

Jeanne M. (Duax) Jakob, PhD, ABPP

Board-Certified Clinical Psychologist, CA PSY28384

800 Pollard Road, Suite B201 | Los Gatos, CA 95032

jeanne@drjeannejakob.com | 650-429-8787

Psychotherapy Practice: www.DrJeanneJakob.com

Company: www.PsychInsideOut.com

LinkedIn: [linkedin.com/in/psychinsideout/](https://www.linkedin.com/in/psychinsideout/)

Substack: psychinsideout.substack.com

Academic Credentials

Case Western Reserve University (CWRU)	2004-2010
PhD, Clinical Psychology (GPA=4.0)	2010
MA, Clinical Psychology	2006
University of Wisconsin-Madison	1997-2001
BA with Honors, Psychology & English (GPA=3.87)	

Academic Appointments

[University of Michigan Medical School, Psychiatry Dept.](#)

Adjunct Clinical Assistant Professor	2015-2017
Clinical Assistant Professor	2013-2014

Licensure & Board Certification

Licensed Psychologist, State of California	2016+
Licensed Psychologist, State of Michigan	2011-2016
ABPP Board-Certified in Cognitive and Behavioral Psychology (5% of psychologists)	2013+

Advanced Training Credentials

[Veterans Affairs Ann Arbor Health Care System \(VAAHS\)](#)

Postdoctoral Fellowship	2010-2011
-------------------------	-----------

[University of Michigan, Mary A. Rackham Institute \(MARI\)*](#)

APA-Accredited Predoctoral Internship	2009-2010
---------------------------------------	-----------

**Formerly Institute for Human Adjustment (IHA)*

Career

[Founder & CEO, Inside Out Psychology \(S-Corp\)](#) 2024+

Solopreneur dedicated to advancing the dissemination of vetted, high-quality information about clinical psychology, psychotherapy, and the mental/behavioral healthcare system ▪ Consulting services available to mental health providers, aspiring clinicians, healthcare, education, and corporate institutions ▪ Designed and manage www.PsychInsideOut.com

[Private Practice \(Sole Proprietor\)](#) 2011+

Provide evidence-based individual and group-based psychotherapy services to children, teens, and adults with anxiety, mood, relational, and trauma-based challenges ▪ Expertise in evidence-based, ACT/CBT/DBT and

Personal Statement

Dr. Jeanne (“Jeannie”) Jakob is a seasoned, board-certified psychologist licensed in California with extensive experience delivering and supervising evidence-based (ACT, CBT, DBT) and depth-oriented (psychodynamic, existential) psychotherapies. Her educational, academic, and direct service activities have spanned 20 years. She works with culturally diverse populations across the lifespan (preschool to geriatric). Over the course of her career, Dr. Jakob supervised and delivered psychotherapy in various settings (academic medical, private practice, research, community mental health, university, concierge IOP/PHP, and start-up EAP programs). She established two successful insurance-based and fee-for-service psychotherapy practices in Michigan and California.

Dr. Jakob has supervised and taught psychotherapy principles and psychological assessment skills to novice therapists and undergraduates since 2005. She has been a member of NIMH/DoD-funded psychological assessment and clinical trial research teams. Her independent research has been published in peer-reviewed academic journals.

As a solopreneur, Dr. Jakob founded [Inside Out Psychology, Inc.](#), a consulting and education company. Inside Out Psychology’s mission is to provide high-quality, trustworthy, reliable, and accessible information and consulting services pertaining to the mental health industry, psychological assessment and psychotherapy, and the latest psychological science. Inside Out Psychology firmly believes that high-quality, multidisciplinary, compassionate, family/systems-based, and personalized mental health and addiction services should be available to ALL members of society. Inside Out Psychology aims to create a Global Provider Network of highly skilled, vetted mental health professionals with varying areas of expertise available for consulting and 2nd opinion services.

Dr. Jakob follows the latest developments in interstate practice and the delivery of mental health services via telehealth and technology tools. Dr. Jakob stays up to date about the latest political and societal challenges/advancements in her field (e.g., artificial intelligence (AI), mental health startups, third-party payor challenges, Mental Health Parity Act, DEI initiatives,

Trauma/exposure-focused interventions ▪ Designed and manage www.DrJeanneJakob.com

Solo-Practice (CA)	2016+
Solo-Practice (MI)	2013-2015
Center for Treatment of Anxiety Disorders	2012-2013
Ann Arbor Consultation Services	2011-2012

[Lyra Health \(Contract Provider\)](#) 2018+
Provide EAP-covered evidence-based psychotherapy services to children, teens, and adults with anxiety, mood, relational, and trauma-based challenges

[Google, WBT Coach \(Contract Provider\)](#) 2020
Provided interpersonal coaching to Google tech employees enrolled in Google-sponsored “Working Better Together” program ▪ Program integrated CBT, DBT, John Gottman and Alan E. Kazdin principles and interventions

[The Camden Center \(Contract Provider\)](#) 2018-2019
Provided individual and group therapy to patients enrolled in a concierge IOP/PHP program for mental and substance use disorders ▪ Provided individual trauma-informed psychotherapy, CBT-i for insomnia, and group-based CBT

[Clinical Supervisor, Palo Alto University \(PAU\)](#) 2016-2017
Provided individual and group supervision to a cohort of 6, PhD clinical psychology trainees as part of their year-long practicum at the Gronowski Center, a community-based clinic offering therapy services to underserved populations ▪ Supervised caseload of ~35 clients ▪ Completed quarterly student evaluations and remedial plans as needed ▪ Provided risk consultation for ~6 hours/week

[ABPP Mentor](#) 2015-2017
Provided consultation for candidates applying for board certification in cognitive and behavioral psychology

[Clinical Supervisor, University of Michigan](#) 2012-2013
Provided clinical supervision to social work and psychology trainees ▪ Provided Trauma and PTSD training lectures

[Clinical Research Psychologist, VA Ann Arbor](#) 2011-2014
Provided Prolonged Exposure Therapy (PE) to veterans with PTSD enrolled in a Department of Defense (DoD) research trial ▪ Designed and supervised study assessment protocol ▪ Co-facilitator of PTSD PE study roll-out training ▪ Supervised clinical psychology trainees

culturally responsive care, and issues specific to LGBTQI, BIPOC, and neurodiverse populations).

Dr. Jakob is interested in director/supervisor-level, advisory, and/or strategic planning opportunities with companies that adhere to ethical and quality standards in service delivery. Moreover, she values partnerships with leaders and companies that focus on the consumer experience and their workforce's mental and physical well-being. Dr. Jakob is excited to join a team that is on the cutting edge of mental healthcare advancements. She is committed to bringing her skillset to a larger audience so she can do her part to improve access to mental health education and services.

Key Attributes & Skills

- Passionate about all things related to psychology, personal growth, and the mental healthcare industry
- Entrepreneurial spirit with an intuitive, ethical inner compass
- Hard-working & approachable
- Detail-oriented & flexible
- Conscientious, intuitive & authentic
- Self-disciplined & self-motivated
- Technology & business savvy
- Lifelong learner and open to learning new skills
- Exceptional written and oral communication skills
- Exceptional interpersonal effectiveness skills
- Extensive experience supervising novice and Masters-level mental health therapists
- Extensive psychological assessment and psychotherapy experience with children, teens, adults and families.
- Broad, generalist and expert knowledge of various psychotherapy interventions, ranging from evidence/symptom-focused (ACT/CBT/DBT) to depth/trauma/processing-based (PE/CPT/STAIR/psychodynamic/existential)
- Extensive professional network of highly-skilled mental health experts across the US including experts in the fields of adolescent mental health (**Lisa Damour, PhD**), PTSD (**Norah Feeny, PhD**; **Sheila Rauch, PhD**), developmental psychopathology (**Eric A. Youngstrom, PhD**;

[Course Instructor, CWRU](#) 2007-2009

Psychotherapy and Personality Change

Designed and taught a 3-credit undergraduate course on different methods of psychotherapy

Youth Bullies and Friends

Designed and taught a 1-credit undergraduate course on the role of peer relationships in child development

[Graduate Student RA, Clinician & Assessor](#) 2006-2009

Research Study: Effectiveness of PE vs. Zoloft; CWRU;

NIMH Grant R01MH066348; Principal Investigator: **Norah C. Feeny, PhD**

Assessment skills: PSS-I; HAM-D; SCID-I & II; CGI

Therapy skills: Prolonged Exposure Therapy

[Masters/PhD Candidate Supervised Practicum](#) 2004-2009

Provided supervised psychological assessment and psychotherapy services in **Community Mental Health Clinics** ([Applewood Centers](#); [North East Ohio Health Services](#)), **Hospital Medical Centers** ([MetroHealth Medical Center](#); [University Hospitals Case Medical Center](#)); and University/Private Practice clinics ([CWRU Psychological Sciences Clinic](#)) ▪ Notable supervisors included tenured, academic professors (**Drs. Abramson, Keenan, Youngstrom, Feeny, and Overholser**) and NY Times Best Selling author and adolescent expert, **Dr. Lisa Damour, PhD**. (Author of *Untangled: Guiding Teenagers through the 7 Transitions Into Adulthood*)

[Graduate Student RA, Assessor](#) 2004-2006

Research Study: Assessment of Juvenile Bipolar Spectrum;

CWRU; NIMH Grant R01MH066647; Principal Investigator: **Eric A. Youngstrom, PhD**

Assessment skills: K-SADS-PL Plus; MINI; FH-RDC

[Post-bacc RA, Assessor & Data Manager](#) 2002-2004

Research Study: Validity of Preschool Disruptive Behavior Disorders (Chicago Preschool Project); University of

Chicago, NIMH Grant R01MH062437; Principal Investigator: **Kathryn E. Keenan, PhD**

Assessment skills: DBDOS; DAS; Kiddie-DBDS

[Post-bacc RA, Assessor](#) 2001-2002

Research Study: Behavioral Activation System and Bipolar Spectrum: Biopsychosocial Integration; University of

Wisconsin-Madison; NIMH Grant R01MH062437; Principal Investigator: **Lyn Y. Abramson, PhD**

Assessment skills: SADS-R; LES

Kate Keenan, PhD), and Acceptance and Commitment Therapy (**Robyn Walser, PhD**)

- Google Workspace, WordPress, Fluent in computer and technology skills (Windows, MS Office Word, Excel, PowerPoint, IBM SPSS, Endnote Reference Manager) and highly motivated to learn new technologies

Select Continuing Ed (hours)

FACT Summer Intensive (30) ▪ Introduction to the Internal Family Systems Model for ACT Practitioners: An Experiential Workshop (12) ▪ Deepening Emotional and Relational Experiencing in ACT (5) ▪ Is my Client on the Spectrum? Dispelling Myths About Autism Diagnoses (1) ▪ Exploring Values in ACT (13) ▪ Preparing to Awaken: An ACT Intensive (24) ▪ The Heart of ACT: Applying Intermediate and Advanced Skills Flexibly in Clinical Practice; ACT-II: Clinical Skills-Building Intensive (13) ▪ Cognitive Behavioral Therapy for Insomnia (CBT-I) (19) ▪ Suicide Assessment and Intervention: Assess Suicidal Ideation and Effectively Intervene with Crisis Situations with Confidence, Composure and Sensitivity (6.25) ▪ A Skills-Based Introduction to Acceptance and Commitment Therapy (4) ▪ Evidence-Based Advances for Work with Sexual Orientation and Gender Diversity: A Two-Day Acceptance and Commitment Therapy Intensive (13) ▪ Clinical Supervision Workshop: A Competence-based Approach (6) ▪ Empirically Based CBT Supervision: Making Supervision More Effective for Novice Trainees (5) ▪ Acceptance and Commitment in Psychotherapy: A Mindful Approach to Rapid Clinical Change (12)

Select Publications

Jakob, J.M.D., Lamp, K., Rauch, S.A.M., Smith, E., & Buchholz, K.R. (2017). [The impact of trauma type or number of traumatic events on PTSD diagnosis and symptom severity in treatment-seeking Veterans](#). *Journal of Nervous and Mental Disease*, 205(7), 83-86.

Duax, J.M., Bohnert, K., Rauch, S.A.M., & Defever, A.M. (2014). [PTSD symptoms, levels of social support, and emotional hiding in returning veterans](#). *Journal of Rehabilitation Research & Development*, 51(4), 571-578.

Smith, E.R., **Duax, J.M.**, & Rauch, S.A.M. (2013). [Perceived perpetration during traumatic events: Clinical suggestions from experts in prolonged exposure therapy](#). *Cognitive and Behavioral Practice*, 20(4), 461-470.

[Website Contributor](#) 2008
Developed resources on teachpsychoanalysis.com (<http://archive.is/pBYCy>) to promote instructor and student learning of psychodynamic principles

[Textbook Contributor](#) 2007
James Hansell & Lisa Damour's, [Abnormal Psychology, 2nd Edition](#)
Developed visual essays for each chapter incorporating images and written descriptions of key concepts (e.g., sexual response phases, techniques for studying the brain, physical symptoms of eating disorders) ▪ Wrote chapter outlines for instructor's manual

[Ad hoc reviewer](#) 2006-2015
Journal of Traumatic Stress, Psychiatry Research, Journal of Abnormal Child Psychology, Journal of Immigrant and Minority Health, Journal of Contemporary Psychotherapy

[Teaching Assistant, CWRU](#)
Quantitative Methods in Psychology 2005
Assisted in course lectures and grading

[Undergraduate Writing Fellow, UW-Madison](#) 2000-2001
Tutored undergraduates in writing skills via review of paper drafts and one-on-one meetings
See <https://writing.wisc.edu/writingfellows/>

Awards and Scholarships
Brisky Fellowship in Psychology, CWRU 2008
University Dean's Award, CWRU 2006-2008
Psi Chi, Selected Senior Speaker 2001

Professional Memberships
[PsiAN](#) (Psychotherapy Action Network) ▪ [California Psychological Association](#) (CPA) ▪ [Association for Contextual Behavioral Science](#) (ACBS) ▪ [San Francisco Bay Area Chapter, ACBS](#) ▪ [Northern California Cognitive Behavioral Network](#) (NCCBT) ▪ [American Board of Professional Psychology](#) (ABPP) ▪ [American Psychological Association](#) (APA)

Duax, J.M., Waldron-Perrine, B., Rauch, S.A.M., Adams, K.A. (2013). [Prolonged exposure therapy for a Vietnam veteran with PTSD and early-stage dementia](#). *Cognitive and Behavioral Practice*, 20(1), 64-73.

Keenan, K., Boeldt, D., Chen, D., Coyne, C., Donald, R., **Duax, J.**, et al (2011). [Predictive validity of DSM-IV oppositional defiant and conduct disorders diagnosed in a clinically referred sample of preschoolers](#). *Journal of Child Psychology & Psychiatry*, 52, 47-55.

Duax, J.M., Youngstrom, E.A., Calabrese, J.F., & Findling, R.L. (2007). [Sex differences in pediatric bipolar disorder](#). *Journal of Clinical Psychiatry*, 68, 1565-1573.

Youngstrom, E. A., & **Duax, J.M.** (2005). [Evidence-based assessment of pediatric bipolar disorder, part 1: Base rate and family history](#). *Journal of the American Academy of Child & Adolescent Psychiatry*, 44, 712-717.

Keenan, K., Hipwell, A. E., **Duax, J.M.**, Stouthamer-Loeber, M., & Loeber, R. (2004). [Phenomenology of depression in young girls](#). *Journal of the American Academy of Child & Adolescent Psychiatry*, 43, 1098-1106.

References/Endorsements

*See website (www.DrJeanneJakob.com)

- Lisa Damour, PhD
- Kate Keenan, PhD
- Norah Feeny, PhD
- Sheila Rauch, PhD
- James Overholser, PhD
- Robyn Walser, PhD

Personal

- Born, raised and trained in the Midwest (IL, WI, OH, MI)
- Relocated to the Bay Area in 2016
- Devoted mom to two amazing school-aged children
- Regular volunteer of a local school/church community
- Aspiring writer
- Yoga enthusiast - Completed 200 RYT Yoga Teacher Training Program (2015)
- Fan of live music, traveling, new experiences