

**Len Jennings, Ph.D., L.P.**  
ljennings@stthomas.edu

## **PROFESSIONAL CREDENTIALS**

**Licensed Psychologist**, State of Minnesota, License # LP3388

## **EDUCATION**

<b>Ph.D.</b> , Counseling and Student Personnel Psychology APA Approved, University of Minnesota, Minneapolis	1996
Pre-Doctoral Internship, APA-Approved University Counseling & Consulting Services University of Minnesota, Minneapolis	1994-95
<b>M.A.</b> , Counseling and Guidance University of Missouri, Kansas City	1986
<b>B.S.</b> , Psychology, Cum Laude Missouri Western State University, St. Joseph, MO	1983

## **ACADEMIC POSITIONS**

Fall 2011-Present	<b>Full Professor</b> M.A. and APA-Approved Psy.D. Counseling Psychology Programs Graduate School of Professional Psychology University of St. Thomas  <b>Research Specialties:</b> Psychotherapy Expertise, Counselor Development, International Psychotherapy Expertise, Cultural Competence, Career Development, & Qualitative Research Methods
2010-2011	<b>Interim Co-Director of Training</b> APA-Approved Psy.D. Counseling Psychology Program
2003-2011	<b>Associate Professor-Tenured</b> M.A. and APA-Approved Psy.D. Counseling Psychology Programs Graduate School of Professional Psychology University of St. Thomas
1999-2003	<b>Assistant Professor</b> M.A. and APA-Approved Psy.D.

Counseling Psychology Programs  
Graduate School of Professional Psychology  
University of St. Thomas

1997-1998

**Assistant Professor**  
M.A. Counseling Program  
National Institute of Education  
Nanyang Technological University  
Singapore

1997

**Practicum Supervisor**  
Counseling & Student Personnel Psychology  
University of Minnesota

1996-97

**Instructor**, Counseling Procedures (EPsy 5401)  
Counseling & Student Personnel Psychology  
University of Minnesota

1995-96

**Trainer/Consultant**  
Employee Career Enrichment Program  
University of Minnesota

1994-95

**Psychology Intern**  
Pre-Doctoral Internship, APA-Approved  
University Counseling & Consulting Services  
University of Minnesota

1994

**Teaching Assistant**, Counseling & Therapy with Men  
(EPsy 4000)  
Counseling & Student Personnel Psychology  
University of Minnesota

1993-94

**Teaching Assistant**  
Learning & Academic Skills Center  
University Counseling & Consulting Services  
University of Minnesota

1993

**Teaching Assistant**, Integrative Life Planning: New Career  
Development Approaches for a Changing Workforce (EPsy 4000)  
Counseling & Student Personnel Psychology  
University of Minnesota

1992-93

**Academic Administrative Fellow**  
Counseling & Student Personnel Psychology  
University of Minnesota

1987-88                    **Instructor**, Career and Life Planning  
University of Missouri at Kansas City

### **PRACTITIONER POSITIONS**

2012-present            **Private Practice Practitioner**  
Edina, MN

2001-2011                **Consultant, Supervisor, and Practitioner**  
Institute for Therapy, Edina, MN

1999-2001                **Private Practice Practitioner**  
Minneapolis, MN

1997-1998                **Staff Psychologist**  
Singapore-American Council for Community Action  
The American Club, Singapore

1995-97                    **Clinical Supervisor/Employee Assistance Program Counselor**  
United HealthCare Corporation, Minneapolis, MN

1990-92                    **Director of Career & Counseling Services**  
Menlo College, Atherton, CA

1990                        **Asst. Director of Career Management for Advanced  
Candidates (MBA)**  
Santa Clara University, Santa Clara, CA

1989-92                    **Career Consultant**  
Career Action Center, Palo Alto, CA

1987-89                    **Coordinator of Career Services**  
University of Missouri, Kansas City

1984-87                    **Career Counselor**  
University of Missouri--Kansas City's Project Refocus  
Program for Displaced Workers

## TEACHING AND ADVISING ACTIVITIES, University of St Thomas

### M.A. Courses Taught

CPSY 603	Introduction to Group Psychotherapy
CPSY 605	Theories of Career Development
CPSY 606	Basic Counseling Skills Lab
CPSY 608	Counseling Practicum I
CPSY 609	Counseling Practicum II
CPSY 610	Counseling Practicum III
CPSY 611	Theories of Counseling and Personality
CPSY 612	Human Growth and Development
CPSY 680	Counseling Diverse Populations
CPSY 680	Diversity Issues in Counseling in Singapore (2010, 2011, 2013, 2015, 2017, 2019, 2023 J-term Study Abroad)

### Psy D. Courses Taught

CPSY 701	Qualitative Methods of Inquiry
CPSY 713	Relationship Counseling (Team Taught)
CPSY 717	Vocational and Organizational Psychology
CPSY 723	Supervision and Consultation
CPSY 751	Professional Development Seminar in Counseling Psychology
CPSY 901	Diversity Issues in Counseling Psychology
CPSY 950	Historical Foundations-Directed Study

### CHAIR, COMPLETED DOCTORAL DISSERTATIONS

1. Rosalyn Sloan (2022). *Instagram's Influence on the Body Image of Young Adult Women.*
2. Alex Coursol (2022). *UNMASKED: A group therapy manual promoting the development of a healthy masculine identity in adolescent boys.*
3. Habib Salama (2021). *Cultural awareness development of counseling psychology graduate students during a Singapore study abroad.*
4. Drea Tuott (2020). *An autobiographical journey of White identity development: Understanding my racial presence.*
5. Jacob Boyle (2020). *Living with severe and persistent mental illness and thriving in supportive housing.*
6. Phil Rosier (2020). *African American Master Therapists.*
7. Danny Elenz (2019). *Master Therapists: A Qualitative Meta-Analysis of Wisdom.*

8. Andre Supplee (2019). *The Caregiving Burden on the Caregivers of Aged Loved Ones: Qualitative Interviews of Female Caregivers with Male Siblings.*
9. Stephanie McCarty (2018). *Powerlessness, Self-Doubt and Symptoms of Trauma: A Direct Care Staff's Experience of Crisis in Out-of-Home Care for Youth.*
10. Jenna Etzold (2018). *Thriving as a Rural Psychologist in North Dakota: A Personal Journey into Rural Practice*
11. Joy Sales (2017). *My Class Matters: Autoethnographic Inquiry into Class and Barriers to Mental Health Care.*
12. Molly Welch (2017). *Practitioners' Perceptions of Preparedness in Providing Culturally Responsible Therapy to Diverse Clients.*
13. Nicolas Spangler (2017). *Difficulties That High Functioning Individuals with Autism Face in Higher Education and the Workplace: An Analysis and Discussion on Research Difficulties.*
14. Glorivette Albino-Montalvo (2016). *Latinos' Experience in Psychotherapy Through an Interpreter.*
15. Brian Follick (2016). *Coping with Fibromyalgia Syndrome: A Clinical Training Manual for Mental Health Professionals.*
16. Tera Jansen (2015). *The Sexual Experience of New Fathers During the Year Postpartum.*
17. Rachel Peterson (2014). *Mothers in Graduate School: Juggling Two Important Roles.*
18. Kristen Stevens, (2014). *Voices of Fatherhood: A Qualitative Study of Actively Involved Fathers.*
19. Julie Patten, (2014). *Parents Caring for Children with Depression: A Parent Support Group Training Manual.*
20. Michaela Smith (2012). *An Examination of Diversity Issues in Counseling in the development of multicultural competency training: A pilot study.*
21. Angella Kocian (2012). *Yoga therapy: A qualitative inquiry.*
22. Ashley Gulden (2012). *Interpersonal Trauma Survivors' Experiences of Healing through Yoga.*
23. Jodi Pendroy (2012). *Increasing Awareness and Understanding of Suicidality on College Campuses: An Outreach Manual for College Counseling Staff.*

24. Anesh Patel (2012). *An Exploration of Factors Influencing Multiracial/Multiethnic Identity Development: A Qualitative Investigation.*
25. Kristina Burgetova (2012). *Family Cohesion During and after Communism: A Qualitative Study.*
26. Sarah Cherwien (2012). *Posttraumatic Growth: A Qualitative Investigation.*
27. Kimberly Christensen (2012). *A Group Coaching Model for Early Career Ministers.*
28. Andrea Hutchinson (2012). *A Qualitative Exploration of the Training Experiences of Singaporean Master of Arts Counseling Students.*
29. Angela Sovak (2012). *The experiences of recovered professionals in the eating disorder field.*
30. Paul Novotny (2012). *Psychiatric rehabilitation and adult rehabilitative mental health services (ARMHS): The development of an ARMHS documentation training manual.*
31. Emily Derioun (2011). *Factors influencing recovery from anorexia: A qualitative meta-analysis.*
32. Marlene Ovalle-Steihm (2011). *Therapists' perspectives of Latino culture, separation through immigration and attachment: A qualitative investigation.*
33. Joy Elasky Fleming (2010). *A narrative analysis of schizophrenia stories of success.*
34. Karin S. Ryan & Jessica A. Mijal (2010). *A qualitative investigation of gains acquired through supervision.*
35. Eva Schmidt (2010). *Narcissism in psychotherapy: Current treatments, interventions, and conceptualizations.*
36. Megan L. Brogger & Belynda A. Tse (2009). *Serving military families: A guide for civilian providers.*
37. Steven Loos (2009). *The emotional impact and experience of a partner's obsessive-compulsive disorder.*
38. Anna Fox (2009). *Male to female transgender clients: A qualitative inquiry into previous therapy experiences.*

39. Robyn Janssen (2009). *Therapists experiences of working with Borderline Personality Disorder in adolescents.*
40. Katie V. Olson (2009). *Exploring what it means to have a satisfying marriage: A qualitative study.*
41. Margaret Brown (2008). *The effectiveness of the therapeutic relationship: The client's perspective.*
42. Miaca Bibi Mackner (2008). *Adapted practice recommendations for the treatment of Cameroonian refugees with Post Traumatic Stress Disorder.*
43. Karla Weber (2008). *Conceptualizing the use of Cognitive Behavioral Interventions when treating traumatic stress in American Indian communities.*
44. Jennifer Born (2007). *Preventing impairment: A wellness guide for therapists in training.*
45. James P. Link (2007). *The practice of psychology on the frontier: A phenomenological exploration of North Dakota psychologists.*
46. Susan E. Andersson (2005). *Psychologists' beliefs about therapeutic change: A search for the common factors.*
47. Suzan M. Petersen (2005). *The impact of joint physical custody on elementary school aged children.*
48. Justin S. Anderson (2003). *Practical implications of investigating coaches' perceptions and use of Sport Psychology at the High School, Division II, and Division III Collegiate Level of Athletics.*
49. Jan Arford (2003). *The impact of managed care on the delivery of mental health services.*
50. Roger A. Olsen (2003). *Client self-determination and therapist directiveness in the therapeutic relationship.*
51. Thomas M. Recht (2003). *A review of posttraumatic stress disorder agreement measures: Evidence for a standardized multimodal approach.*
52. Ashley Sovereign (2003). *The personal values of psychotherapists: Training strategies for self-awareness.*
53. Rebecca Halabrin (2002). *Mindfulness in fostering transfer of learning.*

- **Currently serving as advisor for over 30 MA & Psy.D. students**

## ENGAGING THE PROFESSION

### PUBLICATIONS

- Ong, P. L., Gulden, A., **Jennings, L.**, Page, M. (2023). Yoga and the healing of interpersonal trauma: A qualitative meta-analysis. *International Journal of Yoga Therapy (IJPT)* <https://doi.org/10.17761/2023-D-22-00048>.
- Jennings, L.** (2021). Membership Spotlight: Dr. Len Jennings. *International Counseling Psychology APA Society of Counseling Psychology (Div. 17) January 2021 Newsletter*, p. 20-21.
- Gulden, A. W., & **Jennings, L.** (2016). Interpersonal trauma survivors' experiences of healing through yoga. *International Journal of Yoga Therapy*.
- Kahancová, M., **Jennings, L.**, & Řiháček, T. (2016). Na plecích obrov: čo sa dozvedáme zo štúdií o expertoch v psychoterapii [On the shoulders of giants: What we learn from studies on master therapists]. *Psychoterapie*, 10(2), 115-125.
- Smith, M., **Jennings, L.**, & Lakhan, S. (2014). International education and service learning: Approaches toward cultural competency and social justice. *The Counseling Psychologist*, 42(8), 1188-1214.
- Jennings, L.**, & Cavalieri, C. (2014). Cultural competency comes alive—A review of D.W. Sue's multicultural competencies in counseling psychology DVD. *PsycCRITIQUES*.
- Jennings, L.**, Gulden, A., & Oien, M., D'Rozario, V., Goh, M., & Skovholt, T. M. (2012). Multicultural knowledge and skills of Singaporean master therapists. *Journal of Asia Pacific Counseling* 2(2), 133-146.
- Skovholt, T. M., & **Jennings, L.** (2009). In paradoxical praise of common factors. *PsycCRITIQUES*. Vol 54(14).
- Jennings, L.**, D'Rozario, V., Goh, M., Sovereign, A., Brogger, M. & Skovholt, T. M. (2008). Psychotherapy expertise in Singapore: A qualitative investigation. *Psychotherapy Research*, 18(5), 508-522.
- Jennings, L.**, Sovereign, A., Bottorff, N., Mussell, M. P. & Vye, C., (2005). Nine ethical values of master therapists. *Journal of Mental Health Counseling*, 27(1), 32-47.
- Jennings, L.**, Hansen, M., Skovholt, T.M., & Grier, T. (2005). Searching for



mastery. *Journal of Mental Health Counseling*, 27(1), 19-31.

Skovholt, T. M., & **Jennings, L.** (2005). Mastery and expertise in counseling. *Journal of Mental Health Counseling*, 27(1), 13-18.

Sullivan, M., Skovholt, T. M., & **Jennings, L.** (2005). Master therapists' construction of the therapy relationship. *Journal of Mental Health Counseling*, 27(1), 48-70.

**Jennings, L.**, Goh, M., Skovholt, T.M., Hanson, M., & Banerjee-Stevens. (2003). Multiple factors in the development of the expert counselor and therapist. *Journal of Career Development*, 30, 59-72.

**Jennings, L.** & Skovholt, T. M. (1999). The cognitive, emotional, and relational characteristics of master therapists. *Journal of Counseling Psychology*, 46, 3-11.

D'Rozario, V., **Jennings, L.** & Khoo, A. (1998). A new emphasis for a new millennium: Affective and career education in Singapore. *Education Journal*. 26(2), 1-12.

Skovholt, T.M., Ronnestad, M. H., & **Jennings, L.** (1997). Searching for expertise in counseling, psychotherapy, and professional psychology. *Educational Psychology Review*, 9, 361-369.

## RESEARCH UNDER REVIEW

Elenz, D. & **Jennings, L.** (under review). Wisdom and master therapists: A qualitative meta-analysis. *Qualitative Psychology*.

## BOOKS

Skovholt, T. M., & **Jennings, L.** (Eds.) (2017). 10<sup>th</sup> anniversary edition of *Master therapists: Exploring expertise in therapy and counseling*. New York, NY: Oxford University Press.

**Jennings, L.** & Skovholt, T. M., (Eds.). (2016). *Expertise in counseling and psychotherapy: Master therapist studies from around the world*. New York, NY: Oxford University Press.

Skovholt, T. M., & **Jennings, L.** (Eds.) (2004). *Master therapists: Exploring expertise in therapy and counseling*. Boston, MA: Allyn & Bacon.

- *Master Therapists* translated into Korean (2008)
- Won the 2004 Publication in Counselor Education and Supervision Award. American Counseling Association's Association for Counselor Education and Supervision (ACES)

Skovholt, T. M. & **Jennings, L.** (2000). *Burnout prevention and treatment: Helping the helper* (booklet). Division 42: American Psychological Association.

### BOOKS IN PROGRESS

**Jennings, L.** (in progress). *How to Survive Your Three-Quarter Life Crisis*.

### BOOK CHAPTERS

Skovholt, T. M., & **Jennings, L.** (2017). *Preface*. In Skovholt, T. M., & **Jennings, L.** 10<sup>th</sup> anniversary edition of *Master therapists: Exploring expertise in therapy and counseling*. New York, NY: Oxford University Press.

Skovholt, T. M., & **Jennings, L.** (2017). *Epilogue*. In Skovholt, T. M., & **Jennings, L.** 10<sup>th</sup> anniversary edition of *Master therapists: Exploring expertise in therapy and counseling*. New York, NY: Oxford University Press.

**Jennings, L.**, Skovholt, T. M., Goh, M., Hessel, H. Lakhan, S., & Goh, M. (2016). The world of psychotherapy expertise. In **Jennings, L.** & Skovholt, T. M., (Eds.). (2016). *Expertise in counseling and psychotherapy: Master therapist studies from around the world*. Oxford University Press.

Řiháček, T., Kahancová, M., **Jennings, L.**, Roubal, J., & Vybíral, Z. (2016). Czech master therapists. In **Jennings, L.** & Skovholt, T. M., (Eds.). (2016). *Expertise in counseling and psychotherapy: Master therapist studies from around the world*. Oxford University Press.

**Jennings, L.**, Sovereign, A., Renninger, S., Skovholt, T. M., Goh, M., Lakhan, S., & Hessel, H. (2016). Bringing it all together: A qualitative meta-analysis of seven master therapists studies from around the world. In **Jennings, L.** & Skovholt, T. M., (Eds.). (2016). *Expertise in counseling and psychotherapy: Master therapist studies from around the world*. Oxford University Press.

**Jennings, L.** Skovholt, T. M., Goh, M., & Lian, F. (2013). Master Therapists: Explorations of Expertise. In Ronnestad H. & Skovholt, T. M. (2013). *The developing practitioner*. New York: Routledge.

Skovholt, T. M., Vaughan, M. & **Jennings, L.** (2012) Mastery and Expertise. In Skovholt, T. M. (2012). *Becoming a therapist: On the path to mastery*. New York: Wiley.

**Jennings, L.** (2010). Practicum Pain, Professional Gain. In Trotter-Mathison, M., Koch, J. M., Sanger, S. & Skovholt, T. M. (Eds.) (2010). *Voices from the field: Defining moments in counselor and therapist development*. New York: Routledge.

- Welch, I. D., & **Jennings, L.** (2008). Credentialing in counseling psychology. In Leong, F T. L. (Editor-in-Chief), Altmaier, E., & Johnson, B. (Volume Editors) (2008). *Encyclopedia of Counseling: Volume 1. Changes and Challenges for Counseling in the 21<sup>st</sup> Century*. Thousand Oaks, CA: Sage Publications.
- Skovholt, T. M., Hansen, M., **Jennings, L.**, & Grier, T. (2004). A brief history of expertise. In Skovholt, T. M. & Jennings, L. (Eds.) (2004). *Master therapists: Exploring expertise in therapy and counseling*. Boston: Allyn & Bacon.
- Skovholt, T. M., Hansen, M., **Jennings, L.**, & Grier, T. (2004). Expertise in therapy and counseling. In Skovholt, T. M. & Jennings, L. (Eds.) (2004). *Master therapists: Exploring expertise in therapy and counseling*. Boston: Allyn & Bacon.
- Jennings, L.**, & Skovholt, T. M. (2004). The cognitive, emotional, and relational characteristics of master therapists. In Skovholt, T. M. & Jennings, L. (Eds.) (2004). *Master therapists: Exploring expertise in therapy and counseling* Boston: Allyn & Bacon.
- Sullivan, M., Skovholt, T. M., & **Jennings, L.** (2004). Master therapists' construction of the therapy relationship. In Skovholt, T. M. & Jennings, L. (Eds.) (2004). *Master therapists: Exploring expertise in therapy and counseling*. Boston: Allyn & Bacon.
- Jennings, L.**, Sovereign, A., Bottorff, N., & Mussell, M. P. (2004). Ethical values of master therapists. In Skovholt, T. M. & Jennings, L. (Eds.) (2004). *Master therapists: Exploring expertise in therapy and counseling*. Boston: Allyn & Bacon.
- Skovholt, T. M., **Jennings, L.**, Mullenbach, M. (2004). Portrait of the master therapist: The highly functioning self. In Skovholt, T. M. & Jennings, L. (Eds.) (2004). *Master therapists: Exploring expertise in therapy and counseling*. Boston: Allyn & Bacon.

## EDITING AND REVIEWER

- External Examiner** (2017-22). Charged with conducting one site visit per year and providing annual written external examination reports for MA Counselling Programme. SUSS University, Singapore.
- Ad Hoc Reviewer.** Wisdom in the renewal of professional knowledge: why it can be valuable to listen to the voices of senior psychotherapists. *Psychotherapy Research* (2016).

**External Reviewer** (2016). Reviewed content of course: *COU302 Multicultural Counselling*, SIM University, Singapore.

**External Reviewer**—Choi P. M. (2015). *Identifying common areas of difficulties experienced by individuals with Attention-Deficit/Hyperactivity Disorders (ADHD) in Singapore schools*. National Institute of Education, Singapore.

**External Reviewer**—Kit, P. L. (2012). *Novice group counsellors' experiences in in-class face-to-face and on-line support groups: A qualitative study*. National Institute of Education, Singapore.

**Ad Hoc Reviewer**--Meta-analysis of qualitative studies: A tool for reviewing qualitative research findings in psychotherapy. *Psychotherapy Research*. (2008)

**Reviewer**--E. Lui & S. S. Wong (Eds.), (2006). *Reflection on counselling: Developing practice in schools* (pp. 56-73). Singapore: Prentice Hall.

**Ad Hoc Reviewer**--Measuring the expertise of pediatric rehabilitation therapists. *International Journal of Disability, Development, and Education*. (2006)

**Guest Editor** with T. M. Skovholt, *Journal of Mental Health Counseling* (2005) "Master Therapists."

**Reviewer**--Goh, M. & Tan A. G., (2002). Envisioning the future of psychology in Singapore. In Tan, A. G., & Goh, M. *Psychology in Singapore*. Singapore: McGraw-Hill.

### KEYNOTE PRESENTATIONS

**Jennings, L.** (January, 2023). *Update on APA Reporting Standards for Qualitative Research Methods*, National Institute of Education's MA of Applied Psychology 25th Anniversary Celebration, Nanyang Technological University, Singapore

**Jennings, L.** (April, 2009). *From Baseball to Psychology: My Cognitive, Emotional, Relational, and Cultural Journey*. Keynote Address at the 20<sup>th</sup> Anniversary Psi Chi Chapter, Department of Psychology, Missouri Western State University, St. Joseph, MO.

**Jennings, L.** (November, 1996). *Integrative Life Planning: An Alternative Response for a Global Society*. Keynote Speaker--Career Development Association of the Philippines 19th Annual Convention, Manila, Philippines.

## REFEREED PRESENTATIONS AT PROFESSIONAL MEETINGS

- Ong, I, Gulden, A. W., **Jennings, L.**, & Page, M. (August, 2022). *Yoga and the Healing of Interpersonal Trauma: A Qualitative Meta-Analysis*. Poster presentation at the 131<sup>st</sup> American Psychological Association's Annual Convention, Minneapolis, MN
- Gulden, A., **Jennings, L.** & Ong, I. (April, 2020). *Interpersonal trauma survivors' experiences of healing through yoga: A qualitative analysis*. Poster session presentation at the 84<sup>th</sup> Minnesota Psychological Association's Annual Conference, Minneapolis, MN
- Rosier, P. & **Jennings, L.** (2020). *African American Master Therapists*. Poster session presentation at the 84<sup>th</sup> Minnesota Psychological Association's Annual Conference, Minneapolis, MN
- Elenz, D., **Jennings, L.**, & Skovholt, T. M. (August, 2018). *Master therapists: Preliminary findings from a qualitative meta-analysis of wisdom characteristics*. Poster Session presentation at the 126<sup>th</sup> American Psychological Association's Annual Convention, San Francisco, CA
- Renninger, S., Sovereign, A., **Jennings, L.** & Picard, K. (August, 2018). *Gatekeeping aspirations, ambiguities, and angst: Preliminary findings on graduate program practices and policies*. Poster presentation at the 126<sup>th</sup> American Psychological Association's Annual Convention, San Francisco, CA
- Jennings, L.**, Balke, T., Skovholt, T. M., & Salama, H. (2018). *Men and Vulnerability*. Presentation at the 82<sup>nd</sup> Minnesota Psychological Association's Annual Conference, Minneapolis, MN
- Salama, H., & **Jennings, L.** (2018). *Impact of an international study abroad on counselor cultural competency*. Poster presented at the 82<sup>nd</sup> Minnesota Psychological Association's Annual Conference, Minneapolis, MN
- Renninger, S., Sovereign, A., & **Jennings, L.** (August, 2016). *Gatekeeper Duty and Doubt: Addressing Problems of Professional Competence*. Paper presented at the 124<sup>th</sup> American Psychological Association's Annual Convention, Denver, CO
- Řiháček, T., Kahancová, M., **Jennings, L.**, Roubal, J. & Zbyněk V. (June, 2015). *Czech Master Therapists*. Paper presented at the 46<sup>th</sup> Society for Psychotherapy Research International Annual Meeting, Philadelphia, PA
- Skovholt, T. M., **Jennings, L.** Sovereign, A. & Renninger, S. (May, 2015). *The Minnesota Counselor Development and Master Therapist Research Studies: Findings from 1985 to 2015*. Paper presented at the 79<sup>th</sup> Annual Minnesota Psychologist Association Convention, Wayzata, MN

Skovholt, T. M., & **Jennings, L.** (August, 2014). *The developmental path to mastery in counseling and therapy*. Invited presentation at the 122<sup>th</sup> American Psychological Association's Annual Convention, Washington, D.C.

Renninger, S., Sovereign, A., & **Jennings, L.** (August, 2014). *Gatekeeper responsibility/Gatekeeper guilt: Two sides of the same coin*. Paper presentation at the 122<sup>th</sup> American Psychological Association's Annual Convention, Washington, D.C.

**Jennings, L.**, Sovereign, A., & Renninger, S. (October, 2013). *Cross National Master Therapists: A Qualitative Meta-Analysis*. Presentation at the 19<sup>th</sup> Annual Midwest Qualitative Research Conference, Minneapolis, MN

**Jennings, L.**, Sovereign, A., & Renninger, S. (April, 2013). *Cross National Master Therapists: Preliminary Results of a Qualitative Meta-Analysis*. Poster session presentation at the 77<sup>th</sup> Minnesota Psychological Association's Annual Conference, Minneapolis, MN.

**Jennings, L.**, Gulden, A., Oien, M., D'Rozario, V., Goh, M., & Skovholt, T. M. (August, 2012) *Multicultural Knowledge and Skills of Singaporean Master Therapists*. Poster Session presentation at the 120<sup>th</sup> American Psychological Association's Annual Convention, Orlando, FL

Lian, F., Wahl, K., Skovholt, T. M., **Jennings, L.** & Goh, M. P. (August, 2012). *Development and validation of the psychotherapist characteristics inventory*. Poster Session presentation at the 120<sup>th</sup> American Psychological Association's Annual Convention, Orlando, FL

Gulden, A., & **Jennings, L.** (May, 2012). *Interpersonal trauma survivors' experiences of healing through yoga: A preliminary analysis*. Poster session presentation at the 76<sup>th</sup> Minnesota Psychological Association's Annual Conference, Minneapolis, MN

Lian, F., Skovholt, T. M., **Jennings, L.** & Wahl, K. (January, 2012). *Development and validation of the psychotherapist characteristics inventory*. Hawaii International Conference on Education, Honolulu, HI.

**Jennings, L.**, Gulden, A., & Oien, M. (August, 2011). *Reflexive Journaling as a Validity Check for Consensual Qualitative Research Methodology*. Poster Session presentation at the 119<sup>th</sup> American Psychological Association's Annual Convention, Washington, D.C.

**Jennings, L.**, Gulden, A., & Oien, M. (June, 2010). *Reflexive Journaling as a Validity Check for Consensual Qualitative Research Methodology: Preliminary Findings*. 16<sup>th</sup> Annual Midwest Qualitative Research Conference, Minneapolis, MN.

- Derouin, E. & **Jennings, L.** (June, 2009). *Factors Influencing the Recovery from Anorexia: A Qualitative Meta-Analysis*. 15<sup>th</sup> Annual Midwest Qualitative Research Conference, Minneapolis, MN.
- Goh, M., Starkey, M., Skovholt, T., & **Jennings, L.** (October, 2008). A Qualitative Study of Culturally Competent Psychotherapists. Fifth World Congress of Psychotherapy, Beijing, China.
- Brogger, M., **Jennings, L.**, & Sovereign, A. (April, 2008). *Qualitative Meta-Analysis*. 14<sup>th</sup> Annual Midwest Qualitative Research Conference, Minneapolis, MN.
- Jennings, L.**, D’Rozario, V., Goh, M., Sovereign, A. & Brogger, M. (August, 2007). *Psychotherapy Expertise in Singapore*. Poster Session presentation at 115<sup>th</sup> Annual American Psychological Association Convention, San Francisco, CA.
- Goh, M., Starkey, M., Skovholt, T. M., & **Jennings, L.** (August, 2007). *Multicultural therapists and counselors*. Poster Session presentation at 115<sup>th</sup> Annual American Psychological Association Convention, San Francisco, CA.
- Jennings, L.**, D’Rozario, V., Goh, M., Sovereign, A. & Brogger, M. (April, 2007). *Singaporean Master Therapists: Preliminary Findings*. 13<sup>th</sup> Annual Midwest Qualitative Research Conference, Minneapolis, MN.
- Jennings, L.** & Skovholt, T. M. (May, 2005). *Best Practices of Master Therapists*. Minnesota Psychological Association Conference, Minneapolis, MN.
- Skovholt, T.M. & **Jennings, L.** (August, 2004). *Common Factors: Training and Supervision Through the Master Therapist Prism*. Paper presented at the 112<sup>th</sup> Annual American Psychological Association Convention, Honolulu, HI.
- Jennings, L.** & Skovholt, T. M. (May, 2004). *Exploring Expertise in Psychotherapy: Conversation with Master Therapists*. Minnesota Psychological Association Conference, Minneapolis, MN
- Jennings, L.** (May, 2002). *The Cognitive, Emotional, and Relational Characteristics of Master Therapists*. Minnesota Psychological Association Conference, Minneapolis, MN
- Jennings, L.** (August, 2001). *The Cognitive, Emotional, and Relational Characteristics of Expert Therapists*. Paper presented at the 109<sup>th</sup> Annual American Psychological Association Conference, San Francisco, CA
- Jennings, L.**, Sovereign, S. & Bottorff. (June, 2001). *Consensual Qualitative Research Methods*. Midwest Qualitative Research Conference, Minneapolis, MN

**Jennings, L.,** Sovereign, S. & Bottorff. (June, 2000). *Ethical Values of Master Therapists*. Paper presented at the Society for Psychotherapy Research Conference, Chicago, IL

Skovholt, T.M. & **Jennings, L.** (June, 1999). *Definition and Characteristics of Master Therapists: A Qualitative Approach*. Society for Psychotherapy Research Conference, Braga, Portugal

**Jennings, L.** (February, 1998) *Self-Care for Counselors*. 5<sup>th</sup> Annual Counseling in Asia Conference, Bangkok, Thailand

**Jennings, L.** (April, 1997). *Personal Characteristics of Master Therapists*. American Counseling Association World Conference, Orlando, FL

Skovholt, T.M. & **Jennings, L.** (April, 1997). *Other Care/Self Care: Strategies for Counselors and Helping Professionals*. American Counseling Association World Conference, Orlando, FL

Hansen, S., **Jennings, L.**, Hage, S., & Shea, J. (March, 1997). *Integrative Life Planning*. Minnesota Career Development Association Annual Conference  
St. Louis Park, MN

**Jennings, L.** (October, 1991). *Connectivity in Career Centers: The Wave of the 90's*. California Career Conference, California Career Development Association, Oakland, CA

**Jennings, L.** (October, 1990). *Tooling the College Student for the Future*. California Career Conference, California Career Development Association, Long Beach, CA

Murdock, N., Maximovitch, T. & **Jennings, L.** (August, 1988). *Preferences for Career Interventions as a Function of Cognitive Style*. Poster Session presentation at the 96<sup>th</sup> Annual American Psychological Association Conference, San Francisco, CA

### INVITED PRESENTATIONS AT PROFESSIONAL MEETINGS

**Jennings, L. & Balke, T.** (June, 2019). *Counseling Men*. Presentation for Interprofessional Clinic Internship, University of St. Thomas, Minneapolis, MN

**Jennings, L.** (January, 2019). *Qualitative Research: From Data Analysis to Publication*. National Institute for Education, Nanyang Technological University, Singapore

**Jennings, L.** (January, 2019). *Counseling Expertise from Around the World*. National Institute for Education, Nanyang Technological University, Singapore



- Jennings, L.** (January, 2017). *Counseling Expertise from Around the World*. National Institute for Education, Nanyang Technological University, Singapore
- Jennings, L.** (January, 2015). *Grounded Theory and Consensual Qualitative Research: The Best of Both Worlds*. National Institute for Education, Nanyang Technological University, Singapore
- Jennings, L.** (January, 2015). *Qualitative Meta-Analysis: Promises and Perils*. National Institute for Education, Nanyang Technological University, Singapore
- Jennings, L.** (November, 2014). *State of Psychotherapy in the USA*. Department of Psychotherapy, Masaryk University, The Czech Republic.
- Jennings, L.** (November, 2014). *Qualitative Meta-Analysis: Promises and Perils*. Department of Psychotherapy, Masaryk University, The Czech Republic.
- Jennings, L.** (October, 2013). *International Service Learning in Singapore*. First Inaugural Service Learning and Civic Engagement Partnership Conference at the University of St. Thomas, Minneapolis, MN.
- Jennings, L.** (January, 2013). *Multicultural Knowledge and Skills of Singaporean Master Therapists*. National Institute of Education, Nanyang Technological University, Singapore.
- Jennings, L.** (April, 2010). *Diversity Issues in Counseling in Singapore*. UST International Dinner Discussion. University of St. Thomas, St. Paul, MN.
- Jennings, L.** (January, 2010). *The practice of psychotherapy in a multicultural context*. School of Human Development & Social Services Seminar Series, Singapore Institute of Management (UniSIM), Singapore.
- Jennings, L.** (January, 2010). *Welcome to the counseling profession*. School of Human Development & Social Services New Student Orientation. Singapore Institute of Management (UniSIM), Singapore.
- Jennings, L.** (March, 2008). *Psychotherapy Expertise in Singapore*. National Institute of Education, Nanyang Technological University, Singapore.
- Jennings, L.** (May, 2003). *The Application of the CER Model of Therapist Expertise to Creativity and Wisdom in Leadership*. Invited Panelist to Respond to APA President, Dr. Robert Sternberg's Presentation on Creativity and Wisdom Minnesota Psychological Association's President's Conference
- Jennings, L.** (December, 1999). *The Cognitive, Emotional, and Relational Characteristics of Master Therapists*. Minnesota College Personnel Association Conference, Duluth, MN

## ADDITIONAL PRESENTATIONS

<b>Nurturing Master Therapist Characteristics in Novice Therapists</b> Care Counseling Minneapolis, MN	2022
<b>Supervision with Novice Therapists</b> Care Counseling Minneapolis, MN	2022
<b>Tribute to Thomas M. Skovholt</b> Counseling and Student Personnel Psychology Retirement Party for Thomas M. Skovholt University of Minnesota	2019
<b>Multicultural Knowledge and Skills of Singaporean Expert Therapists</b> Guest Lecturer, Multicultural Counselling National Institute of Education Nanyang Technological University, Singapore	2019, 2017 2015, 2013
<b>Empathy Training</b> Presenter, Ameriprise Corp. Las Vegas, NV, Minneapolis, MN	2017
<b>Psychotherapy Expertise</b> Guest Lecturer, Doctoral Seminar Counseling & Student Personnel Psychology Program University of Minnesota	2008-15
<b>Master Therapists</b> Guest Lecturer, Masters Skills Course Counseling & Student Personnel Psychology Program University of Minnesota	2011-12
<b>White Identity Development</b> Graduate Counseling Multicultural Course, Bethel University	2005-07
<b>Communication Skills and Conflict Management</b>	2002

Mini-MBA in Real Estate Program, University of St. Thomas

**What Do I Really Want to Do? Strategies for Changing Careers** 2000  
Compleat Scholar Program, University of Minnesota

**Deciding to Attend Graduate School** 1999-2000  
Compleat Scholar Program, University of Minnesota

**Future Trends in Psychology** 1999  
Metropolitan Community Mental Health

**Personal Characteristics of Master Therapists** 1996  
United HealthCare Corporation, Golden Valley, MN

**In Search of Meaningful Work** 1992  
Lockheed Missile and Space, Inc., Sunnyvale CA  
1992 “Women of the 90’s” Career Symposium

**Marketing Your Career Services** 1986  
Midwest Association for Student  
Employment Administrators, Champagne, IL

## RESEARCH GRANTS

University of St. Thomas Research Grant for 2021  
“Master Therapists and Wisdom.” \$5600

National Institute of Education Research Grant, Singapore 2019  
Consultant on faculty research projects. \$2250

CIEE International Faculty Seminar Grant 2017  
Chinese Students in Context: Strategies for a Globalized Campus  
Shanghai, China \$4400

National Institute of Education Research Grant, Singapore 2017  
Consultant on doctoral research projects. \$2250

National Institute of Education Research Grant, Singapore 2015  
Consultant on doctoral research projects. \$2250

Masaryk University Department of Psychology Research Grant 2014  
Brno, The Czech Republic, “Czech Master Therapists.” \$4500

UST Sudden Opportunity Grant to conduct research on 2014  
“Czech Master Therapists.” \$600

UST Level 3 Research Grant for development of edited book <i>Expertise in counseling and psychotherapy: Master therapist studies from around the world.</i> \$12,900	2012
UST International Education Center Faculty Travel Grant to explore Study Abroad course feasibility. \$2000	2008
National Institute of Education Research Grant, Singapore for “Singaporean Master Therapists.” \$10,000	2006
University of St. Thomas Sabbatical Assistance Grant for “Singaporean Master Therapists.” \$4100	2005
University of St. Thomas Research Assistance Grant for “Ethical Values of Master Therapists.” \$3900	2001
National Institute of Education Research Grant, Singapore for “Singaporean Master Therapists” \$3000	1997
Lowell W. Hellervik/Personnel Decisions, Inc. Professorship in Adult Career Development Research Grant, Thomas Skovholt and Len Jennings. \$14,000	1995

### **SERVICE TO THE UNIVERSITY, CAPS, GSPP, AND PROFESSION**

- UST Internal Review Board (IRB) Committee, 2019-present
- UST Tenure and Promotion Committee, 2018-22 2016, 2014
- UST Service Learning Advisory Board Nominations Committee, 2012-2015
- UST Academic Review Committee for International Education, 2013
- UST Service Learning Advisory Board, Member, 2012-2015
- UST Search Committee for Service Learning Director, 2012
- UST Search Committee for International Education Director, 2011
- UST Internal Review Board (IRB) Committee, 2010-11
- UST Marshal at Commencement, 2004-09
- UST Faculty volunteer for IDEA pilot study, 2008-09
- UST Interim Inter-Professional Clinic Site Supervisor, 2007
- UST Life/Works Psychologist Search Committee, 2006-07
- UST Graduate Policies and Procedures Committee, 1999-2001
- MCOH Full Professor Promotion Committee for Dr. Jean-Pierre Bongila, 2022
- MCOH Curriculum Committee, 2020-present
- MCOH Tenure and Promotion Committee for Dr. Hill, 2020

- CELC Full Professor Promotion Committee, 2017
- CELC Full Professor Promotion Committee, 2013
- CELC Full Professor Promotion Committee, Chair, 2012
- CELC IDEA Committee, 2009-present
- CELC Advising Committee, 2008-present
- CELC Revisioning Committee, 2007-08
  
- GSPP Tenure and Promotion Committee for Dr. Renninger 2022
- GSPP Tenure and Promotion Committee, Chair for Dr. Nelson 2020
- GSPP Chair, Peer Review of Teaching Committee for Dr. French
- GSPP Graduate Student Organization, Faculty Liaison 2010-present
- GSPP Tenure and Promotion Committee, Chair, 2013-14
- GSPP Faculty Search Committee, 2013-14
- GSPP Diversity Committee--Co-Chair, 2007-2013
- GSPP Comprehensive Exam Committee, 2007-2012
- GSPP MA Program Director Search Committee, 2011
- GSPP Remediation Committee, 2008-09
- GSPP Masters Program Committee, 2006-07
- GSPP Practicum Coordinator Search Committee, 2006-07
- GSPP Assistant Professor Faculty Search Committee, 2006-07
- GSPP Student Grievance Committee, 2006-07
- GSPP Diversity Committee--Chair, 2006-07
- GSPP Diversity Committee, 2004-05
- GSPP Comprehensive/Qualifying Examinations Committee--Chair, 2001-05
- GSPP Faculty Search Committee, 2004-05
- GSPP Dean Search Committee, 2003-04
- GSPP Co-Chaired MA Student Group, 2003-04
- GSPP Moderator for GSPP Alumni Event, 2003-04
- GSPP Training and Admissions Committee, 2002-03
- GSPP Dean Search Committee, 2001-02
- GSPP Curriculum Committee—Co-Chair, 2001-02
- GSPP Training Committee, 2001-02
- GSPP Scholarly Development Committee, 2001-02

### **STATE AND NATIONAL SERVICE**

- APA Division 17 Reviewer for International Counseling Psychology 2022 APA Annual Convention.
- APA Division 17 Reviewer for Section on Positive Psychology for the virtual 2021 APA Annual Convention.
- APA Society of Counseling Psychology (Div. 17). 2021 International Counseling Psychology Mentor Program Volunteer.

- APA Division 17 Reviewer for 2020 128<sup>th</sup> APA Annual Convention, Washington, D.C.
- APA Division 17 Reviewer for 2018 126<sup>th</sup> APA Annual Convention, San Francisco, CA
- Interim Co-Director of Training, University of St. Thomas APA-Approved Counseling Psychology Program. (2010-2011)
- Council for Counseling Psychology Training Programs (CCPTP), Teaching Awards Committee Member (2011)
- Minnesota Psychological Association, Teaching Awards Committee Member (2001-2007)
- Counseling Psychology Division (#17), (APA) University of St Thomas Program Liaison (2007)

### **PROFESSIONAL ASSOCIATIONS**

- American Psychological Association
- Minnesota Psychological Association
- Counseling Psychology Division #17, (APA)
- International psychology Division #17 (APA) Life Member

### **AWARDS/HONORS**

- 2022 Society of Counseling Psychology's International Section's Lifetime Achievement Award Finalist
- 2021 Society of Counseling Psychology's International Section's Excellence Award Finalist for book: *Expertise in counseling and psychotherapy: Master therapist studies from around the world.*
- 2020 Nominee--John Ireland Presidential Award for Outstanding Achievement as a Teacher-Scholar, University of St. Thomas
- 2014-15 Core Fulbright Program, Czech Republic Grant Finalist
- 2012-2013 University of St. Thomas Global Citizenship Award
- 2010 Belton High School Hall of Fame Inductee
- 2005-06 Core Fulbright Program, Thailand Grant Finalist
- 2005-06 University of St. Thomas Sabbatical Grant
- 2005 University of St. Thomas Multicultural Student Services Ally Award
- 2004 Publication in Counselor Education and Supervision Award for Master Therapist book—given by the American Counseling Association's Association for Counselor Education and Supervision (ACES)
- University of Minnesota Graduate School/Educational Psychology Fellowship
- Member of Pi Lambda Theta National Education Honor Society
- Honorary Lifetime Member of Golden Key National Honor Society
- Recipient of the McCann Award for the Outstanding Graduating Senior in Psychology, Missouri Western State College, St. Joseph, MO
- Academic All-Conference Team (Central States Intercollegiate Conference)

## REFERENCES

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