**SUMMARY**

An accomplished leader with over two decades of experience in both behavioral health administration and academic psychology, holding a Doctor of Education. This background includes orchestrating comprehensive clinical operations and developing innovative treatment programs within diverse behavioral health settings. Concurrently, as a tenured Associate Professor and Program Director, significant contributions in higher education include leading graduate counseling programs, mentoring faculty, and developing and delivering advanced curricula. A prolific researcher with numerous peer-reviewed publications and a recipient of prestigious awards, with a strong commitment to advancing mental health through leadership, research, and dedicated teaching.

**EDUCATION**

**Governors State University** | University Park, IL

**Doctor of Education in Counselor Education and Supervision** | May 2010

**Governors State Universi**ty | University Park, IL

**Master of Arts in Psychology** | May 2004

**Bachelor of Arts in Psychology** | May 2000

**HIGHER EDUCATION EXPERIENCE – ACADEMIC**

**Governors State University** | University Park, IL

Program Director, M.A. in Counseling Psychology | 2017 – Present

* Led the strategic direction and comprehensive oversight of the Master of Arts in Counseling Psychology program, encompassing curriculum development, faculty coordination, and student admissions.
* Spearheaded the successful accreditation renewal process for the program, ensuring adherence to national professional standards and enhancing program reputation.
* Mentored and supervised a team of core and adjunct faculty members, fostering excellence in teaching, research, and clinical supervision.
* Developed and taught advanced graduate-level courses in areas such as "Advanced Psychopathology," "Clinical Supervision and Consultation," and "Program Evaluation in Counseling."
* Cultivated and maintained robust relationships with community partners for student practicum and internship placements, ensuring high-quality experiential learning opportunities.
* Represented the program at university-wide committees and professional conferences, contributing to the broader academic and professional discourse in counseling psychology.

**Governors State University** | University Park, IL

Associate Professor (Tenured), Department of Psychology | 2014 – 2017

* Designed, developed, and delivered graduate and upper-division undergraduate courses including "Advanced Research Methods," "Cognitive Behavioral Therapy," and "Professional Ethics in Psychology."
* Chaired departmental curriculum review committees, leading initiatives to modernize course content and pedagogical approaches in alignment with evolving field standards.
* Secured internal and external grants to support pedagogical innovations and student research projects within the psychology department.
* Published peer-reviewed articles on teaching methodologies and the scholarship of teaching and learning in psychology education.
* Provided extensive academic and career mentorship to graduate students, guiding their thesis research and professional development.
* Served on university-level academic policy committees, contributing to decisions impacting student learning outcomes and faculty development.

**Governors State University** | University Park, IL

Clinical Instructor, Graduate Counseling Practicum | 2012 – 2013

* Provided direct clinical supervision and instruction to graduate students completing their practicum requirements, ensuring adherence to ethical guidelines and best practices in client care.
* Developed and facilitated weekly group supervision seminars, fostering peer learning, case conceptualization skills, and reflective practice among emergent counselors.
* Evaluated student clinical competency and professional development, providing constructive feedback and individualized remediation plans as needed.
* Collaborated with external clinical sites to ensure the quality and appropriateness of practicum experiences for all enrolled students.
* Taught specialized modules on crisis intervention and advanced diagnostic assessment within the practicum seminar context.

**ADMINISTRATIVE AND PROFESSIONAL EXPERIENCE**

**Veridian Behavioral Health Solutions** | Chicago, IL

Owner/Executive Director | 2013 – Present

* Orchestrated and oversaw comprehensive clinical operations for a leading behavioral health organization, managing a multidisciplinary team of over 30 therapists, counselors, and support staff.
* Developed and launched innovative, evidence-based treatment programs across various modalities, significantly improving patient outcomes for diverse mental health challenges.
* Spearheaded strategic partnerships with community organizations, healthcare systems, and educational institutions, expanding service reach and collaborative care initiatives.
* Ensured rigorous compliance with all state and federal regulations, licensing requirements, and ethical guidelines, maintaining the highest standards of care and organizational integrity.
* Implemented robust quality assurance protocols and continuous improvement initiatives, leading to enhanced client satisfaction and operational efficiency.
* Provided expert consultation and supervision to clinical staff, fostering professional growth and upholding best practices in therapeutic interventions.

**Aethelred Corporate Counseling & EAP Services** | Chicago, IL

Chief Wellness Officer | 2009 – 2013

* Designed, implemented, and managed comprehensive Employee Assistance Programs (EAPs) for a portfolio of Fortune 500 companies, impacting thousands of employees across various industries.
* Led enterprise-wide initiatives to enhance workplace mental health and employee well-being, resulting in measurable improvements in staff morale, productivity, and retention.
* Delivered executive-level coaching and high-stakes conflict resolution services to senior leadership, supporting organizational health and effective interpersonal dynamics.
* Directed a multi-million dollar departmental budget, optimizing resource allocation to maximize program impact and return on investment for client organizations.
* Developed and facilitated engaging workshops and training sessions on stress management, resilience, and work-life balance for diverse corporate audiences.
* Authored white papers and presented at national conferences on emerging trends in corporate psychological health and employee support services.

**Pinnacle Family & Child Development Center** | Chicago, IL

Director of Psychological Services | 2002 – 2009

* Established and directed all clinical and operational functions for a prominent child and family therapy center, serving a diverse client base ranging from early childhood to adolescence.
* Specialized in and championed the integration of trauma-informed care and play therapy approaches, significantly enhancing therapeutic outcomes for vulnerable populations.
* Recruited, trained, and provided ongoing clinical supervision to a team of 15+ licensed psychologists, social workers, and post-doctoral fellows.
* Developed and implemented engaging curriculum for psychoeducational workshops and support groups for parents and caregivers, fostering stronger family systems.
* Managed interdisciplinary case consultations with schools, medical professionals, and social services, ensuring holistic and coordinated care for children and families.
* Secured grant funding and managed program development for underserved communities, expanding access to crucial psychological services.

**COURSES TAUGHT**

**Governors State University** | University Park, IL

Department of Psychology & Counseling | 2020 – Present

PSYC-2102 Thinking and Writing in Psychology, Spring 2025, Spring 2024, Spring 2023

PSYC-2150 Introduction to Research Methods, Spring 2025, Spring 2024, Spring 2023

PSYC-2201 Life-span Developmental Psychology, Fall 2024, Fall 2023

PSYC-2410 Personality Theories, Fall 2024, Fall 2023

PSYC-3099 Ethics in Psychology, Spring 2023

PSYC-3150 Psychology Statistics, Spring 2023

PSYC-3430 Abnormal Psychology, Fall 2022

PSYC-4950 Psychological Issues and Social Values, Fall 2022

COUN-6610 Research and Assessment, Spring 2021

COUN-7725 Family Systems: Theory and Practice, Spring 2021

COUN-7730 Life Style and Career Development, Fall 2020

COUN-7810 Beginning Counseling and Human Relations Skills, Fall 2020

COUN-7847 Group Dynamics, Spring 2025, Spring 2024

COUN-7855 Assessment and Treatment Planning, Fall 2024, Fall 2023, Fall 2022

COUN-8633 Advanced Seminar in Clinical Mental Health Counseling, Spring 2021, Fall 2021

COUN-8848 Crisis Intervention and Trauma Counseling, Fall 2023, Fall 2021, Fall 2020

COUN-8971 Counseling Internship 1, Fall 2023, Fall 2022, Fall 2021

COUN-8972 Counseling Internship 2, Spring 2025, Spring 2024, Spring 2023, Spring 2022

ADDS-6100 Psychopharmacology, Spring 2025, Spring 2022, Spring 2020

**DePaul University** | Chicago, IL

Department of Psychology | 2017 – 2020

PSY-105 Introductory Psychology 1, Fall 2017, Fall 2018, Fall 2019, Fall 2020

PSY-215 Human Sexuality, Fall 2017, Fall 2018, Fall 2019, Fall 2020

PSY-303 Human Development, Fall 2017, Fall 2018, Fall 2019, Fall 2020

PSY-333 Child Psychology, Spring 2017, Spring, 2018, Spring 2019, Spring 2020

PSY-347 Social Psychology, Spring 2017, Spring, 2018, Spring 2019, Spring 2020

PSY-354 Community Psychology, Spring 2017, Spring, 2018, Spring 2019, Spring 2020

PSY-371 Psychology of Trauma, Spring 2017, Spring, 2018, Spring 2019, Spring 2020

**PUBLICATIONS AND RESEARCH**

Jaguar, J., Sterling, L., & Chen, Y. (In Press). The impact of mindfulness-based interventions on counselor burnout and compassion fatigue. *Journal of Professional Counseling Practice*.

Rodriguez, M., Davis, D., & Jaguar, J. (2024). Attachment styles and relationship satisfaction in long-term partnerships: A longitudinal study. *Journal of Family Psychology and Counseling*, 48(3), 211-228.

Jaguar, J., Gupta, A., & Singh, R. (2023). Exploring the efficacy of tele-counseling for anxiety disorders in rural populations. *Rural Mental Health Review*, 15(2), 87-104.

Perez, L., O'Connell, K., & Jaguar, J. (2022). Neurobiological markers of resilience in individuals exposed to early childhood trauma. *Developmental Neuropsychology Journal*, 7(1), 33-50.

Jaguar, J., Goldberg, S., & Kim, J. (2021). Cultural competence training for mental health professionals: A meta-analysis of outcomes. *International Journal of Counseling and Diversity*, 22(4), 189-205.

Schmidt, E., Jaguar, J., & Patel, N. (2020). The role of social support in mitigating stress among college students during academic transitions. *Higher Education Psychology Quarterly*, 37(1), 12-28.

Jaguar, J., White, R., & Lopez, A. (2019). Adolescent cyberbullying: Prevalence, psychological impact, and intervention strategies. *Journal of Adolescent Mental Health*, 12(3), 167-182.

Miller, B., Jaguar, J., & Garcia, F. (2018). Parental reflective functioning and its correlation with child emotional regulation. *Journal of Child and Family Studies*, 29(6), 1120-1135.

Jaguar, J., Davies, H., & Thompson, P. (2017). The effectiveness of expressive arts therapy in reducing symptoms of depression in adult clients. *Creative Arts in Therapy Journal*, 10(2), 75-90.

Chen, L., Jaguar, J., & Evans, S. (2016). Cognitive distortions and coping mechanisms in individuals with generalized anxiety disorder. *Journal of Anxiety and Stress Management*, 25(5), 401-418.

Jaguar, J., Hall, M., & Greene, D. (2015). Impact of socioeconomic status on access to mental health services in urban communities. *Community Psychology Review*, 8(1), 55-70.

Jaguar, J., Browning, C., & Carter, T. (2014). Perceived stigma and help-seeking attitudes among male clients in counseling. *Psychology of Men & Masculinity Journal*, *16*(4), 300-315.

Davis, L., Jaguar, J., & Kim, S. (2013). The influence of peer relationships on adolescent identity development: A qualitative study. *Journal of Youth Psychology*, *5*(2), 101-118.

Jaguar, J., Evans, P., & Rodriguez, A. (2012). Mindfulness-based stress reduction for college students: Effects on academic performance and well-being. *Higher Education Psychology Quarterly*, *29*(3), 150-165.

Nguyen, T., Jaguar, J., & Patel, K. (2011). Cultural factors influencing coping strategies in immigrant families facing acculturation stress. *International Journal of Cross-Cultural Psychology*, *42*(6), 987-1002.

Jaguar, J., Miller, D., & Chen, Y. (2010). The long-term effects of early childhood intervention programs on cognitive and social-emotional development. *Developmental Psychology Review*, *3*(1), 25-40.

**AWARDS AND RECOGNITION**

**Governors State University Presidential Award for Distinguished Service** | 2023

* Recognizing exceptional leadership and significant contributions to university-wide initiatives and strategic development.

**Outstanding Faculty Research Award, College of Education, Governors State University** | 2021

* Awarded for groundbreaking research in cognitive behavioral therapy outcomes in underserved populations.

**National Institute of Mental Health (NIMH) Research Grant Recipient** | 2016 – 2020

* Secured competitive funding for a longitudinal study on resilience factors in adolescent mental health.

**American Psychological Association (APA) Early Career Psychologist Award** | 2018

* Acknowledging significant contributions to the field of counseling psychology through research, teaching, and service.

**Excellence in Teaching Award, Department of Psychology, Governors State University** | 2017

* Presented for consistently high student evaluations, innovative pedagogical approaches, and mentorship.

**PROFESSIONAL MEMBERSHIPS**

**American Psychological Association (APA)**

* Member, Division 17 (Society of Counseling Psychology)
* Member, Division 29 (Society for the Advancement of Psychotherapy)
* *Award Recipient:* Early Career Psychologist Award, 2018

**Illinois Psychological Association (IPA)**

**Illinois Counseling Association**

**American Counseling Association (ACA)**

* Member, Association for Counselor Education and Supervision (ACES)
* Member, Association for Multicultural Counseling and Development (AMCD)

**Council for Accreditation of Counseling and Related Educational Programs (CACREP)**

* *Active Participant:* Led successful program accreditation renewal process (as Program Director)

**VOLUNTEER EXPERIENCE**

**The Wellspring Alliance** | Chicago, IL

Clinical Visiting Advisory Board Member | 2021 – Present

* Provide expert guidance on the development and implementation of community-based mental health initiatives for underserved populations, leveraging extensive clinical and administrative experience.
* Collaborate with board members and executive leadership to strategically expand outreach programs, aiming to increase access to psychological services across diverse neighborhoods.
* Review and provide feedback on clinical protocols and program evaluation frameworks, ensuring alignment with evidence-based practices and ethical standards.
* Advise on grant applications and fundraising strategies, contributing to the financial sustainability of vital community mental health programs.

**Youth Empowerment Project** | University Park, IL

Mentor & Program Development Consultant | 2018 – 2021

* Mentored at-risk adolescents through one-on-one sessions, focusing on academic achievement, emotional regulation, and positive social development.
* Designed and facilitated psychoeducational workshops for youth and their families on topics such as stress management, healthy communication, and career exploration.
* Consulted on the development of a peer-support training program, equipping young leaders with skills to support their peers facing mental health challenges.
* Contributed to program evaluation efforts, analyzing participant outcomes and providing recommendations for continuous improvement of mentorship services.

**International Trauma & Resilience Institute** | Chicago, IL (Remote)

Research & Training Volunteer Consultant | 2011–2013

* Contributed to the development of training modules for mental health professionals on trauma-informed care and resilience-building strategies in post-conflict regions.
* Assisted in data collection and analysis for international research projects focused on the psychological impact of humanitarian crises and effective intervention models.
* Reviewed and edited scholarly articles and training materials, ensuring scientific accuracy and cultural sensitivity for global audiences.
* Presented findings and key insights from collaborative research at virtual conferences, disseminating knowledge to a broad professional community.