

Curriculum Vitae

JAYME JACOBS, PSY.D.

Licensed Clinical Psychologist

EDUCATION

La Salle University, Philadelphia, PA

Psy.D. in Clinical Psychology

2011

Dissertation: "The Utility of Mindful Eating in a Non-eating Disordered Population."

La Salle University, Philadelphia, PA

M.A. in Clinical Psychology

2008

Goucher College, Baltimore, MD

B.A. in Psychology

2006

Cum Laude and Psychology Honors

CLINICAL EXPERIENCE

The Center for Emotional Health of Greater Philadelphia, LLC

Princeton & Cherry Hill, NJ

Licensed Psychologist/Clinical Director of CEH Princeton

2013 – Present

NJ License # 35SI00508200

The Center for Emotional Health of Greater Philadelphia, LLC

Princeton & Cherry Hill, NJ

Postdoctoral Fellow

2011 – 2013

Ancora Psychiatric Hospital

New Jersey Department of Human Services, Ancora, NJ

Predoctoral Intern

2010 – 2011

Rutgers University Student Health Services, Camden, NJ

Predoctoral Intern

2010 – 2011

Horizon Counseling, Audubon, NJ Neuropsychology Psychometrician	2010 – 2011
The Center for the Treatment and Study of Anxiety University of Pennsylvania, Philadelphia, PA Clinical Psychology Extern	2009 – 2010
Hahnemann Hospital Neuropsychology Drexel University College of Medicine, Philadelphia, PA Clinical Psychology Extern	2009 – 2010
Camden County Health Services Center University of Medicine and Dentistry of New Jersey, Blackwood, NJ Clinical Psychology Extern	2008 – 2009
Northwestern Human Services, Bensalem, PA Clinical Psychology Extern	2007 – 2008
La Salle Community Center for Counseling and Psychological Services Philadelphia, PA Clinician	2007 - 2010
Kennedy Krieger Institute Neurobehavioral Unit, Baltimore, MD Education/Behavior Management Assistant	2004
Hall-Mercer Community Mental Health/Mental Retardation Center University of Pennsylvania, Philadelphia, PA Group Therapist	2004

PUBLICATIONS

Jacobs, J., Cardaciotto, L., Block-Lerner, J., & McMahon, C. (2013). A pilot study of a single-session training to promote mindful eating. *Advances in Mind-Body Medicine*, 27(2), 18-23.

Tappe, K.A., Tarves, E., **Oltarzewski, J.**, & Frum, D. (2013). Habit formation among regular exercisers at fitness centers: An exploratory study. *Journal of Physical Activity and Health*, 10(4), 607-613.

PRESENTATIONS

Jacobs, J., & Deibler, M.W. (2013, April). Strategies for Skin Picking. Workshop at the Trichotillomania Learning Center Annual Conference, Newark, NJ.

Deibler, M.W., & **Jacobs, J.** (2013, April). Shame, Guilt, and Self-Acceptance. Workshop at the Trichotillomania Learning Center Annual Conference, Newark, NJ.

Deibler, M.W., & **Jacobs, J.** (2012, May). Make Your Own Trich Toolkit. Workshop at the Trichotillomania Learning Center Annual Conference, Chicago, IL.

Deibler, M.W., & **Jacobs, J.** (2012, May). Shame, Guilt, and Self-Acceptance. Workshop at the Trichotillomania Learning Center Annual Conference, Chicago, IL.

Deibler, M.W., & **Jacobs, J.** (2012, May). Teens 101: An introduction. Workshop at the Trichotillomania Learning Center Annual Conference, Chicago, IL.

Deibler, M.W., & **Jacobs, J.** (2012, May). Thinking About Thinking. Workshop at the Trichotillomania Learning Center Annual Conference, Chicago, IL.

Oltarzewski, J., Cardaciotto, L., Block Lerner, J., Collins, J., Tarves, E., Sauers, L., Dobson, T., & McFadden, C. (2010, November). *The utility of mindful eating in a non-eating disordered population*. Poster session presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, California.

Tappe, K., Sweeney, A. C., Brault, M. E., Frum, D., **Oltarzewski, J.,** Tarves, E., & Endres, M. (2010, August). *Habitual behavior patterns among regular exercisers: A survey study using the Self-Report Habit Inventory*. Poster session presented at the annual meeting of the International Congress of Behavioral Medicine, Washington, D.C.

Norman, J., **Oltarzewski, J.,** Gardner, F., & Moore, Z. E. (2009, November). *The impact of gender on the relationship between experiential avoidance, emotional clarity, and bulimic behavior*. Poster session presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York.

Norman, J., **Oltarzewski, J.,** Gardner, F., & Moore, Z. E. (2009, November). *The interaction between gender, deficits in emotion regulation, and bulimic behavior*. Poster session presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York.

Oltarzewski, J., Cardaciotto, L., Block Lerner, J., McFadden, C., & Collins, J. (2009, June). *A mindful eating pilot program for weight management in nonclinical populations*. Poster session presented at the first annual Philadelphia Behavior Therapy Association student poster exhibition, Philadelphia, PA.

Oltarzewski, J., Norman, J., Cambria, N., Gardner, F., & Moore, Z. E. (2009, November). *Comparison of perfectionism among eating disordered and non-eating-disordered individuals*. Poster session presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York.

Oltarzewski, J., Norman, J., Moore, Z. E., & Gardner, F. (2009, November). *The interaction of gender and experiential avoidance on perfectionism and bulimic behavior*. Poster session presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, New York.

McKim, A., Mills, C., **Oltarzewski, J.,** Pfarr, J., Saltz, R., & Gilbert, N. (2006, May). *Some flashbulbs are bigger than others: A comprehensive look at the uniqueness of 9/11/01*. Poster session presented at the annual meeting of the Eastern Psychological Association, Baltimore, MD.

McKim, A., Mills, C., **Oltarzewski, J.,** & Tripp, S. (2005, May). *Changes in perceived consequences: The significance of 9/11/01*. Poster session presented at the annual meeting of the Eastern Psychological Association, Boston, MA.

RESEARCH

Cooper University Hospital, Department of Emergency Medicine
Habit Formation Among Regular Exercisers at Fitness Centers
 Principal Investigator: Karyn Tappe
Research Assistant **2008 - 2009**

National Science Foundation/Math Science Partnership of Greater
 Philadelphia Grant
Summer Institute Program Evaluation
 Principal Investigator: Simon Moon
Research Assistant **2007 - 2008**

Goucher College Psychology Department
Positive Psychology Research
 Principal Investigator: Ann McKim
Research Assistant **2005**

Goucher College Psychology Department
9/11 Flashbulb Memory Research
 Principal Investigators: Ann McKim, Carol Mills
Research Assistant **2004 - 2005**

AD HOC REVIEW

Journal of Abnormal Psychology
Anxiety, Stress, & Coping

SELECT PROFESSIONAL DEVELOPMENT ACTIVITIES

Cognitive-Behavioral Therapy for Pediatric Obsessive-Compulsive Disorder and Related Conditions, Philadelphia, PA, Presenter: Marty Franklin, Ph.D. **2013**

Tourette Syndrome Comprehensive Behavior Intervention for Tics Skills Development Virtual Workshop, Presenters: Doug Woods, Ph.D. and Michael Himle, Ph.D. **2012**

Trichotillomania Learning Center Virtual Professional Training Institute Presenters: Charles Mansueto, Ph.D., Fred Penzel, Ph.D., and Ruth Golomb, L.C.P.C., M.Ed. **2012**

CBT: Essential Tools for Proficiency in Clinical Practice, Cherry Hill, NJ Presenter: Leslie Sokol, Ph.D. **2012**

Four Day Intensive Workshop in Prolonged Exposure Therapy for Posttraumatic Stress Disorder, Philadelphia, PA, Presenter: Edna Foa, Ph.D. and Center staff **2010**

Four Day Intensive Workshop in Exposure and Response Prevention for Obsessive Compulsive Disorder, Philadelphia, PA, Presenter: Edna Foa, Ph.D. and Center staff **2009**

Four-session Mindfulness Based Stress Reduction class, Philadelphia, PA, Instructor: Chris Molnar, Psy.D. **2009**

Steps to Mindful Eating, Trumbull, CT, Presenter: Donald Altman, MA **2008**

Appetite Awareness Training Seminar, Orlando, FL, Presenter: Linda Craighead, Ph.D. **2008**

Mindfulness Based Stress Reduction Seminar, Philadelphia, PA, Presenters: Diane Reibel, Ph.D., Don McCown, M.A. **2007**