

Samantha V. Jacobson, M.S.

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Education

Doctor of Philosophy
Clinical Psychology
2019 – present

Seattle Pacific University. Seattle, WA.

Supervisor: Keyne C. Law, Ph.D.

Dissertation: *Impacts of DBT Skills Modules on Suicide, Effective Coping, Internalized Homophobia, and Pride Community Affiliation in LGBTQ+ Adults*

Master of Science
Psychological Science
2019 – 2021

Seattle Pacific University. Seattle, WA.

Supervisor: Thane M. Erickson, Ph.D.

Master's Project: *Mediating Roles of Morality and Interpersonal Style on OCD Symptoms and Daily Distress*

Bachelor of Arts
Psychology
2016 – 2019

Seattle Pacific University. Seattle, WA

GPA: 3.84

Magna Cum Laude

Awards & Scholarships

2019: Clinical Psychology Scholarship, merit based (Funded: \$20,000), SPU Clinical Psychology program

2019: Graduate Research Assistantship (Funded: \$2,100), SPU Clinical Psychology program

2019: Philip Ashton Award (Funded: \$1,600), SPU Undergraduate Psychology program

2018: Psi Chi International Honor's Society, SPU Undergraduate chapter

Clinical Experience

(*Assessment:* 40.5 hours *Intervention:* 260 hours)

Graduate Clinician
2021 – present

The Affirmative Collective. Seattle, WA.

Supervisors: Keyne Law, Ph.D.,

Duties: Managing an individual caseload of teen clients, providing evidence based treatments of Dialectical Behavior Therapy, Cognitive Behavior Therapy, and Exposure and Response Prevention.

Practicum Student
2021 – present

Dialectical Behavior Therapy (DBT) Program. The Seattle Clinic, WA.

Supervisors: Liz LoTempio, Psy.D., Jared Michonski, Ph.D., Erin Miga, Ph.D.

Duties: Providing 1:1 full model comprehensive DBT therapy for adults with borderline personality disorder (BPD), leading weekly skills groups of 6-10 adults diagnosed with BPD, 24/7 phone coaching for clients to generalize skill use and reduce use of emergency services, consultation team ("therapy for the therapist") to increase treatment adherence and prevent burnout

Co-Leader
2021 – present

DBT Skills Group. Sydney Rose Counseling. Kirkland, WA.

Supervisor: Sydney Eckert, M.S., LMHCA, Jared Michonski, Ph.D.

Duties: Co-leading weekly, 90-minute DBT skills training for a group of 8 adults, 28-week schedule covering orientation, mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and relapse prevention

Co-Leader
2021 – present

DBT Skill Training Videos. Sydney Rose Counseling. Kirkland, WA.

Supervisor: Sydney Eckert, M.S., LMHCA

Duties: ~20-minute videos each teaching a different DBT skill, available to the public, available to view at: <https://www.sydneyrosecounseling.com/blog>

Practicum Student
2020 – 2021

OCD Intensive Outpatient Program. Seattle Children's. Seattle, WA.

Supervisor: Anna Villavicencio, Ph.D.

Duties: Group, individual, and family therapy utilizing Exposure and Response Prevention with children ages 10-18, administering diagnostic assessments, clinical writing (session and progress notes) using Epic, weekly grand rounds and case management, treatment planning

Student Clinician 2020 – 2021	COVID-19 Frontline Healthcare Worker Study. CRISIS Lab. Seattle, WA. <i>Supervisor:</i> Keyne C. Law, Ph.D. <i>Duties:</i> Clinical assessment of self-injury and suicide behaviors using SITBI (Nock et al., 2007) and creating individualized crisis response/safety plans, part of a research study on suicide and self-injury among frontline healthcare workers during COVID-19
Graduate Clinician 2019 – 2020	Unified Protocol Group. Seattle Pacific University. Seattle, WA. <i>Supervisor:</i> Erin Verdi, M.S., Thane M. Erickson, Ph.D. <i>Duties:</i> Psychodiagnostic assessment (ADIS-5, Hamilton Scale for Depression, Hamilton Anxiety Scale), co-facilitating 12-week therapy groups using the Unified Protocol for transdiagnostic treatment of emotional disorders (Barlow et al., 2011)
Intern 2018	Psychiatry & Behavioral Medicine Unit. Seattle Children’s Hospital, WA <i>Supervisor:</i> Adam Ganz, PMHA II <i>Duties:</i> Leading emotion regulation, mindfulness, distress tolerance, and coping skills groups with pediatric inpatients, charting patient behaviors, affect, and activity in official charting system

Research Experience

Co-Leader 2020 – present	Data and Recruitment Team. CRISIS Lab. Seattle, WA. <i>Supervisor:</i> Keyne C. Law, Ph.D. <i>Duties:</i> Writing a training manual instructing undergraduate RAs how to clean and score data using R, mentoring undergraduate RAs on preparing for analysis, and participant recruitment
Graduate Research Student 2020 – present	CRISIS Lab. Seattle Pacific University. Seattle, WA. <i>Principal Investigator:</i> Keyne C. Law, Ph.D. <i>Duties:</i> Data collection and analysis, collaboration on research papers and posters in the field of self-injury and suicide research
Graduate Research Assistant 2019 – 2020	Values, Interpersonal Behavior, and Emotion Lab. Seattle Pacific University. Seattle, WA. <i>Principal Investigator:</i> Thane M. Erickson, Ph.D. <i>Duties:</i> Treatment study Qualtrics survey coordination, diagnostic interviews
Lead Research Assistant (undergrad) 2018 – 2019	Developmental Psychology Lab. Seattle Pacific University. Seattle, WA. <i>Principal Investigator:</i> Michael D. Roe, Ph.D. <i>Duties:</i> Proposing research questions, conducting literature reviews, data analysis, supervision of RAs, IRB and ethical protocols, running participants
Research Assistant (undergraduate) 2017 – 2018	Developmental Psychology Lab. Seattle Pacific University. Seattle, WA. <i>Principal Investigator:</i> Michael D. Roe, Ph.D. <i>Duties:</i> Data collection, cleaning, and analysis, research poster preparation and presentation

Manuscripts in Press (1)

Marks, R. B., Wee, J. Y., **Jacobson, S. V.**, Hashimoto, K. H., O’Connell, K. L., Baker, P. M., Golden, S. A., & Law, K. C. (in press). The Role of the Lateral Habenula in Suicidality: A Call for Further Exploration. *Frontiers in Behavioral Neuroscience*.

Manuscripts Under Review (5)

Erickson, T. M., **Jacobson, S. V.**, Banning, R. L., Quach, C. M., & Reas, H. E. (under review). *Interpersonal Goals Amplify Effects of Neuroticism on Hair Cortisol*.

Jacobson, S. V., Marks, R. B., & Law, K. C. (under review). Roles of Emotion Regulation Difficulties and Self-Injury in the Acquired Capability for Suicide. *Suicide and Life-Threatening Behavior*.

O'Connell, K. L., **Jacobson, S. V.**, Ton, A. T., & Law, K. C. (under review). *Call 911! How Different Demographics May Influence Who Calls for Help During Suicidal Crisis*.

Law, K. C., O'Connell, K. L., **Jacobson, S. V.**, Baer, M. M., Baker, P. M., Gratz, K. L., & Tull, M. T. (in preparation). *Effects of Sleep, Cortisol, and Risky Decision Making on Suicide*.

Law, K. C., Moreira, N., O'Connell, K. L., Wee, J. Y., Lin, Y.-C., Marks, R. B. **Jacobson, S. V.**, Hassler, M. E., O'Boyle, M., Layton, J.L., Hashimoto, K. H., Ton, A. T., & Knight, J. (in preparation). *A Qualitative Examination of Mental Health needs and Managing Suicide Risk in COVID-19 Frontline Medical Professionals*.

Manuscripts in Preparation (5)

Jacobson, S. V., Inabata, R. S., & Erickson, T. M. (in preparation). *Obsessive-compulsive Symptoms and Distress: The Mediating Effects of Social Cognition and Morality*.

Jacobson, S. V., Eckert, S. R., Anestis, M. D., & Law, K. C. (in preparation). *Emotion Regulation and Distress Tolerance Moderate Borderline Personality Symptoms and Suicide Plans in Military Veterans*.

Gilbert, A. C., **Jacobson, S. V.**, & Law, K. C. (in preparation). *Suicide in LGBTQ+ Adolescents*

Jacobson, S. V., Gilbert, A. C., Widman, C., Law, K. C., & Ammerman, B. A. (in preparation). *Differences in NSSI Severity and Suicidal Behaviors among LGBTQ+ and Heterosexual Adults*

Cvrkel, T. T., **Jacobson, S. V.**, & Law, K. C. (in preparation). *Sexual Orientation and Gender Identity Affirming Exposure Therapies: Suggested Guidelines for Best Practice*.

Paper Presentations (1)

Jacobson, S. V., Marks, R. B., Hassler, M. E., & Law, K. C. (2021, May). *Methods of Self-Injury Mediate Emotion Dysregulation and Acquired Capability for Suicide*. Paper presented at the Annual Conference of the School of Psychology, Family, and Community, Seattle Pacific University, Seattle, WA.

Poster Presentations (14)

Jacobson, S. V., Eckert, S. R., Anestis, M. D., & Law, K. C., (2021, November). *Emotion Dysregulation and Distress Tolerance Moderate Borderline Personality Symptoms and Suicide Plans in Military Veterans*. Poster presented at the 26th Annual meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISIT DBT).

Jacobson, S. V., Inabata, R. S., & Law, K. C. (2021, November). *Emotion Dysregulation and Distress Tolerance Moderate Borderline Personality Features and NSSI Method Versatility*. Poster accepted for presentation at the 55th Annual Convention of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.

O'Connell, K. L., **Jacobson, S. V.**, Ton, A. T., & Law, K. C. (2021, November). *Whose Gonna Call? Demographic Disparities Influence Suicidal Help-Seeking*. Poster accepted for presentation at the 55th Annual Convention of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.

Law, K. C., O'Connell, K. L., **Jacobson, S. V.**, Baer, M. M., Baker, P. M., Gratz, K. L., & Tull, M. T. (2021, November). *Influences of Reward Responsiveness, Sleep, and Cortisol on Suicidality*. Poster accepted for presentation at the 55th Annual Convention of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.

Law, K.C., Moreira, N., O'Connell, K.L., Wee, J.W., Lin, Y.-C., Marks, R.B., **Jacobson, S.V.**, Hassler, M., O'Boyle, M., Layton, J.L., Hashimoto, K., Ton, A.T., Knight, J. (2021, October). *A Qualitative Examination of Mental Health Needs and Managing Suicide Risk in Frontline Medical Professionals During the COVID-19 Pandemic*. Poster accepted for presentation at the IASR/AFSP International Summit on Suicide Research, Barcelona, Spain.

- Jacobson, S. V.**, Marks, R., Hassler, M. E., & Law, K. C. (2021, April). *Self-Injury Types Mediate Emotion Dysregulation and Acquired Capability for Suicide*. Poster presented at the 54th annual conference of the American Association of Suicidology.
- Marks, R., Lin, Y.-C., Gu, J., Wee, J., **Jacobson, S.V.**, & Law, K. C. (2020, November). *Non-Suicidal Self Injury in Asian Americans: Shame as a Potential Moderator*. Poster presented at the conference of the Association for Behavioral and Cognitive Therapies.
- Lin, Y.-C., Marks, R., Gu, J., Wee, J., **Jacobson, S.V.**, & Law, K.C. (2020, November). *Thwarted Belongingness, Perceived Burdensomeness, and Suicide Ideation Among Asian Americans: A Study of Shame as a Mediator*. Poster presented at the conference of the Association for Behavioral and Cognitive Therapies.
- Erickson, T. M., **Jacobson, S. V.**, Banning, R., Reas, H., & Quach, C. (2020, June). *Interpersonal Goals Amplify Effects of Neuroticism on Hair Cortisol*. Poster presented at the conference of the Society for Interpersonal Theory and Research, Seattle, WA. (Conference canceled)
- Erickson, T. M., **Jacobson, S. V.**, Banning, R., Stebbins, O. L. & Carpenter, T. (2020, March). *Implicit and Explicit Anxiety Differentially Predict Social Processes in Daily Life*. Poster presented at the conference of the Anxiety and Depression Association of America, San Antonio, TX. (Conference canceled)
- Jacobson, S. V.**, DeVere, J., Grigg, M., Logue, M., Scarbrough, L., and Roe, M. D. (2019, May). *Stability of Moral Traits (Justice and Humanity) in Emerging Adults: A longitudinal study*. Poster session at the SPFC Annual Research Conference, Seattle Pacific University, Seattle, WA.
- Jacobson, S. V.**, DeVere, J., Grigg, M., Logue, M., Scarbrough, L., and Roe, M. D. (2019, May). *Character prospection and spirituality in emerging adults: A longitudinal study*. Poster session at the SPFC Annual Research Conference, Seattle Pacific University, Seattle, WA.
- Jacobson, S. V.**, Grigg, M. R., Isenberg, N., Logue, M. A., Tanzy, K. S., Weinbeck, N., & Roe, M. D. (2019, May). *Predictors of Quality of Life in Independently Living Older Adults; A Quantitative Replication of Weinstock & Bond (2018)*. Poster session at the SPFC Annual Research Conference, Seattle Pacific University, Seattle, WA.
- Jacobson, S. V.**, Grigg, M. R., Isenberg, N., Logue, M. A., Tanzy, K. S., Weinbeck, N., & Roe, M. D. (2019, May). *Images of aging and positive affect in independently living older adults: An update*. Poster session at the SPFC Annual Research Conference, Seattle Pacific University, Seattle, WA.

Reviewer Experience

Suicide and Life-Threatening Behavior, *mentored reviewer*
 Journal of Psychiatric Research, *mentored reviewer*
 Psychopathology, *mentored reviewer*
 Psychological Assessment, *mentored reviewer*

Teaching Experience

Undergraduate Student Mentoring

Cammy Widman (2021 – present)
 Molly Hassler (2020 – present)
 Andrew Ton (2020 – 2021)
 Maddie Grigg (2018 – 2019)
 Mikayla Logue (2018 – 2019)

Guest Lecture

Feb. 8, 2021

Obsessive-Compulsive and Related Disorders.

MFT 6600: Psychopathology and Family Systems. Seattle Pacific University.
Course Instructor: Stephanie Armes, Ph.D., LMFT
Description: 75-minute lecture to graduate students on psychopathology and evidence-based treatment of OCD, recorded for use in future MFT classes

Guest Lecture

May 6, 2018

Introduction to Qualtrics.

PSY 3588: Psychological Research Methods. Seattle Pacific University.

Course Instructor: Michael D. Roe, Ph.D.*Description:* 80-minute guest lecture, tutorial, demonstration, and structured in-class activity**Teaching Assistant**

2018

Undergraduate Philosophy.

PHI 1001: Logic; PHI 2222: Social Ethics; PHI 3651: Contemporary Theory.

Course Instructor: Leland Saunders, Ph.D.*Description:* Grading quizzes and exams, entering grades into system, statistical analysis on exams, answering student emails and questions**Service Experience****Panelist**

Nov. 11, 2020

Clinical Psychology Prospective Student Day. Seattle Pacific University*Description:* Answering prospective student questions and discussing graduate school experiences**Workshop Leader**

Oct. 30, 2020

Suicide Risk Assessment Workshop. Seattle Pacific University.*Description:* Overview of evidence based best practices in suicide risk assessment and safety planning, proposal for new risk assessment protocol**Student Interviewer**

Feb. 23, 2020

Clinical Psychology Roundtable Interviews. Seattle Pacific University.*Description:* Assisted Dr. Erickson with roundtable interview sessions**Student Interviewer**

Feb. 21, 2019

Faculty Interviews. Seattle Pacific University.*Description:* In a team of 10 undergraduate students selected to help interview developmental psychology assistant professor candidates**Panelist**

Jan. 28, 2019

Psi Chi Research and Internship Panel. Seattle Pacific University.*Description:* Discussing research and internship opportunities in the undergraduate psychology department**Professional Training****Training`**

June 18, 2021

Doing DBT with Sexual and Gender Minority People.*Trainers:* Jeff Cohen, Psy.D., Colleen Sloan, Ph.D., & Cindy Chang, Psy.M.*Description:* 90-minute training on doing DBT with LGBTQ+ individuals**Intensive Training**

May 3 – 28, 2021

Jumpstart in Dialectical Behavior Therapy.*Trainer:* Shari Manning, Ph.D., Treatment Implementation Collective*Description:* 29-hour intensive training in DBT case conceptualization, individual therapy, skills training, phone coaching, and consultation teams**Webinar**

Feb. 17, 2021

Psychology and LGBTQ+ State Legislative Advocacy.*Trainers:* Michele Schlehofer, Ph.D., Christina Patterson, Ph.D.*Description:* 1-hour webinar for psychologists to inform advocacy on state legislation affecting LGBTQ+ clients**Training**

Aug. 3, 2020

Understanding and Treating Non-Suicidal Self-Injury.*Trainer:* Barent Walsh, Ph.D.*Description:* 3-hour training on assessment and treatment of NSSI**Training**

April 17, 2020

Crisis Response Planning for Suicidal Patients*Trainer:* Craig J. Bryan, Psy.D., ABPP*Description:* 2-hour training on crisis response planning for suicide risk

Related Volunteer Experience

Mentor

2020 – 2021

Diversity Mentor. Seattle Pacific University. Clinical Psychology.

Description: One-on-one mentoring of first year graduate student

Volunteer

2018 – 2020

Shared Breakfast. First United Methodist Church.

Description: Serving a hot breakfast to ~300 individuals experiencing homelessness, connecting people to resources and shelters at their request

Professional Memberships

Association for Behavioral and Cognitive Therapies (student member)

American Association of Suicidology (student member)

American Psychological Association (Graduate Student affiliate)

Psi Chi International Honor's Society in Psychology