

CURRICULUM VITAE

Jennifer L. Kilkus, Ph.D., ABPP
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EMPLOYMENT

- 7/2023 – Present **Principal Clinical Psychologist**
Health Service Executive, University Hospital Waterford
Waterford, Ireland
- 4/2023 – Present **Assistant Clinical Professor**
Department of Psychiatry, Yale School of Medicine
New Haven, CT, USA
- 2/2023 – 6/2023 **Subject Matter Expert Consultant, Psycho-Oncology**
Calm, Inc.
San Francisco, CA, USA
- 1/2022 – Present **Owner**
Grounded Behavioral Health, LLC
- 7/2020 – 2/2023 **Assistant Professor**
Department of Psychiatry, Yale School of Medicine
Clinical Psychologist
Smilow Cancer Center, Yale New Haven Hospital
New Haven, CT, USA
- 8/2015 – 6/2020 **Clinical Psychologist**
WellStar Medical Group Psychological Services and Cancer Survivorship and Support
Services
Marietta, GA, USA
- 8/2017 – 2019 **Course Instructor**
Mercer University, College of Health Professions
Atlanta, GA, USA

LICENSURE

- 12/2021 – Present Florida, Telehealth Provider Registration No. TPPY1319
- 7/2020 – Present Connecticut, License No. CT3935
- 8/2015 – 12/2020 Georgia, License No. PSY003918

EDUCATION

- 8/2014 **Ph.D., Clinical Psychology**
University of Kentucky, Lexington, KY, USA
Dissertation: “Assessing Numeracy in Oncology: The Role of Patient Perception and Preferences.”
Dissertation chair: Jamie L. Studts, Ph.D.
- 7/2012 – 6/2014 **Predoctoral Clinical Internship**
University of Kentucky Internship Consortium, Lexington, KY
- 9/2010 **Certificate, Clinical and Translational Science**
University of Kentucky, Lexington, KY

8/2007 – 12/2009 **M.S., Clinical Psychology**
University of Kentucky, Lexington, KY, USA

8/2001 – 5/2005 **B.A., Psychology**
Berea College, Berea, KY, USA

Additional Trainings and Certificates:

10/2023 **Hypnosis for Cancer Pain**
Mt. Sinai Hospital, Icahn School of Medicine

3/2022-11/2022 **Mindfulness Facilitator Certificate Program**
Copper Beech Institute

2021/2022 **Sensitive Practice Training: Helping Sexual Violence Survivors Feel Safe During Cancer Care**
Mount Sinai Hospital, Center for Behavioral Oncology

Getting Racism Out of our Work (GROW curriculum)
Yale School of Medicine, Department of Psychiatry

4/2021 **Training for Health Care Professionals in Biopsychosocial Pain Management and Quality Improvement**
City of Hope and Johns Hopkins

1/2020 **Meaning-Centered Psychotherapy Training Program for Cancer Care Providers**
Memorial Sloan Kettering Cancer Center

3/2018 **Applying Cognitive Behavioral and Related Interventions in Cancer Supportive Care**
City of Hope

3/2015 **Implementing Comprehensive Biopsychosocial Screening**
City of Hope

10/2014 **Building, Implementing, and Evaluating Supportive Care Programs**
City of Hope and Moffitt Cancer Center

CLINICAL EXPERIENCE

7/2023 – Present **Principal Clinical Psychologist**
Health Service Executive, University Hospital Waterford
Duties: **Serve as program lead for establishment of a multidisciplinary team in psycho-oncology for the Southeast region of Ireland.** Provide individual psychotherapy for cancer patients and their families. Provide training and mentorship to multidisciplinary team members, oncology teams, and cancer support community centers for the Southeast region of Ireland.

7/2020 – 2/2023 **Assistant Professor; Clinical Psychologist**
Department of Psychiatry, Yale School of Medicine; Yale New Haven Hospital
Duties: **Served as co-developer for a psycho-oncology collaborative care model**, requiring collaboration and leadership with hospital administration, multidisciplinary coordination, and developing relationships with key stakeholders. Provided individual psychotherapy for cancer patients and their families. Provided training and mentorship for oncology social workers. Provided training and supervision in behavioral medicine to clinical psychology interns. Conducted research in topics relevant to psycho-oncology.

- 8/2015 – 6/2020
Clinical Psychologist
WellStar Medical Group Psychological Services and Cancer Survivorship & Support Services
Duties: **Served as developer and program lead for Psychosocial Oncology and Women’s Behavioral Health programs**, involving developing best practices in program development, coordination with key physician colleagues, and demonstrating value to hospital leadership and administration. Provided individual and group behavioral health services for cancer patients and their families. Provided consultation and brief intervention for oncology inpatients. Provided staff and community education on a variety of psychological topics. Provided clinical supervision for doctoral practicum students and mentoring to an early career LPC in Women’s Health.
- 7/2014 – 7/2015
Postdoctoral Fellow
WellStar Health System Cancer Support Services
Duties: Provided outpatient individual and group therapy to cancer survivors and their families. Provided assessment and consultation to cancer inpatients. Provided neuropsychological assessment.
- 7/2012 – 6/2014
Clinical Psychology Intern
University of Kentucky Internship Consortium
- Rotations:**
- 1/2014-7/2014
Cardinal Hill Rehabilitation Hospital, Lexington, KY
Duties: Provided evaluation and individual therapy services to rehabilitation inpatients, with an emphasis on physiological relaxation strategies for pain and anxiety management. Provided neuropsychological assessment.
- 7/2013– 12/2013
Orofacial Pain Clinic
Duties: Provided assessment and self-regulation skills training to patients with chronic jaw and neck pain. Training also included providing supervision to several graduate level trainees.
- 1/2013 – 6/2013
University of Kentucky Counseling Center
Duties: Provided individual therapy with an emphasis on interpersonal, humanistic, and psychodynamic approaches. Training also included providing supervision to a clinical trainee and the development and presentation of campus-wide psychoeducational outreach programs.
- 7/2012 – 12/2012
University of Kentucky Center for the Advancement of Women’s Health
Duties: Provided individual therapy with an emphasis on brief cognitive behavioral and physiologically-based interventions, including postural relaxation and diaphragmatic breathing training. This rotation included multidisciplinary collaboration for case management and consultation.
- 9/2008 – 7/2012
Graduate Student Therapist
Jesse G. Harris Psychological Services Center, University of Kentucky
Duties: Provided individual and group therapy to adults and children using a cognitive-behavioral and interpersonal approach. Provided psychological testing for ADHD and learning disabilities. Completed intake assessments for adults and children seeking outpatient services.
- 10/2011 – 11/2011
Graduate Student Therapist
Central Kentucky Riding for Hope, Lexington, KY
Duties: Co-led a 6-week equine-assisted therapy group for breast cancer survivors.
- 8/2010 – 4/2011
Psychological Evaluation Assistant
Comprehensive Psychological Services, Salt Lake City, Utah

Duties: Conducted, scored, and wrote integrated reports of neuropsychological and psychodiagnostic assessments for ADHD, learning disabilities, memory problems, and differential diagnosis.

9/2009 – 5/2010

Graduate Student Therapist

University of Kentucky Counseling Center, Lexington, KY

Duties: Provided individual therapy, group therapy, and mental health workshops to student clientele using an interpersonal and attachment approach. Co-led a stress reduction workshop and interpersonal therapy groups.

9/2009 – 3/2010

Graduate Student Therapist

Salvation Army, Lexington, KY

Duties: Conducted parenting skills training for low-income residents.

TEACHING & CONSULTING EXPERIENCE

2/2023 – 6/2023

Subject Matter Expert Consultant, Psycho-Oncology

Calm, Inc.

Duties: Developed an evidence-based psycho-oncology program for the Calm Health app: “Tools for Coping with Cancer.” This 13 session self-management program includes psychoeducation and evidence-based tools, such as cognitive behavioral therapy, for common concerns experienced by people with cancer.

1/2022 – 2024

Owner

Grounded Behavioral Health

Duties: Design and offer American Psychological Association approved continuing education seminars and workshops on issues related to psycho-oncology and health psychology.

8/2017 – 2019

Course Instructor

Department of Clinical Psychology, Mercer University College of Health Professions

Duties: Designed and taught “Psycho-Oncology,” a graduate course introducing students to the field of psycho-oncology/psychosocial oncology. This course focuses on the application of behavioral science knowledge and methodology to the understanding and management of cancer patients and their families as well as the individual at high risk for cancer.

Designed and taught “Dialectical Behavior Therapy,” a graduate course introducing students to Dialectical Behavior Therapy (DBT). This course focuses on the biosocial theory of borderline personality disorder, the dialectical philosophy on which DBT is based, the cognitive-behavioral and mindfulness- and acceptance-based strategies that are incorporated into DBT, how DBT programs are organized, and empirical literature on outcomes of DBT.

8/2011 – 12/2011

Teaching Assistant

Department of Behavioral Science, University of Kentucky College of Medicine

Duties: Supervised undergraduate lab assistants on qualitative research projects, consulted and coordinated with lab members, taught qualitative data coding.

ADVISING ACTIVITY

Doctoral Committees:

- Scott Smith Clinical Psychology – Mercer University

PUBLICATIONS

Kilkus J. L. (2022). Applications of cognitive behavioral therapy in cancer survivorship. *Psychotherapy (Chicago, Ill.)*, 10.1037/pst0000390. Advance online publication. <https://doi.org/10.1037/pst0000390>.

Studts, J.L., Mejia, Michael G., Kilkus, Jennifer L., & Brothers, Brittany (2014). Evidence-based practice in clinical behavioral oncology. In C. Hunter, C. Hunter, & R. Kessler (Eds.), *Handbook of Clinical Psychology in Medical Settings: Evidence-Based Assessment and Intervention*, 625-672. Springer.

Poe (Kilkus), J.K., Hayslip, J.W., & Studts, J.L. (2012). Decision making and distress among individuals diagnosed with follicular lymphoma. *Journal of Psychosocial Oncology*, 30(4), 426-445.

Lay publications:

Contributing writer for Psychology Today, "Navigating Cancer" blog.
<https://www.psychologytoday.com/us/blog/navigating-cancer>

PRESENTATIONS

Kilkus, J.L. & Minkin, M. (2022). Managing overutilization of health care services: A case example in women's health. Oral presentation at the Yale School of Medicine Health Psychology Virtual Forum, online.

Kilkus, J.L. (2022). Preventing re-traumatization: Strategies for providing trauma-informed cancer care. Oral presentation at the Women's Mental Health Conference, online.

Smith, S., Kilkus, J., & Cody, M. (2020). Coping skills, problem solving, & resources for financial toxicity (CPR-FT): A pilot study of a brief psychoeducational intervention. Poster presented at the American Psychosocial Oncological Society Annual Conference, Portland, OR.

Cody, M.W., Kilkus, J.L., Mayfield, C.R., Smith, M.S., & Powell, A-L. (2019). Diverse experiences across the cancer trajectory: A case series report of psychopathology in response to stressful cancer-related events. Abstract accepted and to be presented at the American Psychosocial Oncology Society Annual Conference, Atlanta, GA.

Cody, M.W., Mayfield, C.R., Powell, A-L., Smith, M.S., & Kilkus, J.L. (2019). The Leo Program for coping after cancer: Pilot data from a new research clinic. Abstract accepted and to be presented at the American Psychosocial Oncology Society Annual Conference, Atlanta, GA.

Kilkus, J.L. (2016). Impact of preferred treatment decision making role on distress and quality of life. Poster presented at the World Congress of Psycho-Oncology and Psychosocial Academy Workshops, Dublin, Ireland.

Kilkus, J.L. (2015). Cognitive impairment, distress, and quality of life. Poster presented at the World Congress of Psycho-Oncology and Psychosocial Academy Workshops, Washington, DC.

Mejia, M. G., Steffens, R. F., Kilkus J. L., Slone, S. A., Arnold, S. M., & Studts, J. L. (2014). Attitudes toward cancer clinical trials among rural individuals with lung cancer. Poster presented at the 7th Biennial Cancer Survivorship Research Conference, Atlanta, GA.

Kilkus, J.L., Hayslip, J.W., & Studts, J.L. (2013). Psychosocial outcomes of an equine-facilitated cancer survivorship program (EFCSP): A pilot study. Poster presented at the Society of Behavioral Medicine's 34th annual meeting, San Francisco, CA.

Poe (Kilkus), J.K., Hayslip, J.W., & Studts, J.L. (2012). Assessing numeracy in oncology: The role of patient perception and preferences. Invited talk at the Comparative Effectiveness Research Symposium: Shared Decision Making: Opportunities to Implement Comparative Effectiveness Research in Clinical Practice, St. Louis, Missouri.

Poe (Kilkus), J.K. (2010). Treatment decision making in follicular lymphoma: Patient preferences

regarding involvement of physicians and significant others. Paper presented at the Kentucky Psychological Association Academic Conference, Louisville, KY.

Steffens, R.F., Poe (Kilkus), J.K., & Studts, J.L. (2010). Patient decision making regarding lung cancer screening (LCS). Poster presented at the Society of Behavioral Medicine's 31st annual meeting, Seattle, Washington.

Poe (Kilkus), J.K. (2009). Social influences and norms on anticipated HPV vaccine uptake. Poster presented at the Society of Behavioral Medicine's 30th annual meeting, Montreal, Canada.

Poe (Kilkus), J.K. (2008). Decision resources used by individuals recently diagnosed with early stage lung cancer. Poster presented at the Society of Behavioral Medicine's 29th annual meeting, San Diego, CA.

MEMBERSHIPS AND PROFESSIONAL CERTIFICATIONS

2022 – Present	International Psychosocial Oncology Society
2022 – 2023	American Psychosocial Oncology Society
2019 – Present	American Board of Professional Psychology , Diplomate in Clinical Health Psychology
2017 – Present	American Psychological Association, Division 38
12/2015 – 2020	National Register of Health Service Psychologists
7/2015 – 7/2020	Georgia Psychological Association
12/2007 – 2014	Society of Behavioral Medicine , Student Member
11/2007 – 2014	Kentucky Psychological Association , Student Member

UNIVERSITY SERVICE

2022 – 2023	Curriculum Committee , Yale University, Doctoral Internship in Clinical & Community Psychology Assisted in the development of training curriculum for an APA-accredited doctoral internship program.
2021 – 2023	Diversity, Equity, Inclusivity Action Committee , Yale Psychiatric Hospital Assisted in the development of trans-affirming care pathways for psychiatric admissions; Assisted in the development of peer advisor program for equity-related concerns.
2021 – 2022	Distress and Depression Screening Task Force , Yale New Haven Hospital, Smilow Cancer Center Provided consultation and assistance in the development of a distress and depression screening process in adherence to accrediting body guidelines.

PROFESSIONAL SERVICE

Executive Committee Member 2023 – Present	Irish Psychosocial Oncology Society
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Associate Editor 2022 – Present	<i>Cancer Medicine</i>
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Manuscript Review 2018	<i>Ad hoc</i> reviewer, <i>Supportive Care in Cancer</i> (1)
2015	<i>Ad hoc</i> reviewer, <i>Psycho-Oncology</i> (1)

Conference Review 2017	Abstract Reviewer, Society of Behavioral Medicine Annual Scientific Sessions
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Application Review

2020 – Present

Reviewer, Applications to Clinical Health Psychology Specialty, American Board of Professional Psychology

GRANTS

6/2022

GROW (Getting Racism Out of our Work) Faculty-Trainee grant

HONORS AND AWARDS

6/2019

American Psychological Association Early Career Achievement Award

4/2018

WellStar Health System Quality Award

3/2010

2nd place, Graduate Student Paper Presentation

Kentucky Psychological Association annual meeting

1/2009

Clinical and Translational Science Mentored Research Fellowship

8/2007 – 7/2010

James Still Fellowship, Daniel R. Reedy Quality Achievement Award

SELECTED MEDIA

8/2022

USA Today: *“Olivia Newton John and the resilience of living with cancer.”*

11/2021

WNPR: Yale Cancer Answers; *“The field of psycho-oncology”*