

Jonathan F. Rhodes, PsyD

Licensed Clinical Psychologist
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New Outlook Program
Guhleman Forensic Center
Fulton State Hospital
600 E. 5th Street
Fulton, MO 65251

EDUCATION:

The Chicago School of Professional Psychology, Chicago, IL September 2008 – August 2013
Doctor of Psychology

The Chicago School of Professional Psychology, Chicago, IL May 2010
Master of Arts in Clinical Psychology

The Chicago School of Professional Psychology, Chicago, IL September 2007 – May 2008
Clinical Counseling – Internal transfer coursework completed.

Southern Illinois University, Carbondale, IL December 2001
Bachelor of Arts in Cinema and Photography

University of Missouri, Columbia, MO May 2000
Bachelor of Arts in Philosophy

PROFESSIONAL EXPERIENCE:

Fulton State Hospital, Fulton, MO September 2014 – Present
New Outlook Program for Behavior and Mood Self-Management (NOP)

- Implemented the Safe Offender Strategies protocol (SOS; Stinson & Becker, 2012) for clients with problematic sexual behaviors and/or sex-offending histories to assist them in developing the necessary skills to regulate their emotions, behaviors and interpersonal interactions more adaptively; as well as adopt strategies for risk management.
- Facilitated Dialectical Behavior Therapy for clients struggling with emotional, behavioral and interpersonal dysregulation in an intermediate, forensic hospital setting.
 - Delivered Individual-DBT interventions for clients struggling with dangerous and therapy interfering behaviors, utilizing diary-cards, chaining, contingency management, problem-solving, coaching calls, and incentives to shape the clients toward more skillful behaviors and increased adaptive functioning.
 - Provided DBT-Skills Group training for clients that focused the practice and application of mindfulness, interpersonal effectiveness, emotional regulation and distress tolerance techniques; as well as adjunct group therapies focused on the advanced-application of mindfulness and behavior-chain analysis.
 - Participated in a DBT-consultation team to provide and receive support in delivering treatment; just as a I helped coordinate a DBT-consultation team for direct-care staff to reinforce the delivery of effective interventions in the milieu, and increase overall treatment fidelity.

- Provided case-management, delivering individualized behavioral plans and interventions to increase adaptive functioning and decrease maladaptive behaviors.
- Served on the Psychology Internship Training Committee (ITC), aiding in the search and selection of internship candidates, as well as providing didactic training on treatment-relevant topics.

Sex Offender Rehabilitation and Treatment Services (SORTS) January 2015 – March 2015

- Facilitated the treatment of individuals with sex offending histories and/or problematic sexual behaviors within the context of group therapy.
 - Delivered the Safe Offender Strategies protocol (SOS; Stinson & Becker, 2012) to help registered sex-offenders develop the skills necessary to regulate their emotions, behaviors and interpersonal interactions more adaptively; as well as adopt strategies for risk management.
 - Assisted the clients in conducting behavioral chain analysis of therapy-interfering behaviors in an attempt to explore the function of their behaviors; and, more effectively apply contingency-management strategies, problem-solving, and skills-use.

TRAINING EXPERIENCE:

Linden Oaks Hospital, Naperville, IL

August 2013 – August 2014

Postdoctoral Extern in Addictions Treatment

- Program development that utilized evidence-based therapies to increase treatment retention and overall functioning in chemical-dependent and dual-diagnosed patients in recovery.
 - Adapted behavioral activation (BA) protocol (Life Enhancement Treatment for Substance Use – ACT; Daughters et al., 2008) to increase the functioning of dual-diagnosis patients who present with significant depressive symptoms.
 - Developed a 16-session protocol for our patients, adapting DBT skills and their applications to increase patient ability to emotionally regulate, manage distress, and address environmental factors that have led to rigid patterns of using-behavior.
 - Tailored ACT treatment manual (Acceptance and Commitment Therapy Group Therapy Manual for Self-Stigma and Shame in Substance Use Disorder; Luoma, Kohlenberg, & Hayes, 2005) to program constraints in an effort to target shame and avoidance-behaviors in patients at the PHP level-of-care.
- Conducted IRB-approved research to study a naloxone education program for opiate-dependent patients.
 - Evaluated the effects of the intervention on: (1) patient knowledge of opiate-overdose symptoms and appropriate naloxone use; (2) behavior change (e.g. post-intervention acquisition of naloxone); and, (3) effects of shame and guilt on behavior.
 - Ensured patient confidentiality by working to obtain a Certificate of Confidentiality (COC) from the National Institutes of Health/ National Institute on Drug Abuse (NIDA), further protecting subject information from ‘forced disclosure.’
- Conducted literature reviews for various research interests of treatment staff, including the use of implicit processing (e.g. Implicit Association Test, Implicit Relational Assessment Procedure) and experiential avoidance (e.g. Acceptance and Action Questionnaire - II, Acceptance and Action Questionnaire – Substance Abuse) as modes of assessment to inform addiction treatment.

- Delivered Acceptance Commitment Therapy (ACT) group therapy and Dialectical Behavior Therapy (DBT) skills training to adult patients diagnosed with substance-use disorders in intensive outpatient (IOP) and partial hospitalization programs (PHP).
 - Conducted brief interventions aimed at targeting patient shame, as well as increasing psychological flexibility and overall functioning.
 - Facilitated skills training to teach emotional regulation, distress tolerance, and interpersonal effectiveness skills.
- Provided individual therapy and case management to assigned patients.
 - Delivered individualized behavioral plans and interventions to increase adaptive functioning and decrease substance-using behaviors.
 - Facilitated family therapy sessions to increase patients' abilities to benefit from social-support networks.
 - Worked with patients to co-develop after-care plans that focus on their strengths and facilitate relapse-prevention after discharge.
- Received weekly didactics, group, and individual supervision focused on the theory and application contextual-CBT interventions that include mindfulness, acceptance, and behavior change.

Linden Oaks Hospital, Naperville, IL

August 2012 – July 2013

Predoctoral Intern in Addictions Treatment

- Delivered Acceptance Commitment Therapy (ACT) group therapy and Dialectical Behavior Therapy (DBT) skills training to adult patients diagnosed with substance-use disorders in intensive outpatient (IOP) and partial hospitalization programs (PHP).
 - Conducted brief interventions aimed at targeting patient shame, as well as increasing psychological flexibility and overall functioning.
 - Facilitated skills training to teach emotional regulation, distress tolerance, and interpersonal effectiveness skills.
- Provided individual therapy and case management to assigned patients.
 - Delivered individualized behavioral plans and interventions to increase adaptive functioning and decrease substance-using behaviors.
 - Facilitated family therapy sessions to increase patients' abilities to benefit from social-support networks.
 - Worked with patients to co-develop after-care plans that focus on their strengths and facilitate relapse-prevention after discharge.
- Received didactics, group, and individual supervision focused on theory and the application contextual-CBT interventions include mindfulness, acceptance, and behavior change.

Psychological Solutions Institute, Lisle, IL

August 2011 – June 2012

Advanced Extern in Private Practice Therapy

- Administered Acceptance Commitment Therapy (ACT) to adolescent and adult patients.
 - Conducted mid- to long-term individual psychotherapy with clients exhibiting a wide-range of mental illnesses and symptoms, including anxiety and mood disorders, self-injurious behaviors, eating disorders, and various personality disorders.
- Received weekly didactics, group, and individual supervision focused on the theory and application of Acceptance Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), and Functional Analytic Psychotherapy (FAP).
- Additional didactic training focusing on the treatment of GLBTQ clients.

Alexian Brothers Behavioral Health Hospital, Hoffman Estates, IL July 2010 – June 2011
Therapy Extern in Adolescent Anxiety/School Refusal PHP

- Participated in multi-modal treatment of adolescent clients presenting with various anxiety, mood, and behavioral problems associated with chronic truancy.
- Conducted short-term group and individual psychotherapy, as well as milieu treatment interventions and case management.
 - Population included a diverse set of clients from various racial, ethnic, religious, and sexual minorities, ranging from 12-17 years of age.
 - Common DSM-IV-TR diagnoses and presentations: social phobia, generalized anxiety disorder, major depressive disorder, substance dependence/abuse, self-injury, and conduct disorder.
 - Secondary experience included work with victims of acute and complex trauma, and those struggling with eating disorders.
- Received individual and group supervision, as well as weekly didactic seminars, on a wide-range of treatment topics, including geriatric interventions and psychotherapy with substance-abusing clients, self-injury, eating disorders, and chronic mental illness.

Riveredge Hospital, Forest Park, IL July 2009 - June 2010
Diagnostic Extern at Inpatient, Behavioral Health Hospital

- Primarily provided testing services for children and adolescents diagnosed with severe psychopathology in an inpatient setting.
 - Administered, scored and interpreted intellectual, emotional, and adaptive functioning measures for children and adolescents from an ethnically and racially diverse clinical population.
 - Common DSM-IV-TR diagnoses and presentations: major mood disorders, substance dependence/abuse, psychosis, dissociation, conversion disorders, and significant acute and complex trauma histories.
 - Extensive application of Exner Scoring for Rorschach interpretation.
- Completed more than twenty-five (25) complete batteries that led to treatment recommendations and staff consultation regarding patient discharge and placement.
- Training included individual and group supervision, as well as grand rounds, focusing on the application of a wide-range set of assessment measures.

RESEARCH EXPERIENCE:

The Chicago School of Professional Psychology, Chicago, IL September 2013 – August 2014
Postdoctoral Researcher

“Increasing Patient Knowledge of the Signs of Opioid Overdose and Naloxone in a Suburban Treatment Program.”

Principal Investigator: Dr. David C. Lott, M.D.

- Evaluated the effects on a naloxone education program on opiate-dependent patients in a outpatient setting, employing several empirically-validated measures to measure changes in subjects knowledge and behaviors.
 - Utilized the Opiate Overdose Knowledge Scale (OOKS) to measure the knowledge of opiate-dependent patients on the risks and signs associated with an opiate-overdose, and the use of Naloxone in treating them.
 - Used the Guilt and Shame Proneness Scale (GASP) to measure how increased shame and guilt in subjects – and, their reactions to these affective states – may impact whether they seek additional education and/or access to naloxone, as potentially, life-saving treatment.

- Analyzed the impact that exposure to the educational course may have on behaviors at post-intervention follow-up.
- Managed the recruitment of subjects from the patient population and supervised the maintenance of research data in a HIPPA-compliant database.
- Registered and managed the research study with the U.S. National Institutes of Health (NIH) website, www.clinicaltrials.gov.
- Ensured patient confidentiality by working to obtain a Certificate of Confidentiality (COC) from the National Institutes of Health/ National Institute on Drug Abuse (NIDA), further protecting subject information from 'forced disclosure.'

The Chicago School of Professional Psychology, Chicago, IL August 2010 – December 2012
 Doctoral Dissertation

“Using Super-heroes as a male-friendly intervention to reprocess trauma with adolescent males in residential treatment.”

Chair: Robert Foltz, PsyD; Committee Members: James Iaccino, PhD & J. Dondero, M.A.

- Evaluated residential program incorporating superheroes throughout the therapeutic milieu.
- Developed two male-friendly, expressive therapy modules based on current evidence-based interventions to conduct Phase I & Phase II trauma work.
 - Module I focuses on educating clients on the effects of trauma using bibliotherapy techniques and superhero-based trauma narratives.
 - Module II assists the client in creating a semi-autobiographical, superhero narrative that parallels their experience and trauma-related themes in an effort to reprocess and integrate them.
- Reviewed literature on topics including trauma-related and male-friendly psychotherapy, attachment, Jungian archetypes, emotional literacy, and narrative therapy.

University of Missouri, St. Louis, MO

January 2007 – May 2007

Research Assistant

- Assisted in data collection at the University of Missouri – St. Louis (UMSL) Behavioral Neuropsychology Lab to address effects of pharmacotherapy on adolescent brain development.

TEACHING EXPERIENCE:

The Chicago School of Professional Psychology, Chicago, IL August 2009 – December 2012

Teaching Assistant in the Clinical PsyD program.

- Facilitated class and lab discussions on a wide-range of cognitive assessment topics.
- Providing real-time reinforcement of psychometric administration and interpretation.
- Graded student assignments and provided additional feedback.

AFFILIATIONS:

Association for Contextual Behavioral Sciences	2010 – Present
American Psychological Association	2007 – Present
Association for Behavioral and Cognitive Therapies	2011 - 2013
Society for the Psychological Study of Men & Masculinity.	2011 – 2013

PRESENTATIONS:

Association for Contextual Behavioral Science – World Conference XII. June 21, 2014
“Why Groups are Not Designed to Be Tolerant, and Why We as Contextual Scientists Might Care” – An IGNITES presentation exploring functional-contextual factors behind behaviors like out-group stigmatizing, stereotyping, and discrimination, as well as the types of environmental interventions that have shown the most promise at increasing prosocial behaviors.

Association for Contextual Behavioral Science – World Conference X. July 25, 2012
“Compassionate Intentions in the Psychotherapy Setting” – Workshop incorporating didactic presentation and experiential exercises focused on using compassion processes within the context of ACT-based, clinical interventions.

Chicago School Student Association Colloquia – Critical Thinking in Education. *Fall Series*
“Fostering Academic Debate and Respect for Intellectual Differences” November 2008
“Sacred Objects and Scientific Inquiry” October 2008
“Thinking Critically, Acting Collegial” September 2008