

CURRICULUM VITAE

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Licensed Clinical Psychologist NJ #35SI00563500

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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

The Center for Emotional Health of Greater Philadelphia September 2014-June 2016
Postdoctoral Fellow Cherry Hill and Princeton, NJ

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 anxiety and obsessive-compulsive and related disorders
- 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 9th 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

- 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.
- **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 2nd, 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 21st, 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, 29th-31st, 2015.
- **Gola, J. A.**, & Antinoro, D. (2015). Overcoming Obstacles: How to Increase Treatment Success with CBT for BFRBs. Workshop at the Trichotillomania Learning Center 22nd 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 22nd 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 18th, 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 34th annual meeting of the Society of Behavioral Medicine, San Francisco, CA, and at the 24th 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, Adult Psychopathology, LaSalle University Psy.D Program
Spring 2019

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

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 12th, 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 25th, 2012

Tourette Syndrome Association, Philadelphia Behavioral Therapy Association

Philadelphia, PA

La Salle University

Cognitive-Behavior Therapy for Childhood OCD:

November 4th, 2011

Working with Complex Cases

Philadelphia, PA

The Children's Center for OCD and Anxiety

Exposure and Response Prevention for OCD

September 12th-15th, 2011

The Center for the Treatment and Study of Anxiety

Philadelphia, PA

University of Pennsylvania

Intensive Training in Prolonged Exposure Therapy for PTSD

October 10th-13th, 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 29th-30th, 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

Philadelphia, PA

Clinical Interventionalist

February-April 2013

Supervisor-Dahra Williams, Ph.D

- Facilitated a therapy group for 4th 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

West Chester, PA

Clinical Interventionalist

August 13th-17th, 2012

Supervisor-Dahra Williams, Ph.D

- Conducted a five-day mindfulness group therapy program for adolescent males and females who are infected with or affected by HIV
- Utilized a 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

Wilmington, DE

Supervisor-Dahra Williams, Ph.D

2011-current

- 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

Philadelphia, PA

Clinical Interventionalist

October-December 2010

Supervisor-Dahra Williams, Ph.D

- 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