

JORGE C. ARMESTO, Ph.D., Ed.M., C-IAYT

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EDUCATION

Ph.D. Clinical Psychology, June 2005	University of Massachusetts Boston
M.A. Clinical Psychology, March 2000	University of Massachusetts Boston
Ed.M. Risk and Prevention, June 1993	Harvard University
B.A. Psychology, April 1992	Florida International University
A.A. Psychology, December 1989	Miami Dade Community College

LICENSURE

- Rhode Island License as a Psychologist #PSO1089, Issued 08/25/2008
- Massachusetts License as a Psychologist and Health Service Provider #8865, Issued 4/18/2008

CURRENT PROFESSIONAL EXPERIENCE

Psychologist (05/2008-Present)

Private Practice, Bristol, Rhode Island

Duties: I am a bilingual (English/Spanish) and bicultural clinical and forensic psychologist. I specialize in providing multilingual and culturally informed psychological treatment and evaluations to diverse adult populations. Using a trauma-informed, somatic- and compassion-focused therapeutic lens, I work with adults who are grappling with various life issues including complex trauma, medical conditions, and end-of-life care.

Consulting Psychologist (01/2018-Present)

Bristol Community College, Fall River, MA

Duties: Provide supervision to graduate students and clinical consultation to counseling staff. Collaborate with other departments within the BCC community with regard to mental health and wellness needs.

Educational Director, Self-Compassion in Psychotherapy (SCIP Certificate Program)

Center for Mindful Self-Compassion, San Diego, CA. (2022-2023)

Small Group Facilitator, Self-Compassion in Psychotherapy (SCIP) Certificate Program

Center for Mindful Self-Compassion, San Diego, CA. (2021-Present)

Section Faculty, Certificate Program in Mindfulness and Psychotherapy (2017-Present)

The Institute for Meditation and Psychotherapy, Cambridge, MA.

Certified Teacher, Mindful Self-Compassion (MSC) (10/2018 to Present)

-Certified Instructor, Live Online MSC, Center for Mindful Self-Compassion, San Diego, CA

-Senior Instructor, Center for Mindfulness and Compassion, Cambridge Health Alliance, Cambridge, MA

-Instructor, Mindfulness & Health Institute, Providence, RI

-Instructor, HeartWell Institute, Worcester, MA

POST-DOCTORAL TRAINING & CERTIFICATIONS

Compassionate Inquiry 240-hour Online Professional Training (02/2022 – 02/2023) with Dr. Gabor Mate & Sat Dharam Kaur, ND.

Self-Compassion in Psychotherapy Certificate Program (03/13/2021-10/03/2021), Center for Mindful Self-Compassion, 10601-G Tierrasanta Blvd. #205, San Diego, CA 92124.

International Association of Yoga Therapists Certified Yoga Therapist (C-IAYT), Little Rock, Arkansas (December 26, 2020).

Mindful Self-Compassion Certified Teacher (December 4, 2020), UC San Diego Center for Mindfulness. Mentor: Ms. Vanessa Hope.

Mindfulness Training for Primary Care (MTPC) Group Leader Training (11/11/20 – 11/15/20), Cambridge Health Alliance Center for Mindfulness and Compassion.

Mindfulness-Based Cognitive Therapy Professional Training (09/26/19-09/29/19), Center for Mindfulness and Compassion, Cambridge, MA. Faculty: Ms. Susan Woods, MSW, LICSW.

Yoga Alliance RYT-500 Registered Yoga Teacher, ID# 299138, August 2019 to present.

Phoenix Rising Yoga 200-Hour Teacher Training (02/2018–08/2019), Phoenix Rising Yoga Therapy School, 33 Railroad Street, Great Barrington, Massachusetts.

Mindful Self-Compassion Teacher Training (06/24/18-06/30/18), Ecology Retreat Centre, Ontario, Canada
The Center for Mindfulness Studies, 180 Sudbury Street, Toronto, Ontario, Canada.

Mindful Self-Compassion Intensive Training (03/11/18-13/16/18), Sedona Mago Retreat, Sedona, Arizona
Center for Mindful Self-Compassion, 10601-G Tierrasanta Blvd. #205, San Diego, CA 92124

Foundations in Buddhist Contemplative Care Training Program (09/2015-05/2016)
New York Zen Center for Contemplative Care, 119 W. 23rd Street, Suite 401, New York, NY 10011

Certificate Program in Mindfulness and Psychotherapy (09/2014-05/2015)
The Institute for Meditation and Psychotherapy, 51 Martin Street, Cambridge, MA 02138

PAST PROFESSIONAL EXPERIENCE

Parole Board Member (02/2013-08/2021)

State of Rhode Island Parole Board

Duties: The Parole Board considers the early release of incarcerated offenders according to R.I.G.L. § 13-8-1 et seq. The Parole Board members determine when and if an offender is release from prison using a structured decision-making process that focuses on community and victim safety.

Director of Behavioral Health (10/2012-12/2013)

Bethany Home of Rhode Island, Providence, Rhode Island

Duties: Implemented behavioral health policies and coordination of psychological care services for a facility that provides skilled nursing, restorative, hospice and respite care for adults. Provide individual and family psychotherapy for residents.

Forensic Evaluator (09/2007-04/2008)

Forensic Service, Bridgewater State Hospital/Massachusetts Department of Correction, Bridgewater, MA

Forensic Health Services, Braintree, MA

Supervisor: Stephen DeLisi, Ph.D.

Duties: Conducted court-ordered aid-in-sentencing evaluations of adult male patients pursuant to M.G.L. Chapter 123, § 15. Performed diagnostic and collateral interviewing, psychological testing, report writing, after-care planning and expert witness testimony. Provided clinical supervision to master's level trainee.

Psychometrician (04/2001-05/2003)

Forensic Service, Bridgewater State Hospital/Massachusetts Department of Correction, Bridgewater, MA

Supervisors: David W. Holtzen, Ph.D. and Ira K. Packer, Ph.D.

Duties: As member of diagnostic assessment team, conducted mental status exams, diagnostic interviews and administered, interpreted, and integrate psychological and neuropsychological assessment measures to aid in diagnosis of adult patients undergoing forensic evaluations under Massachusetts General Law, Chapter 123, § 7/8, 15, 16, and 18.

Psychotherapist/Program Coordinator/Interim Supervisor (03/1994-06/1996)

Great Brook Valley Health Center, Worcester, MA

Supervisor: Dale Young, Psy.D., M.P.H.

Duties: Conducted bilingual individual and group psychotherapy with underserved urban residents, crisis intervention/assessment, intake evaluations and psycho-educational groups. Developed, implemented, and coordinated a bilingual parenting program with a focus on psychosocial issues that affect parenting practices. Managed the social service department and provided clinical supervision to social workers, led weekly staff meetings, and conducted performance evaluations.

Mental Health Counselor (06/1993-04/1994)

Northwest Dade Center, Hialeah, FL

Duties: Counseled migrant farm workers and their families who were victims of Hurricane Andrew and had been identified as having PTSD. Provided crisis intervention, psychosocial assessment, individual counseling, play therapy, case management and organized psycho-educational workshops on parenting skills, social skills, violence prevention and substance abuse prevention.

Forensic Evaluator (20 Hours/week, 09/2005-03/2006)

Forensic Service, Bridgewater State Hospital/Massachusetts Department of Correction, Bridgewater, MA

University of Massachusetts Medical School, Worcester, MA

Supervisor: Ira K. Packer, Ph.D.

Duties: Conducted court-ordered competency to stand trial, criminal responsibility, and need for care and treatment forensic evaluations of adult male patients pursuant to M.G.L. Chapter 123, § 7/8, 15, 16, and 18. Performed diagnostic and collateral interviewing, psychological testing, report writing, and expert witness testimony.

Unit Therapist (16 Hours/week, 12/2005-07/2006)

Massachusetts Treatment Center/Massachusetts Department of Correction, Bridgewater, MA.

Forensic Health Services, Inc., Braintree, MA

Supervisor: Alejandro Leguizamo, Ph.D.

Duties: Provided group therapy for sex offenders serving state prison sentences and for sex offenders who were civilly committed (one day to life sentences). Designed and taught psycho-educational classes, conducted treatment planning and developed culturally- relevant treatment resources for a diverse Spanish-speaking population. Supervised Master's level clinicians.

Bilingual School Psychologist (40 Hours/week, 09/2006-04/2007)

Unified Student Services, Boston Public Schools, Boston, MA

Supervisor: Paula St. James, Ph.D.

Duties: Provide psychoeducational testing, counseling, and consultation for school-age children attending the Boston Public Schools. Assisted multi-disciplinary treatment teams determine eligibility for special education services.

PRE-DOCTORAL TRAINING

Pre-doctoral Intern (full-time, 06/2003-05/2004)

VA Boston Healthcare System, Brockton Division/Harvard Medical School (APA Accredited), Brockton, MA

Major Rotation: Acute Inpatient Psychiatry/Domiciliary. Minor Rotation: Geropsychology

Supervisors: John Pepple, Ph.D., Benjamin Presskreischer, Ph.D., Jim Curran, Ph.D., Jennifer Moye, Ph.D. and Michele Karel, Ph.D.

Duties: Provided individual and group psychotherapy to inpatient psychiatric patients representing the full spectrum of psychopathology and functional decline. Conducted psychological evaluations and case formulations. Participated in diagnostic interviews, treatment planning, risk assessment, family evaluations and consultations with other wards and disciplines. Conducted capacity evaluations for veterans residing in nursing home and transitional care units.

Trainee (20 hours/week, 09/1999-06/2000)

Forensic Service Department, Worcester State Hospital

University of Massachusetts School of Medicine, Worcester, MA

Supervisors: Mathew Zaitchik, Ph.D., Leslie Malkiewich, Ph.D., & Elizabeth W. Henrikson, Ph.D.

Duties: Assisted team in performing court-mandated forensic evaluations and mandatory forensic reviews under Massachusetts General Law, Chapter 123, § 7/8, 15, 16, and 18. Conducted mental status exams and clinical forensic interviews under live supervision. Administered, interpreted, and integrated psychological and neuropsychological assessment measures of patients undergoing forensic evaluations.

Trainee (20 hours/week, 09/1998-06/1999)

Bilingual Assessment Clinic, Franciscan Children's Hospital, Boston, MA

Supervisors: Frank Hernandez, Ph.D. and Emma Kraidman, Ph.D.

Duties: Delivered outpatient and school-based psychotherapy and testing services to disadvantaged urban children aged 2-18 years. Performed diagnostic assessment, treatment planning, and individual and family therapy. Conducted psychological, cognitive and neuropsychological testing, parenting training, and case consultations to schools and medical staff.

Fellow (full-time, 07/1996 -06/1997)

National Association of Community Health Centers, Washington, DC

Johns Hopkins University, School of Hygiene and Public Health, Baltimore, MD

Purpose: To prepare healthcare professionals for leadership roles with medically underserved populations in community, migrant and homeless healthcare settings.

Duties: Coordinated and restructured clinical programs including healthcare for the homeless, social services, and school-based health clinics. Supervised social workers, led staff development and training.

Trainee (24 hours/week, 09/1992-06/1993)

The Medical Foundation Prevention Center, Boston, MA

Supervisor: Margie Henderson, M.A.

Duties: Developed, organized, and facilitated psycho-educational groups for inner-city prevention programs on parenting skills, substance abuse, sex education, and violence prevention. Helped organize and facilitate the "Peer Institute," a statewide conference for peer leaders sponsored by the Massachusetts Department of Public Health.

TEACHING & MENTORING EXPERIENCE

Pepperdine University

Dissertation Committee Member: Bailey, J. (2020). "Self-compassion based stress management workshop for family caregivers of individuals with Alzheimer's disease."

Union Institute and University

Dissertation Committee Member: Becker, J. M. (2016). "The space we inhabit together." Exploring the impact of legal marriage on the lives of gay men in same-sex marriages.

William James College (formerly Massachusetts School of Professional Psychology)

Practicum Supervisor, Fall 2013, Spring 2014, Fall 2014, & Spring 2015

Dissertation Committee Member: Delcambre, Z. (2016). Development of a self-paced computer-based training module of motivational interviewing for Spanish-speaking clinicians.

University of Massachusetts Boston

Instructor for Research Apprenticeship, Fall 2001 and Spring 2002

Instructor for Adolescent Development, Fall 2000 and Spring 2001

Teaching Assistant for Social Psychology, Fall 1997, Spring 1998, and Spring 2002

Teaching Assistant for Infant and Child Development, Spring 1998

Teaching Assistant for Adolescent Development, Fall 1997

RESEARCH EXPERIENCE

Research Psychologist (05/2019-12/2021)

Department of Veterans Affairs, Providence, RI

Study Title: Mindful Self-Compassion for combat deployed Veterans with Moral Injury and co-occurring PTSD and substance use disorders. Principal Investigator: Dr. Erica M. Eaton, Ph.D.

Duties: Teach MSC to combat deployed Veterans that experience moral injury, PTSD, and substance use disorders to test the acceptability and feasibility of MSC with this clinical population.

Research Associate (09/2004-05/2005)

Geriatric Mental Health Clinic, VA Boston Healthcare System, Brockton Division/Harvard Medical School, Brockton, MA

Principal Investigator: Jennifer Moye, Ph.D. (Principal Investigator)

Research Projects: (1) *Limited guardianship to maximize independence of elders: A review of law and practice with implications for Massachusetts.* (2) *Improving assessment of the capacity to make a medical decision: A pilot study.* Duties: Coordinated all aspects of planning, implementation, data collection (both archival research & clinical interviewing) and assisted with report writing.

Research Fellow (Summer 2005)

Summer Training on Aging Research Topics—Mental Health (START-MH)

Division of Geriatric Psychiatry, University of California, San Diego, CA

Principal Investigator: Jennifer Moye, Ph.D.

Host Institution: VA Boston Healthcare System, Brockton Division/Harvard Medical School

Research Project: Assessment of Capacity to Consent to Treatment in Older Adults with Dementia and Schizophrenia.

Research Coordinator (09/1997-06/2001)

Schizophrenia Research Lab, University of Massachusetts Boston, Boston, MA

Principal Investigator: Amy G. Weisman, Ph.D.

Research Project: Conducted research on sociocultural factors that influence the course of schizophrenia.

Duties: Coordinated all phases of research including recruitment, data collection (clinical interviews), data analysis and report writing.

Research Intern, (Summer 1991 and 1992)

Minority Research Internship, University of California, Riverside, CA

Principal Investigator: DeWayne Mason, Ph.D.

Research Project: Investigated teachers' views on combination grade classes in Southern California.

Duties: Conducted data collection (clinical interviews) in school districts throughout Southern California. Assisted with data management and report writing.

PROFESSIONAL PRESENTATIONS

- Germer, C., & Armesto, J.C. (2023). Self-Compassion and Psychedelic-Assisted Psychotherapy 3-Hour Online Workshop. California Institute for Integral Studies Center for Psychedelic Therapies and Research, January 28, 2023.
- Greenberg, B.D., Mernoff, S.T., Eaton, E., Jones, S., & Armesto, J.C. (2021). Mindfulness in Practice. Rhode Island Brain Week: A Cerebral Celebration of the Mind, Online Event, March 19, 2021.
- Armesto, J. C. & Fairchild, S. (2019) Self-Compassion as a Path to Befriend and Transform the Inner Critic. Harvard Medical School Countway Library of Medicine, Cambridge, MA. September 12, 2019.
- Armesto, J. C. (2015) Representing the Hispanic Latino Client in Worker's Compensation Cases. Panel discussion facilitated by Honorable Judge M. Ferriri, Associate Judge, RI Worker's Compensation Court. CCRI Knight Campus, Warwick, RI.
- Armesto, J. C. (2012) Social Security Disability Evaluations: Similarities and Differences from Capacity Evaluations. VA Boston (Brockton Campus) Harvard Medical School, Brockton, MA.
- Armesto, J. C. (2011) Assessment Challenges in Evaluating Individuals with Chemical and Electromagnetic Hypersensitivities: A Clinical Case Presentation. VA Boston (Brockton Campus) Harvard Medical School, Brockton, MA.
- Armesto, J.C. & Maestri, X. (2010). Psychological Presence: How to help patients and families cope with loss. Presented at the Southern New England Rehabilitation Center Annual Conference: "Brain Tumor Rehabilitation: Changing Outcomes Changing Lives."
- Armesto, J.C. & Maestri, X. (2009). *Accepting Help*. Community Education Symposium on Brain and Spine Tumors sponsored by the Rhode Island Spine and Brain Tumor Foundation, Warwick, Rhode Island.
- Moye, J., Karel M. J., Gurrera R. R., Armesto J. C., Davis, R., Dicenso, D., & Cantor, M. (2005). *Improving assessment of the capacity to make a medical decision*. Presentation at the Harvard Older Americans Independence Center, Boston, MA.
- Armesto, J. C., Moye, J., Karel, M. J., Gurrera, R. R., Davis, A. R., & Dicenso, D. (2005). *Assessment of capacity to consent to treatment in older adults with dementia and schizophrenia*. Poster presented at the Summer Training on Aging Research Topics—Mental Health Fellowship (START-MH), San Diego, CA.
- Weisman, A., Rosales, G., Kymalainen, J., & Armesto, J. C. (2004). *Expressed emotion and interdependence in Anglo-American and Latino/Hispanic American family members of patients with schizophrenia*. Poster presented at the Society for Research in Psychopathology, St. Louis, MO
- Moye, J., Armesto, J. C., Azar, A., Karel, M., Gurrera, R., & Grisso, T. (2004). *The concept of "appreciation" in the evaluation of consent capacity in older adults with dementia*. Poster presented at the American Psychology – Law Society Annual Conference in Scottsdale, AZ
- Rosales, G., Weisman, A., Kymalainen, J. & Armesto, J. C. (2003). *Self-construal and expressed emotion in Black, Latino, and White family members' of patients with schizophrenia*. Poster presented at the

Society for Research in Psychopathology, Toronto, Canada

- Belle, G., & Armesto, J. C. (2002). *Conducting forensic evaluations at Bridgewater State Hospital*. Paper presented at the VA Boston Healthcare System, Brockton Division/Harvard Medical School, Brockton, MA.
- Armesto, J. C. (2001). *Transitions to fatherhood: A workshop for pre- and post-adoptive gay men*. Workshop presented at the Open Door Society Adoption Conference, Holliston, MA.
- Armesto, J. C., & Weisman, A. G. (2000). *Parents' reactions to the identity disclosure of a homosexual child*. Poster presented at the American Psychological Society, 12th Annual Convention, Miami Beach, FL.
- Armesto, J. C., Weisman, A. G., & Rosales, G. (2000). *Divorce in the Latino community: Cultural considerations in the development of a court-mandated parent program*. Poster presented at the American Psychological Society, 12th Annual Convention, Miami Beach, FL.
- Kymalainen, J., Koinis, D., Armesto, J. C., & Murdock, K. K. (2000). *Parents coping with stresses of divorce*. Poster presented at the American Psychological Society, 12th Annual Convention, Miami Beach, FL.
- Rosales, G., Weisman, A. G., & Armesto, J. C. (2000). *Communication and conflict resolution: An integral part of a court-mandated parent education program*. Poster presented at the American Psychological Society, 12th Annual Convention, Miami Beach, FL.
- Armesto, J. C. (2000). *Shame, guilt, and attributions as predictors of parents' reactions to the identity disclosure of a homosexual child and parental help-giving behavior*. Paper presented at the University of Massachusetts Boston Graduate Student Conference Annual Meeting, Boston, MA.
- Armesto, J. C., & Weisman, A. G. (1999). *The role of attributions, religiosity, and ethnicity in parental homophobia and help-giving behavior toward a homosexual child*. Poster presented at the Interamerican Congress of Psychology, XXVII Annual Meeting, Caracas, Venezuela.

BIBLIOGRAPHY

- Armesto, J. C. & Shapiro, E. R. (2011). Adoptive Gay Fathers: Transformations of the Masculine Homosexual Self. *Journal of GLBT Family Studies*, 7(1), 72-92.
- Braun, M. M., Gurrera, R. J., Karel, M. J., Armesto, J. C., & Moye, J. (2009) Are Clinicians ever biased in their judgments of the capacity of older adults to make medical decisions? *Generations*, 33(1), 78-81.
- Moye J., Karel M. J., Edelstein B., Hicken, B., Armesto J. C., & Gurrera, R. J. (2007). Assessment of capacity to consent to treatment: Current research, the "ACCT" approach, and future directions. *Clinical Gerontologist*, 31(3), 37-66.
- Moye, J., Wood, E., Edelstein, B., Wood, S., Bower, E. H., Harrison, J. A., & Armesto, J. C. (2007). Statutory reform is associated with improved court practice: Results of a tri-state comparison. *Behavioral Sciences and the Law*, 25, 425-426.
- Moye, J., Wood, S., Edelstein, B., Armesto, J. C., Bower, E. H., Harrison, J., & Wood, E. (2007). Clinical evidence in guardianship of older adults is inadequate: Findings from a tri-state study. *The Gerontologist*, 47, 604-612.
- Gurrera, R. J., Moye, J., Karel, M. J., Azar, A. R., & Armesto, J. C. (2006). Cognitive performance predicts treatment decisional abilities in mild to moderate dementia. *Neurology*, 66, 1367-1372.

- Weisman A., Kymalainen, J., Rosales, G., & Armesto, J. C. (2007). Expressed emotion and interdependence in White and Latino/Hispanic family members of patients with schizophrenia. *Psychiatry Research, 151*, 107-113.
- Moye, J., Karel, M. J., & Armesto, J. C. (2006). Evaluating capacity to consent to treatment. In A. Goldstein (Ed.). *Handbook of Psychology (Forensic Psychology)*. Hoboken, NJ: John Wiley & Sons.
- Kymalainen, J., Weisman, A., Rosales, G. & Armesto, J. C. (2006). Ethnicity, expressed emotion and communication deviance in family members of patients with schizophrenia. *Journal of Nervous and Mental Disease, 194*, 391-396.
- Weisman, A. G., Rosales, G., Kymalainen, J., & Armesto, J. C. (2006). Ethnicity, expressed emotion, and schizophrenia patient's perceptions of their family member's criticism. *Journal of Nervous and Mental Disease, 194*, 644-649.
- Moye, J., Armesto, J. C., & Karel, M. J. (2005). Evaluating capacity of older adults in rehabilitation settings: Conceptual models and clinical challenges. *Rehabilitation Psychology 50*(3), 207-214.
- Weisman, A. G., Rosales, G. Kymalainen, J. & Armesto, J. C. (2005). Ethnicity, Family Cohesion, Religiosity and General Emotional Distress in Patients with Schizophrenia and their Relatives. *Journal of Nervous and Mental Disease, 193*, 359-368.
- Armesto, J.C. (2005). *The life course gender identity projects of adoptive gay fathers: Transforming hegemonic masculinity and the emergence of the fathering self*. Unpublished Doctoral Dissertation. Psychology Department: University of Massachusetts Boston.
- Armesto, J. C. (2002). Developmental and contextual factors that influence gay fathers' parental competence: A review of the literature. *Psychology of Men and Masculinity, 3*(2), 67-78.
- Armesto, J. C., & Weisman, A. G. (2001). Attributions and emotional reactions to the identity disclosure ("Coming Out") of a homosexual child. *Family Process, 40*(2), 145-161.
- Mason, D. A., Burns, R., & Armesto, J. A. (1993). *Teacher's views about combination grade classes*. Technical report published by the California Educational Research Cooperative, University of California, Riverside, 1-42.

COMMUNITY SERVICE

- The Institute for Meditation and Psychotherapy, Board Member, 2022 – Present.
- Rhode Island Community of Mindfulness, 2016-Present.
- Providence External Review Authority (PERA) Board Member, 2018-2019
- Latino Policy Institute at Roger Williams University, Board Member, 2014-2018
- Hasbro Children's Hospital ChIPS Program, Volunteer, August 2015-June 2016
- Family Service of Rhode Island, Board Member, 2013-2014
- Rhode Island Spine and Brain Tumor Foundation, Board Member, 2010-2013
- Trinity Academy for the Performing Arts (TAPA), Board Member, 2012-2013

LANGUAGES

- Fully bilingual English and Spanish