

Jacob Wankel, Psy.D.

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Education

Pacific University, School of Graduate Psychology

Hillsboro, OR

APA Accredited Program

Clinical Psychology, Child Emphasis

Dissertation: *Comprehensive Evaluation of Current Clinical Practices for Building Resilience in Youth Diagnosed with Autism Spectrum Disorder with a Trauma History*

Chair: Joaquin Borrego, PhD

Defended: July 2023

Psy.D. Conferred August 2025

Master of Arts August 2022

Saint John's University, Magna Cum Laude

Collegeville, MN

Bachelor of Arts, Psychology *Minor: Theater*

GPA: 3.83/4.0 (Dean's List 5 semesters)

Thesis: *Who is Really Pulling the Strings? Personality Profile and Threat Assessment of North*

Korean Leader Kim Jong-un

Chair: Aubrey Immelman, PhD

Graduated May 2018

Clinical Training Experience

Post-doctoral Psychological Residency

September 2025 – Present

The Children's Program, Beaverton OR

Primary Supervisor: Rose Eagle, PhD

Secondary Supervisor: Julia Rossi, PsyD

- Perform comprehensive psychological evaluations, including evaluations for autism spectrum disorder, to provide diagnostic clarity and inform future treatment/services
- Perform comprehensive psychological evaluations for the Department of Human Services to provide diagnostic clarity and inform placement decisions
- Provide therapeutic services to individuals and families with interventions rooted in CBT and Family Systems modalities, including parent-child interaction therapy
- Participate in weekly didactic trainings held by licensed psychologists
- Participate in clinic led outreach programs in the community

Pre-doctoral Psychological Internship

August 2024 – Present

The Children's Program, Beaverton OR

APA Accreditation Site Visit Completed May 2025

Primary Supervisor: Casey Wixson, PsyD

Secondary Supervisor: Michael Schwartz, PhD

- Perform comprehensive psychological evaluations, including evaluations for autism spectrum disorder, to provide diagnostic clarity and inform future treatment/services

- Provide therapeutic services to individuals and families with interventions rooted in CBT and Family Systems modalities, including parent-child interaction therapy
- Participate in weekly didactic trainings held by licensed psychologists
- Participate in clinic led outreach programs in the community

Advanced Practicum Student Clinician

July 2023 – July 2024

Family Ties Counseling Center, Portland OR

Supervisor: Caitlin Wilpone-Jordan, PsyD

- Perform in-depth clinical intakes to inform possible diagnoses
- Provide appropriate clinical diagnoses
- Create an informed treatment plan to guide therapeutic interventions rooted in CBT and Family Systems modalities
- Provide therapeutic services to a caseload of approximately 12 weekly clients ranging in ages from 4 to 40

Practicum Student Clinician

September 2022 – July 2023

The Children's Program, Beaverton OR

Supervisor: Stephen Beard, PsyD

- Provided psychometric testing and scoring (see assessment section below) with clients ranging in ages from 4 to 18.
- Worked jointly with licensed clinicians on private psychological evaluations exploring possible diagnoses including autism, ADHD, anxiety, depression, PTSD/other trauma and stressor related disorders, and more.
- Worked jointly with licensed clinicians on evaluations for the Department of Human Services to help inform case planning and provide treatment recommendations
- Wrote integrated reports including feedback from supervisor and licensed clinicians

Practicum Student Clinician

September 2022 – June 2023

Evergreen Public School District, Vancouver WA

Supervisor: Audra Stave, PsyD

- Provided individual therapy, classroom support, conflict reduction, and brief interventions in a school setting to middle school clientele
- Advocated for student clients in the academic settings by communicating with school staff and providing psychoeducation regarding the client
- Coordinated care with teachers, counselors, and parents and collaborated to assist in achieving positive outcomes for the client
- Attended IEP meetings and worked with staff to provide appropriate and beneficial accommodations including access breaks from classroom, behavioral intervention plans, and the introduction of in-school socio-emotional services.

Practicum Student Clinician

August 2021 – August 2022

Pacific Psychology & Comprehensive Health Clinic, Hillsboro OR

Supervisor: Niles Cook, PsyD

- Provided individual and family therapy to a diverse clientele ranging in ages from 5-25 years old in a community mental health setting

- Utilized interventions centering on a cognitive behavioral therapy orientation, such as cognitive reframing, Socratic questioning, and narrative creation
- Completed full intake process including clinical interview, assessment (see assessment section below), and feedback sessions which includes a diagnosis if appropriate
- Wrote integrated reports for clients following the intake process
- Constructed an appropriate treatment plan to support the client's individual needs and goals
- Received weekly group and individual supervision
- Participated in weekly didactic trainings including DEI presentations, overviews of theoretical orientations, and specific interventions trainings

Assessment Experience

Assessment Tools Trained to Administer

- Autism Diagnostic Observation Schedule, 2nd Edition (ADOS-2, Modules 1 – 4)
- Beery-Buktenica Developmental Test of Visual-Motor Integration, 6th Edition (BEERY-VI)
- Comprehensive Test of Phonological Processing, 2nd Edition (CTOPP-2)
- Conners Continuous Performance Test – 3rd Edition (CPT-3)
- Conners Kiddie Continuous Performance Test – 2nd Edition (K-CPT 2)
- Delis-Kaplan Executive Function System (D-KEFS)
- Developmental Profile – 3
- Gray Oral Reading Tests – Fifth Edition (GORT-5)
- Kaufman Brief Intelligence Test – 2 (KBIT-2)
- Kaufman Test of Educational Achievement – 2 (KTEA-2)
- Minnesota Multiphasic Personality Inventory, Third Edition (MMPI-3)
- Minnesota Multiphasic Personality Inventory – Adolescent (MMPI-A)
- NEPSY – 2nd Edition (NEPSY-II)
- PDD Behavior Inventory (PDDBI)
- Personality Assessment Inventory (PAI)
- Personality Assessment Inventory – Adolescent (PAI-A)
- Test of Nonverbal Intelligence – 4th Edition (TONI-IV)
- Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
- Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)
- Wechsler Preschool and Primary Scale of Intelligence (WPPSI-IV)
- Wechsler Abbreviated Scale of Intelligence – Second Edition (WASI-II)
- Wechsler Individual Achievement Test, 4th Edition (WIAT-IV)
- Wide Range Achievement Test – Fifth Edition (WRAT-5)
- Wide Range Assessment of Memory and Learning – Third Edition (WRAML-3)
- Woodcock Johnson Tests of Achievement, Fourth Edition (WJ-IV-ACH)
- Woodcock Johnson Tests of Cognitive Abilities (WJ-IV-COG)

Self-Report & Informant Report Assessment Tools Administered

- Adaptive Behavior Assessment System, Third Edition (ABAS-3)
- Achenbach System of Empirically Based Assessments (ASEBA CBCL, TRF, and YSR)
- Behavior Assessment for Children, Third Edition (BASC-3)
- Behavior Rating Inventory of Executive Function, Second Edition (BRIEF-2)
- Childhood Autism Rating Scale – Second Edition (CARS-2)
- Children’s Depression Inventory, Second Edition (CDI-2)
- Columbia Suicide Severity Rating Scale
- Conner’s Rating Scales, Third Edition (Conner’s 3)
- Collaborative Assessment and Management of Suicidality (CAMS)
- Generalized Anxiety Disorder 7 (GAD-7)
- Panic Disorder Severity Scale (PDSS)
- Patient Health Questionnaire 9 (PHQ-9)
- Quality of Life Enjoyment and Satisfaction Questionnaire (Q-LES-Q)
- Revised Children’s Manifest Anxiety Scale – 2 (RCMAS-2)
- Social Responsiveness Scale, Second Edition (SRS-2)
- Trauma Symptom Checklist for Young Children (TSCYC)
- Vineland Adaptive Behavior Scales, Third Edition (VABS-3)
- Youth Outcome Questionnaire 2.01

Research Experience

Doctoral Dissertation

Defended July 2023

Topic: Comprehensive Evaluation of Current Clinical Practices for Building Resilience in Youth Diagnosed with Autism Spectrum Disorder with a Trauma History

Chair: Joaquin Borrego, PhD

School of Graduate Psychology, Pacific University

- Extensively gathered and reviewed literature on the topics of ASD, trauma, resilience, and current relevant clinical practices
- Determined which clinical practices would be included in the literature review
Compiled the research findings into a comprehensive literature review briefly exploring the history of ASD, trauma research, and resilience, and analyzing the current clinical practices targeting all three areas

Undergraduate Senior Thesis

2017-2018 Academic Year

Topic: Who is Really Pulling the Strings? Personality Profile and Threat Assessment of North Korean Leader Kim Jong-Un

Chair: Aubrey Immelman, PhD

Department of Psychology, Saint John’s University and the College of Saint Benedict

- Worked collaboratively with an advisor to create a personality profile and threat assessment of Kim Jong-un.
- Compiled a literature review on the history of personality profiles in political psychology and personality psychology, the political history of North Korea, the Kim family, and current events.
- Collected data relevant to the personality of Kim Jong-un through non-direct means.

- Used the data to construct a personality profile according to an empirical, theory-driven, categorical approach known as the Millon Inventory of Diagnostic Criteria (MIDC).

Summer Research Assistant

Summer 2017

Department of Psychology, Saint John's University and the College of Saint Benedict

Supervisor: Aubrey Immelman, PhD

- Worked with a small team to perform an in-depth literature review into personality psychology theories and political psychology approaches.
- Worked with the team to construct a personality profile of Kim Jong-un based on an empirically supported and theoretically grounded methodology.
- Collected and synthesized data relevant to the personality of Kim Jong-un.

Research Consultant

2017-2018 Academic Year

Department of Psychology, Saint John's University and the College of Saint Benedict

Supervisor: Ben Faber, PhD

- Collaborated with a team led by a professor to create an experiment that attempts to measure the process of learning. This was done by performing extensive research into how learning has previously been recorded and what the different types of learning are.

Research Consultant

Spring Semester 2017

Department of Psychology, Saint John's University and the College of Saint Benedict

Supervisor: Ben Faber, PhD

- Collaborated with a team led by a professor to create an experiment and conduct a pilot study focusing on the relationship between physiological cues and entering an ideal state of learning. The experiment took data on physiological reactions such as galvanic skin response and heart rate variability.
- Performed a literature review in order to prepare the experiment

Co-author of Research Project

Fall Semester 2016

Department of Psychology, Saint John's University and the College of Saint Benedict

Supervisor: Robert Kachelski, PhD

- Performed an in-depth literature review to discover what related studies have been performed and what their results are.
- Created and conducted a small-scale experiment to test whether formatting a multiple-choice test in a specific way will alter participants' confidence level throughout the test.
- Presented findings in a poster format at Saint John's University

Presentations

Wankel, J. (2023, April 12) *Pathological demand avoidance* [Powerpoint presentation]. The Children's Program, Beaverton, OR, United States

Wankel, J., Tobin, E., Jbarah, H., & Schaer, T. (2022, June 28) *Depression (grief?) in an emerging adult: A CBT approach* [Powerpoint presentation]. Pacific Psychology & Comprehensive Health Clinic, Hillsboro, OR, United States

Cardinal, G., Ernste, C., & Wankel, J. (2016, April 23) *The effects of item difficulty and question order on confidence level when taking multiple-choice tests* [Poster presentation]. College of Saint Benedict and Saint John's University Scholarship and Creativity Day, Collegeville, MN, United States

Other Relevant Experience

Psychometrist

September 2023 – July 2024

The Children's Program, Beaverton OR

Supervisor: Stephen Beard, PsyD

- Create assessment battery catered to client's presenting concern
- Rapidly build rapport with client to aid in compliance over testing session
- Administer and score psychometric assessments to clients aged 5 to 18
- Insert data into comprehensive data tables to be interpreted by psychologists
- Record relevant behavioral observations and share with psychologists to help inform case conceptualization

Academic Tutor

June 2021 – July 2023

Periscope Tutoring, Forest Grove OR

Boss: Carol McConnell

- Provided individual academic tutoring to students from elementary to high school (aged 8 to 15)
- Supported the students by educating them in study habits, homework activation, and paper writing
- Supported the parents of students by assisting them in understanding the way their child learns

Homework Coach

October 2020 – July 2023

Self-Activated Students, Behavioral Diagnostics & Treatment, Portland, OR

Supervisor: Antonia Foster, PhD & Michael Fulop, PhD

- Utilized Motivational Interviewing (MI) techniques to assist student's aged 13 to 16 academic activation
- Provided mindful focus on the student, observing their performance, to enhance concentration
- Assisted student in trying new strategies to develop new habits and skills
- Affirmed student's successes and attempt to identify and accent change talk

Team Coordinator/Registered Behavior Technician

May 2018 – July 2020

Northway Academy, REM Central Lakes, Saint Cloud, MN

Bosses: Jessica Sauter, MA, BCBA; Ashley Johnson, MBA, MA, BCBA

- Performed Applied Behavior Analysis (ABA) and DIR Floortime methods on children and adolescents (aged 2 through 16) diagnosed with autism or other intellectual and developmental delays
- Encouraged neurodevelopment and teach skills of independence and coping skills.
- Led a team of four to six Registered Behavior Technicians and ensure program integrity

- Specialized in four to five children's programs, behaviors, treatment goals, and personalities
- Built the necessary rapport to be welcomed into the daily lives of the children

Behavioral Health Technician

May 2018 – June 2020

Recovery Plus Adolescent, CentraCare Health, Saint Cloud, MN

Boss: Jake Toratti, MS, LADC

- Worked with chemically dependent youth (ages 12 to 18) in an inpatient setting who are working towards sobriety
- Led clients through designated day to day programming
- Observed and recorded clients' behaviors throughout the day
- Developed rapport with clients in order for them to thrive in the treatment environment
- Intervened and redirected any maladaptive behaviors throughout the day

Behavioral Health Intern

Spring Semester 2018

CentraCare Health, Saint Cloud, MN

Supervisor: Scott Palmer, PhD

- Observed licensed psychologist providing therapy to children, adolescents, and adults
- Learned, administered, and scored various psychological tests such as WISC-V, WAIS-IV, Woodcock-Johnson IV, and the IVA-2.
- Researched effective treatment plans for unique situations to assist the licensed psychologists with their clients.

Academic Service

PsyD Admissions Committee Member

December 2022 – February 2023

Pacific University, School of Graduate Psychology, Hillsboro, OR

- Reviewed a selection of prospective graduate student applications in details
- Identified whether applications were best suited for the program's child emphasis or an alternative emphasis
- Provided in-depth written feedback and rated the strength of each reviewed application

Student Notetaker

January 2022 – April 2022

Pacific University, Office of Academic Accommodations, Hillsboro, OR

- Compiled precise notes for a course and provided them to classmate with academic accommodations
- Coordinated with the classmate to ensure sufficient classroom participation remotely

Cognitive Assessment Teaching Assistant

January 2022 – April 2022

Pacific University, School of Graduate Psychology, Hillsboro, OR

Supervisor: Viva Wheaton, PsyD

- Lead weekly lab and instructed students regarding administering the WAIS-IV and WJ-IV
- Instructed students on how to write integrated psychological reports
- Read and graded integrated reports, offered constructive feedback

- Collaborated, corresponded, and ensured consistency with professor and fellow TAs

Academic Tutor/ Teaching Assistant

November 2020 – June 2021

*Forest Grove Community School, Forest Grove, OR**Supervisor: Vanessa Gray, principal*

- Provided individualized tutoring to students who are struggling with online education
- Created practice problems based on the subject and skills the student is struggling with
- Led small groups and facilitate discussion
- Maintained students' motivation through encouragement and validation

Treasurer for Psi-Chi Chapter

Fall 2016 – Spring 2018

- Managed the funds of the chapter which allowed events to be put on throughout the year
- Managed fundraising events throughout the year to increase funds
- Provided leadership to chapter members in events

Developmental Psychology Teaching Assistant

August 2017 – December 2017

*Department of Psychology, Saint John's University and the College of Saint Benedict**Supervisor: Rodger Narloch, PhD*

- Graded weekly resource papers and quizzes pertaining to developmental psychology
- Worked with the course professor to ensure quality was maintained
- Worked with fellow teaching assistant to ensure consistency in grading

Skills and Certifications

Autism Diagnostic Observation Schedule Training	October 2024
Qualified Mental Health Professional – Registrant	August 2022
Trauma Focused CBT	November 2021
QPR Gatekeeper Training for Suicide Prevention	November 2021
American Red Cross First Aid/CPR/AED Certification	January 2020
Certified Instructor/Practitioner of DIR/Floortime	September 2019
Nonviolent Crisis Intervention	September 2018
Columbia Suicide Severity Rating Scale	August 2018
Physical Intervention Alternatives	May 2018
Motivational Interviewing Certification	June 2017

Memberships

Oregon Psychological Association, Student Member	September 2023
American Psychological Association of Graduate Students (APAGS)	September 2023
American Psychological Association, Graduate Student Member	September 2023
Minnesota Psychological Association, Student Member	October 2016
Psi-Chi, Student Affiliate	October 2016

References Available Upon Request