

# Jennifer Harris, PhD, MA, LMHC

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Licensed Mental Health Counselor

License # LH61258289

NPI # 1851990725

## EDUCATION

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| <b>University of Washington, Seattle, WA</b>  | 2020 |
| M.A. Child and Adolescent Counseling Psychology: Prevention and Treatment                   |      |
| <b>University of Washington, Seattle, WA</b>  | 2004 |
| Ph.D. Educational Leadership & Policy Studies, Social and Cultural Foundations of Education |      |
| <b>University of Washington, Seattle, WA</b>  | 1998 |
| M.Ed. Educational Leadership & Policy Studies, Higher Education concentration               |      |
| <b>University of Massachusetts, Amherst, MA</b>   | 1992 |
| B.A. Comparative Literature, Cum Laude  |      |

## CLINICAL & STUDENT WELL-BEING EXPERIENCE

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**Licensed Mental Health Counselor, Unfold Therapy** 10/20 - Present  
**Seattle, WA**

- Provide mental health counseling to adolescents, emerging adults, and adults who are struggling with anxiety disorders – including generalized anxiety disorder (GAD), social anxiety, panic disorder, and OCD – and depression.
- Utilize evidence-based treatments including cognitive behavior therapy (CBT), exposure and response prevention (ERP), mindfulness-based interventions, behavior activation, Radically Open Dialectical Behavior Therapy (RO-DBT), and Acceptance & Commitment Therapy (ACT)

**Licensed Mental Health Counselor, Seattle Psychology** 10/20 – 3/23  
**Seattle, WA**

- Provide mental health counseling to adolescents, emerging adults, and adults who are struggling with anxiety disorders – including generalized anxiety disorder (GAD), social anxiety, panic disorder, and OCD – and depression.
- Utilize evidence-based treatments including cognitive behavior therapy (CBT), exposure and response prevention (ERP), mindfulness-based interventions, behavior activation, Radically Open Dialectical Behavior Therapy (RO-DBT), and Acceptance & Commitment Therapy (ACT)

**Practicum Therapist, Evidence Based Treatment Center of Seattle** 9/19 - 8/20  
**Seattle, WA**

Supervisor: Daniel O'Rourke, PhD

- Conducted exposure and response prevention with adolescents and adults with severe OCD and other anxiety related disorders in individual and family sessions in Intensive Outpatient Program.
- Served as primary provider for individual caseload of high-achieving adolescents suffering from anxiety and depression, working with them to meet treatment goals.
- Provided effective services, primarily via telehealth, to a wide range of clients.

- Participated in daily rounds, weekly team consultation meetings, and weekly supervision.
- Engaged in weekly continuing education trainings.

**Co-Facilitator, University of Washington  
Seattle, WA**

1/19 – 2/19

- *Cultivating Compassion and Resilience through Mindful Inquiry: A 6-Week Workshop for Undergraduate and Graduate Students*
- Co-facilitated workshops focusing on mindfulness and Inquiry-Based Stress Reduction with Anil Coumar, MBBS, MA, LMHC.
- Supported by UW Resilience Lab Compassion and Resilience Seed Grant.

**CONTINUING EDUCATION, LICENSES & CERTIFICATIONS - CLINICAL**

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- *Washington State Licensed Mental Health Counselor*
- *Mindful Awareness in Body-oriented Therapy (MABT) Level I Training*  
Cynthia Price, PhD, January – March 2023 (48 hours)
- *Buddhist Psychology Training*  
Matthew Brensilver, PhD, January – May 2022 (18 hours)
- *ACT for Beginners*  
Russ Harris, PhD, October 2021 (16 hours)
- *RO-DBT: Radically Open Dialectical Behavioral Therapy Intensive*  
Thomas Lynch, PhD, May and November 2019 (80 hours)
- *TF-CBT: A Course for Trauma-Focused Cognitive Behavioral Therapy*  
Daniel W. Smith, PhD, TF-CBT Web2.0, November 2018 (11 hours)

**HIGHER EDUCATION RESEARCH, LEADERSHIP, & ADVISING**

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**Director, Undergraduate Research Program  
University of Washington, Seattle, WA**

9/05 - 1/21

Asst. Dir. 9/05; Assoc. Dir. 9/06; Dir. 9/14

- Expanded undergraduate research opportunities.
- Fostered four-fold increase in student and faculty engagement.
- Developed new initiatives and events with faculty, departments, and partner organizations.
- Stewarded grant-based funding and endowments for undergraduate research.
- Informed and counseled students on local, national, and international research opportunities.
- Expanded participation in the annual Undergraduate Research Symposium, from 500 participants in 2006 to over 1,200 in 2019.
- Led a wide range of undergraduate research seminars and workshops.
- Managed summer research programs in STEM, social sciences, and arts & humanities.
- Designed and ran workshops for faculty, postdoctoral researchers, and graduate students on effective mentoring of undergraduate researchers.
- Represented the program to students, faculty, administrators, families, and outside stakeholders.
- Recruited and managed a diverse team of employees, graduate assistants, and students.

**Post-doctoral Research Associate, The Graduate School  
University of Washington, Seattle, WA**

10/04 - 9/05

Collaborated with the Associate Dean for Academic Programs:

- Formed a network to seed and sustain interdisciplinary programs.
- Streamlined the review of academic programs, departments, and campus units.
- Assembled resources to help academic departments to develop strategic plans.

**Program Evaluation Research Assistant, Office of Educational Assessment  
University of Washington, Seattle, WA**

9/03 - 9/04

Worked with College of Education Associate Dean of Academic Programs to review programs and report on program offerings, student life, and faculty concerns:

- Collected and analyzed data from campus offices and College of Education departments.
- Presented data to faculty and staff for internal program reviews, external accreditation, and other reports.

**Research Assistant, Office of Educational Assessment  
University of Washington, Seattle, WA**

9/01 - 9/03

Helped develop evaluation plans for University departments and grant recipients:

- Designed and implemented surveys, interviews, and focus groups.
- Analyzed and reported on campus departments and programs.
- Served on the program evaluation team.

**Graduate Advisor, Office of the VP for Minority Affairs  
University of Washington, Seattle, WA**

9/00 - 8/01

Helped low-income, first generation, and underrepresented undergraduates to pursue Ph.D.'s:

- Assisted students with research goals, funding strategies, and graduate school applications.
- Showed McNair Scholars how to prepare research for publication and presentation.
- Gave workshops and seminars on preparing for graduate study.
- Engaged in campus outreach to diverse student communities.

## **HIGH SCHOOL AND COMMUNITY COLLEGE RESEARCH & ADVISING**

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**Mentor Coordinator, College of Arts & Sciences  
University of Washington, Seattle, WA**

1/00 - 9/00

Supervised a cadre of 15 undergraduate student mentors providing outreach services to low-income, first generation, and underrepresented middle school students in federal GEAR UP partnership programs throughout Washington State:

- Helped design and administer the yearly summer institute on the UW campus for approximately 1,000 middle school students.
- Interacted with statewide K-12 staff participants, the UW campus community, students, and parents.

**Graduate Advisor, Office of the VP for Minority Affairs  
University of Washington, Seattle, WA**

9/97 - 12/99

Helped administer the Early Identification Program to assist undergraduate students who wished to pursue graduate studies:

- Helped with personal statements, funding strategies and program research.
- Taught workshops on the graduate application process and on writing personal statements.
- Conducted community college outreach.

**Bridge Program Coordinator & Computer Instructor, Upward Bound  
South Seattle Community College, Seattle, WA**

Summer, 1999

Mentored high school graduates enrolled in summer community college courses:

- Advised students on college expectations and success strategies.
- Coordinated field trips.
- Taught basic computer literacy from word processing to email and web searches, culminating in the design of student web pages.

**Interim Learning Specialist, Upward Bound  
South Seattle Community College, Seattle, WA**

Summer, 1998

Taught English, science and computer skills for the summer academic advancement program:

- Mentored and advised students.
- Reviewed high school course schedules with guidance counselors, students, and parents.
- Helped identify and recruit students for the Upward Bound Program.
- Helped select and recruit a permanent Learning Specialist.

**Office Assistant, Office of the VP for Student Affairs  
University of Washington, Seattle, WA**

4/95 - 9/97

- Inquired into confidential student records in compliance with FERPA.
- Created and maintained disciplinary files and logs and managed the computer system.
- Served as contact person for federal agency inquiries.
- Resolved or referred student problems and inquiries.

**English as a Second Language Teacher  
Edward R. Murrow High School, Brooklyn, NY**

2/94 - 6/94

Taught advanced reading and writing, beginner grammar, and computer assisted language instruction.

**Educational Research Assistant, Office of Special Assistant to the President  
LaGuardia Community College, Long Island City, NY**

1/93 - 1/94

- Compiled statistics and conducted literature searches on student persistence and retention in higher education.
- Assisted with grant writing, grant research, and special projects.
- Interacted with K-12 teachers, campus faculty and staff, district personnel, and funding agencies.

**AWARDS**

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- Leadership Award, Undergraduate Academic Affairs, University of Washington, 2020

- Staff Excellence Award, Undergraduate Academic Affairs, University of Washington, 2009
- Phi Beta Kappa, University of Massachusetts Chapter, 1992

## **PUBLICATIONS & REPORTS**

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- **Harris, J.**, & Rypisi, C., Smith, R., & Wilson, K. (2016). Chapter 12: Student affairs. In C. L. Brown & M. Bergren (Eds.) *Amgen scholars: Best practices in summer undergraduate research programs* (pp. 116-128). Amgen Foundation.
- DeCosmo, J., **Harris, J.**, & Lawrence, M. Teaching and Learning Bulletin, *Mentoring the Undergraduate Research Experience*, December 2012
- Dubrow, G. & **Harris, J.**, Network of Interdisciplinary Initiatives report, *Seeding, Supporting, and Sustaining Interdisciplinary Initiatives at the University of Washington: Findings, Recommendations, and Strategies*. Findings presented January 17, 2006 at Network of Interdisciplinary Initiatives Meeting
- **Harris, J.** & Collins, L. J. (2003). *Global Classrooms: Year Two Lessons Learned*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.** & Collins, L. J. (2003). *GEOG 295: Neoliberalism and Citizenship*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.**, Balanko, S. L., & Collins, L. J. (2003). *SOC WF 495: Empowerment Practice and Transnational Identities in Communities in Transition: A Binational Course*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.**, Collins, L. J., Peterson, J. E., & Walser, T. M. (2003). *Global Classrooms: L ARCH 402: Landscape Design Studio*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.** & Walser, T. M. (2003). *Global Classrooms: ENVIR 450/SISAF 490: Sustainability in South Africa Practicum*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.** (2002). *Global Classrooms: Year Two Faculty Course Design Interviews*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.** & Collins, L. J. (2002). *Global Classrooms: Lessons Learned*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.** & Collins, L. J. (2002). *Hands-On Laboratory-Driven Electrical Engineering Curriculum (Pandora): Student Interviews*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.** & Collins, L. J. (2002). *Global Classrooms: International Design Project: Student Focus Group*. University of Washington, Office of Educational Assessment Report.
- Collins, L. J., Garson, G., **Harris, J.**, & Sannicandro, T. *Faces of Our Community: Student Focus Groups*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.**, Collins, L. J., Garson, G., & Sannicandro, T. (2002). *Global Classrooms: Pol S 398: Global Citizen Project: Student Focus Group*. University of Washington, Office of Educational Assessment Report.
- **Harris, J.** & Collins, L. J. (2002). *Global Classrooms: Hum 498/ C Lit 496: Writing Multicultural Life Histories in Communities in Transition: Student Focus Group*. University of Washington, Office of Educational Assessment Report.
- Collins, L. J., & **Harris, J.** (2001). *UWired Seattle Schools Partnership*. University of Washington, Office of Educational Assessment Report.
- Garson, G., Collins, L. J., **Harris, J.**, Woody, K., & Sievanen, A. (2001). *University of Washington General Access Computer Labs: Client Preferences*. University of Washington, Office of Educational Assessment Report.

## CONFERENCE PRESENTATIONS & WORKSHOPS

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- **Academic and Student Affairs Conference**, University of Washington, March 2019  
*Addressing Student Mental Health & Well-Being through Collaborative Interventions*
- **Council on Undergraduate Research**, June 2018  
*13 Years of the Summer Institute in the Arts & Humanities: Impact on Faculty Teaching, Research, and Mentoring*
- **Council on Undergraduate Research**, June 2017  
*Undergraduate Research Leaders: An Outreach and Student Development Model that Promotes Undergraduate Research*
- **Council on Undergraduate Research**, June 2016  
*Explosions, Rocket Launchers, and Lawsuits: How to Successfully Navigate the Risks of Undergraduate Research*
- **Council on Undergraduate Research**, June 2015  
*Ways to Provide Responsible Conduct of Research Training  
A New Initiative for Community College Transfer Students*
- **National Conference on Undergraduate Research**, April 2015  
*Collaboration that Works: Enhancing Opportunities for Underrepresented Undergraduate Researchers*
- **Council on Undergraduate Research**, June 2014  
*Establishing a Learning Community for Mentors of Undergraduate Researchers  
Developing Undergraduate Researchers as Leaders*
- **Council on Undergraduate Research**, June 2013  
*Growing a Community of Undergraduate Scholars to Strengthen Undergraduate Research Programs  
Providing Opportunities for Developing Undergraduate Researchers*
- **Council on Undergraduate Research**, June 2012  
*Research Compliance Issues in Undergraduate Research  
Maximizing the Impact of a Campus-wide Undergraduate Research Forum*
- **AAC&U Student Success Conference**, March 2012  
*A Community-of-Scholars Approach to Undergraduate Research*
- **Council on Undergraduate Research**, June 2011  
*Strategies for Teaching Research Ethics*
- **Council on Undergraduate Research**, June 2010  
*Implementation Strategies to Address New Responsible Conduct of Research Training Requirements*
- **UW Career Center Panel for Graduate Students & Postdoctoral Researchers**, February, 2010  
*Non-Faculty Positions in Universities for People with Graduate Degrees*
- **UW Postdoctoral Association Workshop**, January 2010, February 2009, January 2008  
*Mentoring the Undergraduate Research Experience*
- **Council on Undergraduate Research**, June 2008  
*Postdoctoral Researchers & Graduate Students: The Unsung Heroes of Undergraduate Research at Universities*
- **21<sup>st</sup> National Conference on Undergraduate Research**, April 2007  
*Designing Effective Evaluation Tools for Celebrations of Undergraduate Research*
- **UW Teaching and Learning Symposium**, April, 2007  
*Mentoring Undergraduate Researchers: Where to begin?*
- **UW Postdoctoral Association Workshop**, December, 2006  
*Mentoring Undergraduate Researchers: Where to begin?*
- **Council on Undergraduate Research**, June, 2006  
*"Plays well with others": Collaborating with Campus Units in Support of Undergraduate Research*
- **American Evaluation Association**, November, 2002  
*Intricate Dances: Working with Difficult Program Managers. Washington, DC*
- **American Evaluation Association**, November, 2002  
*International Collaborations: Challenges for Evaluators. Washington, DC*
- **American Educational Research Association**, April, 2001  
*Making Sense of a School that Never Was: The Seattle Urban Academy Program Plan, 1968-1971. Seattle, WA.*
- **American Educational Research Association**, April, 2000  
*'Let's Make a Go at it!': Midlife Women Return to the Community College. New Orleans, LA*
- **Early Identification Program**, Office of Minority Affairs, University of Washington, autumn, 1997, 1998, 1999, and 2000.
- *The Graduate School Application Process. Seattle, WA*

- **Early Identification Program**, Office of Minority Affairs, University of Washington, autumn, 1997, 1998, 1999, and 2000.
- *Writing Effective Statements of Purpose for Graduate and Professional School*. Seattle, WA

## PROFESSIONAL SERVICE

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- **Diversity and Inclusion Committee Member, Undergraduate Academic Affairs, University of Washington**, spring 2013 – spring 2018
- **Board Member, University of Washington Professional Staff Organization**, autumn 2015 – spring 2017
- **Undergraduate Academic Affairs Representative, University of Washington Diversity Council**, autumn 2011 – spring 2013
- **Board Member, University of Washington Phi Beta Kappa**, winter 2007 – spring 2019
- **Search Committee Chair, GO Adviser for the Center for Experiential Learning**, winter, 2008
- **Race Matters Steering Committee**, Charged to monitor the implementation and effectiveness of the Seattle Public Schools Equity Plan, January, 2006 – April, 2007
- **Hiring Committee Representative, Jumpstart Associate Site Manager**, autumn, 2006
- **Graduate Student Representative**, Division F: History & Historiography, American Educational Research Association (AERA), 2003
- **U.S. Department of Education Grant Reviewer**, Gaining Early Awareness and Academic Readiness for Undergraduate Programs (GEAR UP), 1999
- **Proposal Reviewer**, Association for the Study of Higher Education (ASHE), 1998

## PROFESSIONAL MEMBERSHIPS

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### *Current*

- Association for Contextual Behavioral Science
- Washington Mental Health Counselors Association
- Phi Beta Kappa

### *Prior*

- American Educational Research Association
- American Evaluation Association
- Council on Undergraduate Research