

Jessica M. Schultz, Ph.D.

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CURRENT POSITIONS

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| Associate Dean of Enrichment, Augustana College | July 2018-Present |
| Associate Professor, Augustana College | August 2017-Present |
| Assistant Professor, Augustana College | August 2011-August 2017 |
| Fellow, Interpersonal Psychotherapy Institute | May 2012-Present |
| Psychologist, Psychology Health Group | June 2016-Present |

EDUCATION

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| Doctor of Philosophy, University of Iowa APA-Accredited Counseling Psychology Program Graduate Certificate in College Teaching, 2010 Predoctoral Internship: University of Texas at Austin Counseling and Mental Health Center (APA-Accredited) Dissertation: A Study of Forgiveness and Spiritual Transformation among Victims of Significant Interpersonal Offenses | Awarded 2011 |
| Bachelor of Arts, Central College Summa Cum Laude; Psychology Major, Spanish Minor | Awarded 2005 |

LICENSURE

Licensed Psychologist, State of Iowa, License Number 001275

SCHOLARSHIP

PUBLICATIONS

- Stuart, S., **Schultz, J.M.**, Ashen, C. (2018). A new community-based model for training in evidence-based psychotherapy practice. *Community Mental Health Journal*, 54, 912-920.
- Stuart, S., **Schultz, J.**, Back-Price, A, Belik-Tuller, O., Stuart-Parrigon, K., Ashen, C., Fairhurt, S., Grause, A., Brandon, A. (in press). Interpersonal psychotherapy. *Scientific American Psychiatry*.
- Wade, N., **Schultz, J. M.**, Schenkenfelder, M. (2017). In. E. Altmaier (Ed.) Forgiveness therapy in the reconstruction of meaning following interpersonal trauma. *Reconstructing Meaning after Trauma: Theory, Research, and Practice*. Elsevier.

- Stuart, S., & **Schultz, J.** (2015). *Interpersonal Psychotherapy for Groups Clinician Handbook*. Iowa City: IPT Institute.
- Schultz, J. M.**, & Stuart, S. (2014). Interpersonal psychotherapy: A culturally adaptive treatment. *Psychotherapy in Australia, 21*, 12-20.
- Schultz, J. M.**, Altmaier, E. M., Ali, S. R., & Tallman, B. A. (2014). A study of posttraumatic spiritual transformation and forgiveness among victims of significant interpersonal offenses. *Mental Health, Religion, and Culture, 17*, 122-135.
- Stuart, S., **Schultz, J. M.**, & McCann, E. (2012). *Interpersonal Psychotherapy: Clinician Handbook*. Iowa City, IA: IPT Institute Press. (non-peer reviewed).
- Cornick, C., **Schultz, J. M.**, Tallman, B. A., & Altmaier, E. M. (2011). Forgiving significant interpersonal offenses: The role of victim/offender racial similarity. *Psychology, 2*, 936-940.
- Schoulte, J. C., **Schultz, J. M.**, & Altmaier, E. M. (2012). Forgiveness in response to cultural microaggressions. *Counselling Psychology Quarterly: An International Journal of Theory, Research, and Practice, 24*, 291-300.
- Allmon, A. L., Shaw, K., Martens, J. L., Yamada, T. Y., Lohnberg, J., **Schultz, J. M.**, Tallman, B. A., & Altmaier, E. M. (2010). Organ transplantation: Issues in assessment and treatment. *The Register Report, 36*, 11-17.
- Schultz, J. M.**, Tallman, B. A., & Altmaier, E. M. (2010). Pathways to posttraumatic growth: The contribution of forgiveness and importance of religion and spirituality. *Psychology of Religion and Spirituality, 2*, 104-114.
- Tallman, B. A., Shaw, K., **Schultz, J. M.**, & Altmaier, E. M. (2010). Well-being among cancer survivors: A longitudinal study of psychosocial adjustment and posttraumatic growth. *Rehabilitation Psychology, 55*, 204-210.
- Turesky, D. G., & **Schultz, J. M.** (2010). Spirituality among older adults: An exploration of the developmental context, impact on mental and physical health, and integration into counseling. *Journal of Religion, Spirituality, and Aging, 22*, 162-179.

PROFESSIONAL PRESENTATIONS

- Schultz, J.M.**, & Stuart, S. (2017, April). Interpersonal Psychotherapy (IPT): Community Implementation and Certification Program. Presented at the CIBHS Evidence-Based Practices Symposium in Long Beach, California.
- Stuart, S., & **Schultz, J. M.** (2017, April). Interpersonal Psychotherapy (IPT): IPT for Groups. Presented at the CIBHS Evidence-Based Practices Symposium in Long Beach, California.

- Kettmann, J., & **Schultz, J. M.** (2016, October). *We're in this together: Using a collaborative community-based conference to promote undergraduate research*. Poster presented at the Society for the Teaching of Psychology Annual Conference on Teaching, Atlanta.
- Schultz, J. M.** (2016, May). *Thriving in your work: Tools from the psychology of happiness*. Workshop presented at the Iowa Corrections Association Conference, Davenport, Iowa.
- Schultz, J. M.,** & Corts, D. (2015, October). *Should I do that? Examining boundaries with undergraduate students*. Workshop presented at the Society for the Teaching of Psychology Annual Conference on Teaching, Atlanta.
- Schultz, J. M.** (2015, June). *Large scale dissemination of IPT: The case of Los Angeles County Department of Mental Health*. Paper presented at the 6th International Conference of the International Society for Interpersonal Psychotherapy, London.
- Stuart, S., & **Schultz, J. M.** (2015, June). *New techniques in Interpersonal Psychotherapy*. Paper presented at the 6th International Conference of the International Society for Interpersonal Psychotherapy, London.
- Bracke, D., & **Schultz, J. M.** (2015, April). *A new way to assess student learning*. Poster presented at the Annual Meeting of the Association of Teacher Educators, Phoenix, Arizona.
- Schultz, J. M.,** Mull, M., & Rose, J. R. (2014, October). *Childhood in challenging circumstances: Integrating local service learning with global study*. Poster presented at the Association for Colleges & Universities Global Learning Conference, Minneapolis, Minnesota.
- Schultz, J. M.,** Stuart, S., Roby, S., & Schenkenfelder (2014, March). *Effectively training clinicians in the field: Predicting use and adherence to an evidence-based treatment*. Poster presented at the Society of Counseling Psychology Conference, Atlanta, Georgia.
- Schultz, J. M.** & Stuart, S. (2013, June). *Developing an effective IPT training program*. Paper presented at the 5th International Conference of the International Society for Interpersonal Psychotherapy, Iowa City, Iowa.
- Stuart, S., & **Schultz, J. M.** (2013, June). *New Techniques and Apps in Interpersonal Psychotherapy*. Paper presented at the 5th International Conference of the International Society for Interpersonal Psychotherapy, Iowa City, Iowa.

- Schultz, J. M.** (2011, September). Posttraumatic growth in the aftermath of 9/11. In *Media, lived experience, and memory after 9/11*. Symposium conducted at 9/11 in 2011: A Decade of Learning and Living, Rock Island, Illinois.
- Cornick, C., **Schultz, J. M.**, & Altmaier, E. M. (2009, August). *Racial differences in the processes of forgiveness*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Cornick, C., **Schultz, J. M.**, & Altmaier, E. M. (2009, April). *The role of race in forgiveness: Empirical findings and clinical interventions*. Poster presented at the Iowa Psychological Association Spring Conference, Cedar Rapids, Iowa.
- Hoffman, T. D., Koon, J. A., **Schultz, J. M.**, & Hix, R. D. (2008, August). *Evolution of the "F" word: Feminist therapy and college culture*. Poster presented at the annual meeting of the American Psychological Association, Boston, Massachusetts.
- Schoulte, J., & **Schultz, J. M.** (2008, August). Explaining microaggressions in the context of forgiveness. In E. Ward (Chair), *Healing from racism—psychologists creating change through resilience and empowerment*. Symposium conducted at the annual meeting of the American Psychological Association, Boston, Massachusetts.
- Sussman, Z., **Schultz, J. M.**, Tallman, B. A., & Altmaier, E. M., (2008, August). *Forgiveness of significant interpersonal transgressions among homeless individuals*. Poster presented at the annual meeting of the American Psychological Association, Boston, Massachusetts.
- Schultz, J. M.**, Tallman, B. A., & Altmaier, E. M. (2008, March). *Benefit finding in bone marrow transplant patients: Empirical findings suggesting clinical interventions*. Poster presented at the Iowa Psychological Association Spring Conference, Des Moines, Iowa.
- Hoffman, T. D., Koon, J. A., **Schultz, J. M.**, & Hix, R. D. (2008, January). *Evolution of the "F" word: Feminist therapy and college culture*. Poster presented at the University of Iowa College of Education Dr. Martin Luther King, Jr. Research Symposium, Iowa City, Iowa.
- Schultz, J. M.**, O'Rourke, J. J.F., Tallman, B. A., & Altmaier, E. M. (2007, August). *Longitudinal examination of optimism, social support, and benefit finding in bone marrow transplantation patients*. Poster presented at the annual meeting of the American Psychological Association Division 17 Social Hour, San Francisco, California.

PROFESSIONAL TRAINING COURSES

- Stuart, S., & **Schultz, J. M.** (2016, July). *Interpersonal Psychotherapy for Groups*. Training course presented at the Interpersonal Psychotherapy Institute Training Conference, Las Vegas, Nevada.

- Stuart, S., & **Schultz, J. M.** (2016, July). *Interpersonal Psychotherapy: Level A Training*. Training course presented at the Interpersonal Psychotherapy Institute Training Conference, Las Vegas, Nevada.
- Stuart, S., & **Schultz, J. M.** (2015, July). *Interpersonal Psychotherapy: Level A Training*. Training course presented at the Interpersonal Psychotherapy Institute Training Conference, Las Vegas, Nevada.
- Stuart, S., & **Schultz, J. M.** (2015, July). *Interpersonal Psychotherapy for Groups*. Training course presented at the Interpersonal Psychotherapy Institute Training Conference, Las Vegas, Nevada.
- Stuart, S., & **Schultz, J. M.** (2015, April). *Interpersonal Psychotherapy for Groups*. Training course presented in Iowa City, Iowa.
- Stuart, S., & **Schultz, J. M.** (2015, March). *Interpersonal Psychotherapy: Level A Training*. Training course presented in Iowa City, Iowa.
- Schultz, J. M.** (2014, June). *Supervision of Interpersonal Psychotherapy: Level D Training*. Training course presented at the Interpersonal Psychotherapy Institute Training Conference, Las Vegas, Nevada.
- Stuart, S., & **Schultz, J. M.** (2014, June). *Interpersonal Psychotherapy: Level A Training*. Training course presented at the Interpersonal Psychotherapy Institute Training Conference, Las Vegas, Nevada.
- Blom, M., & **Schultz, J. M.** (2013, June). *Supervision of Interpersonal Psychotherapy: Level D Training*. Pre-conference workshop presented at the 5th International Conference of the International Society for Interpersonal Psychotherapy, Iowa City, Iowa.
- Schultz, J. M.** (2012, November). *Facilitating Forgiveness in Psychotherapy*. Presented at the River Bend Psychological Association Quarterly Meeting, Bettendorf, Iowa.

TEACHING EXPERIENCE

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| Associate Professor, Augustana College | 2017-Present |
| Assistant Professor, Augustana College | 2011-2017 |
| Adjunct Professor, Kobe City University of Foreign Studies | Summer 2016 |
| Teaching Fellow, Augustana College | 2009- 2010 |
| Teaching Assistant, University of Iowa | 2007-2009 |

COURSES TAUGHT

Clinical Experience
 Child Psychopathology
 Theories of Personality

Personality Research and Assessment
 Childhood in the Developing World
 Serving Children At Risk (*includes Study Abroad Component in Guatemala*)
 Psychology of Religion and Spirituality (*includes Study Abroad Component on the Camino de Santiago in Spain*)
 Introduction to Psychology
 The Empirical Study of Human Well-Being
 Counseling Psychology I & II (teaching assistant)
 Issues & Ethics in Professional Psychology (teaching assistant)
 Study Abroad Programs in Guatemala and on the Camino de Santiago in Spain

HONORS AND AWARDS

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| Last Lecturer (chosen by graduating students) Augustana College | 2015, 2016, 2017 |
| Faculty Leadership Academy Participant Augustana College | 2016-2017 |
| Academic Initiatives Award Augustana College | May 2016 |
| Freistat Travel Award Augustana College | March 2015 |
| New Faculty Research Award Augustana College | November 2011 & December 2012 |
| T. Anne Cleary Psychological Research Scholarship University of Iowa | April 2010 |
| Exceptional Graduate Student in the College of Education University of Iowa | April 2009 |
| Graduate College Summer Fellowship University of Iowa | April 2009 |
| Audrey Qualls Travel Award University of Iowa | July 2007, 2008 |
| Special Graduate Assistantship University of Iowa | March 2006 |

SERVICE

PROFESSIONAL SERVICE

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| Member, ISIPT Certification Study Committee | 2015-Present |
| Secretary, River Bend Psychological Association | 2014-2015 |
| Vice President, River Bend Psychological Association | 2013, 2016 |
| Co-Chair of Faculty at Four-Year Colleges Special Interest Group Society of Counseling Psychology | 2012-2013 |

CAMPUS AND COMMUNITY SERVICE

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| Provost Search Committee, Augustan College | 2017 |
| Sexual Health & Violence Prevention Committee, Augustana College | 2015-present |
| Accommodations Committee, Augustana College | 2012-2017 |

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| National Advisory Council, Central College | 2012-present |
| Women and Gender Studies Advisory Board | 2011-present |
| Faculty Council, Augustana College | 2014-2016 |
| Athletics Committee, Augustana College | 2012-2016 |
| Sexual Assault Taskforce, Augustana College | 2014-2015 |
| Faculty Senate, Augustana College | 2013-2014 |
| Strategic Plan 2020, Steering Committee, Augustana College | 2013-2014 |
| Strategic Plan 2020, Taskforce 2 Steering Committee, Augustana | 2013-2014 |
| Strategic Plan 2020, Academic Mission & Priorities, Augustana | 2013-2014 |

CLINICAL EXPERIENCE

- Psychology Health Group** June 2016 – Present
 Psychologist
 Provide individual psychotherapy and assessment services in a group private practice.
- University Counseling Service** Nov 2011 - Dec 2012
 Adjunct Staff Psychologist, University of Iowa
 Provided individual psychotherapy to university students within a short-term treatment model.
- Counseling and Mental Health Center** August 2010-July 2011
 Pre-doctoral Intern, University of Texas at Austin – Austin, Texas
 APA-Accredited Internship
 Provided individual and group psychotherapy and crisis intervention services to diverse population of university students. Provided supervision to a doctoral-level practicum student.
- Carver College of Medicine Student Counseling Center** August 2009-May 2010
 Practicum Trainee, University of Iowa – Iowa City, Iowa
 Provided individual psychotherapy, crisis intervention, and career counseling to medical students.
- Women’s Wellness and Counseling Service** August 2008-July 2009
 Practicum Trainee, University of Iowa Hospitals and Clinics – Iowa City, Iowa
 Provided time-limited individual psychotherapy to women, primarily perinatal, within an interdisciplinary team of psychologists and psychiatrists.
- Shelter House, Iowa City Homeless Shelter** June 2008-August 2008
 Practicum Trainee, Iowa City, Iowa
 Provided short-term individual psychotherapy, crisis counseling, and career counseling to individuals utilizing services at the Iowa City homeless shelter.

Women's Resource and Action Center

June 2007-May 2008

Practicum Trainee, University of Iowa – Iowa City, Iowa

Provided open-ended individual psychotherapy and crisis counseling to community members and university students in a feminist organization whose mission included individual empowerment and systemic change.

Quitline Iowa

March 2007-October 2007

Telephone Counselor, Iowa Tobacco Research Center – Iowa City, Iowa

Provided individual telephone counseling on a statewide smoking cessation hotline.

University Counseling Services

August 2006-May 2007

Practicum Trainee, University of Iowa – Iowa City, Iowa

Provided time-limited individual psychotherapy to university students.

PROFESSIONAL MEMBERSHIPS

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| Iowa Psychological Association | 2018 |
| American Psychological Association | 2005-Present |
| APA Division 17 - Society of Counseling Psychology | 2007-Present |
| APA Division 2 – Society for the Teaching of Psychology | 2011-Present |
| International Society for Interpersonal Psychotherapy | 2011-Present |