</sup>-7<sup>th</sup>, 2013

**Cognitive-Behavioral Treatment of Pediatric Anxiety Disorders and OCD  
Master Clinician Workshop**  
*Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGe)*  
University of Pennsylvania

Philadelphia, PA  
April 29<sup>th</sup>-30<sup>th</sup>, 2010  
April 18<sup>th</sup>-19<sup>th</sup>, 2013

**Trauma-Focused Cognitive-Behavioral Therapy for PTSD Online Training**  
September 2012 CARES Institute

<http://tfcbt.musc.edu>

### **POSTERS AND PRESENTATIONS**

- Gola, J.A., **Gola, J.S.**, Williams, D.J., Rouse, C.M., O'Donnell, L.M., Armstrong, S.L., & Montague, D.P.F. (2014). The effects of a therapeutic board game to supplement cognitive-behavioral therapy for the treatment of childhood anxiety. Poster presented at the annual American Psychological Association convention, Washington, D.C.
  - Branch, K., Kudla, L., **Gola, J.S.**, Gola, J.A. & Jackson Williams, D.(2013). Attitudes toward seeking help & quality of life among youth affected by HIV. Poster presented at the National Conference in Pediatric Psychology, New Orleans, LA.
- Gola, J. A., **Gola, J.S.**, Kudla, L., & Branch, K. (2012). *Mindfulness and Quality of Life Among Youth Affected by HIV*. Poster presented at the 34<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Francisco, CA, and at the 24<sup>th</sup> annual Showcase for the Science of Psychology and its Application Grimes Lecture, La Salle University, Philadelphia, PA
- Gola, J.A., **Gola, J.S.**, Henderson, R., Konstrinsky, A., Pulley, S., Bhatt, R. S., & Quinn, P. C. (2009). *Learning Perceptual Organization in Infancy: The Effect of Massed vs. Distributed Variability Experience*. Third Annual Psychology Poster Day, University of Delaware.
  - *December 2013*, Guest Lecturer, Clara Barton Elementary School: Invited lecturer on behalf of The Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGe) presenting on anxiety disorders (OCD, separation anxiety, and social anxiety) Cognitive-Behavioral therapy for parents and school staff.

### **PROFESSIONAL AFFILIATIONS**

- **American Psychology Association**
- **International OCD Foundation**
- **Trichotillomania Learning Center**