

# Matthew B. Jennings, M.A.

Ph.D. Candidate

Department of Psychology

Wayne State University

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## EDUCATION

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**Doctor of Philosophy**, Psychology (Clinical Psychology) In Progress  
*Wayne State University* – Detroit, Michigan  
Doctoral dissertation: “Examining Risk Factors, Needed Services, and Barriers to Care for Homeless Adults: A Community Study in Wayne County, Michigan Over 20 Years” –**Proposed in September 2023**

**Master of Arts**, Psychology (Clinical Psychology) 2021  
*Wayne State University* – Detroit, Michigan  
Master’s thesis: “Ease of Access to Resources among Homeless Veterans and Non-Veterans”

**Bachelor of Arts (Summa Cum Laude)**, Psychology 2019  
*Saint Martin’s University* – Lacey, Washington

## LICENSES

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**Doctoral Temporary Educational Limited (Temporary Limited Licensed Psychologist)** 2021-  
State of Michigan

## CLINICAL EXPERIENCE

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**Clinical Psychology Practicum Placement** 2023-  
**Henry Ford Health Department of Sleep Medicine**  
**Novi, MI 48377**

*Supervisor: Philip Cheng, PhD*

- Conduct CBT-I and a mindfulness-based treatment protocols for insomnia patients
- Conduct single-session CBT for insomnia for patients with acute insomnia
- Facilitate clinical psychological intervention research for chronic and acute insomnia
- Engage in regular meetings, training, and supervision related to psychological healthcare in an academic setting

**Clinical Psychology Practicum Placement** 2022-2023  
**Beaumont Health Center for Pain Medicine**  
**Royal Oak, MI 48073**

*Supervisor: Alina Stevenson, PhD*

- Completed a 1,000-hour practicum placement
- Coordinated with healthcare providers for patient pain care
- Conducted individual psychotherapy and cognitive assessments with pain patients
- Provided patients with education concerning the biopsychosocial model of the pain experience
- Engaged in regular meetings, training, and supervision related to psychological healthcare

**Clinical Psychology Practicum Placement** 2021-2022  
**McLaren Family First Primary Care Clinic**  
**Clinton Twp, MI 48035**

*Supervisors: Jennifer Carty McIntosh, PhD, Barbara Wolf, PhD*

- Completed a 1,000-hour practicum placement for

- Conduct integrated primary care interventions with medical patients comprising of brief assessment measures and psychoeducation
- Conduct short term outpatient psychotherapy
- Provide psychoeducation training to medical residents
- Engage in psychological/medical diabetes research
- Participate in weekly direct group and individual supervision with a licensed psychologist

**Wayne State University Psychology Clinic  
Detroit, MI 48202**

2019-

Psychotherapy Practicum

*Supervisors: Mark Lumley, PhD, Paul Toro, PhD, Marla Bartoi, PhD*

- Develop comprehensive treatment plans for individual clients
- Conduct evidence-based psychotherapy techniques with clients
- Participate in weekly individual supervision with licensed psychologists
- Engage in didactic training with other doctoral students

Assessment Practicum

*Supervisors: Mark Lumley, PhD, Paul Toro, PhD, Marla Bartoi, PhD, Marilyn Franklin, PhD, Tiffany Abrego, PhD*

- Administer psychoeducational evaluations with clients with comprehensive and unique batteries
- Write professional integrative assessment reports for clients
- Participate in weekly individual supervision with licensed psychologists
- Perform administrative duties such as detail case notes, make phone calls, and arrange payments
- Conducted 11 psychoeducational assessments

Dialectical Behavioral Therapy (DBT) Skills Group Coordinator / Clinician

*Supervisors: Marla Bartoi, PhD, Tiffany Abrego PhD*

- Developed DBT training materials for clinicians and clients
- Coordinated group membership (client and clinician) for two weekly DBT skills groups
- Taught clinical skills to 6-10 DBT clients in weekly 2-hour skills training
- Participated in weekly group supervision with other DBT clinicians and supervisors

Clinical Teaching Assistant

*Supervisors: Marilyn Franklin, PhD, Tiffany Abrego, PhD*

- Teach clinical psychology doctoral students psychological assessment and intervention protocols
- Conduct score checks for doctoral student psychodiagnostics assessments
- Mentor doctoral students within the domains of psychotherapy and assessment
- Participate in weekly meetings with clinic leadership and staff

**MAJOR RESEARCH EXPERIENCE**

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**Henry Ford Health Systems  
Novi, MI 48377**

Integrating Virtual CBT-Insomnia to Disadvantaged Communities

In Progress

*PI: Philip Cheng, PhD*

- Create products for distribution to potential community partners
- Train with CBT-Insomnia protocols to administer to patients
- Develop manuscripts for academic publication

**McLaren Macomb Hospital**

**Clinton Twp, MI 48035**

Evaluation of Effectiveness of Posted Healthcare Education in a Family Medicine Residency Waiting Room

2022

*PI: Richard Chalmers, DO & Jennifer Carty, PhD*

- Conducted literature review concerning applicable statistical methods for medical training
- Wrote clinical abstract for poster presentation

**Wayne State University  
Detroit, MI 48202**

<u>Pain and Anger Expression Study</u>	In Progress
<i>PI: Mark A Lumley, PhD &amp; John Burns, PhD</i>	
<ul style="list-style-type: none"> <li>▪ Analyze data concerning pain measures and related outcomes</li> <li>▪ Develop poster presentations for academic conferences</li> <li>▪ Write academic papers for publication</li> </ul>	
<u>National Survey of Opinions on Homelessness in the United States</u>	In Progress
<i>PI: Katey Gibbins, MA</i>	
<ul style="list-style-type: none"> <li>▪ Collect sample survey data using <i>Qualtrics</i></li> <li>▪ Develop novel scale for assessing attitudes towards homelessness</li> </ul>	
<u>Detroit People and Transitions in Housing-3 (DPATH-3)</u>	2019-2022
<i>PI: Paul Toro, PhD</i>	
<ul style="list-style-type: none"> <li>▪ Recruit participants from Detroit homeless population for collections of research data</li> <li>▪ Conduct 2-3-hour physical, mental health interviews via <i>Qualtrics</i></li> </ul>	
<u>Ease of Access to Resources among Homeless Veterans and Non-Veterans: Master's Thesis</u>	2021
<i>Thesis Advisor: Paul Toro, PhD</i>	
<ul style="list-style-type: none"> <li>▪ Collected sample survey data using <i>Qualtrics</i></li> <li>▪ Compared homeless veterans to homeless non-veterans in areas of access to public resources, physical health, and mental health outcomes.</li> </ul>	
<b>Saint Martin's University</b>	
<b>Lacey, WA 98503</b>	
<u>Science of Eating Pathology and Illness Attribution (SEPIA) Lab Manager</u>	2018 – 2019
<i>PI: Lindsay Meyer, PhD</i>	
<ul style="list-style-type: none"> <li>▪ Instructed lab in the use of the <i>NVivo</i> software</li> <li>▪ Managed six research assistants on a weekly basis</li> <li>▪ Created a template with <i>NVivo</i> from which all transcriptions were based</li> </ul>	
<u>Advanced Research Design, Senior Thesis: Mindfulness and Stress Reduction</u>	2018 - 2019
<i>Thesis Advisor: Emily Coyle, PhD</i>	
<ul style="list-style-type: none"> <li>▪ Completed Institutional Review Board (IRB) documentation</li> <li>▪ Designed an experiment based on cognitive defusion methods of 3<sup>rd</sup> Wave Cognitive Behavioral Therapy</li> </ul>	

## HONORS | AWARDS

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<b>SLEEP 2024 First Time Attendee Award</b> , Sleep Research Society	2024
<b>Carl and Denny Greenberg Endowment Scholarship</b> , Wayne State University	2023
<b>Graduate Student Organization Mentor Award</b> , Wayne State University	2023
<b>Rodney Clark Memorial Undergraduate Research Poster Day Winner</b> , Wayne State University	2023
<b>PAVE (Peer Advisors for Veteran Education) Mentor</b> , Wayne State University	2021 - 2022
<b>Abraham Lincoln Brigade Scholarship</b> , Wayne State University	2020, 2024
<b>Summa Cum Laude</b> Saint Martin's University Class of 2019	2019
<b>Saint Martin's University 2019 Scholar</b>	2019
<b>Dean's List</b> (Fall 17, Summer 18, Spring 18, Fall 18, Spring 19), Saint Martin's University	2017 - 2019
<b>Notable Military Awards for Service and Achievement</b>	2006 - 2017
<ul style="list-style-type: none"> <li>• Humanitarian Service Medal (2<sup>nd</sup> Award), US Army</li> <li>• United Nations Medal, US Army / United Nations</li> <li>• Afghanistan Campaign Medal (2 Campaign Stars), US Army</li> <li>• Iraq Campaign Medal (2 Campaign Stars), US Army</li> <li>• Air Medal (3<sup>rd</sup> Award), US Army</li> <li>• Joint Service Achievement Medal (2<sup>nd</sup> Award), Secretary of Defense</li> <li>• Combat Action Badge, US Army</li> </ul>	

## MEMBERSHIPS

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<b>American Psychological Association</b> Graduate Student Affiliate Member	2019-
<b>Sleep Research Society</b> , Student Member	2023-
<b>American Academic of Sleep Medicine</b> , Student Member	2024-
<b>Michigan Psychological Association</b> , Student Member	2021-
<b>Veterans of Foreign Wars</b> Post 9/11 Combat Veteran Lifetime Member	2017-
<b>American Legion</b> , Post 9/11 Combat Veteran Member	2021-

## Courses Taught – Primary Instructor

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<b>PSY 2300 – Psychology of Everyday Living</b> <i>Wayne State University – Detroit, Michigan</i>	Fall 2023 Winter 2024 Spring/Summer 2024
<b>PSY 3310 – Abnormal Psychology</b> <i>Wayne State University – Detroit, Michigan</i>	Winter 2023 Spring/Summer 2022 Winter 2022 Winter 2020
<b>PSY 2020 – Research Methods in Psychology</b> <i>Wayne State University – Detroit, Michigan</i>	Spring/Summer 2021

## PUBLICATIONS

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**Jennings, M.B.**, Burns, J., Jackson, B., Molina, K.M., Lumley, M.A. (in review). Pain Behavior in Black and White People with Chronic Low Back Pain: Validity of the Structured Pain Behavior Test. *The Journal Pain*.

Cheng, P., **Jennings, M.B.**, Kalmbach, D., Johnson, D.A., Habash, S., Casement, M., Drake, C. (in review). Neighborhood social vulnerability as a mediator of racial disparities in insomnia severity. *Sleep*.

## PRESENTATIONS

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Turner, T.N., Clark, S.M., Toro, P.A., **Jennings, M.B.**, Cannoy, C., Excell, S., & Gammo, R. (August, 2024). ‘*Stress Across the Lifespan as a Predictor of Health Outcomes Among Unhoused Adults*’ Poster presentation at the 2024 Convention of the American Psychological Association, Seattle, WA

Blank, S., Burns, J., **Jennings, M.B.**, Lumley, M. (August, 2024). ‘*Emotion Regulation Abilities and Psychophysiological Reactivity in Chronic Pain Patients*’ Poster presentation at the 2024 Convention of the American Psychological Association, Seattle, WA

**Jennings, M.B.**, Paniccia, G., Habash, S., Drake, C., Walch, O., Cheng, P. (June, 2024). ‘*Personalized Light Therapy for Night Shift Workers: A Precision Medicine Approach to Reducing Insomnia and Sleepiness*’ Poster Presentation at SLEEP 2024, the 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Houston, TX.

**Jennings, M.B.** (October, 2023). ‘*Mental Health Concerns of Veterans*’ Public Presentation at the October Monthly Public Meeting of NAMI (Detroit Chapter), Detroit, MI.

**Jennings, M.B.**, Burns, J., Blank, S.L., Lumley, M.A. (October, 2023). ‘*Objectively-Assessed Pain Behavior: Differences Between African Americans and White Americans with Chronic Back Pain*’ Poster Presentation at the 47<sup>th</sup> Annual Scientific Meeting of the Midwest Pain Society, Chicago, IL.

Blank, S., Burns, J., **Jennings, M.B.**, Lumley, M.A. (October, 2023). ‘*The Association of Emotion Regulation Abilities with Psychophysiological Reactivity to Anger Induction in Patients with Chronic Pain.*’ Poster Presentation at the 47<sup>th</sup> Annual Scientific Meeting of the Midwest Pain Society, Chicago, IL.

- Gammo, R., Turner, T., **Jennings, M.B.**, Toro, P., (April, 2023). *'Social Support Partially Mediates the Association between Stressful Life Events and Psychological Distress among Individuals Experiencing Homelessness'* Poster presentation at the 2023 Rodney Clark Memorial Undergraduate Research Poster Day, Detroit, MI.
- Jennings, M.B.**, Burns, J., Lumley, M., (November, 2022). *'Objectively-Assessed Pain Behavior: Differences Between Black and White Americans with Chronic Back Pain'* Poster presentation at the 2022 Graduate Student Poster Day, Detroit, MI
- Jennings, M.B.**, Burns, J., Lumley, M., (September, 2022). *'Objectively-Assessed Pain Behavior: Differences Between Black and White Americans with Chronic Back Pain'* Poster presentation at the 2022 IASP World Congress on Pain, Toronto, ON.
- Jennings, M.B.**, & Toro, P.A., (November, 2021). *'Ease of Access to Resources Among Homeless Veterans and Non-Veterans': Master's Thesis.* Poster presentation at the Wayne State University Department of Psychology Graduate Student Poster/Presentation Day, Detroit, MI.
- Jennings, M.B.**, & Toro, P.A., (October, 2021). *'Ease of Access to Resources Among Homeless Veterans and Non-Veterans': Master's Thesis.* Poster presentation at the Annual Michigan Health Psychology Symposium.
- Jennings, M.B.**, & Monson, M. (April, 2019). *'Efficacy of mindfulness-based exercises.': An empirical study of stress-reduction among undergraduate students.* Poster presentation at the Western Psychological Association (WPA) Annual Conference, Pasadena, CA.
- Meyer, L., **Jennings, M.B.**, McClure, G., Strobel, M., & Monson, M. (April, 2019). *'The desire to look and feel up to standard.': A qualitative analysis of eating attributions.* Poster presentation at the Western Psychological Association (WPA) Annual Conference, Pasadena, CA.

## OTHER PROFESSIONAL EXPERIENCE

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- Session Coder** 2023-  
**Medical University of South Carolina and Henry Ford Cancer Institute**  
Fidelity and Competence Rater, CBT for Cancer Survivors with Body-Image Distress
  - Review and rate clinician fidelity with recorded virtual CBT sessions
  - Trained with rating and fidelity manual and key personnel
  - Integrate clinician ratings with using the online platform REDCap
- Assessment Report Writer** 2022  
**Mala Child and Family Institute**  
**Plymouth, MI 48170**
  - Developed psychological assessment report template for child and adolescent clients
  - Wrote fifteen (15) integrated child and adolescent psychological assessment reports
  - Coordinated report materials with four (4) psychological clinicians and staff
  - Participated in regular meetings with clinic leadership and staff
- United States Army – Various Locations** 2009 - 2017  
**Signal Support Systems Supervisor**  
**Staff Sergeant (SSG)**
- Operation Hurricane Sandy Relief – New York, New York** 2012
  - Liaised with Federal Emergency Management Agency (FEMA) during the aftermath of Hurricane Sandy
  - Enabled 22 flights between FEMA, local and state dignitaries, and the U.S. Army
  - Delivered lifesaving equipment and sustenance supplies to individuals affected by disaster
  - Awarded the rare Humanitarian Service Medal

- Operation United Assistance – Ebola Relief in West Africa** 2014
- Among the first responders in Monrovia, Liberia to combat the 2014 Ebola outbreak in Western Africa, leading to the almost complete eradication of the disease country-wide.
  - Set up Ebola Treatment Units
  - Coordinated real-world missions with Liberian government officials including President Ellen Johnson Sirleaf
  - Awarded the Joint Service Achievement Medal, Humanitarian Service Medal
- Operation Sangaris – French Antiterror Mission in Central Africa** 2015
- Acted as senior IT systems administrator in Camp M'Poko Bangui, Central African Republic (CAR)
  - Provided communications to American and French military members for 60 days
  - Awarded United Nations Medal
- Operation Oaken Steel – Entebbe, Uganda** 2016
- Planned and led a 3-month mission to Entebbe, Uganda as the Senior Enlisted Soldier providing support to the U.S. Embassy during civil unrest in South Sudan
  - Acted as Camp Mayor for over 200 United States Marines
  - Led training efforts at the Non-Commissioned Officers Academy (NCOA) in Jinja, Uganda
  - Designated as Senior Liaison between Entebbe and U.S. Army Africa stationed in Vicenza, Italy

## PROFESSIONAL TRAINING

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- Getting Started with Cognitive Behavioral Therapy for Insomnia** 2024
- Successfully completed a two-day training workshop of Cognitive Behavioral Therapy for Insomnia (CBT-I) from Drs. Michael Grandner, Michael Perlis, Donn Posner, and Leisha Cuddihy. The course addressed the following learning needs:
- Better understanding of the basics of sleep and circadian science, as they can be applied to insomnia patients and their treatment
  - Better understanding of the etiology, pathophysiology, and models of insomnia, its development, its progression, and its treatment
  - Better understanding of the signs and symptoms of sleep disorders to aid in the differential diagnosis of insomnia
  - Better understanding of the rationale and concepts underlying CBTI
  - Better understanding of the core techniques of CBT, including stimulus control and sleep restriction
  - Better understanding of the additional components of CBTI, including relaxation, sleep hygiene, and cognitive therapy
- The course objectives:
- Diagnose Insomnia Disorder correctly
  - Apply behavioral and cognitive principles to the treatment of insomnia disorder
  - Treat patients with Cognitive Behavioral Therapy for Insomnia
- Mindfulness-Based Stress Reduction (MBSR)** 2024
- Successfully completed an 8-week course (taught by certified trainer Jon Aaron) in Mindfulness-Based Stress Reduction (MBSR); an evidence-based, experiential program designed to provide participants with intensive and systematic training in mindfulness meditation and movement practices. Developed by Dr. Jon Kabat-Zinn in 1979, it is based on ancient contemplative practices integrated with western medical approaches and continues to be informed by a global community of MBSR researchers, teachers, and trainers.
- Motivational Interviewing (MI) Workshop** 2023
- Successfully completed a single-day training workshop of Motivational Interviewing (MI) from a MINT-certified trainer, Jordan Braciszewski, Ph.D. Dr. Braciszewski provided an overview of the fundamentals of MI as well as recent updates.
- Intensive Short-Term Dynamic Psychotherapy (ISTDP) Training** 2022
- Successfully completed a 3-day online immersion course of Intensive short-term dynamic psychotherapy (ISTDP), which has been specifically developed and researched to treat the full spectrum of functional somatic disorders effectively.

<p><b>Emotional Awareness and Expression Therapy (EAET) Training</b>          Successfully completed a course that presented the theory, development, and rationale for Emotional Awareness and Expression Therapy (EAET) with treatment creators.</p>	2022
<p><b>Montreal Cognitive Assessment (MoCA) Administration and Scoring Certification</b>          Successfully completed the one-hour official MoCA training course. The MoCA is a short psychological measure that assesses a person's function in the domains of short-term memory, visuospatial abilities, executive functions, attention, concentration and working memory, language, and orientation to time and place.</p>	2021
<p><b>Introduction to Data Management and Statistical Analysis in R Bootcamp (Workshop)</b>          Successfully completed a 13-week intensive workshop learning the coding language R, one of the most frequently used packages for statistical analyses.</p>	2021
<p><b>Minnesota Multiphasic Personality Inventory-3 (MMPI-3) Pearson Training</b>          Successfully completed the 6 (CE) hour training course introducing clinicians to the newest version of the MMPI with test co-creator Yossef S. Ben-Porath, Ph.D.</p>	2020
<p><b>Provider Training for Cognitive Behavioral Therapy of Insomnia (CBT-I) Conference</b>          Department of Psychiatry and Behavioral Science, Medical University of South Carolina          Successfully completed the 6.5 (CE) hour training in Cognitive Behavioral Therapy for Insomnia</p>	2020
<p><b>Dialectical Behaviors Therapy (DBT) Training</b>          Psychology Clinic, Wayne State University          Successfully completed the comprehensive training course required for clinicians to conduct DBT with groups of clients</p>	2019
<p><b>Advanced Leadership Course</b>          United States Army Signal Academy, Fort Gordon, GA          Description: To provide leadership and specialty training for Noncommissioned Officers (NCOs) in Military Occupational Specialty 25U at Skill Level Three (SL3). Training provides soldiers with the skills, knowledge, and technical expertise to provide leadership in coordinating and supervising the employment, operation, management and maintenance of information technology systems in mobile &amp; fixed facilities at all echelons.</p>	2016

## REFERENCES

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**Paul A. Toro, Ph.D.**

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Director, Research Group on Homelessness and Poverty  
College of Liberal Arts & Sciences  
Wayne State University  
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