Current:

Sole Proprietor of Private Practice, Self, February 2017- Present

Recent:

Independent Contractor, Psychologist at Bloomgarden, Ostroff & Associates, 2017

Adjunct Assistant Professor of Psychology, Temple University, January 2017-2018

Academic Appointments:

Adjunct Assistant Professor of Psychology, Temple University, January 2017-2018

Volunteer Assistant Professor, Psychiatry Department, January 2017- 2018

Director of UNMC Behavioral Health Wellness Education, University of Nebraska Medical Center, April, 2016-December, 2016

Staff Psychologist, University of Nebraska Medical Center, December 2015-December 2016

Wellness Coordinator, University of Nebraska Medical Center, December, 2015-April 2016

Assistant Professor of Psychiatry, University of Nebraska Medical Center, December, 2015- Present

Assistant Professor of Psychiatry, Creighton University, June, 2016- Present

Active License:

Pennsylvania License PS018219

New York License 025534-01

Education:

Psy.D. Doctor of Psychology in Clinical Psychology, Massachusetts School of Professional Psychology, APA-accredited, August, 2010-June, 2014

M.Ed., Counseling Psychology, Temple University, September, 2008- June, 2010

B.S., Psychology and English Writing, University of Pittsburgh, August, 2004-May, 2008

Graduate Clinical Practicum and Internship Training:

Post-Doctoral Fellow in Clinical Psychology, Pennsylvania Hospital, Philadelphia, Pennsylvania, June, 2014- June, 2015

Post-Doctoral Training at University of Pennsylvania Counseling Center, Philadelphia, Pennsylvania, June, 2014-August, 2015

Fellowship in Psychoanalytic Psychology, Psychoanalytic Center of Philadelphia, Philadelphia, Pennsylvania, June, 2014- June, 2015

APA Intern in Clinical Psychology, Pennsylvania Hospital (APA-accredited), Philadelphia, Pennsylvania, June, 2013- June, 2014

Stoney Brook Counseling Center- Outpatient Center, Lowell, Massachusetts, September, 2012-June, 2013

Lowell Community Charter Public School (LCCPS), Lowell, Massachusetts, September, 2012- June, 2013

Massachusetts School of Technology (MIT), Cambridge, Massachusetts, September, 2011- July, 2012

Assumption College Student Counseling Center, Worcester, Massachusetts, September, 2010-June, 2011

Mercy Hospital of Philadelphia, Philadelphia, Pennsylvania, January, 2009- June, 2010

New Horizons, Outpatient Drug and Alcohol Center, Mercy Hospital of Philadelphia, Philadelphia, Pennsylvania, September, 2009- December, 2009

Professional Societies:

American Psychological Association

Division 39

Committee Assignments:

2016-Chair, University of Nebraska College of Medicine, UNMC Well-Being Advisory Board

2016-Chair, University of Nebraska College of Medicine, UNMC Executive Well-Being Advisory Board

2016-Chair, University of Nebraska College of Medicine, Psychology Group

2016- Member, UNMC Interprofessional Academy of Educators

2016 –Member, Admissions Committee

2016- Co-Chair, Wellness Website Sub-Committee

2015- Member, University of Nebraska College of Medicine, Nebraska Medicine and UNMC Well-Being and Mental Health Improvement

2015- Member, University of Nebraska College of Medicine, UNMC Wellness Council Committee

2015- Member, University of Nebraska College of Medicine, Student Wellness Task Force

2015- Member, University of Nebraska College of Medicine, 3POC Curriculum Committee

2015- Member, University of Nebraska College of Medicine, Curriculum Committee (Psychiatry Department)

Presentations:

Yalof-Tufenkjian, J.A. (2026, April). Keynote Speaker to Mental Health Professonials. *Compassion fatigue and burn out in the workplace; insight oriented and behavioral techniques that can help.*

Yalof, J.A. (2016, December). *How to keep your head above water*. Faculty Meeting for the Department of Pathology and Microbiology Faculty. Omaha, NE.

Yalof, J.A. (2016, November). *Staying well.* Neurosurgery Residents. Omaha, NE.

Yalof, J.A. (2016, November). *GRADS Diversity Talk- Feeling Good*. Omaha, NE.

Yalof, J.A. (2016, November). *How to take care of yourself while taking care of others.* Grand rounds to the Ob/Gyn department. Omaha, NE.

Yalof, J.A. (2016, October). *Wellness at the College of Nursing* – GSO Meeting. Omaha, NE.

Yalof, J.A. (2016, October). *Wellness at the College of Nursing* – GFO Meeting. Omaha, NE.

Yalof, J.A. (2016, September). *How to Take Care of Yourself While Taking Care of Others.* Grand Rounds to Orthopedic Surgery Department. Omaha, NE.

Yalof, J.A. (2016, September). *Staying well.* Allied Health College Student Meeting. Omaha, NE.

Yalof, J.A. (2016, September, November-Pending). *Staying well*. International Student Organization. Omaha, NE.

Yalof, J.A. (2016, August). *How to keep your head above water.* Faculty Meeting for Pathology Department. Omaha, NE

Yalof, J.A. (2016, August). *How to take care of yourself while taking care of others*. Interprofessional Orientation. Omaha, NE.

Yalof, J.A. (2016, August). *How to keep your head above water.* Faculty Meeting for the Eppely Institute. Omaha, NE

Yalof, J.A. (2016, August). *How to keep your head above water.* Faculty Meeting for Biomedical Faculty. Omaha, NE

Yalof, J.A. (2016, August). *Staying well.* Social Workers Society of Nephrology. Omaha, NE.

Yalof, J.A. (2016, July). *Orientation: How to take care of others while taking care of yourself.* Clarkson Family Medicine Program. Omaha, NE.

Yalof, J.A. (2016, June). *Staying well*. General Medical Education Department, Orientation. Omaha, NE.s

Yalof, J.A. (2016, June). *How to take care of yourself while taking care of others*. College of Nursing Sciences, Orientation. Omaha, NE.

Yalof, J.A. (2016, June). *How to take care of yourself while taking care of others.* Family Medicine Department Residents. Omaha, NE.

Yalof, J.A. (2016, May). *How to take care of yourself while taking care of others*. Graduate Student Association. Omaha, NE.

Yalof, J.A. (2016, April). *How to take care of yourself while taking care of others.* Internal Medicine Residency Program. Omaha, NE.

Yalof, J.A., Guthmiller, J., Morales, J,, Sebastian, J. (April, 2016). : *Panel Presentation, Wellbeing and Inclusivity: Transformational Keys to Better Health.* UNMC Board of Counselors. Omaha, NE.

Yalof, J.A. (2016, April). *Well-being and mindfulness and meditation*. Administrative Professionals Day. Omaha, NE

Yalof, J.A. (2016, April). *How to take care of yourself while taking care of* Grand rounds to anesthesiology department. Omaha, NE.

Yalof, J.A. (2016, April). *GRADS Diversity Talk- Feeling Good*. Omaha, NE.

Yalof, J.A. (March, 2016). *Personal Well-being and its importance for the accelerated learner*. Orientation for Accelerated Nursing. Omaha, NE.

Yalof J.A. (2011, November). *Suicidal prevention and grief work*. Massachusetts Institute of Technology. Cambridge, MA.

Yalof, J.A. (2011, September). *Alcohol awareness and social skill building*. Massachusetts Institute of Technology. Cambridge, MA.

Yalof, J.A. (2010, October). *Suicide prevention*. Resident Advisor Meeting. Worcester, MA.

Electronic Media:

February 24th, 2016, KFAB Interview on Alcoholism

December, 2013, PAH Outpatient Behavioral Health Clinic: Monthly Newsletter, Good vs. Bad Anxiety and When to Seek Help

February 14th, 2012, www.livescience.com, 'What Midnight in Paris Tells Us about Nostalgia?" Interviewed by a staff writer for www.livescience.com about the lecture series ***Woody Allen's Neuroses and Ours: A Psychological Analysis***. The article was featured on various websites such as www.msnbc.com.

Various articles on the website http://www.sextherapyinphiladelphia.com/.

Abstracts:

Yalof, J.A. (2014). Contemporary male friendship: An exploratory study in comradeships, bromance and casual friendship. DAI-B 75/10(E), *Dissertation Abstracts International*: http://search.proquest.com/docview/1553436183

Research Experience:

2016–Principal Investigator for Stress Management and Resiliency Training for Residents (Examining Optimism, Cognitive Insight, Mindfulness and Resiliency)

2016–Principal Investigator for Stress Management and Resiliency Training for Students (Examining Optimism, Cognitive Insight, Mindfulness and Resiliency)

2016- Co-Investigator for survey on interprofessional student wellness

2011-2014, Principal Investigator, Dissertation, Contemporary Male Friendship: An Exploratory Study on Comradeship, Bromance and Casual Friendship, Massachusetts School of Professional Psychology, Boston, Massachusetts

January, 2009- July, 2009, Research Associate and Volunteer, Effects of Self-Disclosure in Interracial Interactions on Implicit Trust, Executive Functioning, and Racial Categorization, Temple University, Philadelphia, Pennsylvania

September 2007-May 2008, Research Associate and Volunteer, Language

Major Research Interests:

Relationships and quality of life

Male Friendship

Burnout among medical students, graduate students, and medical residents

Resiliency

Courses Directed:

2017- Temple University CAPSTONE Course - Beyond Definitions: Psychotherapeutic Techniques

2016- Present, Psychodynamic Psychotherapy for Psychiatry Residents

2016- Present, Co-leading a Creative Writing Workshop for

2016- Present, Stress Management and Resiliency Training for Residents

2016- Present, Stress Management and Resiliency Training for Students

2016- Present, Clerkship Lectures on Behavioral Health Wellness and Education

2016- Present, Overview of Psychotherapy for Psychiatry Residents

2015- Present, Stress Management for Medical Students

2016- Present, Stress Reduction for Psychiatry Department, Weekly, 2016

Other Teaching/Supervisory Activities:

2016- Supervisor to psychiatry residents

2015-2016 Faculty Mentor, Department of Psychiatry

2011-2012, Woody Allen's Neuroses and Ours: A Psychological Analysis, Massachusetts Institute of Technology (MIT)

Awards

Division 39 Young Career Scholars Award

Certificates

Stress Management and Resiliency Training (SMART-3RP) for patients and other populations