

**Jacob Schmitz PsyD LCP**

Curriculum Vitae  
701 E Franklin Street, Suite 105  
Richmond, VA 23219  
(804) 404-3735

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**Licensure/Registrations**

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**Licensed Clinical Psychologist:** #0810006259. Virginia.

**Registered Clinical Psychologist:** #90-08009. New Zealand Psychologists Board.

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**Education**

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**Doctor of Psychology, 08/13-09/18** Loyola University Maryland - Department of Psychology.

Major: **Clinical Psychology.**

**Masters of Science, 08/13-01/15** Loyola University Maryland - Department of Psychology.

Major: **Clinical Psychology: Practitioner Track.**

**Bachelor of Science, 08/09-05/13** James Madison University – Department of Psychology.

Major: **Psychology; Magna Cum Laude.**

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**Clinical/Work Experience**

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01/24-Present **Clinical Psychologist, Infant Child and Adolescent Mental Health Services, Te Whatu Ora Waikato.** Kirikiriroa Hamilton, New Zealand

01/22-Present **Principal, Schmitz Psychological Services PLLC.** Richmond, Virginia.

10/19-12/21 **Assistant Professor of Psychiatry, Department of Psychiatry, Virginia Commonwealth University School of Medicine/Clinical Psychologist, Children's Hospital of Richmond at VCU Health.** Richmond, Virginia.

08/19-10/19 **Independent Contractor, Partners in Parenting.** Richmond, Virginia.

07/18-06/19 **Postdoctoral Fellow, Clinical Psychology, Virginia Treatment Center for Children.** Richmond, Virginia.

07/17-06/18 **Predocotrual Intern, Health Service Psychology, Virginia Treatment Center for Children.** Richmond, Virginia.

07/16-05/17 **Psychology Extern, Woodbourne Center.** Baltimore, Maryland.

02/16-05/17 **Registered Psychology Associate, Judy Johnson-Grados Psy.D. & Associates LLC.** Timonium, Maryland.

08/15-05/16 **Psychology Extern, Mount Washington Pediatric Hospital.** Baltimore, Maryland.

09/13-08/15 **Graduate Clinician, Loyola Clinical Centers.** Baltimore, Maryland.

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### Publications

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**Schmitz, J. C. S.,** Prenoveau, J. M., Papadakis, A. A., Johnson, A. J., Lating, J. M., Mendelson, T., & Dariotis, J. K., (2021). Mindfulness and posttraumatic stress disorder symptom severity in urban African-American high school students. *Psychiatric Quarterly*. 92(1), 85-99.

Cimolai, V., **Schmitz, J. C. S.,** & Sood, B. (2021). Effects of mass shootings on the mental health of children and adolescents. *Current Psychiatry Reports*, 23(12).

Prenoveau, J. M., Papadakis, A. A., **Schmitz, J. C. S.,** Hirsch, E. L., Dariotis, J. K., & Mendelson, T. (2018). Psychometric properties of the Child and Adolescent Mindfulness Measure (CAMM) in racial minority adolescents from low-income environments. *Psychological Assessment*, 30(10), 1395-1400.

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### Honors

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06/21 **Bela Sood Training Award, Virginia Commonwealth University School of Medicine.** Richmond, Virginia.

2x Tulip award nominee. **Virginia Treatment Center for Children Acute Psychiatric Inpatient Unit. Children's Hospital of Richmond at VCU.** Richmond, Virginia.

04/18 **Doctoral Award of Excellence, Loyola University Maryland.** Baltimore, Maryland.

08/16 **Doctoral Oral Clinical Competency Exam, Passed with Distinction. Loyola University Maryland.** Baltimore, Maryland.

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### Past Research Experience

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09/14-03/16 **Principal Student Investigator, Loyola University Maryland/Johns Hopkins University/Holistic Life Foundation.** Baltimore, Maryland. *Advisor: Jason Prenoveau, Ph.D.*

08/12-05/13 **Research Assistant. Cultural and Racial Diversity Studies Lab.** James Madison University, Harrisonburg, Virginia. *Advisor: Matthew R. Lee, Ph.D.*

09/12-05/13 **Research Assistant. Cognition and Memory Lab.** James Madison University, Harrisonburg, Virginia. *Advisor: Kethera Fogler, Ph.D.*

01/12-05/12 **Research Assistant. Moral Development Lab.** James Madison University, Harrisonburg, Virginia. *Advisor: Ulas Kaplan, Ph.D.*

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### Presentations

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Gallo, R., **Schmitz, J.** (2023). What Do You Value? An Exploration of Motivators for Meaningful Treatment Outcomes. Delivered at the International Obsessive Compulsive Disorder Foundation's 2023 Online OCD Camp, February 4<sup>th</sup>, 2023 [Accepted Presentation]

**Schmitz, J.** (2022). Values-Clarification for Therapists. Delivered to clinical staff at Partners in Parenting, January 21<sup>st</sup>, 2022, Richmond VA. [Invited Presentation]

**Schmitz, J.** (2020). Beyond coping: Learning to Live with Anxiety as an Emerging Adult. Children's Hospital of Richmond at VCU/Virginia Treatment Center for Children, 58<sup>th</sup> Children's Mental Health Symposium, October 2<sup>nd</sup>, 2020, Richmond, VA [Invited Presentation at Regional Symposium]

**Schmitz, J.** (2020). Living with Anxiety. Deep Run High School. Delivered to Mrs. Morgan Nash's 1<sup>st</sup> period History class. March 10<sup>th</sup>, 2020, Richmond, VA [Invited Presentation]

**Schmitz, J.** (2019). Virtual reality in the assessment and treatment of psychiatric disorders: Current applications, findings, and future directions. Virginia Commonwealth University School of Medicine, Department of Psychiatry Grand Rounds, March 8<sup>th</sup>, 2019, Richmond, VA [Grand Rounds]

**Schmitz, J.**, Kaufmann, K., Farrell, G., & Lee, M.R. (2013). "Should you shave?": Contrasting social perceptions by baldness, race, and age. Poster presented at the 25th Annual Convention of the Association for Psychological Science, May 23-26<sup>th</sup>, 2013, Washington DC. [Accepted Presentation at National Conference]

**Schmitz, J.**, Kaufmann, K., Farrell, G., & Lee, M.R. (2013). To Shave or Not to Shave?: Perceptions of baldness, race, and age. Poster presented at the James Madison University Psychology Symposium, April 22<sup>nd</sup>, 2013, Harrisonburg, VA. [Symposium]

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### Teaching Experience

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11/2023 **Guest Lecture, Exposure Therapy in Children and Adolescents. Didactic Series for Virginia Treatment Center Trainees. Virginia Commonwealth University School of Medicine.** Richmond, Virginia. Lecture on background and utilization of exposure therapy in youth.

02/2023 **Guest Lecture, Diagnostics of Psychopathology and Treatment. South University.** Richmond, Virginia. Lecture on evidence-based treatment of anxiety and related disorders in children.

10/2022 **Guest Lecture, Diagnostics of Psychopathology and Treatment. South University.** Richmond, Virginia. Lecture on the assessment and treatment of obsessive-compulsive disorder.

10/19-12/21 **Department of Psychiatry, Virginia Commonwealth University School of Medicine.** Richmond, Virginia.

- Supervised predoctoral interns and psychiatry fellows in psychotherapy and psychological assessment. Taught or co-taught seminars on Acceptance and Commitment Therapy, Cultural Mental Health, and Virtual Reality and Mental Health.

10/2016 **Guest Lecture, Group Therapy, Loyola University Maryland.** Baltimore, Maryland. Lecture on group therapy across different settings with children and adolescents.

09/2016 **Guest Lecture, Psychopathology, Loyola University Maryland.** Baltimore, Maryland. Lecture on psychological assessment and how it informs treatment in children.

08/15-12/15 **Teaching Assistant, Loyola University Maryland, Research Methods.** Baltimore, Maryland.

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### Other Professional Experience

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05/20-12/21 **Physician and Psychologist Hiring Committee. Virginia Treatment Center for Children.** Richmond, Virginia.

09/15-06/16 **Student Representative to the Doctoral Program Committee. Loyola University Maryland.** Baltimore, Maryland.

08/14-05/15 **Membership Co-Chair, Maryland Psychological Association for Graduate Students. Maryland Psychological Association.** Baltimore, Maryland.

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### Affiliations

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- 2021-Present *International OCD Foundation*
- 2021-Present *Association for Contextual Behavioral Science*