

Jennifer L. Grzegorek, Ph.D.

Michigan State University Counseling Center
556 East Circle Drive, Room 207
East Lansing, MI 48824-1113
jeng@cc.msu.edu
Phone: (517) 355-8270 ~ Fax: (517) 353-5582

Private Practice
2325 East Mount Hope
Lansing, MI 48910
drjengrzegorek@gmail.com
Phone: (517) 896-4231

EDUCATION AND LICENSURE

Licensed Psychologist, State of Michigan

License # 6301012797

Doctor of Philosophy, Counseling Psychology, August 2002

The Pennsylvania State University, University Park, PA (APA-Accredited)

Master of Arts, Counseling Psychology, May 1997

Illinois State University, Normal, IL

Bachelor of Arts, Psychology, *Summa Cum Laude*, December 1992

Kent State University, Kent, OH

CLINICAL EXPERIENCE

Staff Psychologist, Counseling Center, Michigan State University, East Lansing, MI (10/04-present)

- Provide individual counseling, intakes, crisis appointments, and consultations.
- Facilitate Intern Evidence-Based Practices in Psychology (EBPP) Seminar for APA-accredited doctoral internship.
- Serve on Doctoral Internship Training Committee; supervise doctoral interns.
- Coordinate MSUCC's group therapy program.
- Provide outreach presentations across campus.
- Serve as liaison to 1-2 residence halls.
- Participated in rotating after hours and weekend on-call crisis coverage.
- Serve on Sleep QI committee (Olin Student Health); and Transgender Health Committee (Olin Student Health).
- Specialty areas: 1) LBGST concerns, particularly transgender identities and transition; and 2). Sleep concerns.

Licensed Psychologist, Independent Private Practice, East Lansing, MI (4/05-present)

- Provide individual counseling, intakes, and consultations for adults age 18 and above.
- Specialty areas include lesbian, bisexual, gay, and transgender (LBGT) concerns, sleep difficulties, and trauma.
- One of only three mental health providers in the region to be credentialed with Michigan's comprehensive clinic for transgender people. Regarded as a regional specialist in transgender mental health.
- Provide consultation services to transgender people, their families, and other mental health providers

Staff Psychologist, Student Counseling Service, Iowa State University (8/03-7/04)

- Provided individual counseling, intakes, crisis appointments, and consultations.
- Participated in rotating after hours and weekend on-call crisis coverage.
- Coordinated Career Exploration Program, hired and supervised graduate assistant and work study students, oversaw Career Library, coordinated outreaches and workshops, and streamlined budget.
- Served as the primary psychologist for ISU's College of Veterinary Medicine.
- Co-facilitated an undergraduate therapy group.
- Served on Training Committee and supervised clinical work of beginning and advanced practicum students.
- Served as liaison to three residence halls.
- Served on University Academic Advising Committee and on the Advisory Board for Lesbian, Gay, Bisexual, and Transgender Student Services.

Post-Doctoral Fellow, Center for Counseling & Student Development, University of Delaware, Newark (8/02-7/03)

- Provided individual counseling, intakes, crisis appointments, and consultations.
- Facilitated outreach presentations.
- Participated in rotating after hours and weekend on-call crisis coverage.
- Co-facilitated general undergraduate therapy group, process groups for undergraduates engaged in social services internship, and training group for master's degree students.
- Supervised clinical work of beginning and advanced practicum students.
- Served on the Lesbian, Gay, Bisexual, and Transgender Advisory Board.
- Post-doctoral specialty area: clinical supervision.
- *Supervisors: Mary Anne Lacour, Ph.D., Sharon Mitchell, Ph.D., and Vivian Yamada, Psy.D.*

Pre-Doctoral Intern, Counseling Center, University of Illinois Urbana-Champaign (APA-Accredited) (8/01-8/02)

- Provided individual counseling, intakes, crisis appointments, outreach presentations, and consultations.
- Member of eating disorders treatment team, substance abuse treatment team, sexual assault and abuse treatment team, Sexual Orientation Diversity Allies (SODA) committee.
- Co-facilitated eating disorders therapy group.
- Supervised practicum students and mentored paraprofessionals.
- *Supervisors: Carla McCowan, Ph.D. (Primary), Norma Fournier, MSW, and Marybeth Hallett, Ph.D.*

Community Support Therapist/Care Manager, McLean County Center for Human Services, Bloomington, IL (8/95-8/97)

- Started new mental health service delivery program, Assertive Community Treatment (ACT), one of the first in Illinois, which facilitated independent living among persons with severe and persistent mental illness.
- Developed new residential program which included permanent and transitional housing.
- Provided individual and crisis counseling, treatment planning, case management, life skills training, supervision of medication distribution, facilitation of job planning and placement, hospital discharge planning, liaison with community resources, and facilitation of substance abuse treatment and education.
- *Supervisor: Peter Stuck, LCSW*

Rape Crisis Counselor, Rape Crisis Center of Mid-central Illinois, Normal, IL (9/94-7/95)

- Provided hotline support for rape/sexual assault survivors and engaged in community rape education.
- Received 40 hours of intensive training.

SPECIALIZED TRAINING**Transgender Mental Health Care**

- Mental health provider track, Philadelphia Transgender Health Conference (6/16)
- Day-long training for intermediate activists for transgender people, Creating Change Conference, Detroit, MI (2/08).

Anti-Racism Training

- Completed day-long anti-racism training by Jona Olssen, Grand Rapids, MI (3/06)
- Doing Our Own Work: An intensive 3-weekend anti-racism seminar for white people at the Leaven Center, Lyons, MI (10/05-1/06).

Behavioral Sleep Medicine

- Completed national BSM course sponsored by American Academy of Sleep Medicine, Chicago, IL (5/05).

TEACHING AND OUTREACH EXPERIENCE (SELECTED)**Facilitator**

Evidence-Based Practice in Psychology doctoral intern seminar, MSU (8/05-present)

Guest Lecturer

Co-facilitated "Counseling White People" in Multicultural Counseling class, MSU (10/08)
Facilitated "Bisexuality Issues" in LGBT Studies class, Olivet College, Olivet, MI (3/06)

Instructor

Counseling Theories (1 course; co-teaching), University of Delaware (2/03-5/03)
Foundations of Guidance and Counseling (3 courses), Penn State (8/00-5/01)
Counseling Strategies for Substance Abuse Prevention (1 course), Penn State (6-8/99)

INVITED PRESENTATIONS (SELECTED)

- Grzegorek, J.L.** (2016, January). *Working with transgender students*. Town Hall presentation for all staff at Olin Student Health, East Lansing, MI.
- Grzegorek, J.L.** (2015, October). *Talking with students about sleep*. Town Hall presentation for all staff at Olin Student Health, East Lansing, MI.
- Grzegorek, J.L.** & Rassi, S. (2015, August). *Working with transgender clients*. Keynote presentation for the annual Networking Breakfast sponsored by MSU, East Lansing, MI.
- Dubey, A., & **Grzegorek, J.L.** (2011, April). *Psychosocial needs of LGBT youth*. Invited presentation for LGBT Health Awareness Week (Through MSU's College of Human Medicine): Come Out for Health, MSU, East Lansing, MI.
- Grzegorek, J.L.** (2011, January). *LGBTQ Health Issues*. Invited presentation (training session) for Olin clinical staff, Olin Student Health Service, MSU, East Lansing, MI.
- Gardner, P., Hughes, A.K., & **Grzegorek, J.L.** (2010, April). *Aging and caring for LGBT elders*. Invited presentation for LGBT Health Awareness Week (MSU's College of Human Medicine): Closing the Gap, East Lansing, MI.
- Davis, L., Engles, T., **Grzegorek, J.L.**, & Spanierman, L. (2009, September). *White identity*. Invited panel presentation at the annual Dennis May Conference on Diversity Issues and the Role of Counseling Centers, Urbana, Illinois.
- White, L.A. & **Grzegorek, J.L.** (2008, October). *The National College Depression Partnership at Michigan State University*. Invited presentation at Learning Session 2 of the National College Depression Partnership, New York, New York.

CONFERENCE PRESENTATIONS

- Grzegorek, J.L.** & Brown, S.R. (2013, February). *Integrated mental health approaches on college campuses*. Presentation at the Annual Big Ten College Counseling Centers conference, Iowa City, IA.
- Lee, D. J., Sina, T., Taylor, J. R., Johnson, D., **Grzegorek, J. L.**, Brown, S. R., Rath, S. (2013, February). *Multicultural counseling and social justice: Critiques and responses*. Presentation at the Annual Big Ten College Counseling Centers conference, Iowa City, IA.
- Brown, S.R. & **Grzegorek, J.L.** (2012, September). *Integrated mental health at Michigan State University*. Poster presented at the second annual Student Affairs Fall Summit, East Lansing, MI.
- Collins-Eaglin, J., Dhaliwal, S., Easterly, T., Garcia, I., Gear, C., **Grzegorek, J. L.**, Mitchell, N., Nako, N., Turner, D., Zhou, C. (2010, November). *Cultural mindfulness: Embracing the self-care strategies used by diverse women*. Panel presentation at the 6th annual Women's Leadership Conference, East Lansing, MI.
- Grzegorek, J.L.** & Dean, N.R. (2010, February). *Transitioning: Exploring Counseling Centers' Role in Providing Services for Transgender Students*. Paper presented at the annual Big Ten College Counseling Centers Conference, East Lansing, MI.
- Collins-Eaglin, J. & **Grzegorek, J.L.** (2009, February). *Counseling centers without walls: New prevention and intervention initiatives on campus*. Presentation at the annual Big Ten College Counseling Centers conference, State College, PA.
- Taylor, J. & **Grzegorek, J.L.** (2008, September). *The pot calling the kettle white: White clinicians working with white students on issues of race, privilege, and culture*. Presentation at the annual Dennis H. May Conference on Diversity and the Role of Counseling Centers, Urbana, IL.
- Doh, N., Choi, S., **Grzegorek, J.L.**, Stephens, S., & Taylor, J. (2008, February). *Our stories: Challenges that clinicians experience when working with the international student population*. Panel presentation at the annual Big Ten Counseling Centers Conference, Madison, WI.
- Bossi, E., Gear, C., **Grzegorek, J.L.**, Ohnishi, H., & Wilkins, D. (2007, November). *Groupthink: Outside the Box (a presentation on cutting-edge therapy groups for women)*. Presented at the annual Best Practices Conference, Michigan State University, East Lansing, MI.

- Grzegorek, J.L.**, & Slaney, R.B. (2002, August). *Adaptive and maladaptive perfectionists' reactions to positive and negative feedback*. Poster presented at the 110th annual conference of the American Psychological Association, Chicago IL.
- Grzegorek, J.L.** (2002, April). *Unmitigated agency, agency, self-esteem, and psychological distress: Implications for psychotherapy*. Poster presented at the annual conference of the Mid-Atlantic Association for Psychotherapy Research, State College, PA.
- Grzegorek, J.L.** & McClanahan, M. (2000, August). *Where are you on the Kinsey Scale? Self-knowledge and affirmative counseling with LGBT clients*. Roundtable discussion facilitated at the 108th annual conference of the American Psychological Association, Washington, DC.
- Grzegorek, J.L.**, Slaney, R.B., Murphy, A.T., & Bieschke, K.J. (2000, August). *Unmitigated agency, agency, self-esteem, and psychological distress: A test of a moderational model*. Poster presented at the 108th annual American Psychological Association conference, Washington DC.
- Grzegorek, J.L.**, Park, J., Tozer, E., Andres, M., & Bridges, S. (2000, March). *Research and practice with lesbian, gay, and bisexual issues: Challenges for women of differing sexual orientations*. Structured discussion facilitated at the annual conference of the Association for Women in Psychology in Salt Lake City, Utah.
- Grzegorek, J.L.**, Bieschke, K.J., McClanahan, M., Tozer, E., & Park, J. (1999, August). *Programmatic research on the treatment of lesbian, gay, and bisexual clients*. Symposium presentation at the 107th Annual Conference of the American Psychological Association, Boston, MA.
- Buchanan, N., Mazzeo, S., **Grzegorek, J.L.**, & Fitzgerald, L.F. (1998, August). *The use of computerized interpretations of the MMPI-2 in clinical decision-making and diagnoses*. Roundtable symposium at the 106th Annual Conference of the American Psychological Association, San Francisco, CA.
- Buchanan, N., Mazzeo, S., **Grzegorek, J.L.**, Ramos, A., & Fitzgerald, L.F. (1997, March). *Use of the computerized MMPI-2 in sexual harassment litigation: A time to use your head instead of the formula*. Paper presented at symposium at the Association of Women in Psychology conference, Pittsburgh, PA.
- Mazzeo, S., **Grzegorek, J.L.**, Buchanan, N., Collinsworth, L., Carr, V., Ramos, A., & Fitzgerald, L.F. (1997, August). *Psychological profiles of sexual harassment plaintiffs*. Paper presented at the 105th annual American Psychological Association conference, Chicago, IL.

TRAININGS PROVIDED (SELECTED)

- Grzegorek, J.L.** (2016, June / 2015, June / 2013, March). *LGBTQ Mental Health Issues*. Invited training session for psychiatry residents, MSU College of Osteopathic Medicine, MSU, East Lansing, MI.
- Hurlbert, D., **Grzegorek, J.L.**, & Williams, C. (2015, March). *QUILL: Queer Inclusive Learning and Leading (part 2)*. Invited training session for MSU Counseling Center staff, East Lansing, MI.
- Grzegorek, J.L.** (2012, November). *Advocacy and Care for Transgender Students*. Invited training session for Central Michigan University counseling center staff, Mount Pleasant, MI.
- Grzegorek, J.L.** (2012, November). *Working with Transgender Students*. Invited presentation (training session) Olin clinical staff, Olin Student Health Service, MSU, East Lansing, MI.
- Grzegorek, J.L.** (2011, January). *LGBTQ Health Issues*. Invited presentation (training session) for Olin clinical staff, Olin Student Health Service, MSU, East Lansing, MI.

PUBLICATIONS

- Grzegorek, J.L.** (2011). Smoke and Mirrors. In J. Carlson & J. Kottler (Eds.), *Duped: Lies and deception in psychotherapy* (pp. 33-37). New York: Routledge.
- Ohnishi, H., Ibrahim, F.A., & **Grzegorek, J.L.** (2007). Intersections of identities: Counseling lesbian, gay, bisexual and transgender Asian-Americans. *Journal of LGBT Issues in Counseling*, 1, 77-94.

Grzegorek, J.L., Slaney, R.B., Franze, S.E., & Rice, K.G. (2004). Self-criticism, dependency, self-esteem, and GPA satisfaction among clusters of perfectionists and non-perfectionists. *Journal of Counseling Psychology*, 51, 192-200.

Bieschke, K.J., McClanahan, M., Tozer, E., **Grzegorek, J.L.**, & Park, J. (2000). Programmatic research on the treatment of lesbian, gay, and bisexual clients: The past, the present, and the course for the future. In R.M. Perez, K.A. DeBord, & K.J. Bieschke (Eds.), *Handbook of counseling and psychotherapy with lesbian, gay, and bisexual clients* (pp. 309-335). Washington DC: American Psychological Association.

HONORS AND DISTINCTIONS

Inaugural Intersections Award (for work with transgender students, MSU (4/15)

Nominee, APA National Graduate Student Award. PSU (10/01)

Alumni Society Research Initiation Grant—Dissertation, PSU (1/02)

Edward and Susan Wilson Graduate Scholarship in Education. PSU (10/01)

Graduate Student of the Year, College of Education, PSU (00-01)

Summer Doctoral Research Fellowship, Washington State University (6/00-7/00)

Rose Drexel Scholarship in Education, PSU (3/00)

James Naddeo Scholarship in Education, PSU (11/98)

R. Mae Schultz Fellowship in Education, PSU (8/97)

Phi Beta Kappa, KSU (4/93)