

Jeffrey B. Gillman, Ph.D.

Northwest Partners in Mental Health
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Academic Training:

- Ph.D. 1988 -- Virginia Commonwealth University; Richmond, Virginia
Major: Clinical Psychology (APA Approved)
Dissertation Title: "The Development of a Multitrait-Multimethod Measure of Pediatric Pain"
- M.S. 1983 -- Virginia Commonwealth University; Richmond, Virginia
Major: Clinical Psychology
- B.S. 1979 -- University of Minnesota; Minneapolis, Minnesota
Major: Psychology

Licensure and Credentialing:

- Licensed Psychologist (Clinical)
- Washington State Board of Health, Examining Board of Psychology, License #PY00002232
 - Ohio State Board of Psychology, License #4211
 - Oklahoma State Board of Examiners of Psychologists, License #550

Postdoctoral Fellowship:

August, 1988 - July, 1989
University of Oklahoma Health Sciences Center, Department of Psychiatry and Behavioral Sciences:
Fellowship in Pediatric Psychology; Oklahoma City, Oklahoma

Predoctoral Internship:

September, 1985 - August, 1986
Indiana University School of Medicine Psychology Training Consortium (APA Approved); Indianapolis, Indiana

Professional Experience:

Dates: September 2003 – Present (2013)
Position: Pediatric, Adolescent, and Adult Psychologist
Location: Private Practice
Eastside Psychological Associates; Issaquah, Washington
Description: The focus of my practice is on providing cognitive and behavior-oriented psychotherapy to children, adolescents, adults, and families who are dealing with health-related issues. This includes addressing the adjustment to and coping with acute or chronic medical diagnoses, preparation for medical procedures, improving adherence to medical regimens, providing non-pharmacological treatment for pain. Populations seen include children, teens, and adults with cancer, diabetes, asthma, headaches, IBD/RAP, and tics/movement disorders. Two particular areas of clinical interest are: 1) Assessment and treatment of individuals and families coping with eating disorders, and 2) Clinical hypnosis for enhancement of medical symptom management.

Dates: July, 1997 – June, 2003
Position: Child and Pediatric Psychologist
Coordinator, Mary Bridge Eating Disorder Program
Location: Pediatric Psychology Service
Mary Bridge Children’s Hospital; Tacoma, Washington
Description: The Pediatric Psychology Service provides both inpatient pediatric and outpatient mental health services to the families served by this 85-bed primary and tertiary care hospital. These services included inpatient consultation to medical staff and direct intervention with children and families who are coping with the full spectrum of acute and chronic health concerns, outpatient psychological and psychoeducational evaluations, and both individual and family-focused psychotherapeutic interventions. Specific roles included: development and direction of the Mary Bridge Multidisciplinary Eating Disorders Program, provided consultation-liaison psychological services to inpatient medical units and outpatient specialty clinics (Adolescent Medicine, Endocrinology, Hematology/Oncology, Nephrology, Gastroenterology); served as consultant to the Southwest Washington Maxillofacial Team, and Pediatric Cochlear Implant programs; served as a member of the Multicare Medical Ethics Board; supervised pre- and post-doctoral trainees.

Dates: September, 1989 - June, 1997
Position: Clinical Assistant Professor of Pediatrics
Director of Consultation-Liaison Services
Location: Department of Psychology, Columbus Children’s Hospital, The Ohio State University School of Medicine; Columbus, Ohio
Description: The Department of Psychology provides inpatient and outpatient mental health services, including psychological assessment, consultation, and intervention services to the 313-bed Columbus Children’s Hospital (CCH). Activities included developing and directing the department’s Inpatient Consultation-Liaison service, which provided over 625 inpatient consultations to patients and staff of CCH’s multiple specialty departments during 1996; developed medical and hospital staff education regarding the issues of chronic illness and its effects on child and family functioning; initiated CCH’s Interdisciplinary Chronic Pain Management Program; conducted research on pediatric pain assessment and intervention, provided ongoing training for house staff regarding child development and developmental psychopathology, supervised predoctoral interns and postdoctoral fellows in the Department’s APA-approved training program served for six years as a member of CCH’s Board of Ethics.

Dates: September, 1986 - July, 1988
Position: Clinical Assistant Professor of Pediatrics
Lecturer in Clinical Psychology in Psychiatry
Location: Riley Child Development Center, Riley Hospital for Children, Indiana University School of Medicine; Indianapolis, Indiana
Description: The Riley Child Development Center (RCDC) is an interdisciplinary training center who’s dual mission is to provide diagnostic and intervention services for developmentally disabled and chronically ill children and their families and provide educational and training services for professionals in related areas. Specific populations served include children with Autism, CP ADHD, learning disabilities, attachment and feeding disorders. Duties included conducting individual and family evaluations, providing short-term psychotherapeutic intervention, co-staffing pediatric outpatient clinics, supervision of RCDC trainees, coordinated RCDC’s training seminar on developmental disabilities.

Dates: December, 1984 - July, 1985 (part-time)
Position: Psychology Consultant
Location: Community Diversion Incentive Program, Medical and Counseling Associates; Richmond, Virginia
Description: Served as the psychology consultant to this statewide alternative program for non-violent adult offenders. Conducted forensic evaluations for the court system at various county jails, provided recommendations for a range of alternative intervention strategies.

Dates: April, 1984 - December, 1984 (part-time)
Position: Psychology Assistant
Location: Adult Pain Management Clinic, Department of Anesthesiology, Medical College of Virginia; Richmond, Virginia.
Description: Participated in the development of an assessment protocol for evaluating the psychological and psychosocial functioning of adult patients with chronic pain, conducted outpatient evaluations using this protocol; participated in weekly treatment team staffings.

Dates: August, 1981 - December, 1984 (part-time)
Position: Psychology Assistant
Location: Department of Child Neurology, Medical College of Virginia; Richmond, Virginia.
Description: Conducted psychological evaluations and neuropsychological screenings with children ranging from preschool age through adolescence. Diagnostic populations seen included children with learning disabilities, ADHD, seizure disorders, closed head injuries, and developmental disorders.

Dates: August, 1981 - September, 1983 (part-time)
Position: Psychology Assistant
Location: Psychological Assessment Center, Division of Consultation-Liaison Psychiatry, Medical College of Virginia, Richmond, Virginia
Description: Conducted psychological evaluations and neuropsychological screenings with adult patients from the inpatient psychiatry and outpatient general medicine services. Diagnostic populations included individuals with chronic medical conditions, head injuries, seizure disorders and other neurological diseases, somatoform spectrum disorders, and personality disorders.

Publications:

Gillman, J.B. and Bush, J.P. (1991). Is there a general factor in children's pain responses? A multivariate study of three types of pain in children (abstract). The Society of Behavioral Medicine Proceedings. CO4, 124.

Gillman, J.B. and Mullins, L.L. (1991). Professional issues in pediatric pain intervention. In J.P. Bush and S.W. Harkins (Eds.) Pain in Children: Clinical and Research Issues From a Developmental Perspective. New York: Springer-Verlag Publishing.

Mullins, L.L., Gillman, J.B., and Harbeck, C. (1992). Multiple level interventions in pediatric psychology settings. In A. LaGreca, L. Segal, J. Wallander, and C.E. Walker (Eds.), Advances in Pediatric Psychology: Stress and Coping With Pediatric Conditions. New York: The Guilford Press.

Gillman J.B. (1994). A primary prevention approach to the management of inflammatory bowel disease. In R.A. Olson, L.L. Mullins, J.B. Gillman, and J Chaney (Eds.), The Sourcebook of Pediatric Psychology. Boston: Allyn and Bacon Press.

Olson, R.A., Mullins, L.L., Gillman, J.B., and Chaney, J. (1994). *The Sourcebook of Pediatric Psychology*. Boston: Allyn and Bacon Press.

Olson, R.A., Mullins, L.L., Chaney, J., and Gillman, J.B. (1994). The role of the pediatric psychologist in a consultation-liaison service. In R.A. Olson, L.L. Mullins, J.B. Gillman, and J. Chaney (Eds.), *The Sourcebook of Pediatric Psychology*. Boston: Allyn and Bacon Press.

Gillman, J.B. (1996). Parenting teens: Evolving roles and discipline. *Pediatric Directions*. 1, (7), 20-21.

Arkin, C.F. and Gillman, J.B. (1997) Rebellious adolescents: Is tough love the answer? In *Adolescent Medicine: State of the Art Reviews*. Vol. 8, No. 3, 495-500.

Invited Presentations:

- 10/13/12 “Now what? How will we do this? Parenting a child diagnosed with diabetes” Workshop presented to Connect1D, a private non-profit focused on support of children with Type I DM.
- 10/24 & 25/08 “Disaster Behavioral Health: A Critical Response - A Training Curriculum for Behavioral Health Professionals, Spiritual Care Providers, and Community Helpers.” Two-day workshop conducted for community mental health and spiritual care professionals presented on behalf of King County Public Health; Kirkland WA.
- 11/04/03 “Post-Traumatic Stress Disorder in Children” Seminar presented to the Tacoma Family Medicine Residency Program, Tacoma, Washington.
- 03/09/02 “Pediatric Psychosocial Pathology.” Seminar presented to the Tacoma Family Medicine Residency Program, Tacoma, Washington.
- 03/01/01 “Behavioral and Psychological Issues Affecting the School-Aged Child” Seminar presented to the Tacoma Family Medicine Residency Program, Tacoma, Washington.
- 04/14/00 “Eating Disorders in Adolescence.” Clinical workshop presented to the Pierce County Washington Department of Social and Human Services; Tacoma, Washington.
- 10/17/98 “No thanks, I couldn’t eat another bite” or “I can’t believe I ate the whole thing”: Eating Disorders in Adolescence.” Presented at the conference entitled, “Food for Thought: Nutritional Challenges in the Growing Child”, sponsored by Mary Bridge Children’s Hospital and Health Center; Tacoma, Washington.
- 02/27/97 “Psychoneuroimmunology as the basis for psychosocial support and intervention in chronic illness.” Presented at the annual meeting of the Central Region Children’s Cancer Research Group (CCRG); Columbus, Ohio.
- 04/12/96 “Assessment and management of school avoidance.” Presented at the annual meeting of the Ohio Chapter of the National Association of Pediatric Nurse Associates and Practitioners; Columbus, Ohio.
- 10/22/95 “Sleep...? Isn’t that what we used to do at night before the baby? Common sleep problems of early childhood.” Presented at the Annual Conference of the Central Ohio Pediatric Society; Columbus, Ohio.

- 05/12/95 "Helping parents to help themselves: Enhancing parental self-care as a means of improving parent-child relationships." Presented at the Spring Forum on Ambulatory Pediatric Care, sponsored by the Department of Pediatrics, The Ohio State University; Columbus, Ohio.
- 09/12/93 "Complementary and non-pharmacological interventions in pediatric pain management." Presented at "Managing Pediatric Pain in the '90's", sponsored by Abbott Labs and Columbus Children's Hospital; Columbus, Ohio.
- 07/15/93 "Taking control: The biopsychology of stress management in chronic illness." Presented at Total Care of the Aplastic Anemia Patient Conference, sponsored by the Aplastic Anemia Foundation of America; Columbus, Ohio.
- 09/08/92 "Chronic pain in children: Multitrait-multimethod approaches to assessment." Presented at the the Pediatric Pain: Assessment and Intervention onference, sponsored by the Department of Anesthesia, Children's Hospital Medical Center, University of Cincinnati School of Medicine; Cincinnati, Ohio.
- 07/16/92 "Navigating the waves of family life: Creating family strengths." Plenary session presented at the Ninth Annual National Conference of the American Juvenile Arthritis Organization; Columbus, Ohio..
- 05/07/91 "The impact of chronic illness on children and their families: Pragmatic assessment and interventions." Presented at the annual conference of the Ohio Chapter, National Association of Pediatric Nurse Associates and Practitioners; Worthington, Ohio.
- 11/18/90 "Understanding psychophysiological symptoms in children." Presented at the Sixth Annual School Health Update, sponsored by the Central Ohio Pediatric Society; Columbus, Ohio.
- 06/10/90 "Resiliency in chronically ill adolescents." Presented at the Annual Conference of the Ohio Valley Chapter, Society for Adolescent Medicine; Columbus, Ohio.
- 05/11/89 "Supportive interventions with the families of children with chronic illnesses." Presented at the Annual Oklahoma Conference on Ambulatory Pediatric Care, sponsored by the Department of Pediatrics, Children's Hospital of Oklahoma; Oklahoma City, Oklahoma.
- 01/12/89 "Adjusting to and coping with the birth of a medically fragile child." Presented at the Annual Family Resource Center Conference, sponsored by the Department of Pediatrics, Children's Hospital of Oklahoma; Oklahoma City, Oklahoma.
- 04/14/88 "The impact of chronic illness on family life." Presented at the Annual Juvenile Rheumatoid Arthritis Day Conference, sponsored by the Department of Pediatrics, Indiana University School of Medicine, Riley Hospital for Children; Indianapolis, Indiana.
- 05/08/86 "Preparing children for independence: The growth of the physically challenged child." Presented at the Annual Juvenile Rheumatoid Arthritis Day Conference, sponsored by the Department of Pediatrics, Indiana University School of Medicine, Riley Hospital for Children; Indianapolis, Indiana.

Professional Interests:

Psychological intervention with children, adults, and families coping with chronic health conditions
Clinical hypnosis in medical symptom management
Pain assessment and management
Treatment of eating disorders in latency aged children and adolescence
Transitioning from adolescence to adulthood
Coping with unexpected life events
Grief and bereavement
Disaster mental health
Military mental health – post deployment

Professional Affiliations:

American Psychological Association (Divisions 12, 37, and 38)
Society of Pediatric Psychology

Community Service and Volunteer Activities

07/13: Project Odyssey Retreat (Professional Volunteer Staff), Wounded Warrior Project; Telluride, CO
2010-2013: Member of Board of Directors, Congregation Beth Shalom; Seattle, Washington
05/10: Disaster relief deployment to Port-au-Prince, Haiti with Love for Haiti (501c3)
10/10: Disaster relief deployment to Port-au-Prince, Haiti with Love for Haiti (501c3)
2009-2013: Volunteer mental health provider, Give an Hour (501c3)
2008: Certified Trainer in Disaster Mental Health and Member of Public Health Reserve Corps; Seattle and King County Public Health Department
2004-2005: Assistant Coach, WA Special Olympics, Issaquah Panthers Basketball, Issaquah, Washington
2002-2005: Assistant coach, Challenger (Special Needs) Division, North Issaquah Little League
1998-2001: Member of Board of Trustees, Jewish Day School of Metropolitan Seattle; Bellevue, Washington
1996-1997: Member of Board of Trustees, Columbus Community Jewish Day School; Columbus, Ohio
1995-1997: Developed and directed Men's Cancer Support Group, Riverside Hospital; Columbus, Ohio
1991-1993: Member of Board of Trustees, Columbus Montessori Education Center; Columbus, Ohio

References:

Available upon request