

Jeanne M. (Duax) Jakob, PhD, ABPP

Board-Certified Clinical Psychologist, CA PSY28384

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Psychotherapy Practice: www.DrJeanneJakob.com

Consulting & Education: 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.](#)

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

Licensure & Board Certification

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|---|-----------|
| 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 \(VAAHS\)](#)

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| Postdoctoral Fellowship | 2010-2011 |
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[University of Michigan, Mary A. Rackham Institute \(MARI\)*](#)

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| APA-Accredited Predoctoral Internship | 2009-2010 |
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**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 psychology, psychotherapy, and the behavioral healthcare system ▪ Inside Out Psychology provides the general public with educational content, expert guest lectures/webinars, and mindfulness sessions ▪ Consulting services are available to behavioral health providers, early-career behavioral health clinicians, educational and corporate institutions ▪ For more information, check www.PsychInsideOut.com

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

Provide evidence-based individual and group-based psychotherapy services to children, teens, and adults with

Personal Statement

Dr. Jeanne (“Jeannie”) Jakob is a mid-career, board-certified psychologist licensed in the state of California. 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 behavioral health services in various settings (academic medical, private practice, research, community mental health, university, concierge IOP/PHP, and start-up EAP programs). She established two successful psychotherapy practices in Michigan (2013-2015) and California (2016-present).

Dr. Jakob has created course content, provided clinical supervision, and taught psychotherapy principles and psychological assessment skills to the general public, novice therapists, and undergraduates since 2005. She has been a member of NIMH/DoD-funded psychological assessment and clinical trial research teams since 2001. Her independent research has been published in peer-reviewed academic journals. Dr. Jakob has expertise in a number of evidence-based assessment and frameworks, including CBT/ACT/DBT, Prolonged Exposure Therapy (PE) for PTSD, and Exposure-and-Response Prevention (ERP) for OCD. She has worked with populations ranging from preschool-aged to the elderly.

In 2024, Dr. Jakob founded [Inside Out Psychology, Inc.](#), a consulting and education company. Inside Out Psychology’s mission is to provide the public with high-quality, evidence-based, and accessible information about psychology, psychotherapy and the behavioral health industry. Inside Out Psychology advocates for accessible, person/family-centered, evidence-based, and multidisciplinary. Inside Out Psychology includes a Global Network of Psychology Experts (PsyNEC) comprised of highly-skilled, vetted behavioral health professionals with varying areas of expertise.

Dr. Jakob follows the latest political and societal challenges/advancements in her field (e.g., evolution/history of the DSM/ICD and behavioral health industry, artificial intelligence (AI), proliferation of behavioral health technology startups, third-party payor challenges, Mental Health Parity Act, DEI initiatives, culturally responsive care, and issues specific to LGBTQI, BIPOC, and neurodiverse populations,). Dr. Jakob stays

anxiety, mood, relational, and trauma-based challenges ▪ Expertise in evidence-based, ACT/CBT/DBT and Trauma/exposure-focused interventions ▪ Designed and manage www.DrJeanneJakob.com

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|---|-----------|
| 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 behavioral 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

informed of the latest interstate practice and telehealth developments which became particularly relevant during the COVID-19 pandemic. psychotherapy protocols and

Dr. Jakob’s skill set and interests are a good match for positions that are director/supervisor-level and include advisory, academic/research, advocacy, educational, ethical oversight and strategic planning activities as major features of the job description. She prioritizes partnerships with companies, leaders and influencers that place high-value on ethical and clinical quality standards. Dr. Jakob is a steadfast advocate for behavioral health consumers and she has intimate knowledge of the industry professionally and personally. Dr. Jakob is most interested in workplaces that invest in the well-being of its workforce and strive to cultivate a culture of respect and kindness among all of its workforce, regardless of title/position.

Dr. Jakob is also a writer and building her platform on her Inside Out Psychology website blog, LinkedIn and Substack.

Key Attributes & Skills

- Passionate about all things related to psychology, personal growth, and the behavioral healthcare industry
- Exceptional interpersonal skills across various age ranges (preschool to elderly)
- Exceptional written and oral communication skills
- Entrepreneurial spirit with an intuitive, ethical inner compass
- Hard-working, driven, and self-disciplined
- Psychologically flexible, self-reflective and opened to learning
- Conscientious and detail-oriented
- Extensive experience supervising novice and Masters-level behavioral health therapists
- Extensive evidence-based psychological assessment and psychotherapy experience with children, teens, adults and families.
- Extensive research and academic experience
- 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)

[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

- Access to a local, national and global professional network of highly-skilled behavioral health experts including experts in the fields of adolescent behavioral health (**Lisa Damour, PhD**), PTSD (**Norah Feeny, PhD; Sheila Rauch, PhD**), developmental psychopathology (**Eric A. Youngstrom, PhD; Kate Keenan, PhD**), and Acceptance and Commitment Therapy (**Robyn Walser, PhD & Kirk Strosahl, 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](#)

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)

Personal Background

Born, raised, & trained in the Midwest (IL, WI, OH, MI) ▪ Relocated to the Bay Area in 2016 for family reasons ▪ Devoted mom to two spirited and creative school-aged children ▪ Regular volunteer of a local neighborhood/school/faith community ▪ Yoga/mindfulness enthusiast ▪ Completed 200 RYT Yoga Teacher Training Program (2015)

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.

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