

# Jay M. Greenfeld, Ph.D.

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~Counseling Psychology~

University of Iowa

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## EDUCATION

### **University of Iowa**

APA approved Doctoral program

December 2011

Advisor: John S. Westefeld, Ph.D. ABPP

Dissertation topic: *Using Rational Emotive Behavior Therapy to initiate and maintain regular exercise in college aged men: A qualitative investigation.*

Dissertation defense

April 2011

### **New York University**

Master of Arts- Applied Psychology

May 2005

Advisor: Jacqueline S. Mattis, Ph.D.

### **University of Winnipeg**

Bachelor of Arts Honors, Psychology

May 2002

Advisor: Hinton Bradbury, Ph..D.

Thesis topic: *Trust in Peers*

## LANGUAGES SPOKEN

English

## COUNSELING & RELATED EXPERIENCE

### **Psychotherapist**

Aug 2011- Present

*Cathy Moser & Associates, Winnipeg, Mb, Canada*

Conducting individual and group psychotherapy and assessments for children and adults with a focus on concerns of anxiety, attention deficit, depression, test taking strategies, public speaking anxiety, and vocational development. Leading workshops on stress management and health and wellness for individuals ranging in age.

### **Pre-doctoral Internship**

Aug 2010 –Aug 2011

*University of South Florida Counseling Center Tampa, FL*

Conducting individual psychotherapy and intake assessments for college students with a focus on concerns of anxiety, depression, test taking strategies, public speaking anxiety, and vocational development. Conducted cognitive, personality, and career assessment and delivered outreach presentations that included stress management, bridging exercise and mental health, assertiveness training, time management, and test taking anxiety. Population included undergraduate and graduate students aged 18-38. Total Hours: 1050.0 (Individual/Assessment: 700.0, Group: 50.0, Supervising: 1200.0, Supervision: 180.0). Supervisors: Kristen Davis-John, Ph.D., Anca Mirsu-Paun, Ph.D., & Lisa Ferdinand, Ph.D.

### **Advanced Practicum**

Jun 2009 –Jan 2010

*Child Psychiatry, University of Iowa Hospitals & Clinics, Iowa City, IA*

Conduct assessments for child and adolescent patients with anxiety, depression, academic difficulties, and body image concerns in the Child Psychiatry Unit within the University of Iowa Hospitals and Clinics. Population includes children and adolescents aged 4-17. Assessments focus on behavioral, developmental, and intellectual difficulties. Co-facilitate group work for adolescent females with an emphasis on body image. Total Hours: 172.0 (Individual/Assessment: 135.0; Supervision: 37.0). Supervisor: Karen A. Nelson, Ph.D.

### **Advanced Practicum**

Jun 2008 - May 2009

*Medical Student Counseling Center, University of Iowa, Iowa City, IA*

Conducted individual psychotherapy and intake assessments for medical students whose presenting issues included anxiety, depression, test taking strategies, and vocational development. Population included medical students aged 23-30. Outreach programs focused on stress management, career exploration, body image, and eating disorders. Designed the *Careers in Medicine* website to help students explore their specialty areas. Total Hours: 226.0 (Individual/Assessment: 110; Supervision: 116). Supervisor: Christine R. Cork, Psy.D.

**Advanced Practicum**

Aug 2007 - May 2008

*University Counseling Services, University of Iowa, Iowa City, IA*

Conducted individual psychotherapy and intake assessments for college students with a focus on concerns of anxiety, depression, test taking strategies, public speaking anxiety, and vocational development. Population included undergraduate and graduate students aged 18-30. Outreach programs focused on public speaking anxiety and men and masculinity issues. Total Hours: 275.0 (Individual/Assessment: 127.0; Supervision: 148.0). Supervisors: Julie Corkery, Ph.D., Mark Harris, Ph.D. & Audrey Bahrck, Ph.D.

**Master's level Practicum**

Sep 2004 - May 2005

*High School for Health Professions, New York City, NY*

Conducted individual psychotherapy, intake assessments for college students with a focus on anxiety, depression, test taking strategies, public speaking anxiety, and vocational development. Population included high school students aged 15-19. Co-facilitated a men's group (met weekly for 1 hour) focused on men's issues (e.g., body image, disordered eating, sexual violence, career transitions, relationship concerns, anxiety, and depression). Total Hours: 700.00 (Individual/Assessment: 370.0; Supervision: 330.0). Supervisors: Dianne Hallman, M.A., Corinne Weinman, M.A. & Mary Sue Richardson, Ph.D.

**CLINICAL RELEVANT EMPLOYMENT**

**Behavioral Therapist**

Apr 2004 - Sep 2004

*Tri-State Learning Center, New Rochelle, NY*

Conducted individual behavior therapy with children diagnosed with Autism. Followed the manualized principles of Applied Behavioral Analysis. Population included children aged 2-10. Total Hours: 200.0 (Individual/Assessment: 150.0; Supervision: 50.0). Supervisor: Alyssa Andersen-Kuntz, M.A., LMHP.

**Behavioral Therapist**

Aug 2000 - Jun 2002

*St. Amant Centre for Autism, Winnipeg, Mb, Canada*

Conducted individual behavior therapy with children diagnosed with Autism. Followed the manualized principles of Applied Behavioral Analysis. Population included children aged 5-7. Total Hours: 540.0 (Individual/Assessment: 480.0; Supervision: 60.0). Supervisor: Helen Williams, M.A., LMHA.

## **TEACHING**

### **Physical Activity: Promotion and Adherence (KIN-3305-001)**

*University of Winnipeg, Department of Kinesiology & Applied Health*

Lead weekly lectures for a 3 credit-hour undergraduate course that focuses on aspects of the theory and practices that promote the adoption and adherence of physical activity and health-related behavior. Topics include effective individual and community exercise intervention design, counseling, issues related to obesity, exercise addiction, and physical activity across the lifespan are also discussed. Formulating and organizing the content, administering and grading tests and assignments, and leading the lectures throughout the semester. Total enrollment: 40 students.

### **Issues in Health (KIN-2305-001)**

*University of Winnipeg, Department of Kinesiology & Applied Health*

Weekly lectures for a 3 credit-hour undergraduate course that focuses on aspects of stress management (e.g., physiology, cognitive appraisal, relaxation training, exercise, nutrition, diversity, occupational, and family stress) and a diverse array of individual and global health-related concerns. Formulating and organizing the content, administering and grading tests and assignments, and leading the lectures throughout the semester. Total enrollment: 45 students.

### **Understanding Stress and Coping (028:174: SCC & SCD)      Fall 2009 & Spring 2010**

*University of Iowa, Department of Health & Sport Studies*

Led weekly lectures for a 3 credit-hour undergraduate course that focuses on aspects of stress management (e.g., physiology, cognitive appraisal, relaxation training, exercise, nutrition, diversity, occupational, and family stress). Formulating and organizing the content, administering and grading tests and assignments, and leading the lectures throughout the semester. Total enrollment: 40 students per section. Supervisor: Christi R. Johnson, Ph.D.

### **Stress Management (028:174: SCA)      Fall 2008 & Spring 2009**

*University of Iowa, Department of Health & Sport Studies*

Led weekly lectures for a 3 credit-hour undergraduate course that focused on aspects of stress management (e.g., physiology, cognitive appraisal, relaxation training, exercise, nutrition, diversity, occupational, and family stress). Created the syllabus, formulated and organized the content, administered, and graded tests and assignments. Total enrollment: 50 students per section. Supervisor: Christi R. Johnson, Ph.D.

## **RESEARCH EXPERIENCE**

### **Research Consultant**

Sep 2008 – Mar 2009

*University of Iowa College of Law, Iowa City, IA*

Co-created a cultural climate survey for the college of law intended to assess diversity related issues within the law school environment (e.g., staff, faculty, students). Created an assessment tool to be administered in 2009 to the students.

### **Senior Research Assistant/Consultant**

Oct 2007 - Aug 2009

*Office of Equal Opportunity and Diversity, Iowa City, IA*

Created a diversity awareness skills training manual for student peer diversity ambassadors. Supervised and trained undergraduate and graduate students from all colleges on campus to lead and co-lead diversity workshops on campus on topics of diversity awareness and sexual harassment. Co-created a cultural climate survey for the college of law intended to assess diversity related issues within the law school environment (e.g., staff, faculty, students). Created an assessment tool to be administered in 2009 to the students. Facilitated focus groups for graduate and professional students on diversity issues, broadly defined. Analyzed and summarized students' views on diversity on the University of Iowa campus. Created the University of Iowa's Cultural Competency website, a resource for students, faculty, and staff to help build cultural competency on and off campus.

### **Researcher/Consultant**

Columbia University, New York, NY

May 2005 - May 2006

Prepared presentations, coordinated and monitored psychological studies (e.g., behavioral goal preferences, decision making, and effort and reward-based outcomes) to optimize productivity within small companies. Co-consulted for small investment firms using principles of behavioral economics.

## **SUPERVISION PROVIDED**

*University of South Florida Counseling Center*

Aug 2010 - Apr 2011

Supervising advanced practicum student, Trajana N. Thomas, M.A., LMFT, Doctoral Candidate, Argosy University. Provided written and verbal feedback for her case notes, clinical work, case conceptualization, and case presentations. Engaged in 2 hours of weekly supervision with an emphasis on exploring presenting concerns with a diverse college student population and overall professional development.

*Carver College of Medicine, University of Iowa* May 2009  
*Diversity 101: Engaging students in diversity work*

Supervised group facilitator, Natassia V. Gaznick, B.S., medical student. Provided written and verbal feedback for her 1-hour workshop that included 12 medical students. The topic included diversity conflict, communication, difficult dialogue, identity issues when working with nonverbal clients, and exploring biases within the field of medicine.

*Music Therapy-School of Music* Apr 2009  
*College of Liberal Arts & Sciences University of Iowa*

*It's a Small World After All: Engaging music therapists in diversity work*

Supervised group facilitator, Rachel L. Strauss, M.A., music therapist. Provided written and verbal feedback for her 1-hour workshop that included 5 music therapy students. The topics included diversity conflict, communication, difficult dialogue, identity issues when working with nonverbal clients, and exploring biases when working with diverse clients.

*College of Public Health, University of Iowa* Mar 2009  
*It's a Small World After All: Engaging students in diversity work*

Supervised group facilitator, Meredith McKean, B.S., medical student. Provided written and verbal feedback for her 1-hour workshop that included 12 undergraduate students from the College of Public Health. The topics included diversity conflict, communication, difficult dialogue, identity issues when working with nonverbal clients, and exploring biases when working with diverse patients.

*Tippie College of Business, University of Iowa* Mar 2009  
*My World, My Culture*

Supervised group facilitator, Habie Timbo, undergraduate student in Business Administration. Provided written and verbal feedback for her 1-hour workshop that included 18 students from the College of Business and representatives from Target. The topics included the Racial Cultural Identity Model, exploring personal biases and acculturation in the world of business.

## **PROFESSIONALLY REVIEWED MANUSCRIPTS**

Papaioannou, A.G., Sagovits, A., Kalogiannis, G.A., & Skordala, M. (2010). Global goal orientations: Prediction of sport and exercise involvement and smoking.

*Psychology of Sport and Exercise*. [doi:10.1016/j.psychsport.2010.12.001](https://doi.org/10.1016/j.psychsport.2010.12.001)

## **PUBLICATIONS**

Chuick, C.D., **Greenfeld, J.M.**, Greenberg, S.T., Haley, J.T., Shepard, S.J., & Cochran, S.V. (2009). A qualitative investigation of masked depression in men. *Psychology of Men and Masculinity*, 10, 302-313. [doi:10.1037/a0016672](https://doi.org/10.1037/a0016672)

**Greenfeld, J.M.** (2009). *My choice my life: Realizing your ability to create balance in life*. Denver, CO: Outskirts Press.

Walker, J.R., Ediger, J.P., Graff, L.A., **Greenfeld, J.M.**, Clara, I., Rawsthorne, P., Miller, N., Rogala, L. et al. (2008) Psychiatric co-morbidity in IBD: Findings in a community sample. *American Journal of Gastroenterology*, 103, 1989-1997. [doi:10.1111/j.1572-0241.2008.01980.x](https://doi.org/10.1111/j.1572-0241.2008.01980.x)

Westefeld, J., Range, L.M., **Greenfeld, J.M.**, & Jenks-Kettmann, J. (2007). Assessing suicide risk in multicultural populations. In F. Leong & M. Leach (Eds.), *Suicide among racial and ethnic groups: Theory, research, and practice*. (p.229-253) New York: Brunner: Routledge.

## **PROFESSIONAL PRESENTATIONS**

**Greenfeld, J.M.** (2009). *It's a small world after all: Engaging students in diversity work*. Poster session presented at the 11<sup>th</sup> Annual James F. Jakobsen Conference, University of Iowa, Iowa City, IA.

Turesky, D.G., & **Greenfeld, J.M.** (2009). *Class, classism, collars, and privilege: An application of the social class worldview model in counseling*. Discussion session presented at the meeting of the Multicultural Winter Roundtable, Columbia University, New York, NY.

**Greenfeld, J.M.**, Chuick, C.D., Greenberg, S.T., Haley, J.T., Shepard, S.J., & Cochran, S.V. (2007, August). *A Qualitative Investigation of Masked Depression in Men*. Poster session presented at the meeting of the American Psychological Association, San Francisco, CA.

Bagheri, E., & **Greenfeld, J.M.** (2007, August). The Intersection of Social Class and Immigration in Children and Adolescents. In W.M. Liu (Chair), *Intersection of Social Class and Immigration in Children*. Symposium conducted at the meeting of the American Psychological Association, San Francisco, CA.

Walker, J.R., Ediger, J.P., Graff, L.A., **Greenfeld, J.M.**, Clara, I., Rawsthorne, P., Miller, N., Rogala, L., McPhail, C.M., & Bernstein, C.N. (2007, May). *The Manitoba IBD Cohort Study: The prevalence of psychiatric co-morbidity in Inflammatory Bowel Disease*. Poster session presented at meeting of the American Gastroenterology Association, Washington, DC.

Bagheri, E., & **Greenfeld, J.M.** (2007, February). *A Content Analysis of Health Intervention Research: The Role of Race, Racism, and Social Class*. Poster session presented at the meeting of the Multicultural Winter Roundtable, Columbia University, New York, NY.

### **COMMUNITY OUTREACH & VOLUNTEER**

*Transitions and Stress* Jan 2010  
*Gerdin Athletic Center, University of Iowa*  
Facilitated a 45-minute workshop for the Mid-year University of Iowa athletes, included 5 student athletes aged 18-23. Workshop included a combination of lecture, discussion, and activities related to stress management (e.g., Progressive Muscle Relaxation, Meditation, time management, and nutrition). Supervisor: Andy Winkelmann, M.S.

*Stress Management* Jan 2010  
*Belin Blank Honors Clinic, University of Iowa*  
Facilitated a 2-hour workshop for the administrative staff, psychologists, educators, and graduate students affiliated with the clinic, which included 40 male and female attendees. The workshop focused on identifying stressors within the workplace and understanding tools and techniques to effectively cope with and prevent stress at work (e.g., cognitive restructuring, environmental and organizational stress, time management, and communication). Supervisor: Susan Assouline, PhD.

*Balancing Life in the Offseason* Dec 2009

*Gerdin Athletic Center, University of Iowa*  
Facilitated a 1-hour workshop for the Women's field hockey team, included 20 female student athletes aged 18-23. Workshop included a combination of lecture, discussion, and activities related to stress management (e.g., Progressive Muscle Relaxation, Meditation, time management, and nutrition). Supervisor: Margret A. Dann, M.A.



*Building a Strong Diverse Community within the Law School* Aug 2009  
*Boyd Law Building, University of Iowa*

Facilitated a 2-hour workshop for the first year law students during orientation week, included 25 law students student athletes aged 22-30. Workshop included a combination of lecture, discussion, and activities related to cultural competency (e.g., self-exploration, case studies, communication styles, conflict resolution). Supervisor: Dorothy Simpson-Taylor, PhD.

*The Balance Beam of Life* Apr 2009  
*Gerdin Athletic Center, University of Iowa*

Facilitated a 1-hour workshop for the Women's gymnastics team, included 20 female student athletes aged 18-23. Workshop included a combination of lecture, discussion, and activities related to stress management (e.g., Progressive Muscle Relaxation, Meditation, time management, cognitive restructuring, and nutrition). Supervisor: Margret A. Dann, M.A.

*Three Pieces to the Pie: Creating Balance in Life* Jan 2009  
*Gray Academy of Jewish Education, Winnipeg, Mb, Canada*

Facilitated a 1.5 hour workshop for 33 male and female sixth grade students from a paroquial elementary school in Canada. The workshop focused on balancing stress in sixth grade with an emphasis on connecting the mind (thoughts), the body (actions), and the soul (feelings) to optimize life and minimize stress.

*Stress Management off the Court* Jan 2009  
*Gerdin Athletic Center, Athletic Department, University of Iowa*

Facilitated a 1-hour workshop for the Iowa Student Athlete Advisory Committee, which included 40 male and female student athletes aged 18-23. The attendees included two representatives from each of the university's athletic programs on campus. The workshop focused on identifying stressors and practicing relaxation techniques (e.g., progressive muscle relaxation and deep breathing). Supervisor: Andy Winkelmann, M.S.

*Stress Management off the Track* Mar 2009  
*Gerdin Athletic Center, Athletic Department, University of Iowa*

Facilitated a 1-hour workshop for the Women's track team, which included 30 female student athletes aged 18-23. The workshop focused on identifying stressors, cognitive restructuring, nutrition, body image, communication (e.g., assertiveness training), and practicing relaxation techniques (e.g., progressive muscle relaxation and deep breathing). Supervisor: Andy Winkelmann, M.S.

*Men for Women: men advocating for the prevention of violence against women* Oct 2006  
*Women's Resource and Action Center, University of Iowa*

Facilitated a 6-week group with a fraternity on campus. The six weekly 2-hour group focused on issues related to violence prevention and sexual harassment prevention toward women, based off of the Men's Violence Prevention model established by Jackson Katz. The population included 10 undergraduate males. Supervisor: Stefanie T. Greenberg, Ph.D. & Monique DiCarlo, LMHP

## **MEDIA**

Liu, W.M., **Greenfeld, J.M.**, & Turesky, D.G. (2008). *Social class, economic privilege and counseling* [Motion picture]. (Available from Microtraining Associates, 141 Walnut Street, Hanover, MA 02339).

Contributed suggestions for adhering to an exercise regime and new years' goals. Harnett, S. (2011). Make a resolution to keep your resolution. *Winnipeg Free Press*.  
<http://www.winnipegfreepress.com/opinion/columnists/make-a-resolution-to-keep-your-resolutions-113864064.html>

Co-designed the website for *My Choice My Life: realizing your ability to create balance in life* (January, 2009). The website outlines a synopsis of the book, affiliated press releases, and an excerpt from the book. [www.outskirtspress.com/mychoicemylife](http://www.outskirtspress.com/mychoicemylife)

Co-designed my E-portfolio website (June, 2009). The website includes my professional accomplishments, publications, teaching philosophy, research agenda, clinical practice, & and volunteer experiences.  
<http://employment.education.uiowa.edu/jgreenfe/index.html>

Designed the cultural competency website for the University of Iowa (July 2009). The website includes resources for the Iowa community to help bring awareness to cultural competency on and off campus (e.g., curriculum resources, self-assessment tools, diversity related campus conferences, and ways to get involved).  
[www.culturalcompetencyatiowa.com](http://www.culturalcompetencyatiowa.com)

Designed the *Careers in Medicine* website for the Carver College of Medicine (August, 2008). The website includes tools for medical students to explore their career interests, access career assessment tools to optimize their residency selection.  
<http://www.medicine.uiowa.edu/osac/counseling/cim.html>

Role-played a fictional client in Westefeld, J.S. (2008). *Suicide Assessment and Prevention* [Motion picture]. (Available from Microtraining Associates, 141 Walnut Street, Hanover, MA 02339).

### **ADVANCED CLINICAL EXPERIENCE**

#### **Rehabilitation Psychology**

May 2011

*Tampa General Hospital, Tampa, FL*

Three month external rotation conducting advanced clinical work with inpatient and outpatient population (e.g., therapy, assessments, and research) with presenting concerns related to physical and cognitive disabilities.

#### **Rational Emotive Behavior Therapy training**

Apr 2006

*Albert Ellis Institute, New York, NY*

A 5-hour training seminar led by Dr. Albert Ellis. The training included a combination of lecture, role-play, and interactive audience participation.

#### **Advanced Applied Behavioral Analysis training**

Apr 2004

*Tri-State Learning Center, New Rochelle, NY*

Week-long training included theoretical foundation to Applied Behavior Analysis (e.g., activities, role-play, reading material, video presentations) to conduct behavior therapy for children diagnosed with autism.

#### **Applied Behavior Analysis training**

Aug 2000

*St. Amant Centre, Winnipeg, Manitoba, Canada*

Weekend-long training included theoretical foundation to Applied Behavior Analysis (e.g., activities, role-play, reading material, video presentations) to conduct behavior therapy for children diagnosed with autism.

### **HONORS & AWARDS**

Equal Opportunity and Diversity Summer Education Scholarship

2009

Audrey Qualls Travel Award – University of Iowa

2007 & 2009

Graduate Education Scholarship for North American Scholars

2003-2005

**PROFESSIONAL AFFILIATIONS & ACTIVITIES**

- Class Representative – University of Iowa 2009-2010
- Member of Canadian Psychological Association (CPA) 2008-Present
- Member of Social Services Planning Committee – University of Iowa 2006- 2010
- Member of the Counseling Psychology Diversity Committee – Iowa 2006- 2010
- Member of American Psychological Association (APA) Division 17  
Society of Counseling Psychology 2006- 2010
- Member of American Psychological Association (APA) Division 51  
Society for the Psychological Study of Men and Masculinity 2006- 2010
- Member of the American Psychological Association (APA) 2005- Present
- Member of the American Counseling Association (ACA) 2004- 2008
- Member of the Psychosocial Reserves Corps. - NYU Medical Center. 2005- 2006
- Member of the New York Mental Health Association 2004- 2006