

Jennifer Helene Ross Sayrs
Washington State Licensed Psychologist (#2575)

Curriculum Vitae

Address: Evidence Based Treatment Centers of Seattle
(formerly the Dialectical Behavior Therapy Center of Seattle)
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Education

September 2000- August 2002 Postdoctoral Fellow
University of Washington; Seattle, Washington

August 2000 Ph.D. in Psychology
University of Nevada, Reno

August 1994- August 2000 Doctoral Program in Clinical Psychology
Department of Psychology
University of Nevada, Reno; Reno, Nevada

April 1997 M.A. in Psychology
University of Nevada, Reno

August 1993- July 1994 Doctoral Program in Clinical Psychology
Department of Psychology
Kent State University; Kent, Ohio

June 1993 B.S. in Psychology
Departmental Distinction
University of Washington; Seattle, Washington

Professional Experience

June, 2010- present Director, DBT Center of Seattle, Evidence Based Treatment Centers of Seattle, Seattle, WA. Manage client flow, client assignment, client welfare, liability and crises, therapist welfare, public relations, therapist recruitment.

- September, 2009-present
Consultant, “Improving coping skills during the internal pelvic examination: A brief behavioral treatment for women with PTSD.” Assist with the development of a manualized intervention for women veterans with PTSD who have difficulties tolerating the pelvic examination. *Principal Investigator*: Julie Weitlauf, PhD, National Center for PTSD.
- June, 2009-present
Committee to Form an Independent Institutional Review Board, Evidence Based Treatment Centers of Seattle, Seattle, WA. Work to create a human subjects review board for individuals and groups who wish to conduct clinical research but are not associated with a university. *Chair*: Travis Osborne, PhD, Evidence Based Treatment Centers of Seattle.
- April, 2009-present
Co-Investigator, “Evaluations of treatment effectiveness and outcomes in an outpatient clinic.” Evidence Based Treatment Centers of Seattle, Seattle, WA. This project is approved by the University of Washington Institutional Review Board. *Principal Investigator*: Stacy Shaw Welch, PhD, Evidence Based Treatment Centers of Seattle.
- March, 2006-present
Consultant, Behavioral Tech Research, Seattle, WA. Review products designed for on-line training of DBT therapists. Provide detailed feedback and content suggestions to increase products’ adherence to DBT and usability for DBT clinicians. *Supervisor*: Linda Dimeff, PhD.
- January, 2006-present
Psychologist, Anxiety and Stress Reduction Center of Seattle, Evidence Based Treatment Centers of Seattle, Seattle, Washington. Partner and founder of program. Provide evidence-based treatment for a variety of anxiety disorders and body-focused repetitive disorders to adults and adolescents.
- July, 2004-present
Adherence coder, Behavioral Research and Therapy Clinics, University of Washington, Seattle, Washington. Rate research therapists for adherence to DBT manual for two clinical trials funded by NIMH and NIDA. Included viewing and rating individual therapy and group skills training sessions, as well as providing detailed feedback to clinicians. Supervisor: Dr. Marsha Linehan.
- November, 2003-May, 2008
Psychologist, Behavioral Research and Therapy Clinics, University of Washington, Seattle, Washington. Research therapist for NIDA sponsored randomized clinical trial. Provide DBT for individuals with heroin dependence and borderline personality disorder. Prepare training materials for expert DBT therapists. Attend training for experts and consultation team weekly with Dr. Marsha Linehan and other senior DBT therapists. Supervisor: Dr. Marsha Linehan.

- September, 2003-
August, 2010 Training Director, DBT Center of Seattle/Evidence Based Treatment Centers of Seattle, Seattle, Washington. Recruit and train postdoctoral fellows for the Evidence Based Treatment Centers of Seattle, including DBT and CBT therapists. Includes creating and maintaining evidence-based curriculum, administrative and oversight tasks, supervising postdoctoral fellows, and providing formal training regarding DBT, CBT, other evidence based treatments, and related topics to all EBTCs clinicians. Applied for and received approval from APA to sponsor continuing education activities for APA credit; provide presentations and arrange presenters for this program.
- December 2002-
present Clinical Instructor, Department of Psychology, University of Washington; Seattle, Washington. Provide supervision in DBT for Dr. Marsha Linehan's graduate students at the Behavioral Research and Therapy Clinics.
- July 2002-present Psychologist, Dialectical Behavior Therapy Center of Seattle, Evidence Based Treatment Centers of Seattle, Seattle, Washington. Partner and founder of group practice providing Dialectical Behavior Therapy to adults, adolescents, groups, and couples, as well as ongoing consultation to academic and clinical professionals.
- September 2001-
present Trainer, Behavioral Tech, Seattle, Washington (Formerly Behavioral Technology Transfer Group, or BTTG). Provide DBT workshops and consultation to mental health professionals in the United States, United Kingdom, Canada, and Australia. Trainings provided include 10-day Intensives, 2-day Skills Trainings, 2-day Individual Therapy, 2-day DBT for Suicidal Adolescents, and a range of individualized trainings and consultations.
- September 2000-
August 2002 Postdoctoral Fellow: Clinic Coordinator, Behavioral Research and Therapy Clinics, University of Washington; Seattle, Washington. Research therapist for individual and group Dialectical Behavior Therapy; supervision of individual and group research therapists; supervision of staff; adherence coding; administrative duties related to maintaining two grant-funded studies involving Dialectical Behavior Therapy; data collection and management. Supervisor: Marsha Linehan, Ph.D.
- September 2001-
July 2002 Executive Assistant, Project Manager, and Trainer, Behavioral Technology Transfer Group, Seattle, Washington. Research and development, special project management. Supervisors: Kelly Koerner, Ph.D., Linda Dimeff, Ph.D.

- May 2000-
August 2000 Predoctoral Intern, Adult Psychiatric Unit, Western State Hospital; Tacoma, Washington. Group and individual therapy with adult mentally ill sex offenders; assessment; member of interdisciplinary treatment team; treatment plan development. Supervisor: Larry Arnholt, Ph.D.
- January 2000-
April 2000 Predoctoral Intern, Child Study and Treatment Center, Western State Hospital; Tacoma, Washington. Individual, group, and family therapy (primarily Dialectical Behavior Therapy) with adolescents and their parents; forensic and clinical evaluations with children and adolescents; member of interdisciplinary team for inpatient adolescents. Supervisors: Anthony DuBose, Psy.D., Ivan Kruh, Ph.D., and Chris McCurry, Ph.D.
- September 1999-
December 1999 Predoctoral Intern, Program for Forensic Evaluations in Corrections and the Community, Western State Hospital; Tacoma, Washington. Outpatient evaluations of competency to stand trial, sanity, and diminished capacity with adult defendants. Supervisor: Phyllis Knopp, Ph.D.
- August 1997-
July 1999 Coordinator, Dialectical Behavior Therapy Program, University of Nevada, Reno; Reno, Nevada. Program evaluation; therapist training; intake interviews; crisis management; administrative tasks; event planning; development of DBT program for victims of domestic violence. Supervisor: Alan Fruzzetti, Ph.D.
- August 1997-
July 1999 Coordinator, Couples and Family Research Lab. Coordination of data collection, data management, statistical analyses, and research assistants; observational coding. Supervisor: Alan Fruzzetti, Ph.D.
- July 1997-
August 1997 Instructor, Abnormal Psychology (Psychology 441), University of Nevada, Reno; Reno, Nevada.
- June 1997-
November 1997 Consultant, American Corrective Counseling Services, Reno, Nevada. Conduct program evaluation for court-referred batterers' treatment program; provide recommendations for more effective data collection and evaluation. Supervisor: Alan Fruzzetti, Ph.D.
- January 1997-
June 1997 Psychology Extern, Lake's Crossing Center for the Mentally Disordered Offender; Sparks, Nevada. Member of interdisciplinary treatment team for inpatient clients; intake evaluations; treatment plan development; group and individual therapy; assessment for competency to stand trial; client education. Supervisor: Julius Rogina, Ph.D.

- July 1996-
Nevada. Psychology Extern, Nevada Mental Health Institute; Sparks, Nevada.
- December 1996 Member of interdisciplinary treatment team for inpatient clients; intake evaluations; treatment plan development; group and individual therapy; assessment; crisis management; design of behavior programs; client education; administrative rotation. Supervisor: Ingrid Moore, Ph.D.
- March 1996-
July 1999 Therapist, Dialectical Behavior Therapy subclinic for clients diagnosed with borderline personality disorder, University of Nevada, Reno; Reno, Nevada. Skills group; therapy group; individual therapy, couples and family therapy. In training for DBT Intensive Workshop facilitation. Supervisor: Alan Fruzzetti, Ph.D.
- August 1995-
June 1996 Intake Therapist, Psychological Service Center, University of Nevada, Reno; Reno, Nevada. Client screening; assessment; crisis management. Supervisors: William Follette, Ph.D., and William O'Donohue, Ph.D.
- July 1995-
June 1996 Psychology Extern, Sierra Regional Center; Sparks, Nevada. Psychological assessments with mentally retarded adults; individual, couples, and group therapy with mentally retarded adults and their families; parent skills training; design of behavior programs. Supervisor: Donald Jackson, Ph.D.
- April 1995-
June 1995 Volunteer, Advocates to End Domestic Violence; Carson City, Nevada. Ride-alongs with Carson City Sheriff's Department; crisis counseling for women at time of batterers' arrest; victim and officer education.
- September 1994-
July 1999 Staff Therapist, Psychological Services Center, University of Nevada, Reno; Reno, Nevada. Supervised therapist for individuals, couples, and families. Treatments provided included DBT, Acceptance and Commitment Therapy, Cognitive-Behavioral Couples Therapy, Prolonged Exposure for PTSD, Functional Analytic Psychotherapy, and others. Supervisors: Alan Fruzzetti, Ph.D., Steven Hayes, Ph.D., Victoria Follette, Ph.D.
- September 1994-
August 1995 Psychology Extern, Rural Nevada Mental Retardation Services; Carson City, Nevada. Psychological assessments with mentally retarded adults; individual, couples and group therapy with mentally retarded adults and their families; parent skills training; design of behavior programs. Supervisor: Donald Jackson, Ph.D.

August 1993-
July 1994 Research Assistant, Department of Psychology, Kent State University; Kent, Ohio. Clinical assessment of children and parents; recruitment; data collection and management; supervision of undergraduate assistants; behavior coding. Supervisor: Kathy Kerns, Ph.D.

Associations

Anxiety Disorders Association of America
Association for Behavioral and Cognitive Therapies / Association for the Advancement of Behavior Therapy
International Society for the Improvement and Teaching of Dialectical Behavior Therapy
Phi Beta Kappa
Washington State Psychological Association

Publications

Linehan, M. M, McDavid, J., Brown, M. Z., Sayrs, J. H. R., & Gallop, R. J. (2008). Olanzapine plus dialectical behavior therapy for irritable women meeting criteria for borderline personality disorder: A double blind, placebo-controlled pilot study. Journal of Clinical Psychiatry.

McMain, S., Sayrs, J., Dimeff, L. A., & Linehan, M. M. (2007). Dialectical behavior therapy for individuals with borderline personality disorder and substance dependence. In L. A. Dimeff & K. Koerner (Eds.), Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings. NY: Guilford.

Sayrs, J. H. R., & Linehan, M. M. (2001). Treating borderline personality disorder: Dialectical Behavior Therapy. The Economics of Neuroscience: 3(10).

Sayrs, J. H. R. & Whiteside, U. S. (2006). Borderline personality disorder. In W. O'Donohue & J Fisher (Eds.), Practitioner's Guide to Evidence Based Psychotherapy. NY: Springer.

In preparation

Linehan, M.M., Dimeff, L.A., & Sayrs, J.H.R. Dialectical Behavior Therapy for Substance Use Disorders. To be published by Guilford Press upon completion.

Presentations

Bedics, J., & Evidence Based Treatment Centers of Seattle Research Collaborative. (2010). The factor structure of the Difficulties in Emotion Regulation Scale (DERS) in a clinical sample of participants receiving dialectical behavior therapy. Poster to be presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Byrd, M., Ross (Sayrs), J. H., Fruzzetti, A. E., & Saedi, N. (1997). The efficacy of two methods for assessing child abuse. Paper presented at the 6th International Family Violence Research Conference, Durham, New Hampshire.

Fruzzetti, A. E., Case, H., Arkowitz, L., & Ross (Sayrs), J. H. (1995). A functional model of aggression and violence in couples. Poster presented at the 29th Annual Convention of the Association for Advancement of Behavior Therapy, Washington D.C.

Fruzzetti, A. E., Ross (Sayrs), J. H., Case., H., & Arkowitz, L. (1995). The function of aggression and violence in controlling intimacy. Paper presented at the 4th International Family Violence Research Conference, Durham, New Hampshire.

Keuthen, N. J., Franklin, M. E., Miltenberger, R. G., Welch, S. S., Sayrs, J. H. R., & Woods, D. W. (2006). Body-focused repetitive behaviors: The who, what, why, and how of treatment. Clinical round table at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Kim, J., & Evidence Based Treatment Centers of Seattle Research Collaborative. (2010). Replication of the factor structure of the Overall Anxiety Severity and Impairment Scale (OASIS) in an outpatient clinical sample. Poster to be presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Linehan, MM, Comtois, KA, Brown, MZ, Reynolds, SK, Shaw Welch, S, Sayrs, J, Korslund, KE. (2002). DBT versus nonbehavioral treatment by experts in the community: Clinical outcomes. In S. K. Reynolds (Chair), The University of Washington treatment study for borderline personality disorder: DBT versus nonbehavioral treatment by experts in the community. Symposium conducted at 36th Annual Association for the Advancement of Behavior Therapy Convention, Reno, Nevada.

Ross (Sayrs), J. H., Allison, C., & Fruzzetti, A. E. (1996). Societal influences on couple violence: A contextual perspective. Paper presented at the Association for Behavior Analysis, San Francisco, CA.

Ross (Says), J. H., Arkowitz, L., & Fruzzetti, A. E. (1996). The relationship between individual distress and couples' intimacy and conflict: An innovative model. Poster presented at the Association for Advancement of Behavior Therapy, New York, NY.

Ross (Says), J. H., Byrd, M., & Fruzzetti, A. E. (1997). Research in parenting behavior: A comparison of subject identified vs. anonymous sampling methodologies. Poster presented at the Association for Advancement of Behavior Therapy, Miami, FL.

Ross (Says), J. H., & Fruzzetti, A. E. (1997). Interactional predictors of parenting style. Paper presented at the 6th International Family Violence Research Conference, Durham, NH.

Ross (Says), J. H., & Fruzzetti, A. E. (1998). Improving the evaluation of a batterers' treatment program. Paper presented at the Program Evaluation and Family Violence Research: An International Conference, Durham, NH.

Says, J. H. R. (2001). Training graduate students in Dialectical Behavior Therapy. Paper presented at the Association for Advancement of Behavior Therapy, Pittsburgh, PA.

Says, J. H. R., & Fruzzetti, A. E. (1998). Dialectical Behavior Therapy and women victims of domestic violence: A new application. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Washington, D.C.

Says, J. H. R. & Fruzzetti, A. E. (2000). Invalidation in couples and self behaviors. Poster presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

Says, J. H. R. & Fruzzetti, A. E. (2000). The Self Behaviors Coding System. Poster presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

Says, J. H. R., Reynolds, S. K., & Linehan, M. M. (2002). Training therapists to implement DBT. Paper presented at the Society for Psychotherapy Research International Conference. Santa Barbara, CA.

Says, J. H. R., Reynolds, S. K., & Linehan, M. M. (2001). Dissemination of Dialectical Behavior Therapy: From the manual to the therapy room. Paper presented at the Association for Advancement of Behavior Therapy, Pittsburgh, PA.

Serafin, J. M., Ross, J. H., & Fruzzetti, A. E. (1997). Beyond the individual: Expanding the context of Dialectical Behavior Therapy. Paper presented at the Association for Behavior Analysis, Chicago, IL.

Shiple, L., Randall, J., Bedics, J., Karwoski, L. Ph.D., Osborne, T. L., Welch, S. S., & Sayrs, J. (2009). Change in level of emotion dysregulation during the first six months of Dialectical Behavior Therapy (DBT). Poster session presented at the Western Psychological Association Annual Convention, Portland, OR.