

## **CURRICULUM VITAE**

**Jessica J. Ruiz, Psy.D.**

**Date CV Prepared:** March 12, 2015

### **EDUCATION**

- 2009        Psy.D., Clinical Psychology, Nova Southeastern University, Ft. Lauderdale, FL  
              American Psychological Association, accredited program
- 2006        M.S., Clinical Psychology, Nova Southeastern University, Ft. Lauderdale, FL
- 2002        B.A., Major: Psychology, Florida International University, Miami, FL

### **AWARDS AND RECOGNITIONS**

- 2009        Robert D. Weitz Student Psychology Award, Nova Southeastern University
- 2008        Distinguished Student Practice Award, Society of Clinical Psychology (Division 12)  
              of the American Psychological Association
- 2006        Center for Psychological Studies Student Leadership Award,  
              Nova Southeastern University

### **CURRENT POSITION**

- 09/12-Present    **Assistant Professor**  
                      Carlos Albizu University, Doctoral Program, Doral, FL

### **CLINICAL EXPERIENCE**

- 05/11- 06/12    **Senior Project Specialist**  
                      Area Health Education Centers (AHEC), Nova Southeastern University's College of  
                      Osteopathic Medicine (COM), Ft. Lauderdale, FL
- 07/10- 02/11    **Clinical Faculty, Instructor**  
                      Yale University School of Medicine, Department of Psychiatry, Division of  
                      Substance Abuse, New Haven, CT
- 07/09-06/10    **Postdoctoral Associate**  
                      Yale University School of Medicine, Department of Psychiatry, Division of  
                      Substance Abuse, New Haven, CT
- 07/08-06/09    **Pre-Doctoral Fellow**  
                      Pre-Doctoral Internship, Yale University School of Medicine, Department of  
                      Psychiatry, New Haven, CT
- 2007-2008       **Psychology Trainee**  
                      Elective Practicum, Healthy Lifestyles Guided Self- Change Program, Nova  
                      Southeastern University (NSU), Ft. Lauderdale, FL
- 2006-2007       **Psychology Trainee**  
                      Student Counseling Center, NSU, Ft. Lauderdale, FL

2004-2006     **Psychology Trainee**  
Guided Self-Change Program, NSU, Ft. Lauderdale, FL

### **ADDITIONAL WORK EXPERIENCE**

2014-Present,   **Consultant-Motivational Interviewing**  
2011-2012     University of North Carolina, Department of Nutrition, Chapel Hill

2010-2012     **Motivational Interviewing Coach**  
Northrop Grumman CHOICES and CHOICES Plus projects, University of Texas, Austin, TX

2010-2011     **Motivational Interviewing Supervisor**  
Yale University School of Medicine and the New York State Quitline.

2010-2011     **Motivational Interviewing Supervisor**  
Yale University School of Medicine, Department of Psychiatry, Options in Psychotherapy Training

2010            **Instructor**  
“Using Motivational Interviewing Strategies in the Treatment of Clients with Co-Occurring Substance Use Problems.” Yale University School of Medicine, Substance Abuse Treatment Unit, New Haven, CT

2010            **Instructor**  
“Incorporating Motivational Interviewing Techniques in the Treatment of Individuals with Substance Abuse Problems.” Yale University School of Medicine, Substance Abuse Treatment Unit, New Haven, CT  
**Responsibilities:** Developed an 8 week course for psychology fellows, social work

2007-2008     **Project Coordinator**  
Area Health Education Centers (AHECs) Tobacco Cessation Training Initiative in Motivational Interviewing. Health Professions Division, NSU, Ft. Lauderdale, FL. Funded by the Florida Department of Health.

2007- 2008     **Facilitator**  
“Freedom from Smoking” Cessation Program, American Lung Association, Broward County, FL

2006, 2007     **Graduate Teaching Assistant**  
Professional Issues and Ethics, Nova Southeastern University, Ft. Lauderdale, FL

## RESEARCH EXPERIENCE

- 2009-2011     **Clinical Research Therapist**  
National Institute on Alcohol Abuse and Alcoholism  
Grant, "Naltrexone for Heavy Drinking in Young Adults: A Double-Blind Placebo-Controlled Trial." Yale University School of Medicine, New Haven, CT  
**Principle Investigator:** Stephanie O'Malley, Ph.D.
- 2007- 2008     **Project Director**  
National Institute on Alcohol Abuse and Alcoholism Grant "Promoting Self-Change from Alcohol Problems: Mechanisms of Change in a Community-Based Mail Intervention." NSU, Ft. Lauderdale, FL  
**Principle Investigator:** Linda C. Sobell, Ph.D., ABPP
- 2005-2008     **Graduate Research Assistant**  
Centers for Disease Control and Prevention Grant, A Media-Based Motivational Intervention to Reduce Alcohol Exposed Pregnancies. NSU, Ft. Lauderdale, FL  
**Principle Investigator:** Linda C. Sobell, Ph.D., ABPP

## PUBLICATIONS

- Cuc, A., Sobell, L. C., Sobell, M. B., **Ruiz, J. J.**, Voluse, A. (2014). Autobiographical narratives can be used with confidence to collect information about ex-smokers' reasons for quitting smoking. *Substance Use and Misuse*, Early Online: 1-6.

## INVITED/GUEST LECTURES

- Ruiz, J.J. (2015). *Using Motivational Interviewing to Help Clients Quit Smoking*. Presented at Miami-Dade Area Health Education Centers, Miami, FL.
- Ruiz, J.J. (2015). *Motivational Interviewing: A Brief Introduction*. Presentation at Grand Rounds. Citrus Health Network, Hialeah, FL.
- Ruiz, J.J. (2014). *Motivational Interviewing- Basic Full-Day Training*. Carlos Albizu University doctoral and masters students, Doral, FL.
- Ruiz, J.J. (2014). *DSM-5 Updates and Changes*. Carlos Albizu University doctoral students, Doral, FL (2 presentations).
- Ruiz, J. J. (2011). *Internship Applications: Essays, Cover Letters and Interviews*. Presentation to fourth-year students in the Clinical Psychology Doctoral Program, NSU. Ft. Lauderdale, FL.
- Ruiz, J. J. (2013) *DSM-5 Updates and Changes*. Carlos Albizu University's Alumni Association. Doral, FL.
- Ruiz, J. J. (2013). *Using Motivational Interviewing Techniques to Enhance, Empower & Encourage Therapeutic Change*. Carlos Albizu University's Alumni Association. Doral, FL.
- Ruiz, J. J. (2012). *How Tobacco Affects You and Your Family*. Topic Presented at Kids in Distress. Wilton, Manors, FL.
- Ruiz, J. J. (2011). *Internship Applications: Writing Matters*. Presentation to fourth-year students in the Clinical Psychology Doctoral Program, NSU. Ft. Lauderdale, FL.
- Ruiz, J. J. (2011). *Using Motivational Interviewing to Help Patients Quit Smoking*. Naples Community Hospital. Naples, FL.
- Ruiz, J. J. (2011). *Using Motivational Interviewing to Help Patients Quit Smoking*. Hendry Regional Medical Center. Clewiston, FL.
- Ruiz, J. J. (2011). *Using Motivational Interviewing to Help Patients Quit Smoking*. Lakeside Medical Center. Belle Glade, FL.

- Ruiz, J. J. (2010). *Motivational Interviewing: Learning the OARS*. Presentation at the Core Addictions Seminar. Yale University School of Medicine. New Haven, CT.
- Ruiz, J. J. (2010). *Couples, Communication and the Guided Self-Change Program*. Presentation for Guided Self-Change practicum students, NSU. Ft. Lauderdale, FL.
- Ruiz, J. J. (2010). *Motivational Interviewing: An Introduction*. Presentation at the Core Addictions Seminar. Yale University School of Medicine. New Haven, CT.
- Ruiz, J. J. (2007). *How to talk to Mentees about Substance Abuse*. Presented at Excellence in Peer Mentoring program. NSU, College of Osteopathic Medicine. Ft. Lauderdale, FL.
- Ruiz, J. J. (2007). *Couples Therapy and the Guided Self-Change Practicum*. Presented to the Guided Self-Change practicum students, NSU. Ft. Lauderdale, FL.
- Ruiz, J. J. (2007). *Suicide Prevention and Assessment*. Presented to the Guided Self-Change practicum students, NSU. Ft. Lauderdale, FL.
- Ruiz, J. J. (2006). *Couples Therapy and the Guided Self-Change Practicum*. Presented to the Guided Self-Change practicum students, NSU. Ft. Lauderdale, FL.
- Ruiz, J. J. (2006). *Suicide Prevention and Assessment*. Presented to the Guided Self-Change practicum students, NSU. Ft. Lauderdale, FL.
- Sobell, L. & **Ruiz, J. J.** (2009). *Using Motivational Interviewing to Help Patients Change Risky/Problem Behaviors*. Presentation at Kristi House. Miami, FL.
- Sobell, L. & **Ruiz, J. J.** (2007). *Using Motivational Interviewing to Enhance Patients' Commitment to Stop Smoking*. Area Health Education Center, NSU, College of Osteopathic Medicine. Ft. Lauderdale, FL.

## POSTER PRESENTATIONS

- Marker, C. D. Sobell, L.C., Montgomery, M.A., Sobell, M.B., & **Ruiz, J. J.** *Trajectories of self-change: Examining natural recovery among problem drinkers with a treatment history*. Poster presented at the 43rd Annual Meeting of the Association for Behavioral and Cognitive Therapies. New York, NY, November 2009.
- Montgomery, M.A., Sobell, L.C., Sobell, M.B., Marker, C.D., & **Ruiz, J. J.** *A nationwide randomized controlled trial promoting self-change among problem drinkers. Does source of media recruitment of problem drinkers matter?* Poster presented at the 43rd Annual Meeting of the Association for Behavioral and Cognitive Therapies. New York, NY, November 2009.
- Ramirez, J.A., Crespo, B.F., **Ruiz, J.J.** *Coping with body dissatisfaction through the internet*. Poster presented at the 122<sup>nd</sup> American Psychological Association Annual Convention. Washington, D.C., August 2014.

## LANGUAGES

Bilingual: English/Spanish

## PROFESSIONAL AFFILIATIONS

- 2010-Present Motivational Interviewing Network of Trainers (MINT), Member
- 2002-Present American Psychological Association (APA), Member