

Curriculum Vitae

Jessica Young Brown, PhD, LCP

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Education/ Certifications

Licensed Clinical Psychologist- October 2014
License Number: 0810-005126

Ph.D. Counseling Psychology, Virginia Commonwealth University, Awarded August 2013
Mentor, Dr. Micah L. McCreary
Dissertation: Personality and interpersonal predictors among ministers: Preference for pastoral counseling tasks (Defended October 2012)

M. S. Counseling Psychology, Virginia Commonwealth University, Awarded May 2010
Mentor, Dr. Micah L. McCreary
Thesis: More than a prayer: Pastors' perception and practice of mental health services (Defended May 2010)

B.A. Psychology and Spanish, Elon University, Awarded May 2008
Honors Fellow, *Summa Cum Laude*
Honors Mentor, Dr. Maureen Vandermaas-Peeler

Grants/Fellowships

Seminarian Spiritual Formation Grant- Awarded August 2019
John Templeton Foundation, Contributor

Thriving in Ministry Implementation Grant- Awarded November 2018
Lilly Foundation, Inc.- \$1,000,000
Co- Principal Investigator

Thriving in Ministry Planning Grant- Awarded March 2017
Lilly Foundation, Inc- \$48, 038
Co-Principal Investigator

Mental Health and Substance Abuses Services Fellowship Recipient- 2008-2011
American Psychological Association, Minority Fellowship Program

Clinical and Work Experience

Assistant Professor of Psychology, Virginia Commonwealth University, August 2021- Present

- Provide instruction in courses related to applied psychology
- Coordinate undergraduate psychology internship program

Licensed Clinical Psychologist and Owner, Choices to Change, LLC, Richmond Virginia- October 2014- Present

- Provide individual therapy to a broad range of clients
- Provide mental health consultation and workshops to faith communities and other community organizations
- Provide consultation on generational trauma in African Americans, race-related stress, and trauma

Assistant Professor of Counseling and Spiritual Formation, Samuel DeWitt Proctor School of Theology, Virginia Union University- July 2015- July 2021

- Teach courses and advise students in 3 graduate degree programs
- Advise Master's level and doctoral level graduate students
- Provide vocational coaching and support to graduate students, including assessment and report writing and interpretation
- Provide administrative leadership to the Barry Young Center for Ministry Formation which provide vocational coaching and counseling to students, alumni, and community members
- Academic Service: VUU Faculty Senate; STVU Student life committee Doctor of Ministry Program Committee

Staff Psychologist and Substance Abuse Specialist, University Counseling Services, Virginia Commonwealth University, Richmond Virginia. August 2013-June 2015

- Provide individual therapy, group therapy, crisis intervention, and supervise graduate students in psychology and social work
- Coordinate substance abuse services including intervention with sanctioned students, substance abuse training, and conduct skills group for substance abuse treatment
 - Co-developed an online education module to deliver education to a wide range of VCU students
- Coordinate GOLD Sessions, a weekly outreach program focused on skills for time management, stress management, and relationships
 - Coordinate scheduling of full time and training staff to conduct weekly outreach
 - Re-evaluate/design curricula for outreach sessions
 - Supervise a graduate student and provide administrative guidance
 - Conduct program evaluation and develop advertising strategy along with methods for nontraditional dissemination
- Serve on the Student Assistance and Support committee, which provides tracking and intervention for at-risk students.
 - Conduct collaborative risk assessment and determine intervention procedures
 - Document at-risk students to assist agency staff in tracking

Predoctoral Intern, College of William and Mary Counseling Center, Williamsburg, VA August 2012- July 2013

- Provide individual therapy, group therapy, and crisis intervention
- Supervise 2 graduate students in Psychology
- Co-supervised a graduate student intern in the execution of a federal grant for Suicide Prevention
- Developed a system for online trainee evaluation as internship project

Training Director: Carina Sudarsky-Gleiser, PhD, LCP

Supervisors: Carina Sudarsky-Gleiser, PhD, LCP; Warrenetta C. Mann, PsyD, LCP; Starlain Saldana, PhD, LCP; Patrick S. Hudgins, PsyD

Additional Teaching Experience

Primary Instructor (adjunct), Dept. of Psychology, Virginia Commonwealth University

August 2010- May 2021

PSYC 309- Personality

PSYC 407- Psychology of the Abnormal

PSYC 318- Psychological Testing

PSYC 304- Introduction to the Helping Relationship

PSYC 451- History of Psychology

PSYC/AFAM 322- Personality and Behavior of African Americans

Primary Instructor, University of Phoenix, Richmond, VA

PSYC 410- History and Systems in Psychology

PSYC 475- Psychological Testing

Community and Outreach Services

Planning Team, Holistic Hurt, Wholistic Healing Conference, Sixth Mount Zion Baptist Church, Richmond, VA

- Develop outreach programming on understanding depression in the context of a faith community
- Identify and invite other conference presenters based on congregation needs

President, Board of Directors, Virginia Institute of Pastoral Care, Richmond VA.

Member, January 2018- present

Region 4 Representative, Virginia Association of Community Services Boards, January 2020- July 2022

Varina District Representative, Henrico County Mental Health and Developmental Services- January 2014- November 2021

Chair, January 2017-December 2019

Vice Chair, January 2016-December 2017

Book

Young Brown, J. (2020) *Making Space at the Well: Mental Health and the Church*, Judson Press, Valley Forge, PA.

Book Chapter

Young Brown, J. (2022). Black and Bivocational. In D. W. Stephens (Ed.), *Bivocational and Beyond* (pp. 65–80). essay, Atla Open Press.
<https://books.atla.com/atlapress/catalog/view/82/203/856>

Peer- Reviewed Papers and Publications

Young Brown, J. & McCreary, M. L. More than a prayer: Pastors Perceptions of mental health services. (2014). *Journal of Pastoral Care and Counseling*, 68. 1-14.

McCreary, M. L., **Young, J. J.**, Fife, J. E., Jones, M. Y., Pasquariello, C., Fife, J. E., Grosz, E., Stewart, N. & Desmangles, J. (2011). Project IMPPACT: A psycho-educational problem-solving intervention for children. *Journal of Instructional Psychology*, 38, 124-131. .

Dzokoto, V. A. A., **Young, J.**, & Mensah, C. A. (2010) A tale of two cedis: Making sense of a new currency in Ghana. *Journal of Economic Psychology*, 31, 520-526.
[doi:10.1016/j.joep.2010.03.014](https://doi.org/10.1016/j.joep.2010.03.014)

University Service

VCU Department of Psychology Personnel Committee- **Spring 2023- present**

VCU Health Faith and Facts Fridays

Presentations on Clergy Mental Health in October 2022 and January 2023

VCU Office of Multicultural Student Affairs,

Panel on Generational Trauma in First Generation College Students- April 2022

VCU Partnership for People with Disabilities Early Intervention Social Emotional ECHO,
Generational Trauma – May 2022, September 2022

Media/Public Scholarship

Podcast Interview: Biologos- Neuroscience, Mental Health, and the Church.

<https://biologos.org/podcast-episodes/neuroscience-mental-health-and-the-church> (Fall 2022)

Podcast Interview: Transforming Engagement- Clergy Burnout.

<https://transformingengagement.org/resources/podcast-s02-ep02/> (August 2022)

Young Brown, J. (May 2022). Offering and ongoing response to mental health needs. Duke Faith and Leadership. Retrieved from: <https://faithandleadership.com/offering-ongoing-response-mental-health-needs>

Young Brown, J. (March 2022). Suggestions for Congregations entering the next phase of Covid- 19. Duke Faith and Leadership. Retrieved from: <https://faithandleadership.com/suggestions-congregations-entering-the-next-phase-covid-19>

Podcast Interview: Lott Carey Foreign Mission Board. Pilgrimages in Thriving and Striving. <https://podcasts.apple.com/us/podcast/jessica-young-brown-ph-d-assistant-professor-of/id1547284045?i=1000571599962> (Spring 2021)

Young Brown, J. (April 2021). Trauma Upon Trauma. Duke Faith and Leadership. Retrieved from: <https://faithandleadership.com/trauma-upon-trauma>

Young Brown, J. (May 2020) Ministers cannot thrive if they neglect themselves. Duke Faith and Leadership. Retrieved from: <https://faithandleadership.com/jessica-young-brown-ministers-cannot-thrive-if-they-neglect-themselves>

Young Brown, J. (May 2020). Ministry for Mental Health in the Black Church. Christian Citizen. Retrieved from <https://christiancitizen.us/ministry-for-mental-health-in-the-black-church/?fbclid=IwAR3G7qKlzWuCO6X299C8Ikto2UX98qCxnMCarOsUMuA2NojCN0VjCOWtZ4>

Young Brown, J. (November 2019). Don't be afraid of a future with more bi-vocational ministers. <https://thrivinginministry.org/dont-be-afraid-of-a-future-with-more-bivocational-ministers/>

Selected Community Presentations/Invited Talks

October 2022. Care in Crisis: Strategies for Attending to Mental Health in Campus-Based Ministry. Forum for Theological Exploration, CMTVE Annual Conference, Indianapolis, IN.

October 2022. Understanding Trauma Reactions in Racial Reconciliation. Richmond Virginia Clergy for Racial Reconciliation Annual Conference, Richmond, VA

October 2022, May 2022. Understanding Generational Trauma and Race Related Stress. Henrico County Department of Social Services Foster Parent Training. Richmond, VA.

September 2022. Personal Practices to Support Trauma Informed Care. Hanover Country Community Services Board. Hanover, VA.

Panelist, "Is Christianity Bad for our Mental Health?" Jude 3's Courageous Conversations. Washington, DC. (September 2022)

July- August 2022. Six week series, “Embodied Practices for Trauma Resilience.” Episcopal Diocese of Chicago, Tolton Spirituality Center. Virtual.

May 2022. Keynote Speaker for Annual Juneteenth Event. Citizen’s Bank. Richmond, VA

March 2022. Guest Lecture at the University of Ghana. Generational Trauma. Virtual

February 2022. Supporting the Mental Health of Faith Leaders in the COVID Era. National Conference of the Episcopal Parish Network (formerly CEEP). Atlanta, GA.

January 2022. “Trauma Informed Student Services” , Arlington County Public Schools Department of Student Services, Arlington, VA.

October 2021. “Generational Trauma in African Americans.” Loudoun County Department of Menatal Health and Developmental Services.” Loudoun County, VA.

September 2021. “Generational Trauma in African Americans.” Williamsville Wellness, Virtual.

September 2021. “Antiracism and Kinship Care” City of Alexandria Dept. of Community and Human Services 2021 Kinship Symposium. Virtual.

May 2021. “Allyship 101.” Hampton Newport News Community Services Board. Virtual.

April 2021. “Generational Trauma in African Americans.” Fairfax County Community Services Board. Virtual.

March 2021. “Generational Trauma in Education.” Arlington County Public Schools Teacher In-Service. Arlington, VA.

July 2020. The Importance of the Treatment Alliance in Trauma Treatment. Loudon County Community Services Board All Staff Training. Loudon, VA.

March 2020. Brown, J. Y. and Thurmond- Malone, M. Trauma informed Pastoral Care. RISE Women’s Mentoring Conference. Atlanta, GA.

Selected Conference Presentations

Brown J. Y. (May 2022). Personal Practices to Support Trauma Informed Care. Virginia Trauma Informed Communities Conference. Virtual.

Brown, J. Y. (June 2021). Keynote Speaker. Virginia Department of Behavioral Health and Developmental Services Annual Symposium. Virtual.

Brown J. Y. (June 2019). Generational Trauma in African Americans. Virginia Department of Behavioral Health and Developmental Services Annual Symposium. Richmond, VA.

Lockhart, L. R., **Brown J. Y.** and Janssen, D. L. (November 2017). Volition and Vocation. Presented at the Annual Meeting of the Religious Education Association, St. Louis, MO.

Brown, J. Y. (October 2014). The Spiritual Path out of Depression. Presented at the Wholistic Hurt, Holistic Healing Conference, Richmond, VA.

Brown, J. Y., & Donovan, K.K. (April 2014). Collegiate Recovery Communities: Supporting Students in Recovery. Presented at the Virginia College Counseling Center Conference, Richmond, VA.

Awards and Honor Societies

Phi Kappa Phi, National Academic Honor Society
Omicron Delta Kappa, National Leadership Honor Society
Sigma Delta Pi, National Spanish Honor Society
Psi Chi, National Psychology Honor Society

Professional Memberships

American Psychological Association
Virginia Association of Clinical Psychologists

References available upon request