
Jennifer K. Paweleck-Bellingrodt, Psy.D.

Licensed Clinical Psychologist
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Professional Statement

Over fifteen years of experience practicing in the field of psychology, working with diverse clients and a wide range of psychological issues. Four years serving as an active duty psychologist for the United States Army, possessing a Secret security clearance. Four years experience in administration (service, clinic, and department), as well as clinical supervision of behavioral health technicians. Recognized for leadership and consultation skills and ability to accomplish a wide range of administrative and behavioral health missions. Exceptional communication, analytical, and organizational skills. Emphasize health psychology perspective with a focus on the mind-body connection and the importance of a multidisciplinary approach. Skilled in working with difficult-to-treat and resistant clients. Diverse interests including assessment and treatment, teaching, writing, clinical supervision, program development, and administration. Appreciate challenges and opportunities for professional and personal growth.

Education and Training

Doctor of Psychology, August 2001	Baylor University Waco, Texas APA-Accredited Doctoral Program in Clinical Psychology Major: Clinical Psychology Doctoral Project: Program Evaluation of a Community Mental Health Center and Further Development of the Quality of Life Inventory (QOLI) Class liaison between faculty and third year class
Clinical Psychology Residency, June 2001	Walter Reed Army Medical Center Washington, D.C. APA-Accredited Residency Program in Clinical Psychology Rotation as chief resident
Master of Science, August 1999	Baylor University Waco, Texas Major: Clinical Psychology Member of program faculty/student governance committee
Bachelor of Arts, May 1997	The University of Texas at Austin Austin, Texas Major: Psychology Minor: Educational Psychology Honors: Magna Cum Laude, Departmental Honors Honors Thesis: Children's Understanding of the Roles of Experience and Conscious Control in Imagination and Dreaming

Military Experience and Training

June 2000 – July 2004	Active Duty Psychologist for the United States Army
October 2001	Aeromedical Psychology Training Course

July 2001 – September 2001	Army Medical Department Officer Basic Course
July 2002	Family Advocacy Staff Training (Advanced) Course
March 2003	U.S. Army Alcohol and Drug Abuse Prevention and Control Program Advanced Counseling Course

Licensure

Licensed in the state of Arizona as of December 17, 2003 (AZ License #3616)

Clinical and Consulting Experience

July 2004 to Present	<p>Independent Practice Sierra Vista, Arizona; Litchfield Park, Arizona; Avondale, Arizona; and Goodyear, Arizona Licensed Clinical Psychologist Duties: Psychologist in private practice conducting assessment and treatment of various behavioral health conditions in children, adolescents, and adults via individual, marital, and family therapy on an outpatient basis. Lecturer for continuing medical education at various community agencies and organizations. Primary clinical supervisor for practicum students and secondary clinical supervisor for APPIC interns. Available for assessment and treatment, lectures in public and professional forums, individual and organizational consultation, and critical incident stress debriefing.</p>
October 2003 to July 2004	<p>Raymond W. Bliss Army Health Center Fort Huachuca, Arizona Chief, Community Mental Health Service Duties: Conducted initial diagnostic interviews and consultations (health psychology/behavioral medicine consultation, command consultation, medical consultation). Completed intellectual and personality assessments. Conducted individual, marital, family, and group psychotherapy on an outpatient basis. Supervised mental health technicians. Conducted briefings, classes, and continuing education seminars on mental health services and issues. Conducted occupational consultations. Coordinated and completed department's first-ever critical incident stress debriefing. Maintained responsibility for performance improvement project on service outcomes. Increased departmental outreach efforts through publications, presentations, and mental health fairs. Maintained control of clinic administration (psychology and psychiatry services) with a total of approximately 14,000 patient visits per year. Received certificate of achievement from hospital commander for outreach efforts.</p>
February 2003 to October 2003	<p>Raymond W. Bliss Army Health Center Fort Huachuca, Arizona Chief, Behavioral Health Service Duties: Conducted initial diagnostic interviews and consultations (health psychology/behavioral medicine consultation, command consultation, medical consultation). Completed intellectual and personality assessments. Conducted individual, group, marital, and family psychotherapy on an outpatient basis. Supervised mental health technicians. Conducted briefings and classes on mental health services and issues. Implemented performance improvement project on service outcomes. Maintained responsibility for department administration (psychology, psychiatry, social work, and substance abuse services) with a total of approximately 22,000 patient visits per year and greater than 30 mental health practitioners. Led department's mock JCAHO survey, implementing feedback via revising and streamlining clinic operating procedures. Supervisor: Robert Lewis, Ph.D.</p>
October 2001 to February 2003	<p>Raymond W. Bliss Army Health Center Fort Huachuca, Arizona Chief, Psychology Service</p>

Duties: Conducted initial diagnostic interviews and consultations (health psychology/behavioral medicine consultation, command consultation, medical consultation). Completed intellectual and personality assessments. Conducted individual, marital, and family psychotherapy on an outpatient basis. Supervised mental health technicians. Designed performance improvement project on mental health service outcomes. Maintained responsibility for psychology service administration with a total of approximately 5,500 patient visits per year. Leadership and administrative skills contributed to health clinic's JCAHO accreditation and certificate of achievement from hospital commander.
Supervisor: Robert Lewis, Ph.D.

June 2000 to
June 2001

Walter Reed Army Medical Center
Washington, D.C.
Psychology Resident
Rotations (each three months long): Child and Adolescent Psychology, Military Psychology/Community Mental Health, Neuropsychology, and Inpatient Psychiatry
Mini-rotations (each three months long): Health Psychology, Deployment Health, Breast Cancer Clinic, and Psychiatry Consultation-Liaison Service
Duties: Conducted initial diagnostic interviews and consultations, including drill sergeant, recruiter, security clearance, and command referral evaluations. Completed intellectual and personality assessments (WISC-III, WASI, WRAT-III, WMS-III, MMPI-II, MCMI-II, PAI, and Rorschach Inkblot Test). Conducted individual and marital therapy on an outpatient basis and co-facilitated an outpatient interpersonal process group. Led short-term stress management group and gave briefings on stress management and suicide risk reduction. Co-facilitated Dialectical Behavior Therapy group for the treatment of Borderline Personality Disorder. Member of interdisciplinary team and presenter at case conferences. Served as chief resident, acting as a liaison between psychology residents and staff as well as between psychology and other services. Served as administrative officer of the day (24-hour duty) in lieu of the hospital commander.
Supervisors: Jason de Leeuw, Psy.D.; Ruth Hoffman, Ph.D.; Alvin Jones, Ph.D.; Robin Michael, Ph.D.; Edwin Supplee, Ph.D.; Steven Tulin, Ph.D.; N. Chanell Washington, Ph.D.; Stacey Williams, Ph.D.

June 1999 to
June 2000

Central Texas Veterans Health Care Administration
Waco, Texas
Psy.D. Trainee
Rotations (each four months long): Post-Traumatic Stress Unit (voluntary inpatient), Mental Hygiene Clinic (outpatient), and Acute Psychiatry (voluntary and involuntary inpatient)
Duties: Conducted initial diagnostic interviews. Completed intellectual and personality assessments (WISC-III, WRAT-III, WMS-III, MMPI-II, MCMI-II, PAI, and Rorschach Inkblot Test). Conducted individual therapy and rounds and co-led therapy groups on new beliefs, milieu issues, trauma, grief, recovery and reintegration, and self-management. Member of multidisciplinary treatment team of psychologists, psychiatrists, social workers, nurses, and mental health technicians responsible for treatment planning and service coordination.
Supervisors: Ann Davey, Ph.D., Stephen Davey, Ph.D., and Richard Spinn, Ph.D.

July 1998 to
June 1999

Equal Opportunities Advancement Corporation - Waco Charter School (At-Risk Children)
Waco, Texas
Psy.D. Trainee
Duties: Completed intellectual and personality assessments (WISC-III, WIAT, TONI-III, RAT-C, RCMAS, CDI, KFD, H-T-P, and Rorschach Inkblot Test). Completed classroom screening observations and special education assessment and placement. Attended student placement meetings as multidisciplinary team member with parents, teachers, and administration. Attended weekly staff meetings and consulted with teachers regarding treatment planning, behavior modification, and student progress. Co-led bi-weekly behavior management group and conducted individual therapy, including play therapy and one adult therapy case with a Spanish translator. Co-led weekly parent support group.
Supervisor: Mercy Chieza, Psy.D., L.S.S.P.

June 1997 to
June 1998

Mexia State School (Texas Department of Mental Health and Mental Retardation)
Specialized Treatment Center for Developmentally Disabled Delinquents
Mexia, Texas
Psy.D. Trainee
Duties: Completed intake psychological evaluations and assessments of intellectual and adaptive functioning (WISC-III, WAIS-III, WIAT, WRAT3, Vineland Adaptive Behavior Scales, TAT, and Rorschach Inkblot Test). Co-led social skills group and conducted individual therapy. Completed behavioral analyses and formulated behavior management programs. Completed monthly progress notes. Attended and presented evaluations and behavior programs at interdisciplinary team meetings and behavioral therapy committee meetings.
Supervisor: Jack McMahan, Ph.D.

Research Experience

October 2001 to
July 2004

Raymond W. Bliss Army Health Center
Fort Huachuca, Arizona
Chief, Psychology Service
Performance Improvement Project
Formulated, established, and maintained responsibility for ongoing performance improvement/quality assurance project on mental health service outcomes. Project involved administration of symptom questionnaires in a pre-/post-test design.

April 1998 to
July 2001

Baylor University
Waco, Texas
Graduate Student in Clinical Psychology
Doctoral Project (Empirical Research)
Co-conducted program evaluation of outpatient therapy services and QOLI normative study at Heart of Texas Region Department of Mental Health and Mental Retardation. Developed demographics questionnaire, conducted original data collection and data entry, analyzed results of evaluation, and presented findings to staff upon completion.
Project supervisors: David Kopplin, Ph.D., and Michael Frisch, Ph.D.

January 1996 to
December 1996

The University of Texas at Austin
Austin, Texas
Undergraduate Psychology Honors Candidate
Undergraduate honors thesis on children's understanding of dreams. Personally organized all interviews, collected majority of data, and ran all statistical analyses for the project. Project completed and accepted for graduation with psychology honors.
Project supervisor: Jacqueline Woolley, Ph.D.
Honors advisors: Michael Domjan, Ph.D., and Janet Spence, Ph.D.

Training and Teaching Experience

September 2006 to
August 2008

Argosy University
Phoenix, Arizona
Adjunct Clinical Faculty
Duties: Practicum supervisor for Psy.D. students completing assessments and therapy in a private practice setting. Provided weekly individual and group supervision sessions to students in their second, third or fourth year of doctoral study.

September 1999 to
January 2000

Baylor University
Waco, Texas
Graduate Teaching Assistant
Intellectual Assessment
Duties: Instructed and evaluated competency of graduate students in administering various instruments (e.g., WISC-III, WAIS-III, WIAT, WRAT-III, WMS-III).
Supervisor: David Rudd, Ph.D., A.B.P.P.

July 1998

Equal Opportunities Advancement Corporation - Waco Charter School
Waco, Texas

Psy.D. Trainee

Duties: Co-organized and co-conducted staff training seminar on mental health services and behavior management/modification principles.

Supervisor: Mercy Chieza, Psy.D., L.S.S.P.

Presentations and Publications

- Frisch, M.B., Clark, M.P., Rouse, S.V., Rudd, M.D., Paweleck, J.K., Greenstone, A., and Kopplin, D.A. Predictive and treatment validity of the Quality of Life Inventory or QOLI in managed care, substance abuse, community mental health, and counseling center samples: A seven year study of 3,928 patients. Paper presented to the International Society for Quality of Life Studies, Washington, D.C., December 2001.
- Frisch, M.B., Clark, M.P., Rouse, S.V., Rudd, M.D., Paweleck, J.K., Greenstone, A., and Kopplin, D.A. 2003. Predictive validity and sensitivity to change in quality of life assessment and life satisfaction. *Advances in quality-of-life theory and research*, 20: 191-210.
- Paweleck, J.K. Stress management for healthcare professionals. Continuing medical education seminar presented at Raymond W. Bliss Army Health Center, Fort Huachuca, Arizona, January 2004.
- Paweleck, J.K. Is the war really over? Article in *Fort Huachuca Scout and The News-Enterprise*, January 2004, and *Army Medicine News Service*, May 2004.
- Paweleck, J.K. Marriage and deployment. Article in *Army Medicine News Service*, January – February 2004 and *Fort Sam Houston News Leader*, July 2004.
- Paweleck, J.K., and Jeanise, S. Mental health myths. Article in *Army Medicine News Service*, March 2004 and *The Frontline*, January 2006.
- Paweleck, J.K. Personality disorders. Continuing medical education seminar presented at Raymond W. Bliss Army Health Center, Fort Huachuca, Arizona, August 2004; Northern Cochise Community Hospital, Willcox, Arizona, September 2004; and Benson Hospital, Benson, Arizona, October 2004.
- Paweleck, J.K. Anxiety disorders. Continuing medical education seminar presented at Raymond W. Bliss Army Health Center, Fort Huachuca, Arizona, September 2004.
- Paweleck-Bellingrodt, J.K. Mood disorders. Continuing medical education seminar presented at Raymond W. Bliss Army Health Center, Fort Huachuca, Arizona, August 2005.
- Frisch, M.B., Clark, M.P., Rouse, S.V., Rudd, M.D., Paweleck, J.K., Greenstone, A., and Kopplin, D.A. (2005). Predictive and treatment validity of life satisfaction and the Quality of Life Inventory. *Assessment*, 12(1): 66-78.
- Paweleck-Bellingrodt, J.K. Anxiety disorders update. Continuing medical education seminar presented at Raymond W. Bliss Army Health Care Center, Fort Huachuca, Arizona, April 2006 and Benson Hospital, Benson, Arizona, July 2006.
- Paweleck-Bellingrodt, J.K. Postpartum psychological disorders: Part I. Continuing medical education seminar presented at Raymond W. Bliss Army Health Care Center, Fort Huachuca, Arizona, July 2006.
- Paweleck-Bellingrodt, J.K. Postpartum psychological disorders: Part II. Continuing medical education seminar presented at Raymond W. Bliss Army Health Care Center, Fort Huachuca, Arizona, August 2006.
- Paweleck-Bellingrodt, J.K. The military patient: Individual and family interventions. Continuing medical education seminar presented at Aurora Behavioral Health Care, Glendale, Arizona, June 2011.
- Paweleck-Bellingrodt, J.K. Postpartum psychiatric disorders. Continuing medical education seminar presented at Valley Hospital, Phoenix, Arizona, September 2011.