

Jennifer “Christy” Thrash, PsyD

Curriculum Vitae

Professional Profile

Licensed psychologist with +14 years of experience collaborating with multidisciplinary teams in outpatient clinics and hospital settings providing psychotherapeutic interventions, suicide and violence risk assessments, psychological testing, program development, and community outreach events.

Education

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| Doctor of Psychology (PsyD) | 2008 | University of the Rockies, Colorado Springs, CO <i>a.k.a. Colorado School of Professional Psychology</i> |
| Master of Social Work (MSW) | 2000 | University of Pennsylvania, Philadelphia, PA |
| Bachelor of Arts, East Asian Studies (BA) | 1993 | University of California, Santa Cruz, CA |

Credentials

Licensed Psychologist, State of Colorado #3327 Issued: 07/01/09 Expires: 08/31/2025

Career Summary

March 1, 2022 - Present **Primary Care Clinical Psychologist & Senior Instructor**
University of Colorado Denver | Anschutz - Dept of Family Medicine CU
Medicine Family Medicine Depot Hill (Broomfield, CO) in 2022 - 2023
CU Medicine Family Medicine Louisville (Louisville, CO) in 2024

- Coordinating with multi-disciplinary clinicians and staff to provide team-based care in a patient-centered primary care setting committed to equitable care for diverse populations.
- Providing behavioral health services including diagnostic assessment / testing, brief evidenced based psychotherapy, and health behavior sessions to primary care patients.
- Collaborating with medical providers by providing warm hand-offs, discussing patient referrals, and providing consultation on a wide range of patient issues.
- Participating in case management meetings with the social worker, triage nurse, psychiatrists, and the patients' primary care providers to review patients with complex needs
- Facilitating referrals to community providers for patients when a different level of care is appropriate.
- Designing and implementing health promotion / disease prevention interventions including Empowered Relief psycho-education classes for patients with chronic pain.
- Participating in quality improvement and practice transformation initiatives, workflow modifications, and the identification and deployment of new efficiencies.
- Collaborating with staff to improve the workflow for ADHD evaluations; built support to enable the clinic to provide ADHD evaluations to pediatric patients in 2022.
- Supported research involvement by participating in the IBH+ Services evaluation project in 2022.
- Supported DFM's efforts to establish the clinic as a major rotation training site for psychology doctoral interns for the first time.
- Became the primary supervisor for the clinic's first two psychology doctoral interns in the fall of 2022.
- Continued as the primary supervisor for the clinic's three new psychology doctoral interns in July 2023.

November 2018 – Staff Psychologist

Feb. 2022 University of Colorado, Colorado Springs Mental Health Services (MHS)

- Professional mental health clinician and clinical supervisor at the UCCS Wellness Center, an on campus multi-disciplinary clinic offering low cost mental health services, primary medical care, massage therapy, chiropractic services, and dietician services to undergraduate and graduate students.
- Facilitated evidence based brief psychotherapy and teletherapy to clients of diverse backgrounds.
- Completed suicide risk assessments, crisis walk in sessions, and short term crisis counseling.
- Worked collaboratively with psychiatric NPs, medical providers, dieticians, and community agencies to provide comprehensive client care.
- Triage and referred clients to community providers when a different level of care was appropriate.
- Supervised trainees of diverse backgrounds (social work, psychology, counseling graduate students, psychology interns, post-doctoral fellows) for individual / group counseling and psychological testing.
- Worked closely with UCCS Disability Services to identify and assist students in need of academic accommodations for specific learning disorders and/or mental health disorders.
- Managed the clinic's testing services program. Improved the testing program by offering lower cost evaluations while significantly increasing the number of clients served between 2019 - 2022.
- Collaborated with the MHS team to successfully complete our university department's quality and performance assessments using the CAS Self-Assessment Guide for Counseling Services in 2019.
- Designed and implemented a new remote psychological testing services program for clients seeking ADHD evaluations during the COVID-19 pandemic from August 2020 to July 2021.
- Participated in campus outreach programs (vaccination clinics, first-year student orientation, sexual assault awareness week, suicide awareness week, and the Veteran Military Affairs annual training).

Oct. 2017 - May 2019 Private Practice Psychologist

Thrash & Associates, LLC d.b.a. Springs Psychological Associates

- Founded a private practice offering individual counseling and family psychotherapy sessions.
- Specialized in treating adult and adolescent clients with mood disorders and anxiety disorders.
- Provided effective, evidence based therapeutic interventions including Attachment Based Family Therapy (ABFT), Acceptance & Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT).
- Facilitated HeartMath biofeedback sessions for clients with anxiety and trauma based disorders.
- Consulted with the client's community psychiatric providers to improve client care.

July 2016 - Oct. 2018 Unit Psychologist

Adolescent Behavioral Treatment Unit (ABTU)

Colorado Mental Health Institute at Pueblo (CMHIP)

- Worked collaboratively with a multi-disciplinary treatment team including psychiatrists, nurses, nurse practitioners, social workers, team leaders, occupational therapists, and recreational therapists to provide comprehensive care to a high risk adolescent inpatient population from diverse backgrounds.
- Implemented new clinical, psychoeducational, and behavioral programs for the adolescent unit.
- Facilitated ten hours of group therapy per week as required per CMS (Medicaid) requirements.
- Provided individual psychotherapy sessions, family sessions, and parent education as needed.
- Administered court ordered psychological testing to both adult and adolescent patients ages 10 - 92.
- Trained and supervised psychology doctoral interns assigned to the ABTU rotation.
- Updated the annual suicide prevention training and presented the training to all hospital medical staff.

**April 2009 - June 2016 Staff Psychologist
Colorado Mental Health Institute at Pueblo (CMHIP)**

- Collaborated with multi-disciplinary team members including psychiatrists, nurses, nurse practitioners, physician assistants, social workers, team leaders, and community based case managers to ensure community safety and to make treatment recommendations for adult inpatients.
- Facilitated domestic violence psycho-educational groups to patients on the women's high security unit.
- Completed 15 risk assessments for patients seeking increased hospital privileges.
- Created and facilitated sex offense specific trainings for medical staff and psychology doctoral interns.
- Updated the hospital's required annual training on suicide prevention, co-facilitated monthly trainings.
- Completed over 600 adjudicative competency evaluations for CMHIP adolescent and adult patients.
- Consulted with defense attorneys, prosecutors, caseworkers, and CMHIP treatment team members.
- Qualified as an expert witness and provided court testimony regarding competency opinions in Denver, El Paso, Pueblo, Arapahoe, Logan, and Mesa counties.

**October 2008 - April 2009 Psychotherapist
Dr. Karen Underwood's private practice**

- Provided clinical assessments and individual psychotherapy to older adult clients residing in skilled nursing facilities and assisted living facilities throughout Colorado Springs under the supervision of Dr. Karen Underwood, a licensed psychologist and geriatric specialist.
- Facilitated specialized trainings for skilled nursing staff working with geriatric residents who exhibited social, emotional, and behavioral problems.

**June 2008 - April 2009 Neuropsychological Technician
Dr. Lin Moeller-Medicus' private practice**

- Assisted Dr. Lin Moeller-Medicus in writing comprehensive neuropsychological evaluations for adult clients suffering from traumatic brain injuries, dementia, substance abuse, and other neurological and psychiatric disorders.
- Administered neuropsychological testing to adult clients in various settings in Colorado Springs.
- Utilized results to determine clients' cognitive capacity for long-term care placement, treatment planning, and guardian / conservatorship.

**August 2008 - December 2008 Psychiatric Liaison
Centura Health Systems, Penrose Main & St. Francis Hospital**

- Provided mental health evaluations, including suicide risk assessments and violence risk assessments, to patients presenting at Penrose Hospital and St. Francis North Hospital emergency room departments.
- Collaborated with hospital staff and made recommendations for discharge planning.
- Triageed and referred clients to psychiatric inpatient programs when appropriate.

**June 2008 - December 2008 Neuropsychology Technician
Centura Health Systems, Penrose Main Hospital**

- Assisted Dr. Christopher Stewart in providing comprehensive neuropsychological evaluations to hospital patients admitted for cardiac delirium, substance abuse, near fatal suicide attempts, traumatic brain injuries, and other medical and psychiatric disorders.
- Responsible for neuropsychological test administration, scoring, interpreting, and documenting results in patients' medical records.

August 2004 - May 2007

**Licensed Clinical Social Worker
Ponderosa High School
Douglas County School District, Parker, CO**

- Collaborated with multi-disciplinary teams including the special education staff, teachers, school counselors, deans, the school psychologist, and students' families to provide appropriate academic and behavioral health interventions for both general curriculum and special education students.
- Completed psychosocial evaluations utilizing standardized adaptive behavior assessments required for special education students' individualized education program (IEP) reviews.
- Provided grief groups to students in the fall of 2004 following the death of six classmates.
- Facilitated social skills training to special education students.
- Provided individual counseling to students experiencing mental health issues and family conflict.
- Reported child abuse/neglect to Douglas County DHS as required by mandatory reporting laws.
- Obtained grant money to implement a diversity sensitivity training program facilitated by Ponderosa High School students to their peers and to local middle school students for two consecutive years.
- Served as staff sponsor for the Ponderosa High School Diversity Club and the LGBTQ+ Support Group.

March 2002 - August 2004

**Licensed Clinical Social Worker
Griffith Centers for Children, Larkspur, CO**

- Worked as an SOMB certified adolescent treatment provider (Associate Level). Provided sex offense specific treatment to adolescent males including individual and group sessions, covert sensitization, positive conditioning, victim clarification, family reunification, and safety management planning.
- Facilitated individual, group, and family therapy, experiential workshops, and wilderness trips for adolescent males from diverse backgrounds with Conduct Disorder and mental health disorders.
- Trained milieu staff in Dialectical Behavioral Therapy (DBT) techniques.
- Returned as a part time contracted therapist (June 2007 - Sept. 2007).

November 2000 - March 2002

**Adolescent Substance Abuse Counselor
Arapahoe House, Denver Metro Area**

- Worked as a CAC-II certified addictions specialist. Completed substance abuse evaluations and provided individual, group, and family therapy for adolescents with substance abuse and comorbid mental health disorders utilizing Motivational Interviewing and the Stages of Change model.
- Carried full caseloads from the adolescent outpatient programs in two clinics (Denver and Thornton).
- Designed and co-facilitated a 9-hour per week intensive outpatient substance abuse treatment program.

Academic Internships

June 2007 - June 2008

**Psychology Post-Doctoral Intern
Program: Colorado School of Professional Psychology
Site: UCCS Aging Center, Colorado Springs, CO**

- Provided psychological diagnosis and treatment for older adult clients in a variety of settings including an outpatient mental health clinic, outpatient medical clinic, and long-term care facilities.
- Completed neuropsychological evaluations for adults of all ages suffering from traumatic brain injuries, dementia, substance abuse, and psychiatric disorders using a flexible battery.

September 2005 - June 2006

Psychology Practicum Trainee

Program: Colorado School of Professional Psychology

Site: Switzer Community Counseling Center

- Provided individual counseling for adults utilizing a cognitive behavioral treatment (CBT) approach.
- Conducted intake assessments and psychological evaluations for probation and social security disability applications utilizing a fixed battery approach (WAIS-III or SB-2, WMS-III, MMPI-2).
- Selected by faculty in 2006 as a “student manager on duty.” Responsibilities included supervising new doctoral students and managing their weekly shift assignments.

September 1999 - May 2000

Social Work Research Intern

Program: University of Pennsylvania

Site: The Clara Bell Duvall Project, Philadelphia, PA

- Conducted research on women’s access to reproductive health services.
- Assisted the executive director with writing grant applications.
- Participated in grassroots community organization and coalition building for women’s rights.

September 1998 - May 1999

Social Work Intern

Program: University of Pennsylvania

Site: Harrison Elementary School, Philadelphia, PA

- Assisted the school social worker in providing behavioral interventions and counseling services for both general and special education students in an urban school setting.
- Participated in grassroots community organization and coalition building with communities of color.

Memberships & Affiliations

- American Psychological Association (APA)
- APA Div. 38 Society for Health Psychology
- APA Div. 46 Society for Media Psychology and Technology
- APA Div. 52 International Psychology
- Association for Contextual Behavioral Science (ACBS)
- Colorado Psychological Association (CPA)

Honors & Awards

July 2023 Behavioral Health Mission Alignment Award Recipient, CU SOM Dept of Family Med.
August 2015 Colorado Health Service Corps Scholarship Recipient
2011 & 2013 Outstanding Leadership Certificates, CMHIP Psychology Internship Program
2006 - 2007 American Psychological Association (APA) Graduate Student Representative
2006 - 2007 Colorado School of Professional Psychology Student Government Representative
May 1990 Pacific Rim Scholarship Recipient: 1990 – 1991 study abroad in Taipei, Taiwan, ROC

Volunteer & Service Work

2022 - present NAMI (National Alliance on Mental Health), Boulder CO chapter
2019 - present Rise Against Suicide (formerly Second Wind Fund)

Community Presentations & International Presentations

“Achieve emotional wellness and reclaim enthusiasm.” The Networking Diva Hour Blogtalk Radio Show. Interviewed by host Janiece Carlson. January 11, 2018.

“Structuring Group Therapy Sessions.” Guest Lecture, Group Therapy Class facilitated by Brianna Meehan, LCSW. Colorado Technical University. Colorado Springs, CO. March 1, 2017.

“Depression and Dementia.” Presented at Memorial Hospital’s Survivors of Stroke support group. Colorado Springs, CO. May 13, 2008.

“The Benefits of Prayer and Meditation: A Comparative Review of Research.” Presented at the Psychology of Religion Conference. Required Mandarin\English interpreter. Beijing, China. March 2008.

“Rollo May and *The Cry for Myth*.” Presented at the Existential Psychology Conference. Hong Kong Institute of Christian Counselors. Required Mandarin\English interpreter. Hong Kong, China. March 2008.

“Introduction to Personality Disorders.” Guest Lecture, Abnormal Psychology Class facilitated by Albert Chan, PsyD. Hong Kong Institute of Christian Counselors. Hong Kong, China. March 2008.

Facilitator of Professional Trainings

“Treatment of Adolescent Psychiatric Inpatients.” Required training for new hospital employees. CMHIP, Pueblo, CO. Facilitated monthly. Feb. 2017 – Oct. 2018.

“Treatment and Management of Sexual Offenders Over Age 60.” Presentation at the SOMB 9th Annual Conference. Co-facilitated with Dr. Eddy and Dr. Arzoumanian. Breckenridge, CO. July 9, 2015.

“Prevention of Suicidal Behavior – The Interpersonal Theory of Suicide.” Annual training required for all medical staff and mental health staff. CMHIP, Pueblo, CO. Facilitated monthly. 2014 – 2018.

“Prevalence and Assessment of Geriatric Depression and Impact on Physical Health.” Presentation at the Colorado Behavioral Health Annual Training Conference. Breckenridge, CO. Oct. 6, 2008.

“Child Abuse and Neglect Reporting.” Required training for Ponderosa High School faculty. Parker, CO. Facilitated annually. August 2004, August 2005, and August 2006.

“What is Dialectical Behavior Therapy?” Required training for all clinical staff and milieu staff at the Griffith Centers for Children. Larkspur, CO. Facilitated bi-monthly. August 2003 – August 2004.

Publications, Posters, & Research

Dyer (Thrash), J., Kaklauskas, F., Dow, M., Saxon, E., Chan, A., Yang, M. & Hoffman, L. (2019). Existential psychology dialogues in China: Beginning the conversation. In L. Hoffman, F. Kaklauskas & M. Yang, (Eds.), *East-West Dialogues on Existential-Integrative Therapy*, 2nd Edition. Colorado Springs, CO: University Professors Press.

Dyer (Thrash), J., Kaklauskas, F., Dow, M., Saxon, E., Chan, A., Yang, M. & Hoffman, L. (2009). Existential psychology dialogues in China: Beginning the conversation. In L. Hoffman, F. Kaklauskas & M. Yang (Eds.), *East-West Dialogues on Existential-Integrative Therapy*. Colorado Springs, CO: University of the Rockies Press.

Thede, L. & Dyer (Thrash), J. (2008). "Iatrogenic Effects of Psychotropic Medication on Neonates Following Exposure." Poster presentation at the Missouri Psychological Association Convention in Lake Ozark, MO. Third place winner.

Dissertation: "Prevalence and Assessment of Undiagnosed Depression Among Elderly Medical Rehabilitation Inpatients in Skilled Nursing Facilities." Successfully defended on 04/20/08.