

## Jennifer R. Arm

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Suite 1410  
Bellingham, WA 98225  
(360) 746 - 6148

### EDUCATION

- Ph.D.**  
(2009)                      **Counseling Psychology** (APA-accredited)  
The University of Memphis  
Dissertation Title: *The Role of Social Support in Negative Affect and Positive Affect of Parents of Gay, Lesbian, and Bisexual Individuals*. Chair: Sharon G. Horne, Ph.D.  
**Additional Specialization: Graduate Certificate in Women's Studies**
- M.S.**  
(2005)                      **Mental Health Counseling** (CACREP-accredited)  
Department of Health and Human Development,  
Montana State University
- B.A.**  
(2001)                      **Psychology** (Cum Laude)  
Mount Holyoke College

### CURRENT POSITION

**Jennifer Arm**, Private Practice/Sole Proprietor  
Psychologist

October 2015 - Current

Provide individual psychotherapy services to individuals presenting with the following mental health concerns including, but not limited to: depression, anxiety disorders, obsessive-compulsive patterns, adjustment and developmental concerns, issues related to identity, attachment, and relationship concerns. Particular clinical interests include: trauma; gender diversity and serving the trans\* community, including assistance with transition; and mental health topics for lesbian, gay and bisexual individuals and/or those questioning or grappling with their sexual orientation. Pursued specialized training in Sensorimotor Psychotherapy, which was developed for working with symptoms and issues related to trauma and problematic attachment issues. Licensed as a Psychologist in the state of Washington since March 6, 2014. (License # PY 60426038).

## CLINICAL EXPERIENCE

### **Counseling Center, Western Washington University.**

Psychologist

January 2014 - March 2016

Provide individual and group psychotherapy services to students presenting with mental health and substance use concerns including, but not limited to: depression, anxiety disorders, adjustment and developmental concerns, issues related to identity, ADHD, substance related disorders, eating issues, and relationship concerns. Provide on-call coverage and crisis intervention. Work with campus partners, departments and members of the University community to deliver outreach and consultation. Afford case management as needed. Contribute to training of pre-doctoral psychology interns and masters counseling interns, including leading intern seminars on Motivational Interviewing and working with gender diverse clients. Current/recent psychotherapy groups: Understanding Self & Others (interpersonal process group) and LGBTQ Support Group.

### **Behavioral Health Options, Counseling Services, The University of Montana.**

Interim Coordinator

August 2013 – December 2013

Coordinated intervention/prevention program for university students who experience negative consequences associated with substance use. Provided evidence-based intervention and treatment for clients with substance use disorders and co-occurring disorders. Facilitated ASAM level 0.5 Alcohol Skills Training seminars and classes. Provided personalized feedback to students participating in the Brief Alcohol Screening and Interventions for College Students (BASICS) service. Coordinated scheduling of program services. Managed cases from university, local and state referring authorities to ensure communication of compliance/noncompliance as well as prompt, appropriate treatment for mandated clients. Responsible for supervision of student trainees, including provision of weekly group supervision to social work, counseling and clinical psychology practicum students. Licensed as a Psychologist in the state of Montana October 12, 2012 - December 31, 2014 (License #948).

### **Counseling Services, The University of Montana.**

Psychologist

October 2012 – December 2013

Psychology Resident

October 2010 – October 2012

Delivered individual and group psychotherapy services to students presenting with mental health and substance use concerns. Provided on-call coverage and crisis intervention. Coordinated group therapy opportunities, conducted ADHD assessments, and provided outreach and consultation to the university community. Provided case management as needed. Supervised Clinical Psychology doctoral practicum students. Facilitated an interpersonal psychotherapy group in the spring and fall semesters.

Licensed as a Psychologist in the state of Montana since October 12, 2012 - December 31, 2014 (License #948).

**University Counseling Center, University of Utah.**

Psychology Post-Doctoral Fellow

September 2009 – September 2010

Provided individual psychotherapy services to University students, faculty and staff.

**University Counseling Center, University of Utah.**

Psychology Intern

August 2008 – July 2009

Active and involved member of the UCC staff, providing individual and group psychotherapy services to University students, faculty and staff. Worked closely with other members of multi-disciplinary staff to coordinate services, provide outreach, and consult on client concerns. Provided case management services. Training and practice from a Scientist-Practitioner model, with a strong emphasis on multicultural counseling competency. Co-facilitated two psychotherapy groups: Graduate Student Group and Anxiety: Mind Body Approaches.

**Adult Psychiatric Inpatient Unit, Behavioral Health Services, St. Francis Hospital.**

Doctoral Practicum Student.

August 2007 – December 2007

Conducted standardized hospital intakes and brief individual therapy with adults presenting with wide range of diagnoses, including mood, psychotic, personality, and substance-related disorders. Co-led process and psycho-educational groups. Responsible for maintaining patient records and working with a multi-disciplinary team.

**Center for Pediatric Neuropsychology, LeBonheur Children's Hospital.**

Neuropsychological Examiner, Doctoral Practicum Student

May 2006 – August 2007

Conducted neuropsychological assessments for children with learning disabilities, developmental disorders, mental retardation, attention-deficit disorders, disruptive behavior disorders, and neuropsychological disorders. Responsible for test administration, scoring, interpretation, and formal written assessment reports.

**Center for Counseling, Learning and Testing (APA-accredited), The University of Memphis.**

Doctoral Practicum Student

August 2006 – August 2007

Provided individual psychological counseling to students presenting with mental health concerns. Conducted career counseling with students and members of the local community. Completed psychological, career, and LD/ADHD intakes and administered assessments when appropriate. Maintained client records and assisted with outreach to the University community.

**Department of Counseling Educational Psychology and Research, The University of Memphis.**

Group Facilitator

February 2006 – May 2007

Co-facilitated interpersonal group for master's-level counseling students.

**Counseling and Psychological Services (APA-accredited), Montana State University.**

Masters Practicum Student

August 2004 – May 2005

Provided individual and group counseling to students presenting with mental health concerns. Co-facilitated a Shyness and Anxiety Group.

**Human Development Clinic, Bozeman, MT.**

Master's Practicum Student

February 2004 – August 2004

Provided individual counseling to community members. Presenting client issues included trauma, anxiety disorders, depression, and relationship issues.

**CLINICAL SUPERVISION**

**Counseling Center, Western Washington University**

Psychologist Clinical Supervisor

October 2014 - March 2016

Supervised Psychology pre-doctoral interns in their provision of individual and group therapy services to University students.

**Counseling Services, The University of Montana**

Psychologist Clinical Supervisor

October 2012 - December 2013

Supervised Clinical Psychology doctoral practicum students in their provision of individual and group therapy services to University students.

**University Counseling Center, University of Utah.**

Psychology Intern Clinical Supervisor

August 2008 – July 2009

Supervised Counseling Psychology doctoral practicum students. Facilitated students' development of micro-counseling skills, conceptualization skills, diagnostic skills, and professional identity.

**Supervision in Counseling Psychology, Department of Counseling, Education Psychology and Research, The University of Memphis.**

Supervisor in Training

January 2008 – May 2008

Supervised masters practicum students as part of course participation. Facilitated students' counseling and professional development.

## TEACHING EXPERIENCE

### UNIVERSITY COURSES TAUGHT

**Introduction to Multicultural Issues: Understanding Self and Others (undergraduate)**, Department of Educational Psychology, University of Utah.

Instructor

January 2009 – May 2009

**Career and Life Planning (undergraduate)**, Department of Educational Psychology, The University of Utah.

Instructor

August 2008 – December 2008

**Multicultural Counseling (graduate)**, Department of Counseling, Educational Psychology and Research, The University of Memphis, with Audrey Elion, Ph.D.

Graduate Teaching Assistant

January 2008 – May 2008

**Counseling Gay, Lesbian, Bisexual and Transgender Clients (graduate)**, Department of Counseling, Educational Psychology and Research, The University of Memphis, with Sharon Horne, Ph.D.

Co-Instructor

January 2007 – May 2007

**Counseling Skills Lab (graduate)**, Department of Health and Human Development, Montana State University, with Penny Dahlen, Ed.D.

Teaching Assistant

September 2004 – December 2004

### PROFESSIONAL TRAININGS

Training Coordinator & Research Associate  
(Utah Pride Center)

March 2009 – September 2010

**Safety and Development: Working effectively with lesbian, gay, bisexual, transgender, and questioning youth in out-of-home care**, Division of Child and Family services and Juvenile Justice Services, Utah.

**Effective foster parenting for lesbian, gay, bisexual, and transgender youth**, Utah Foster Care Foundation and Private Proctor Care Providers (as requested), Utah.

**LGBTQ professional competence** (Utah Professionals), Utah Pride Center and private organizations (as requested), Utah.

**Beyond Basics: Optimizing lesbian, gay, bisexual, transgender and questioning well-being.** (Utah Professionals), Utah Pride Center and private organizations (as requested), Utah.

**The T in LGBTQ: Increasing transgender awareness within the community.** Provided to community groups (as requested), Utah.

**Transitioning to the next step: Gaining a deeper sense of transgender identities.** (Utah Professionals), Utah Pride Center and private organizations (as requested), Utah.

### ADVISING

**Buckman Center for International Education**, Rhodes College, Memphis, TN.

Graduate Assistant

August 2007 – May 2008

Advised undergraduate students of Rhodes College about study abroad opportunities. Helped students select a program of studies and prepare for departure.

### GUEST LECTURES

Arm, J.R. (2014, May). *Working with gender diverse clients*. Crisis Respite, Whatcom Behavioral Health Triage Center.

Arm, J. R. (2013, August). *SBIRT model applied to group referrals*. Addictions Counseling, Motivational Interviewing, and Groups course (COUN 580), Graduate Mental Health Counseling program, The University of Montana.

Arm, J. R. (2013, August). *Motivational Groups*. Addictions Counseling, Motivational Interviewing, and Groups course (COUN 580), Graduate Mental Health Counseling program, The University of Montana.

Dahlbeck, D., & Arm, J. R. (2007, October). *Applying to doctoral programs in Counseling and Counseling Psychology fields*. Chi Sigma Iota Honor Society, Kappa Zeta Chapter, The University of Memphis.

Horne, S., & Arm, J. (2006, July). *Same-sex relationships and domestic violence*. Beta Epsilon Chapter, Memphis Gay and Lesbian Community Center.

Shulman, J., & Arm, J. R. (2005, April). *White racial identity development and white privilege*. Training Seminar for Staff and Trainees at Counseling and Psychological Services, Montana State University.

Arm, J. R., & Bailey, L. (2005, March). *Historical Perspectives on the psychology of women*. Women's Center Colloquium, Montana State University.

Arm, J. R. (2005, January). *White privilege*. Undergraduate family diversity course, Montana State University.

Arm, J. R. (2004, November - December). *Crisis intervention skills for working with families in crisis*. Undergraduate family stress in crisis course, Montana State University.

Arm, J. R. (2004, October). *Gay, lesbian, bisexual, transgender awareness*. Professional Issues in Counseling course, Graduate Mental Health Counseling program, Montana State University.

## PUBLICATIONS

### PEER-REVIEWED ARTICLES

Arm, J. R., Horne, S. G., & Levitt, H. M. (2009). Negotiating connection to GLBT experience: Family members' experience of anti-GLBT movements and policies. *Journal of Counseling Psychology, 56*, 82-96.

Levitt, H. M., Ovrebo, E., Anderson-Cleveland, M. B., Leone, C., Jeong, J.Y., Arm, J. R., Piazza-Bonin, B., Cicala, J., Coleman, R. A., Laurie, A., Vardaman, J. M., & Horne, S. G. (2009). Balancing dangers: GLBT experience in a time of anti-GLBT legislation. *Journal of Counseling Psychology, 56*, 67-81.

Martz, E., Strohmer, D. C., Fitzgerald, D., Daniel, S., & Arm, J. R. (2009). Disability prototypes in the United States and the Russian Federation: An international comparison. *Rehabilitation Counseling Bulletin, 53*, 16-26.

Strohmer, D. R., & Arm, J. R. (2006). The more things change, the more they stay the same: Reaction to Ægisdóttir et al. *The Counseling Psychologist, 34*, 383-390.

### NEWSLETTER ARTICLES

Arm, J. R. (2008, Winter). The vibrancy of international research: An interview with Oksana Yakushko, Ph.D. *International Psychology Bulletin, 12 (1)*, 27-28.

### CURRICULA

Arm, J.R., & McNeil, J. (2009). *Effective foster parenting for lesbian, gay, bisexual, and transgender youth*. (Available from the Utah Pride Center, 355 North 300 West, 1<sup>st</sup> Floor, Salt Lake City, UT 84103).

Arm, J.R., McNeil, J., & Nuttall, J. (2009). *LGBTQ professional competence*. (Available from the Utah Pride Center, 355 North 300 West, 1<sup>st</sup> Floor, Salt Lake City, UT 84103).

Arm, J.R., & McNeil, J. (2009). *Beyond Basics: Optimizing lesbian, gay, bisexual, transgender and questioning well-being*. (Available from the Utah Pride Center, 355 North 300 West, 1<sup>st</sup> Floor, Salt Lake City, UT 84103).

Arm, J.R., & McNeil, J. (2009). *The T in LGBTQ: Increasing transgender awareness within the community*. (Available from the Utah Pride Center, 355 North 300 West, 1<sup>st</sup> Floor, Salt Lake City, UT 84103).

Arm, J.R., & McNeil, J. (2009). *Transitioning to the next step: Gaining a deeper sense of transgender identities*. (Available from the Utah Pride Center, 355 North 300 West, 1<sup>st</sup> Floor, Salt Lake City, UT 84103).

McNeil, J., & Arm, J.R. (2009). *Safety and Development: Working effectively with lesbian, gay, bisexual, transgender, and questioning youth in out-of-home care*. (Available from the Utah Pride Center, 355 North 300 West, 1<sup>st</sup> Floor, Salt Lake City, UT 84103).

## PRESENTATIONS

Frost, M., Brown, D., & Arm, J. R. (2013, April). *Behavioral intervention teams on college campuses: Conducting Threat Assessments*. Presentation made at Montana College Counseling Association's Annual Meeting, Helena, MT.

Arm, J. R., Horne, S. G., Rostosky, S. S., Riggle, E. D. B., Hiestand, K. R., Ueng, H., Reeves, T., Baggett, L. R., & Ovrebo, E. (2008, March). *Social Support and Negative Affect and Positive Affect Among Parents of Gay, Lesbian and Bisexual People*. Poster presented at the International Counseling Psychology Conference, Chicago, IL.

Ueng, H., Horne, S. G., Arm, J. R., Hiestand, K. R., Ovrebo, E., Reeves, T., & Baggett, L. R. (2008, March). *Alcohol use among partnered gay/bisexual men and women*. Poster presented at the International Counseling Psychology Conference, Chicago, IL.

Horne, S. G., Rostosky, S. S., Riggle, E. D. B., Arm, J. R., Hiestand, K. R., Ovrebo, E., Ueng, H., Reeves, T., & Baggett, L. R. (2008, March). *The role of LGB-Knowledge in activism and amendment-related affect among family members of LGB individuals during the 2006 election*. Poster presented at the International Counseling Psychology Conference, Chicago, IL.

Fitzgerald, D. B., Strohmer, D. C., Martz, E., Daniels, S., & Arm, J. R. (2008, February). *Prototypical views about individuals with disabilities in the U.S. and Russia*. Poster presented at the National Council on Rehabilitation Education 8<sup>th</sup> Annual Conference, San Antonio, TX.

Strohmer, D. C., Martz, E., Fitzgerald, D., Arm, J. R., & Daniel, S. (2007, November).



- Prototypical views about individuals with disabilities in US and Russia.* Symposium at the American Rehabilitation Counseling Association 50<sup>th</sup> Anniversary Educational Conference, Tampa, FL.
- Arm, J. R., Levitt, H. M., & Horne, S. G. (2007, August). Family members' experience of anti-GLBT movements and policies. In Riggle, E. D. B. (Chair), *Psychological impact of anti-LGB politics on individuals and families*. Roundtable Discussion at the American Psychological Association 115<sup>th</sup> Annual Convention, San Francisco, CA.
- Levitt, H. M., Ovrebo, E., Jeong, J. Y., Anderson, M. B., Leone, C., Arm, J., Piazza-Bonin, B., Cicala, J., Coleman, R. A., Laurie, A., Vardaman, J. M., & Horne, S. G. Balancing Dangers: GLBT experience in a time of anti-GLBT legislation. In Riggle, E. D. B. (Chair), *Psychological impact of anti-LGB politics on individuals and families*. Roundtable Discussion at the American Psychological Association 115<sup>th</sup> Annual Convention, San Francisco, CA.
- Arm, J. R., Horne, S. G., Strohmer, D. C., Smith, B. L. Leierer, S. J. (2007, August). *Disclosure of sexual orientation and counselor credibility*. Poster presented at the American Psychological Association 115<sup>th</sup> Annual Convention, San Francisco, CA.
- Smith, B. L, Horne, S. G, Rostosky, S. S., Riggle, E. D. B., Levitt, H. M., Manley, E., Bricker, M. E., Jeong, J. Y., Hiestand, K. R., Arm, J. R., Ovrebo, E., & Huan-Hsiang, U. (2007, August). *Psychological impact of bias-motivation offenses against LGB individuals*. Poster presented at the American Psychological Association 115<sup>th</sup> Annual Convention, San Francisco, CA.
- Bricker, M. E., Horne, S. G, Riggle, E. D. B., Rostosky, S. S., Smith, B. L., Jeong, J. Y., Hiestand, K. R., Arm, J. R., Ovrebo, E., & Huan-Hsiang, U. (2007, August). *Internalized homophobia, emotion, and gay and lesbian mental health*. Poster presented at the American Psychological Association 115<sup>th</sup> Annual Convention, San Francisco, CA.
- Fitzgerald, D. B., Strohmer, D. C., Martz, E., Arm, J. R. (2006, February). *Attitudes toward people with disabilities: A different perspective*. Poster presented at National Council of Rehabilitation Educators 7<sup>th</sup> Annual Conference, San Diego, CA.
- Horne, S. G., Rostosky, S. S., Riggle, E. D. B., & Arm, J. R. (2006, August). Human rights on the ballot: Addressing U. S. antigay policies. In G. Russell (Chair), *Antigay politics: Psychological impact and psychologists' role*. Symposium presented at the American Psychological Association 114<sup>th</sup> Annual Convention, New Orleans, LA.
- Arm, J. R. (2006, August). *Attitudes towards bisexuality*. Poster presented at the American Psychological Association 114<sup>th</sup> Annual Convention, New Orleans, LA.

Arm, J. R., Hamilton, S. V., Hiestand, K. R., Jeong, J. Y., Morgan, S. T., Ovrebo, E., & Smith, B. (2006, March). *The identity conundrum: Intersecting identities in graduate training*. Paper presented at the Association for Women in Psychology 31st Annual Conference, Ypsilanti, MI.

## RESEARCH EXPERIENCE

**Gay, Lesbian, Bisexual and Transgender Research Team**, Counseling, Education Psychology and Research, The University of Memphis.

Research Team Member September 2005 – May 2008

**Counseling, Educational Psychology and Research**, The University of Memphis.

Graduate Research Assistant September 2005 – May 2007

**Health and Human Development Department**, Montana State University.

Graduate Research Assistant September 2004 – May 2005

**Division of Rheumatology, Immunology and Allergy**, Department of Medicine, Brigham and Women's Hospital, Boston, MA.

Laboratory Assistant January 1998 and Summer 1998

## PROFESSIONAL MEMBERSHIP

**American Group Psychotherapy Association**

Member February 2013 – March 2014

**American Psychological Association**

Member September 2009 – December 2012

Division 17: Society for Counseling Psychology

Division 44: Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender Issues.

## HONORS/AWARDS

**Partial Tuition Scholarship**, Group Foundation for Advancing Mental Health, funding support for participation at American Group Psychotherapy Association's annual meeting, March 2013.

**Outstanding Graduate Student Award in Counseling Psychology**, Department of Counseling, Educational Psychology and Research, The University of Memphis, Spring 2008.

**Graduate Student Travel Award**, Student Government Association, The University of Memphis, 2006 and 2007.

**Outstanding Graduate Student**, Department of Health and Human Development, Montana State University, April 2005.

**Teaching/Research Assistantship Tuition Waiver**, Department of Health and Human Development, Montana State University, September 2004 – May 2005.

**Member of Psi Chi**, The National Honor Society in Psychology, inducted December 2000.

**Cum Laude**, Mount Holyoke College, May 2001.

## **PROFESSIONAL SERVICE**

**Committee for Transgender People and Gender Diversity**, Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender Issues (Division 44), American Psychological Association.

|            |   |
|------------|---|
| Past-Chair | August 2012 – August 2013                 |
| Chair      | August 2011 – August 2012                 |
| Co-Chair   | August 2010 – August 2011                 |
| Member     | 2008 – August 2010; August 2013 - Current |

**Transgender Research Award, Committee for Transgender People and Gender Diversity**, Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender Issues (Division 44), American Psychological Association.

|          |                          |
|----------|--------------------------|
| Reviewer | Spring 2009; Spring 2014 |
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**Quality Improvement Committee**, Division of Child and Family Services, Utah.

|                  |                                 |
|------------------|---------------------------------|
| Committee Member | September 2009 – September 2010 |
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**Youth Provider's Association**, Utah.

|        |                                 |
|--------|---------------------------------|
| Member | September 2009 – September 2010 |
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**Diversity Committee**, University Counseling Center, University of Utah.

|                  |             |
|------------------|-------------|
| Committee Member | Spring 2009 |
|------------------|-------------|

**Intern Selection Committee**, University Counseling Center, University of Utah.

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| Committee Member | November 2008 – March 2009 |
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**Counseling Psychology Forum**, Counseling Psychology Program, The University of Memphis.

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| Forum Representative | September 2005 – July 2008 |
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