

## CURRICULUM VITAE

# JENNIFER A. GOLLA, PSY.D

*Licensed Clinical Psychologist NJ #35SI00563500*

*Authority to Practice Interjurisdictional Telepsychology (APIT) (PsyPact) #10386*

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## EDUCATION

**Psy.D, Clinical Psychology** 2014  
*La Salle University* Philadelphia, PA

- Dissertation: The Effects of a Therapeutic Board Game to Supplement Cognitive-Behavioral Therapy for the Treatment of Childhood Anxiety

**M.A., Clinical Psychology** 2011  
*La Salle University* Philadelphia, PA

**B.A., Psychology** 2009  
*University of Delaware* Newark, DE

## CLINICAL EXPERIENCE

**The Center for Emotional Health of Greater Philadelphia** June 2016-Present  
*Licensed Psychologist* Cherry Hill and Princeton, NJ

- Provides empirically-supported therapy to children, adolescents, and adults in an outpatient clinic specialized in the evidenced based treatment of OCD, anxiety disorders, tic disorders, and obsessive-compulsive related disorders such as trichotillomania and skin picking
- Provides two hours weekly individual supervision to post-doctoral fellows working towards their licensure
- Conducted psychological evaluations for pre-operative bariatric surgery candidates

**LaSalle University Community Center for Psychological Services** January -May 2022  
*Anxiety Clinic Team Supervisor* Philadelphia, PA

- Supervised doctoral students in a group setting on their individual therapy with clients presenting with OCD, anxiety disorders, and related disorders as their primary presenting problem

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

September 2014-June 2016  
Cherry Hill and Princeton, NJ

*Postdoctoral Fellow*

Supervisor-Marla Deibler, Psy.D

- Provided empirically-supported treatment to children, adolescents, and adults in an outpatient clinic specialized in the evidenced based treatment of OCD, anxiety disorders, tic disorders, and obsessive-compulsive related disorders such as trichotillomania and skin picking
- Conducted psychological evaluations for pre-operative bariatric surgery candidates
- Provided psychoeducational testing for children and adolescents to assess learning disabilities, attention issues, executive functioning concerns, high functioning autism spectrum disorders, and other psychological disorders.

**OhioGuidestone**

August 2013-August 2014

*Pre-Doctoral Psychology Intern*

Brook Park, OH

Internship Director: Robert Denton, Psy.D

- Conducted in-home therapy with children ages 0-6 and their families
- Conducted in-school therapy for 9<sup>th</sup> grade students in an urban school district
- Complete psychoeducational testing batteries with children and adolescents in outpatient and residential settings

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

June 2012- July 2013

**University of Pennsylvania**

Philadelphia, PA

*Clinical Extern*

Supervisors- Diana Antinoro, Psy.D, Jenny Ratnovsky, Ph.D,

- Provided exposure therapy and cognitive-behavioral therapy for children and adolescents with anxiety disorders, including social anxiety, GAD, OCD, and specific phobias
- Provided Habit Reversal Training for children with trichotillomania as part of a research study
- Conducted comprehensive intake interviews with new clients and their families

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

May 2012-May 2013

*Therapist*

Philadelphia, PA

Supervisor-Randy Fingerhut, Ph.D

- Provided cognitive-behavioral therapy to adults with depression and anxiety disorders

**The Center for the Treatment and Study of Anxiety (CTSA)**

August 2011-May 2012

**University of Pennsylvania**

Philadelphia, PA

*Research Extern*

Supervisors-Emily Malcoun, Ph.D, Elizabeth Ohr, Ph.D

- Provided cognitive-behavioral therapy to adults with anxiety disorders
  - Used Exposure and Response Prevention (ExRP) for clients with OCD
  - Used CBT for clients with GAD, SAD and Claustrophobia
- Provided Prolonged Exposure Therapy (PE) for an adolescent female with PTSD
- Conducted intake interviews for PTSD and OCD treatment research studies

- Performed independent evaluations of research participants in order to measure treatment gains
- Viewed videotapes of Prolonged Exposure sessions and rated treatment fidelity

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

May 2011-May 2012

*Therapist*

Philadelphia, PA

Supervisor-Dahra Williams, Ph.D

- Conducted comprehensive clinical intake interviews with new clients and their families
- Provided therapy to children and their families using evidenced-based interventions
  - Parent Management Training, CBT, systematic desensitization for Selective Mutism
- Conducted comprehensive psychodiagnostic assessment batteries for children and adolescents with ADHD, Learning Disorders, and psychological difficulties.

**Northwestern Human Services**

July 2010-July 2011

*Clinical Extern*

Sharon Hill, PA

Supervisor-James Jackson, Psy.D

- Conducted individual therapy with children, adolescents, and adults
  - Used Parent Management Training and Trauma focused CBT
- Assisted in leading an intensive outpatient group for 5-7 year-old children with externalizing disorders, and an intensive outpatient group for 10-12 year-old children with internalizing disorders

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

May 2010-May 2011

*Intake Clinician*

Philadelphia, PA

Supervisor-Natalia Zelikovsky, Ph.D

- Conducted comprehensive clinical intake interviews with new clients
- Wrote comprehensive intake reports which included a thorough history, assessment interpretations, conceptualization, 5 axis diagnosis, and treatment recommendations

**PROFESSIONAL PRESENTATIONS**

- **Gola, J.A.** (2019). An Introduction to Tourette Syndrome. Presented at Monmouth Medical Center Pediatric Department Ground Rounds on behalf of the New Jersey Center for Tourette Syndrome (NJCTS). Long Branch, NJ. May 23rd, 2019.
- **Gola, J. A. & Gola, J. S.** (2018) Big Brother/Big Sister: Young People Living with OCD. Workshop at the International OCD Foundation (IOCDF) Annual Conference, Washington, D.C., July 27<sup>th</sup>, 2018
- Deibler, M. & **Gola, J.A.** (2018). An Introduction to Body Focused Repetitive Behaviors. Presentation at the TLC Foundation for BFRB's Mini-Con in New Jersey. Newark, NJ. May 19th, 2018.
- **Gola, J. A.** (2017). Brain Gains: Mental Training for Crossfit and Weightlifting. Presentation for members of Crossfit Aspire of Cherry Hill, NJ. March, 2017.

- **Gola, J. A. & Jacobs, J.** (2016). Ethical Consideration in Exposure Therapy for Anxiety and OCD. Presentation at the Anxiety and Depression Association of America (ADAA) Annual Conference, Philadelphia, PA, April 2<sup>nd</sup>, 2016.
- **Gola, J. A.** (2015). “You Want Me to Do What? Ethical Considerations in the Treatment of OCD. Presentation at the Quarterly Meeting of OCDNJ, New Brunswick, NJ, September 21<sup>st</sup>, 2015.
- **Gola, J. A. & Antinoro, D.** (2015). Bringing OCD Treatment with Kids to Life. Workshop at the International OCD Foundation (IOCDF) Annual Conference, Boston, MA, July, 29<sup>th</sup>-31<sup>st</sup>, 2015.
- **Gola, J. A., & Antinoro, D.** (2015). Overcoming Obstacles: How to Increase Treatment Success with CBT for BFRBs. Workshop at the Trichotillomania Learning Center 22<sup>nd</sup> Annual Conference, Arlington, VA, April 10-12, 2015.
- **Gola, J. A., & Antinoro, D.** (2015). Creating Your Own BFRB Treatment Plan for Kids. Workshop at the Trichotillomania Learning Center 22<sup>nd</sup> Annual Conference, Arlington, VA, April 10-12, 2015.
- Antinoro, D., Beidas, R., Dingfelder, H., Franklin, M.E., **Gola, J.A.**, McGovern, J.B. (2013) Cognitive-Behavioral Treatment of Pediatric Anxiety Disorders. Master Clinician Workshop at the Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGE), Philadelphia, PA, April 18<sup>th</sup>, 2013.

### PUBLICATIONS AND POSTERS

- **Gola, J.A.,** Beidas, R.S., Antinoro-Burke, D., Kratz, H.E., & Fingerhut, R. (2016). Ethical Considerations in Exposure Therapy with Children. *Cognitive and Behavioral Practice*.
- **Gola, J.A.** (2015, April 30). Finding the Right OCD Therapist. *About Health*. <http://ocd.about.com/od/treatment/fl/Finding-the-Right-OCD-Therapist.htm>
- **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*. Poster presented at the Third Annual Psychology Poster Day, University of Delaware, Newark, DE.

## TEACHING EXPERIENCE

**Adjunct Professor, Child and Adolescent Psychopathology, LaSalle University Psy.D Program**  
Fall 2019

**Adjunct Professor, Adult Psychopathology, LaSalle University Psy.D Program**  
Spring 2019, Spring 2020 , Spring 2021

**Guest Lecture, Child and Adolescent Therapy, LaSalle University Psy.D Program**  
Treatment of OCD, June 19th, 2018

**Adjunct Professor, Practicum Seminar II, LaSalle University Psy.D Program**  
Fall 2017, Spring 2018, Spring 2022

**Guest Lecture, Child and Adolescent Therapy, LaSalle University Psy.D Program**  
Treatment of OCD, February 15th, 2017

**Guest Lecture, Child Psychopathology, LaSalle University Psy.D Program**  
Childhood Anxiety Disorders, October 12<sup>th</sup>, 2016

**Teaching Assistant, Psychological Assessment III: Personality Assessment-Projective Methods**  
La Salle University Psy.D Program, Spring 2012  
Darlene Hannigan, Psy.D

**Teaching Assistant, Psychological Assessment I: Cognitive Assessment**  
La Salle University Psy.D Program, Fall 2010-2011  
Kenneth Gold, Psy.D

## TRAINING AND PROFESSIONAL DEVELOPMENT

**ACT II: Acceptance and Commitment Therapy**

May 13-14, 2016

**Clinical Skills-Building Intensive**

Brooklyn, NY

Presented by Steven C. Hayes, Ph.D

**Trichotillomania Learning Center Professional Training Institute** October 16-18, 2015  
*Trichotillomania Learning Center* Jersey City, NJ

Presenters: Charles Mansueto, Ph.D., Fred Penzel, Ph.D., and Ruth Golomb, L.C.P.C., M.Ed.

**Comprehensive Behavioral Intervention for Tics** February 25<sup>th</sup>, 2012  
*Tourette Syndrome Association, Philadelphia Behavioral Therapy Association* Philadelphia, PA  
*La Salle University*

**Cognitive-Behavior Therapy for Childhood OCD:  
Working with Complex Cases** November 4<sup>th</sup>, 2011  
*The Children's Center for OCD and Anxiety* Philadelphia, PA

**Exposure and Response Prevention for OCD** September 12<sup>th</sup>-15<sup>th</sup>, 2011  
*The Center for the Treatment and Study of Anxiety* Philadelphia, PA  
*University of Pennsylvania*

**Intensive Training in Prolonged Exposure Therapy for PTSD** October 10<sup>th</sup>-13<sup>th</sup>, 2011  
*The Center for the Treatment and Study of Anxiety* Philadelphia, PA  
*University of Pennsylvania*

**Trauma-Focused Cognitive-Behavioral Therapy for PTSD Online Training** January 2011  
*CARES Institute* <http://tfcbt.musc.edu>

**Cognitive-Behavioral Treatment of Pediatric Anxiety Disorders and OCD** April 29<sup>th</sup>-30<sup>th</sup>, 2010  
*Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGe)* Philadelphia, PA  
*University of Pennsylvania*

## RESEARCH EXPERIENCE

### **Clinical Dissertation: The Effects of a Therapeutic Board Game to Supplement Cognitive-Behavioral Therapy for the Treatment of Childhood Anxiety**

Chair-Dahra Williams, Ph.D. Defended May 2013

- Examined the effects of supplementing CBT 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

**Pennell Elementary School**

*Clinical Interventionist*

Supervisor-Dahra Williams, Ph.D

Philadelphia, PA

February-April 2013

- Facilitated a therapy group for 4<sup>th</sup> grade students as part of a manualized school-based group therapy program for children called *Strategies for Success*
- Covered topics such as communication, social skills, anger management, grief and loss, mental illness, and bullying
- Administered and scored self-report measures pre and post treatment; PedsQL, ChIA, BASC-2

**Camp Dreamcatcher**

*Clinical Interventionist*

Supervisor-Dahra Williams, Ph.D

West Chester, PA

August 13<sup>th</sup>-17<sup>th</sup>, 2012

- Conducted a five-day mindfulness group therapy program for adolescent males and females who are infected with or affected by HIV
- Utilized an empirically-based manualized mindfulness for children protocol that was developed by a former LaSalle Psy.D student
- Examined changes in mindfulness and quality of life from pre to post treatment

**First State School**

Supervisor-Dahra Williams, Ph.D

Wilmington, DE

2011-2013

- 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
- Gathered outcome data from former First State School students

**Delaware Valley Charter High School**

*Clinical Interventionist*

Supervisor-Dahra Williams, Ph.D

Philadelphia, PA

October-December 2010

- Ran a therapy group as part of a manualized school-based group therapy program for adolescents called *Strategies for Success*
- Covered topics such as anger management, conflict resolution, communication, social skills, grief and loss, mental illness, sex, drugs, goal setting, and planning for post-graduation
- Administered and scored self-report measures pre and post treatment; PedsQL, CBCL, and ASPPHS

**PROFESSIONAL AFFILIATIONS**

**Association for Behavioral and Cognitive Therapies**

**Trichotillomania Learning Center**

**American Psychology Association**

**International OCD Foundation**

**Association for Contextual Behavioral Science**