

Jessica Popham, PhD, LMFT

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EDUCATION

Doctor of Philosophy in Marriage and Family Therapy July 2020
Nova Southeastern University (NSU) Davie, FL

Master of Science in Marriage and Family Therapy July 2017
Nova Southeastern University (NSU) Davie, FL

Bachelor of Arts in Psychology December 2012
Florida International University (FIU) Miami, FL

TEACHING EXPERIENCE

Nova Southeastern University – Department of Couple and Family Therapy August 2023 – Present
Assistant Professor Davie, FL

- Teach graduate and undergraduate level couple and family therapy courses
- Provide clinical supervision and supervision-of-supervision of CFT students
- Supervise doctoral and master's students throughout their clinical training and research internships
- Serve as Chair and Committee Member on doctoral dissertations
- Participate in university-wide working committees as assigned

Albizu University – Master's in Psychology Programs Department July 2020 -September 2023
Assistant Professor and Marriage and Family Therapy Practicum Coordinator Doral, FL

- Conducted interviews with incoming graduate students
- Taught graduate courses and practicum seminars
- Advised graduate level students on academic and career plans
- Developed course materials as needed, including exams and assignment evaluation rubrics
- Collaborated with practicum sites for students to receive clinical experience
- Monitored existing external practicum sites continuously and engaged new sites as needed
- Evaluated students' performance and provided feedback for student growth and improvement
- Participated in university-wide working committees as assigned

Nova Southeastern University – Department of Marriage and Family Therapy January 2019-April 2019
Teaching Assistant – Human Sexuality and Gender Davie, FL

- Collaborated with professor in preparing weekly discussions and topics
- Supported graduate students in one on one and small group settings
- Provided feedback and aided with grading on discussion board posts and other required assignments
- Educated and lectured on various class topics and facilitated group and class discussions
- Managed responsibilities such as attendance and announcements

COURSES TAUGHT

Couple and Family Therapy Department at Nova Southeastern University

SFTD6200 Internal Practicum (3 credits)

Master's in Psychology at Albizu University

- PSYM562 Family Therapy: Theory and Practice (3 credits)
PSYM563 Human Sexuality and Sexual Dysfunctions (3 credits)
PSYM501 Counseling Theories and Practice (3 credits)
PYMF631 MFT Practicum 1 (3 credits)
PYMF632 MFT Practicum 2 (3 credits)

CLINICAL EXPERIENCE

Grow Therapy

August 2021-Present

Therapist

Florida

- Provide mental health therapeutic services to adults with Telehealth
- Assess client's mental health status upon intake and throughout treatment to determine client's functioning
- Conduct assessments and use data to develop client-based treatment plans and interventions throughout treatment
- Complete electronic clinical documentation within 24 hours of meeting with client to follow program policies

Happier Living

June 2020 – January 2022

Therapist

Florida

- Provided mental health therapeutic services to adults with Telehealth
- Assessed client's mental health status upon intake and throughout treatment to determine client's functioning
- Conducted assessments and use data to develop client-based treatment plans and interventions throughout treatment
- Completed electronic clinical documentation within 24 hours of meeting with client to follow program policies
- Attended weekly case conference meetings with other mental health professionals to discuss clients and collaborate on ideas for treatment

OBMAR Counseling

September 2019 – June 2021

Lead Therapist

Fort Lauderdale, FL

- Facilitated 1-2 adult sexual offender treatment groups of 20-30 clients per week to help clients address specific problems and achieve identified goals
- Provided 2-4 individual and relational therapy sessions per week for court mandated sexual offender clients to build on clients' strengths to reduce recidivism
- Evaluated client's threat level to self and others upon intake, throughout treatment, and upon discharge
- Designed and conduct monthly life skills and psychoeducational groups
- Provided advocacy services and community resources to clients based on individual needs
- Recorded session progress notes and therapeutic interventions manually within 24-48 hours of meeting with client to follow program policies

Chrysalis Health

December 2017 – August 2020

Outpatient Therapist

Broward County, FL

- Provided mental health and substance use counseling services utilizing evidence-based practices to a caseload of 20-25 kids, teens, adults, and families on a weekly basis in-home, in the community, and through Telehealth
- Assessed client's mental health status upon intake and throughout treatment to determine client's functioning
- Determined risk and analyzed risk factors using evidence-based assessments to help clients in crisis by creating safety plans, providing crisis intervention, and collaborating with multi-disciplinary team to ensure clients' safety
- Conducted assessments and used data to develop client based treatment plans and interventions throughout treatment
- Assessed client needs and provided appropriate referrals and resources for medical, mental health, educational, and community needs
- Collaborated services with other departments and agencies by developing monthly and quarterly status reports for medical providers, case managers, schools, and ChildNet
- Completed electronic clinical documentation which included progress notes, treatment plans, monthly and quarterly reviews, and discharge paperwork using computer based applications within 24-48 hours of meeting with client
- Maintained ongoing chart audits monthly to ensure complete and accurate documentation of services provided

Fifth Street Sexual Offender Program

June 2016- July 2017

Graduate Intern Therapist

Fort Lauderdale, FL

- Facilitated 4 sexual offender treatment groups of 50-60 clients per week to help clients address specific problems and achieve goals
- Provided 7-10 individual and relational therapy sessions per week for court mandated sexual offender clients to build on clients strengths to reduce recidivism
- Performed 3-5 client intakes and biopsychosocial/biopsychosexual assessments per month to determine best treatment plan for clients
- Assisted with new intern orientation and transition of 7-10 clients to ensure consistency of treatment and adherence to policies and procedures of program
- Recorded session progress notes and therapeutic interventions manually within 24-48 hours of meeting with client
- Discussed ideas for therapy with co-therapist and AAMFT approved supervisor on a weekly basis to collaborate on quality treatment approaches

The PROMISE Program/Systemic Change in Schools

February 2016- April 2016

Graduate Intern Therapist

Plantation, FL

- Counseled 3-6 students per day, grade K-12, that had been suspended to support students with development of more effective coping skills and pro-social behaviors
- Assisted with academic planning, personal goals, and social achievement using Solution Focused Brief Therapy to empower suspended students to achieve their goals
- Assessed school, family, and social environments for students to write recommendations for schools to review for child's achievement
- Contacted families and guardians with progress updates to implement individualized goals and objectives to enhance student performance

Brief Therapy Institute

January 2015-December 2018

Graduate Intern Therapist

Davie, FL

- Conducted family, individual, and couple therapy to 3-6 clients per week

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- Collaborated with Master and Doctoral-level therapy team with AAMFT approved supervisors to provide systemic therapeutic services
- Utilized weekly AAMFT approved live supervision to sharpen and learn new theory-based skills and collaborate ideas for therapy
- Managed client files by completing intake notes, progress notes, call logs, and other appropriate forms to ethical and professional standards

SUPERVISION EXPERIENCE

Nova Southeastern University

Supervisor Assistant

May 2019 – April 2020

Fort Lauderdale, FL

- Provided live and remote supervision to graduate students in individual and group settings on a weekly basis
- Educated and trained supervisees on clinical case conceptualization and skills, ethics and legal issues, and professionalism
- Mentored supervisees on self-care practices and development of self-of-the-therapist
- Evaluated supervisees to assess strengths, weaknesses, progress, and area of concerns
- Developed a philosophy of supervision paper to articulate professional goals, model, and practices of supervision

PUBLICATIONS

Popham, J. (2019). Difficult Questions for Difficult Decisions: A Book Review. *The Qualitative Report*, 24(7), 1782-1783.

Popham, J. (2020). Happy tears: An evocative autoethnography on an Adoptee's development of identity through reunification (Order No. 28023774). Available from ProQuest Dissertations & Theses Global. (2438697708)

Popham, J., & Rambo, A. (2020). MRI Ideas as a Compass in the Dark: A Beginning Therapist Applies MRI Ideas to Dangerous Situations. *Journal of Systemic Therapies*, 39(2), 33–50. <https://doi-org.ucamia.cobimet4.org/10.1521/jsyt.2020.39.2.33>

Reiter, M. D., Jung, W. F., **Popham, J.**, Fitzgerald, C., Garcia, E., Guzman de Perez, M., Lockhart, T., & Villanueva, N. (2020). Training Through Naming: A Process of Psychotherapist Skill Development Utilizing Recursive Frame Analysis. *The Qualitative Report*, 25(8), 2085-2099. Retrieved from <https://nsuworks.nova.edu/tqr/vol25/iss8/5>

Reiter, M. D., & **Popham, J.** (2023). Documents and counter-documents. In M. D. Reiter (Ed.), *A therapist's guide to writing in psychotherapy*. Routledge.

PRESENTATIONS

- Working Systemically with a Vilified Population: Sexual Offenders
3-hour presentation at the FAMFT Conference with Kay Railsback November 2017
Orlando, FL
- Working Systemically with a Vilified Population: Sexual Offenders
3-hour guest lecture at NSU MFT Human Sexuality Course with Kay Railsback March 2017
Davie, FL
- Working Systemically with a Vilified Population: Sexual Offenders
3-hour guest lecture at NSU MFT Human Sexuality Course with Kay Railsback March 2018
Davie, FL
- Working Systemically with a Vilified Population: Sexual Offenders March 2019

3-hour guest lecture at NSU MFT Human Sexuality Course with Kay Railsback Davie, FL

- Happy Tears- An Evocative Autoethnography on an Adoptee's Development of Identity through Reunification
30-minute presentation at the IFTA Conference March 2021
Virtual
- Happy Tears- An Evocative Autoethnography on an Adoptee's Development of Identity through Reunification
3-hour pre-conference workshop at the SPR Conference June 2021
Virtual
- Making a Difference: Applying MRI Ideas to Dangerous Situations
45-minute presentation at the IFTA Conference April 2022
San Juan, Puerto Rico

FEATURES

- How to Support a Friend Who's Been Sexually Assaulted, According to Psychologists May 2021
<https://www.popsugar.com/love/how-to-support-friend-who-been-sexually-assaulted-48300849>
- How to Partner More Effectively with Your Patients on Treatment Plans June 2021
<https://www.kareo.com/blog/article/how-partner-more-effectively-your-patients-treatment-plans>
- I'll Be There for You: Why 'Friends' Offers a Mental Health Lifeline for So Many June 2021
<https://www.healthline.com/health/mental-health/ill-be-there-for-you-why-friends-offers-a-mental-health-lifeline-for-so-many>
- 3 Reasons for Sexless Marriages October 2021
<https://getmegiddy.com/sexless-marriages>
- Couples Counseling is Beneficial for Everyone February 2023
<https://mentorscollective.com/couples-counseling-is-beneficial-for-everyone/>

COMMUNITY SERVICE

- Panelist (2021) for "Immunize Your Relationship Against COVID Stress."
<https://piersongrant.com/albizu-university-clinical-psychology-professors-offer-relationship-improvement-tips-amid-stressful-covid-times/>
- Panelist (2021) for "Powering Through--How Much Is Too Much?"
- Book review for Reiter, M. D. (2022). *Therapeutic Interviewing: Essential Skills and Contexts of Counseling*. Routledge.
- Panelist (2022) for "The Rising Demand for Mental Health Professionals"
- Moderator (2023) for "Grief and Loss: The Complexity of Suffering"

AFFILIATIONS/MEMBERSHIPS

- State of Florida: Licensed Marriage and Family Therapist – MT3820 2020-present

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- AAMFT Approved Supervisor 2021-present
- AAMFT Clinical Member 2020-present
- Florida Counseling Association – Professional Member 2022-present
- Florida Association of Marriage and Family Counseling – Professional Member 2022-present
- Florida Association for Counselor Education and Supervision – Professional Member 2022-present
- CE-Classes.com - Advisory Board Member 2023-present