

Jasmine Jackson, MS.Ed, LMHC-D

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EDUCATION

Seton Hall University, South Orange, NJ

Expected May 2029

Ph.D. in Counseling Psychology

Accredited by the American Psychological Association

Fordham University Graduate School of Education, New York, NY

Master of Science in Education, Mental Health Counseling

May 2023

John Jay College of Criminal Justice, New York, NY

Bachelor of Science in Forensic Psychology | Minor: Counseling

May 2021

Dean's List

CERTIFICATIONS & LICENSES

New York State Licensing Services

July 2026

Mental Health Counselor- *Diagnostic Privilege*

University of Denver, *Online*

May 2023

Certificate in Animals and Human Health

RELEVANT EXPERIENCE

Feelings First Counseling, PLLC Albany, NY *Tele-health

July 2026- Present

Founder, CEO, Psychotherapist, & Clinical Supervisor

- Provide clinical supervision to graduate-level counseling interns from multiple New York universities, supporting their development toward Mental Health Counselor Limited Permit (MHC-LP) licensure through case consultation, clinical skill development, and ethical practice guidance.
- Deliver individual, couples, and group psychotherapy services utilizing evidence-based approaches, while maintaining comprehensive clinical documentation, insurance billing procedures, and treatment planning in alignment with regulatory and ethical standards.
- Develop and implement structured training and mentorship programs for graduate interns, including clinical skill-building workshops, case conceptualization support, and ongoing professional development to strengthen competency in outpatient psychotherapy practice.

Cooper University Health Care, Camden, NJ

July 2026- Present

Behavioral Medicine Consultation Liaison

- Provide bedside psychological assessments, consultations, and brief interventions for patients across multiple hospital units, including Trauma, Oncology, Cardiology, Surgery, Pediatrics/PICU, General Medicine, and Emergency Medicine.
- Deliver evidence-based, short-term interventions utilizing CBT, ACT, and mindfulness-based approaches to address acute psychological needs.
- Collaborate closely with interdisciplinary medical teams to offer psychological insights and treatment recommendations that enhance patient care.

Hackensack Meridian Health, Hackensack, NJ

July 2025- June 2026

Psychology Extern

Assessment Experience: WAIS-IV, Woodcock-Johnson, Bracken, CPT, EVT, WRATMA, NEPSY

- Provided individual therapy to pediatric and adolescent survivors of cancer, addressing emotional adjustment, anxiety, depression, trauma-related concerns, and family dynamics, while tailoring interventions to each client's developmental stage and medical history.
- Conducted comprehensive neuropsychological assessments for children and adolescents, including cognitive, academic, and emotional functioning measures, and integrated findings into detailed reports to guide individualized treatment and educational planning.
- Collaborated within a multidisciplinary medical team, including psychiatrists, nurses, and physicians, to ensure holistic, patient-centered care, actively contributing psychological insights to treatment planning and family consultations.

CUNY Graduate Center Wellness Center

August 2024-May 2025

Pre-Doctoral Extern

Assessment Experience: EVT-3, WIAT, WISC-V, DKEFS, NEPSY, PPVT-5, MMPI

- Demonstrated cultural competence and sensitivity in working with individuals from diverse backgrounds, including those with intersecting identities and unique mental health concerns.
- Conducted intake assessments, individual counseling sessions, and crisis intervention services under the supervision of licensed psychologists, enhancing clinical skills and therapeutic techniques.
- Engaged in ongoing professional development through supervision, case conferences, and continuing education opportunities, ensuring adherence to ethical standards and best practices in psychological service delivery.

Good Grief/ KIPP NJ, Newark, NJ

September 2023- December 2023

Pre-Practicum Doctoral Extern

- Co-facilitated 5 grief process groups a week with 4-10 students in each group to serve adolescents with complex and traumatic grief.
- Utilized resources and supervision to find creative ways to engage students and to create a safe space for them to share.
- Fostered connection among group members by identifying shared themes between individual experiences.

The Private Practice of Dr. Katherine Stavrianopoulos Yonkers, NY

Provisionally Licensed Therapist

Assessment Experience: PHQ-9, GAD-7, ECR-R, TLS, C

May 2023-November 2025

- Establish positive, trusting rapport with clients using a relational and emotionally focused approach.
- Create individualized treatment plans according to clients' needs and circumstances.
- Attend supervision weekly to discuss client progress and further professional development.

John Jay College of Criminal Justice New York, New York, NY

January 2023- Present

Adjunct Professor

- Instruct undergraduate counseling courses including **CHS 320, CHS 310, CSL 342, and CSL 250**, spanning foundational and advanced content in counseling theory, helping relationships, and applied counseling skills within a forensic and community-based context.
- Facilitate engaging and interactive classroom environments by integrating evidence-based counseling theories, applied case examples, group discussions, and experiential learning activities to strengthen students' clinical reasoning and professional development.
- Foster student growth in counseling identity and applied skill development through structured classroom dialogue, real-world clinical examples, and integration of multicultural and ethical considerations relevant to contemporary counseling practice.

RESEARCH EXPERIENCE

City University of New York, New York, NY

September 2025- Present

Principal Investigator & Lab Director

- Lead ongoing mixed-methods research studies exploring (1) the application of attachment theory in human-canine relationships and its benefits for mental health, and (2) the impact of dual-career dynamics on marital satisfaction, overseeing all stages of recruitment, transcription, and data management.
- Train and supervise student researchers in qualitative coding and codebook development, guiding thematic analysis and interrater reliability across coding teams.
- Manage quantitative data entry and analysis using SPSS, integrating qualitative and quantitative findings to identify emerging patterns and strengthen study validity.

University of Massachusetts Chan Medical School, Worcester, MA

Data Analyst & Research Interviewer

October 2024- January 2025

- Proficient in analytical tools such as Python, R, SQL, Tableau, and Excel for data manipulation, visualization, and reporting.
- Conducted one-on-one interviews, focus groups, and observational studies to gather qualitative data on participant experiences, opinions, and behaviors.
- Analyzed and interpreted large datasets to identify trends, patterns, and insights to support business decisions.

Graduate Research Team

Supervisor: Dr. Cristina Cruza Guet

Research Lab Member

August 2023- Present

- Developing an individual research study on the psychological effects of canine and human interactions amongst undergraduate students.
- Collaborating with other students in the research lab to solve issues in research related to developing materials and analyzing data.
- Compiled a set of existing literature reviews to assist with developing my research study.

University of Massachusetts Chan Medical School

August 2022- January 2025

Youth Advisory Board Member

- Participate and engage in board meetings to infuse Young Adult voices into action research such as writing and shaping of the grant.
- Provided feedback and guidance to 100+ students on their research projects.
- Provide input on theory, research, and knowledge-sharing activities that the RTC is planning to incorporate in their future research.
- Assist in preparation for conducting experiments.

John Jay College of Criminal Justice, New York, NY

January 2020-May 2020

Undergraduate Research Assistant

- Assisted Dr. Stavrianopoulos in a longitudinal research study that examined how effective pre-marital counseling was on couples before getting married in the Greek Methodist Church.
- Provided research support by preparing experiments and analyzing data.
- Performed comparative analyses from former experimental data.
- Developed a research paper proposal for research to be conducted.

PUBLICATIONS

Jackson, J. *Human-dog attachment, attachment styles, and mental health benefits: A mixed-methods study*. Manuscript in preparation for submission to *Anthrozoös*.

Jackson, J. *Therapist perspectives on canines in therapy: A qualitative study of clinical processes and outcomes*. Manuscript in preparation for submission to the *Journal of Counseling Psychology*.

CONFERENCE PRESENTATIONS

Jackson, J. (2026, July). *A mixed-methods study of human-dog attachment, attachment styles, and mental health benefits*. Poster presented at the American Psychological Association Annual Convention, Washington, DC.

Jackson, J. (2026, February). *A mixed-methods study of human-dog attachment, human attachment styles, and mental health benefits*. Poster presented at the Eastern Psychological Association Annual Convention, Boston, MA.

PROFESSIONAL EXPERIENCE & AFFILIATIONS

Western Psychological Association

Student Member

October 2025-Present

- Participate in regional initiatives supporting psychological research, diversity, and applied practice within the Western U.S. region.
- Contribute to the dissemination of psychological knowledge by attending annual WPA conventions and engaging in student-led research forums.
- Foster connections with professionals and students across disciplines to strengthen research collaboration and professional identity in psychology.

Eastern Psychological Association

Student Member

October 2025-Present

- Engage in professional development through conference attendance, research presentations, and networking with scholars in psychology and counseling fields.
- Stay informed on current research and trends in psychological science by participating in EPA programs and reviewing scholarly presentations.
- Collaborate with peers and faculty mentors to promote student research engagement and professional growth within the association.

American Psychological Association, Division 17

Student Affiliate

October 2025-Present

- Engage with Division 17 initiatives that promote the integration of research, practice, and advocacy within the field of counseling psychology.
- Participate in student mentorship and networking opportunities to advance professional identity, leadership development, and applied research skills.
- Contribute to Division 17's mission by staying active in programs and discussions centered on social justice, multicultural competence, and evidence-based counseling practice.

Counseling Psychology Student Association South Orange, NJ

Multicultural Chair

July 2025- May 2026

- Lead initiatives that promote diversity, equity, inclusion, and cultural awareness within the counseling psychology program through workshops, discussions, and advocacy events.
- Collaborate with executive board members and faculty to develop programming that amplifies underrepresented voices and addresses systemic and cultural issues in mental health.
- Facilitate ongoing dialogue among students to foster multicultural competence, allyship, and social justice engagement in clinical training and research.

Secretary

August 2024- June 2025

- Sends out reminders of monthly meetings and other important information pertaining to CPSA.
- Records, types, and uploads minutes from all meetings to the CPSA Google Drive and Microsoft Teams folder.
- Organizes, updates, and shares the CPSA member contact list.

Social Justice Chair

September 2023- July 2024

- Collaborated with the Advocacy Chair to send monthly emails to counseling psychology students and faculty regarding national and global social justice and advocacy issues, as well as how to get involved.
- Led an annual fundraiser via GoFundMe and raised over \$500 for Food Pantries in Essex County.

American Psychological Association, Division 17 Section 13

, September- Present

Mentee

- Actively participate as a mentee within the American Psychological Association (APA) Division 17, Section 13: Animal and Human Health, receiving guidance and support from experienced professionals in the field.
- Collaborate with fellow mentees to explore current research, trends, and best practices in the field of animal-assisted interventions and human-animal interaction.
- Demonstrated dedication to professional growth and development by actively seeking opportunities for learning and networking within the APA Division 17, Section 13 community.

HONORS/ AWARDS

PSC CUNY Research Grant (Traditional B) | *Research Foundation*

July 2025

Dean's List | *John Jay College of Criminal Justice*

August 2018-May 2023

Youth Community Service Award Recipient 2017 | *NAACP*

October 2017