

Jennifer B. Schmidt, MA, LCPC

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Psychology Today Verified Profile

<https://www.psychologytoday.com/us/therapists/jennifer-b-schmidt-overland-park-ks/712330?sid=5ddb248a461e5&name=Jennifer+Schmidt&ref=1&tr=ResultsProfileBtn>

LinkedIn Profile

www.linkedin.com/pub/jennifer-schmidt/12/512/72b

HIGHLIGHTS OF QUALIFICATIONS

Over 20 years of clinical counseling experience, providing mental health and professional career counseling services to adults, adolescents and children with wide-ranging diagnoses.

State of Kansas, Licensed Clinical Professional Counselor, 2000- Present
State of Missouri, Licensed Professional Counselor, 2000- Present

Proficient creating and applying effective individual treatment plans designed to holistically address each unique client's needs. Warm, Sensitive, Understanding. Analytical. Innovative, Strategic with Therapeutic Interventions.

THEORITICAL FRAMEWORK

Cognitive Behavioral Therapy (CBT), Acceptance & Commitment Therapy (ACT), Existential, Logotherapy, Behavioral Modification and Exposure Therapy, Short-Term, Solutions-Focused

PROFESSIONAL WORK HISTORY

Licensed Clinical Professional Counselor, **Private Practice**, Overland Park, Kansas 2006-Present

Adjunct Instructor, Continuing Education Division, **Johnson County Community College**
Overland Park, Kansas 2006 –Present

Associate Director, Counseling Services, **Benedictine College**, Atchison, Kansas 2018-Present

Founder & Supervisor, Ravens CARE Peer Support Organization, **Benedictine College** 2012-Present

Assistant Director, Counseling Center, **Benedictine College** 1997-2018

Part-Time Clinician, **The Family Conservancy**, Liberty, Missouri 2005-2006

Career Services Director, **Benedictine College**, Atchison, Kansas, 1997-2001

EDUCATION

Visiting Scholar, Center for Ethics and Culture 2011
UNIVERSITY OF NOTRE DAME, Notre Dame, IN

MA, Counseling and Guidance with Emphasis in Mental Health 1997
UNIVERSITY OF MISSOURI-KANSAS CITY, Kansas City, MO, GPA: 4.0

BA, Psychology & Sociology, *cum laude*, Departmental Academic Honors in Psychology 1994,
PITTSBURG STATE UNIVERSITY, Pittsburg, KS, GPA: 3.89

PROFESSIONAL EXPERIENCE

INDIVIDUAL MENTAL HEALTH & GRIEF COUNSELING

Provide individual therapy with adults, adolescents and children, and provide couples and family therapy. Counsel clients utilizing various therapeutic techniques, primarily CBT interventions and ACT approach, regarding various concerns, including:

- Anxiety disorders
- Depressive disorders
- Grief after a significant loss
- Trauma and Post-Traumatic Stress Syndrome (PTSD)
- Eating disorders
- Chemical dependency
- Career Planning and Transition Challenges
- Parenting and marital problems and other interpersonal conflicts
- Stress management challenges and cultivation of resilience
- Communication skills and assertiveness

Special areas of expertise includes addressing:

- Mental health challenges with adults, young adult college students, and high school students.
- Emotional aspects of significant, career transitions for seasoned working professionals, with experience supporting clients who have established careers in law, medicine and other careers requiring advanced degrees.
- Grief counseling for clients who've endured the loss, or the anticipated loss, of a close friend, sibling or parent. Counsel individuals and families with the anticipated loss of an infant or child, including families served by perinatal hospice and hospice. Counsel clients who are grieving pregnancy loss or infertility.
- Mental health components of adult and adolescent clients who are high-achieving, gifted and talented, yet struggling with emotional intensity and heightened emotional and sensory sensitivities. Completed two month training series via support group sponsored by Serving the Emotional Needs of Gifted Individuals (SENG) and researched distinct challenges of the gifted, including asynchronous development, emotional intensity, the challenges of multi-potentiality and imposter syndrome, the co-occurrence of anxiety and depression with this population, and frequency of dual diagnosis with ADHD and high-functioning autism (twice-exceptional/2E; 3E).

Effectively conduct risk assessments and develop safety plans for clients at risk for suicide. Manage crisis situations and facilitate hospitalizations.

Utilize various assessments to improve counseling efficacy. Administer and interpret a variety of assessment tools: Career-assessment inventories including the Strong Interest Inventory and Self-Directed Search; an aptitude test (GATB); psychological and personality assessments (MBTI, CPI, 16 PF; MMPI; Beck Depression Inventory).

GROUP COUNSELING FOR MENTAL HEALTH & WELLNESS

Create, promote and facilitate support groups including:

- Weekly **Resilience and Success Support Group** on the Benedictine College campus during 2019-2020 academic year. Sessions include discussions of Mental Health and Stigma; Stress Management; Cultivating Resilience; Cognitive Behavioral Interventions (CBT) for Anxiety and Depression; Healthy Boundaries in Relationships; and the Grief Process.
- Therapeutic support group for **High-Achieving, Gifted and Talented College Students**, many of whom are student leaders, on the Benedictine College campus during 2019-2020 school year. Group focus entails addressing depression, anxiety, perfectionism, and emotional intensity.
- Group designed to address the emotional, social and academic challenges of new freshman and transfer students as well as seniors preparing for graduation. **Transition Talk**, on the Benedictine College campus during 2018-2019 academic year, addressed emotional wellness and healthy coping mechanisms, strategies to optimize time management and goal setting.
- Facilitated sessions for various groups on **CBT techniques for managing depression**. Taught individuals and groups to monitor stress level and diminish effects of stress by using **biofeedback techniques**, such as autogenic relaxation exercises. Facilitated therapeutic groups for **anger management**.
- As a graduate student working as a Behavioral Health Technician for **Bethany Medical Center's Behavioral Health unit** in Kansas City, Kansas, led group discussions focusing on relapse prevention for patients with schizophrenia, PTSD, suicidal ideation, depression and chemical dependency. As a college student working as Program Aid for the **Addiction Treatment Center of Southeast Kansas** in Girard, Kansas, facilitated groups on relapse prevention and monitored substance-abuse groups based on 12-Step Recovery Model.

Mediated for various groups (as large as eight) regarding conflict resolution.

RESEARCH INTERESTS FOR SPECIAL CLIENT POPULATIONS

Mental Health & Developmental Challenges of College and High School Students

Mid-Life Career Transitions for Seasoned Working Professionals

Anxiety and Depression related to Severe or Chronic Disabilities and Medical Conditions, including Life-Threatening Food Allergies (LTFA). Treatment of LTFA with Oral-Immunotherapy (OIT)

Challenges of Gifted Individuals (Emotional Intensity, Asynchronous Development, High Co-Occurrence for Anxiety, Depression and Existential Despair, High Co-Occurrence with ADHD and High-Functioning Autism)

Grief, particularly the grief of families enduring an infant or child loss

EDUCATIONAL OUTREACH PROGRAMMING

Developed and presented a variety of mental health seminars for college-level courses and student organizations, including:

- **Imposter Syndrome** seminar for college students struggling with perfectionism and self-doubts about abilities.
- **Resilience Boosters** program for seminar course with senior nursing students.
- **Sexual Harassment in Workplace: Exploring A Real Scenario shared by an Alumna** for an upper-level human resources course taught by the Business Department.
- **Cultivating Courage: Leadership through Understanding Bystander Intervention Training** for multiple student leader groups.
- **Academic-Infusion Initiative with Graphic Arts courses**, collaborate with art professor; students are trained on the how to best help those affected by sexual assault and mental health concerns, and students then create meaningful visual displays to promote awareness and effective intervention throughout campus.
- **Mental Health Challenges with College Students** program for Health and Wellness courses.
- **Bystander Intervention and Reducing the Incidence of Sexual Assault with College Students** for Sociology of Health and Introduction to Sociology courses.

Annually plan and deliver multiple awareness and engagement events for **Mental Health Awareness Week** every October and **Stand with Survivors of Sexual Assault** every April on the Benedictine College campus. Served as Site Director for **the National Depression Screening Day** and **Anxiety Information Day** as a graduate intern at University of Missouri-Kansas City.

COUNSELING-RELATED TRAINING, SUPERVISION & CONSULTATION

Ravens CARE Peer Support and Educational Outreach

Envisioned and founded Ravens CARE student organization dedicated to peer-provided educational outreach programs for mental health and sexual assault awareness, prevention and intervention.

Provide annual trainings for CARE Peer Support applicants on the a wide range of relevant topics, including: psychological responses to trauma, basic helping skills, the grief process and helpful interventions, administrative procedures ensuring students are regularly reminded of how one can launch Title IX and VAWA investigations and gain support from the college, and the forensic medical examination for survivors of assault.

Supervision & Training

Supervise and train Ravens CARE college-endorsed peer support interventions and implementation of CARE programming, in compliance with Title IX and VAWA educational initiatives. Have provided direct, ongoing supervision and training for over 70 Ravens CARE Peer Support leaders on the Benedictine College campus.

Provide consultation, support and supervision for clinical counseling staff of four providers, when director is unavailable. Host a graduate student intern for clinical counseling observation hours in preparation for practicum and internship.

Between 1998-2004, directly supervised and mentored over 40 college student leaders who were working as Resident Assistants.

Annually train all members of Residence Life on bystander intervention principles and strategies and basic interventions for supporting students with mental health or trauma concerns.

Invited by Special Events Committee in the President's Office to develop and deliver training program for college students and employees on how to encounter and **support grieving families** of deceased students in preparation for special dedication ceremony of Raven Memorial.

Presented team-building programs for residence life and athletic teams.

PROFESSIONAL CAREER COUNSELING & ASSESSMENT

Provide professional career counseling to the general public and enrolled students with Johnson County Community College Continuing Education Division as Adjunct Instructor teaching Exploring Career Change and Mid-Life Career Transitions courses; as Career Services Director for Benedictine College for five years; and as a graduate student intern at the University of Missouri-Kansas City Career Services Office for two years.

Interpreted career assessments and provided in-depth career counseling for diverse range of clients, with populations ranging from retirees looking for greater satisfaction in their volunteer work to high school and upper middle school students identifying general areas of interest to develop academic focus.

Counseled individual displaced workers through intensive, 24 contact hour outplacement career counseling program via Johnson County Community College Community Career Services Division (which is now under direction of the JCCC Continuing Education division). Provided guidance on career planning, the job search process, resume and cover letter writing, and interviewing. Led seminars focused on the emotional needs and job-seeking skills for displaced American Airlines employees and other clients navigating mid-life career transitions.

Taught CHOICES course for undergraduate students who were undecided about academic major and future occupational plans. Developed and taught similar summer courses for high school and middle school students through Johnson County Community College Summer Youth Enrichment.

Presented workshops on career-planning topics, including Interviewing and Resume Writing at Johnson County Community College, Benedictine College, and the University of Missouri-Kansas City Career Services Center.

MEMBERSHIPS / AFFILIATIONS

American Counseling Association American College Counseling Association
SENG (Serving the Emotional Needs of Gifted Individuals) Organization; Parent Support Group

HONORS / AWARDS

Pittsburg State University, Psychology Department Distinguished Alumni Award