February 2021

**Jason Drwal**

|  |
| --- |
| Evergreen Therapy  2140 Norcor Ave, Ste 103  Coralville, IA 52241  jasondrwal@evergreentherapycenter.com  (319) 853-8762 |

**Education**

Ph. D. in Clinical Psychology, University of Connecticut, Dept. of Psychology, *July 2003*

Dissertation: *The relationship among empathic accuracy, romantic attachment, and relationship quality in dating couples, advisor: Conrad Schwarz, Ph. D.*

M.A. in Clinical Psychology, University of Connecticut, Dept. of Psychology, *May 2001*

Thesis: *Development and validation of gender-related traits for the adjective checklist, advisor: Conrad Schwarz, Ph. D.*

B.A. in Psychology, University of Michigan, Dept. of Psychology, *May 1996*

Summa Cum Laude

Concentration in Social Science**,** Mott Community College, *May 1994*

Summa Cum Laude

**License**

Licensed Psychologist, State of Iowa, License # 001126, expiration 6/30/22

**Clinical Experience**

Evergreen Therapy Center, Coralville, Iowa *August 2020 – Present*

Owner/Clinical Psychologist

* Oversees all aspects of clinical and business operations of Evergreen Therapy Center.
* Conduct psychotherapy intakes and outpatient therapy.

PCT Coordinator/Program Manger *December 2014 – August 2020*

Iowa City Veterans Hospital, Iowa City, Iowa

* Oversees evaluation and systems redesign of PTSD and General Mental Health services. Makes recommendations to improve coordination of psychology services within the medical center and to provide timely access to outpatient psychological services for consults and return appointments.
* Responsible for ensuring clinical coverage for outpatient Psychology Services caused by provider absences and provider departures.
* Trains and oversees Psychology Triage Team composed of three psychologists and one psychology technician. Team is responsible for triage all inpatient and outpatient psychotherapy consults.
* Supervises 8 MSAs, who are responsible for scheduling outpatient mental health appointments at the Coralville Clinic and all televideo scheduling for Coralville and 8 other CBOCs.
* Conduct outpatient individual, couples, group therapy, intake assessments, crisis counseling for veterans with PTSD and other mental health problems.
* Leader Complex Patient Case Conference, an interdisciplinary consultation team for challenging patients across mental health services
* Intern supervisor

PTSD-SUD Specialist *January 2009 – December 2014*

Iowa City Veterans Hospital, Iowa City, Iowa

* Conduct outpatient individual, couples, family, group therapy, intake assessments, crisis counseling for veterans with comorbid substance abuse and PTSD and other disorders
* Leader Access Committee and Complex Patient Case Conference
* Interim Evidence-Based Psychotherapy Coordinator From February to September of 2014
* Intern supervisor

Volunteer Therapist *August 2008 – December 2008*

Iowa City Veterans Hospital, Iowa City, Iowa

Conducted general therapy and intake assessments for veterans in Psychology Clinic.

Doctoral Intern*August 2002 – July 2003*

Counseling and Psychological Services, University of Houston, Houston

Provided individual and group psychotherapy, crisis counseling, community outreach, and supervise practica students in psychotherapy.

Therapist *Sept 2001 – May 2002*

Student Mental Health Services, University of Connecticut

Provided individual and group therapy, crisis counseling, and ADHD assessments to undergraduate and graduate students.

Therapist/ER Clinician*Sept 1999 - Aug. 2000*

George B. Wells Human Services Center and Harrington Hospital, Southbridge, Massachusetts

Provided short and long-term individual therapy, conducted personality assessments, and performed intake evaluations in hospital ER for inpatient psychiatric unit.

Therapist *May 1999 – Aug 1999*

VA Connecticut Healthcare (Hospital), Newington, CT

Administered neuropsychological testing to elderly veterans.

Therapist *Sept 1998 – June 2000*

Psychological Services Clinic, University of Connecticut, Storrs

Provided long-term therapy to adults, children, and families.

*Therapist* *Sept. 1997 - May 1998*

Psychological Services Clinic, University of Connecticut, Storrs

Conducted ADHD, learning disability, and personality assessments.

**Teaching Experience**

Staff trainer Integrated Smoking Cessation *April 2012 – August 2013*

Helped to design training, conduct workshops, and provide ongoing consultation for an evidence-based treatment for smoking cessation taught to VA hospitals around the country.

Assistant Professor of Psychology *August 2003 – December 2008*

Taught courses in psychology, writing, and statistics and supervised independent studies and internships in psychology. Conducted research and ran research program studying problem-solving in married couples.

Teaching Assistant *Dec 1997 – May 1999, Jan – May 2001*

Taught nine laboratory sections and three discussion sections of Introductory Psychology.

Instructor of Personality*Jan – May 1999, Sept – Dec 1999*

Instructor for two courses of Introduction to Personality. Designed, taught, and graded course. Received strong student evaluations both semesters.

**Posters, Presentations, and Invited Talks**

Drwal, J. (2020). Why Mental Health Professionals Burnout and What You Can Do About It. Invited Talk, Ocean County Dept of Human Services, Toms River, NJ.

Drwal, J. (2020). Overcoming the Avoidance Trap: How to Help PTSD and Panic Survivors with Substance Use Disorders. Invited Talk, Ocean County Dept of Human Services, Toms River, NJ.

Drwal, J. (2017). *How to be an effective provider.* Invited talk, Homebased-Cardiac

Rehabilitation Conference, Iowa City, IA.

Drwal, J. (2017). *Alternatives to hospitalization for risk management.* Mental Health Conference,

Invited talk, Des Moines, Iowa.

Drwal, J. (2016). *Motivating the resistant patient.* Invited talk, Homebased-Cardiac

Rehabilitation Conference, Iowa City, IA.

Drwal, J. (2016). *Stress management.* Invited talk, Homebased-Cardiac Rehabilitation

Conference, Iowa City, IA.

Drwal, J. (2012, July). *Integrating smoking cessation into PTSD care: A clinical case.* Invited talk, Tobacco Use Cessation Clinical Update SeriesAudio Conference, Washington, DC.

Drwal, J. (2008, June). *What makes meditation work? A mediational analysis*. Invited talk,

Department of Psychology, University of North Carolina, Wilmington.

Drwal, J.(2007, July). *The curative mechanisms of meditation: the effects of meditation on*

*mindfulness, rumination, and perfectionism.* Paper presented at the annual meeting of the Stress and Anxiety Research Society.

Drwal, J., & O’Brien, K. (2007, May). *Academic contingencies of self-worth as a moderator*

*of depression*. Poster presented at the annual American Psychological Society Convention, Washington, D. C.

Drwal, J. (2006, May). *A pilot study of cognition during a positive marital interaction.* Poster

presented at the annual American Psychological Society Convention, New York.

Drwal, J.(2004, April). *Is ignorance bliss? The effects of empathic accuracy and attachment*

*avoidance on relationship satisfaction.* Poster presented at the annual Rocky Mountain Psychological Association Convention, Reno, NV.

Ulaszek, W.R., Harvey, E.H., Danforth, J.S., McKee, T.E., & Drwal, J. (2002, August). *The*

*relationship between parents' appraisals of parent training and parenting.* Poster presented at the annual American Psychological Association Convention, Chicago, IL.

Drwal, J., & Schwarz, J. C. (2002, March). *Instrumentality and Adjustment: Too many raters*

*can spoil the soup.* Poster presented at the annual Eastern Psychological Association Convention, Boston, MA.

Drwal, J., DeLeon, C., & Schwarz, J. C. (2002, March). *Do Negative Mood Regulation and Response Style to Depression measure the same construct?* Poster presented at the annual Eastern Psychological Association Convention, Boston, MA.

Drwal, J. Schwarz, J. C., & Schmidt, A. (2001, August). *Do masculine*

*characteristics really predict good adjustment?* Poster presented at the

American Psychology Association Annual Convention, San Diego, CA.

Drwal, J., Schmidt, A., & Schwarz, J. C. (2000, September). *The relationship*

*between shyness and emotional bonding.* Poster presentation at the Graduate Student Poster Session, Storrs, CT.

Drwal, J., & Schwarz, J. C. (2000, April). *Gender differences in personality:*

*Parent-child similarities and the role of family dynamics.* Paper presentation at the 12th Annual Women and Gender Conference, Storrs, CT.

Knäuper, B., Drwal, J., & Cook, A. (1995, June). *The Range of Response*

*Alternatives May Affect the Interpretation of Health-Related Questions*. Poster presented at annual American Psychological Society Convention, New York, NY.

**Publications**

McBride, D. M., Coane, J. H., Drwal, J., LaRose, S. (2013). Differential effects of delay on time-

based prospective memory in younger and older adults, *Aging, Neuropsychology, and Cognition,* in press.

Drwal, J.(2008)**.** The Relationship of negative mood regulation expectancies with

rumination and distraction. *Psychological Reports, 102,* 709-717.

**Student Presentations**

Scott, M., Thelen, C., & Drwal, J. (2008, May). *Increasing mindfulness: Teaching meditation in*

*retirement homes*. Poster presented at the Annual American Psychological Society Convention, Chicago, IL.

Hochstein, M., Archer, B., & Drwal, J. (2008, May). *The effects of meditation on stress,*

*depression and mindfulness in the elderly*. Poster presented at the Annual American Psychological Society Convention, Chicago, IL.

Arias, G. P., McDoniel, M., & Drwal, J. (2008, May). *A pilot study evaluating the curative*

*mechanisms of mindfulness meditation*. Poster presented at the Annual American Psychological Society Convention, Chicago, IL.

Archer, B., Hochstein, M., & Drwal, J. (2008, May). *A socioselectivity analysis of mindfulness*.

Poster presented at the Annual American Psychological Society Convention, Chicago, IL.

Radneva, I., Archer, B., & Drwal, J. (2007, April). *The effectiveness of mindfulness*

*meditation for stress-reduction.* Poster presented at the annual University of Northern Iowa Social Sciences Research Conference, Cedar Falls, Iowa.

McGillivray, A. Quethem, L., & Drwal, J. (2007, April). *The effects of meditation on cortisol*

*levels*. Paper presented at the annual University of Northern Iowa Social Sciences Research Conference, Cedar Falls, Iowa.

Skinner, C. (2004, October). *Self-esteem and relationship satisfaction: A correlational*

*study.* Poster presented at the Grinnell Summer Research Symposium, Grinnell, IA.

Soulos, P. (2004, October). *Empathic accuracy and marital satisfaction.* Poster

presented at the Grinnell Summer Research Symposium, Grinnell, IA.

Swagger, R., & Drwal, J. (2001, October). *The effects of stereotypes on self-esteem.* Poster

presented at the Connecticut Psychological Association Annual Convention, Westbrook, CT.

Funding Awards

* Doctoral Dissertation Fellowship ($2,000), University of Connecticut, 2002
* Extraordinary Expense Grant ($500), University of Connecticut, 2001
* APA Travel Grant ($300), American Psychological Association, 2001
* Summer Research Fellowship ($750), University of Connecticut, 1998
* Transfer scholarship ($1000), University of Michigan, 1994