

## Josh C. Welch, Psy.D.

### *Curriculum Vitae*

#### **EDUCATION**

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- 2020-2025     **Xavier University**, Cincinnati, OH  
 Doctor of Psychology (Psy.D.)  
 APA Accredited Doctoral Program in Clinical Psychology  
 Area of Interest: Child and Adolescent  
 Dissertation: *Impact of internalizing sexual stigma from religious/spiritual sources on lesbian, gay, and bisexual individuals' identity self-discrepancies.*  
 Supervisor: Tammy Sonnentag, Ph.D.
- 2017-2020     **Liberty University**, Lynchburg, VA  
 Bachelor of Science in General Psychology, Minor in Spanish, Summa Cum Laude  
 Honors Thesis: *The stigmatization of bipolar disorder: The role of symptom presentation and being labeled as a creative.*  
 Supervisors: Brianne Friberg, Ph.D. and Carrie Wilmouth, Ph.D.

#### **SUPERVISED CLINICAL EXPERIENCES**

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- 2025-Present     **APA-Approved Postdoctoral Fellowship Appointment at Kennedy Krieger Institute/John Hopkins University School of Medicine**  
 Child and Family Therapy Clinic  
 Odenton, MD  
 Supervisors: *Christi Culpepper, Ph.D., Chandni Patel, Ph.D.*  
 Deliver in-person and telehealth-based individual and family therapy to children, adolescents, and their families in an outpatient setting using various evidence-based interventions, including Functional Family Therapy. Conduct brief screenings and provide recommendations and referrals for treatment. Complete intake evaluations for new patients and families. Participate in Maternal and Child Health Leadership Education in Neurodevelopmental and Related Disabilities (LEND) training program.
- 2024-2025     **APA-Approved Internship at Child and Adolescent Behavioral Health**  
 Canton, OH  
 Supervisor: *Séandra Walker, Ph.D.*  
 Delivered evidence-based individual and family psychotherapy to children, adolescents, and their families in a community mental health setting. Conducted risk assessments and crisis psychotherapy. Completed diagnostic assessments and individual service plans for new and current clients. Administered structured interventions for victims and perpetrators of sexually inappropriate behavior. Administered, scored, wrote, and provided feedback for psychological assessments. Attended multidisciplinary team meetings to coordinate services for juvenile victims of abuse and neglect. Delivered evidence-based individual psychotherapy to adolescents in a school-based setting. Provided community psychiatric support to

clients and caregivers in between sessions. Led didactics for psychology interns and clinic staff on the subjects of enuresis and encopresis, professionalism and white supremacy, and sexual and religious/spiritual identities in LGB+ populations.

2023-2024

**Clinical Practicum at the Lindner Center of HOPE, Neuropsychology Track**  
Mason, OH

*Supervisor: Stacey Spencer, Ed.D.*

Administered neuropsychological, cognitive, achievement, personality, and projective assessments to residential and outpatient children, adolescents, and adults in a private psychiatric hospital setting. Scored and interpreted data from neuropsychological measures (e.g., WAIS-IV/WISC-V, CVLT-III, RCFT, BVMTR, WCST, WMS-IV, NEPSY II, DKEFS, WJ-IV, WRAT 4, Trails X) and personality measures (e.g., MMPI-3, MCMI-IV) as part of a comprehensive diagnostic assessment or outpatient battery. Wrote integrated reports and shared results and recommendations with patients and their caregivers. Conducted intakes with children, adolescents, and adults for outpatient assessment cases. Planned, co-lead, and led ACT groups on an acute adult residential unit.

2022-2024

**Clinical Practicum at Central Clinic Behavioral Health's Child and Family Treatment Center, Child and Adolescent Counseling Services**  
Cincinnati, OH

*Supervisor: Erin Kennedy, Ph.D.*

Delivered individual, family, and group psychotherapy to children, adolescents, and their families in a community mental health setting. Provided community psychiatric support to clients and their caregivers in between sessions, including communicating with schools, treatment planning with case managers, and managing crises with parents and caregivers. Conducted structured intake interviews with clients and caregivers using the Diagnostic Assessment Form (DAF) and wrote intake reports. Co-lead an expressive arts group. Presented cases to supervisors and peers at case conferences.

**Psychological Testing Team**

*Supervisor: Sheila Cohen, Ph.D.*

Administered, scored, and interpreted data from intelligence, achievement, and diagnostic screening measures (e.g., WISC-V, WIAT-4, PPVT-4, EOWPVT, CDI 2, RCMAS-2, CBCL) based on referrals from colleagues' individual psychotherapy cases. Wrote integrated reports and shared results and recommendations with the client, their caregivers, and the referring clinician in feedback sessions.

**Diversity, Equity, and Inclusion Work Group**

*Supervisor: Maria Piombo, Ph.D.*

Participated in and contributed to work group meetings to update organizational DEI statements, apportion grant funding, and purchase updated and equitable materials. Planned and hosted the first agency-wide Community Access to Resources Event (CARE) Fair to share information about local services and resources in Cincinnati and to celebrate the diversity within the community.

- 2021-2022      **Clinical Practicum at the Psychological Services Center**  
 Xavier University, Cincinnati, OH  
*Supervisors: Kathryn Smith, Ph.D., Rose Wetterau Ricke, Psy.D.*  
 Delivered individual psychotherapy in person and via telehealth to college students based on the administration and interpretation of assessment instruments, case conceptualization, and monitoring of treatment outcome measures (e.g., OQ-45). Taught resiliency skills in a group format to students waiting to receive personal psychotherapy. Prepared and presented didactic presentations to supervisors and peers at case conferences.
- Alcohol and Other Drugs Team**  
*Supervisor: Susan Kenford, Ph.D.*  
 Provided individual and group-based substance use interventions for students sanctioned by university alcohol and drug policies, focused on psychoeducation and harm reduction (e.g., BASICS, Marijuana 101). Presented cases in group supervision meetings.
- Routine Intake Assessment Team**  
*Supervisor: Nicholas Salsman, Ph.D., ABPP*  
 Conducted structured intake interviews and wrote intake reports for students seeking services at the university Psychological Services Center, using the MINI. Administered, scored, and interpreted results from personality assessment of students across multiple measures (e.g., MMPI-3, MCMI-IV). Wrote reports and shared results and recommendations with students.
- 2019            **Internship at Kentlands Psychotherapy**  
 Gaithersburg, MD  
*Supervisor: Elizabeth Carr, Psy.D.*  
 Conducted meditational sessions using the Alpha-Stim and Muse devices with clients of a group private practice, succeeding their psychotherapy appointments. Led the onboarding team for the installation and implementation of a new client portal. Aided in the creation and upkeep of the practice website, including writing articles for the advice column.

## **RESEARCH EXPERIENCES**

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- 2021-Present    **Empirical Dissertation Research**  
 Xavier University, Cincinnati OH  
 Under the direction of Tammy Sonnentag, Ph.D., review the relevant literature and create a proposal to investigate the impact of internalizing sexual stigma from religious/spiritual sources on lesbian, gay, and bisexual individuals' identity self-discrepancies. Collect and analyze data to use in dissertation research and subsequent presentations and publications.
- 2021            **Graduate Research Assistant**  
 Xavier University, Cincinnati, OH

Worked with a research team, led by Kathryn Smith, Ph.D., to conduct scoping reviews on trigger warnings to inform the development of a research study on the use of trigger warnings in academic settings.

- 2019-2020      **Assistant Researcher, Daniel's Program**  
 Liberty University, Lynchburg, VA  
 Assisted professors Marilyn Gadomski, Ph.D. and Beth Sites, Ph.D. in their follow-up research on loci of control, narcissism, empathy, and spiritual. Designed a mixed-methods study to assess intercorrelations among narcissism, empathy, and spirituality.
- 2019-2020      **Student Representative, Research Week Advisory Board**  
 Liberty University, Lynchburg, VA  
 Aided in the creation of criteria used for judging different categories of research submissions in order to promote fairness and equity across disciplines.

### **RESEARCH PRESENTATIONS & POSTERS**

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- Gonzalez, A., Phillips, J., **Welch, J.** Wertz, L. & White, V. (2025, November). *Narrowing the gaps: Towards a more diverse health service psychology workforce*. Accepted at the Original Lilly Conference on College Teaching, Miami, OH.
- Welch, J.** & Sonnentag, T. (2024). *Internalizing stigma from religious/spiritual sources and LGB+ individuals' self-discrepancies*. [Poster presentation]. Midwestern Psychological Association Conference, Chicago, IL, United States.
- Phillips, J., Gonzalez, A., Wertz, L., & **Welch, J.** (2024). *Narrowing the gaps: Towards a more diverse health service psychology workforce*. [Poster presentation]. National Council of Schools and Programs of Professional Psychology Mid-Winter Conference, Santa Fe, NM, United States.
- Hopkins, E., Hunsberger, J., Lamma, J., & **Welch, J.** (2020). *Where is the locus of control? A mixed-methods study of narcissism, empathy, and spirituality in undergraduate students*. [Oral conference presentation]. Network for Undergraduate Research in Virginia, Hampden Sydney College, Hampden Sydney, VA, United States.
- Welch, J.** (2020). *The stigmatization of bipolar disorder: The role of symptom presentation and being labeled as a creative*. [Oral conference presentation]. Network for Undergraduate Research in Virginia, Hampden Sydney College, Hampden Sydney, VA, United States.

### **PROFESSIONAL SERVICE**

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- 2024              **Member, Master of Public Health Advisory Board**  
 Bethune-Cookman University, Daytona Beach, FL

Met with Dr. Rikki Gilmore-Byrd and other professionals in the fields of healthcare and public health. Create recommendations for the Master of Public Health's curriculum and program offerings.

- 2022-2025      **Judge, Buckeye Science and Engineering Fair**  
The Ohio Academy of Science  
Reviewed and scored high school students' science fair submissions in the Behavioral Sciences category, helping to select projects to advance to the international competition.
- 2021-2022,  
2024-2025      **Judge, District & State Science Fairs**  
The Ohio Academy of Science  
Reviewed and scored middle and high school students' science fair submissions in the Behavioral and Social Sciences, Earth and Environmental Sciences, Plant Sciences, Animal Sciences, and Sponsored Award categories.
- 2021-2024      **Advocacy and Community Outreach Subcommittee Chair, School of Psychology Diversity Advisory Committee**  
Xavier University, Cincinnati, OH  
*Supervisors: Jennifer Phillips, Ph.D., Jennifer Gibson, Ph.D.*  
Created and participated in various community-based outreach and charity work (e.g., collecting donations to purchase and deliver gifts and donations for the residents of the St. Joseph's Home). Planned and hosted symposia for graduate students and faculty, highlighting diversity, equity, and inclusion-related topics not covered extensively in graduate coursework (e.g., legislative advocacy, Black women's sexual health). Assisted the program belongingness and inclusion and campus education and outreach subcommittees to assess the climate of the psychology department, act as a resource to promote and disseminate information and resources related to diversity, and make recommendations to the psychology department related to issues of diversity, equity, inclusion, accessibility, and belongingness.
- 2021            **Student Member, Dissertation of the Year Committee**  
Psychology Department, Xavier University, Cincinnati, OH  
Evaluated doctoral students' dissertations nominated for the Dissertation of the Year to vote on the most deserving submission.
- 2021            **Consultant, Program Evaluation for Training Effectiveness of Behavioral Health Clinicians at Xavier University Health Services**  
Xavier University, Cincinnati, OH  
Worked with a small team of doctoral students to provide a program evaluation services to Jennifer Phillips, Ph.D., the primary supervisor for the Behavioral Health Clinicians (BHCs) at Xavier University Health Services (XUHS). Consulted with Dr. Phillips to understand the training program's intended short, intermediate, and long-term goals. Generated a logic model to visually represent the theories

behind the program, which was used as the basis to create program evaluation survey questions.

## **TEACHING EXPERIENCES**

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- 2020-2021      **Graduate Student Assistant**  
 Psychology Department, Xavier University, Cincinnati, OH  
 Assisted two psychology professors with their classes and professional duties by reviewing homework assignments, selecting relevant research articles for class, and revising administrative paperwork about graduate-level internships and dissertations.
- 2018-2020      **Independent Tutor, Grade Potential Tutoring**  
 Silver Spring, MD  
 Successfully designed remediation courses of action for students struggling with statistics. Worked weekly with students to facilitate understanding of course material, finish homework assignments, and prepare for exams.
- 2017-2020      **Teaching Assistant and Student Worker**  
 Psychology Department, Liberty University, Lynchburg, VA  
 Assisted three psychology professors in their courses. In *Research Methods in Psychology*, managed group participation for group projects. In *Statistics in Psychology*, hand-graded weekly homework assignments to give students personalized feedback. In *Psychological Foundations of Learning*, managed group participation for projects, and helped score various homework assignments. In *Abnormal Psychology*, helped assess students' clinical vignette-assignments. Serviced and advised students with academics.

## **RELEVANT WORK, INTERNSHIP, AND VOUNTEER EXPERIENCES**

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- 2020-2024      **Cheerleading Coach, Queen City Storm Cheer & Dance**  
 Kids First Sports Center, Cincinnati, OH  
 Taught classes at various levels to enhance young athletes' tumbling skills. Coached competitive prep-level all-star cheerleading teams.
- 2020-2022      **Mentor, The Musketeer Initiative**  
 St. Teresa of Avila Catholic School, Cincinnati, OH  
 Met weekly with middle school-aged mentee. Discussed weekly happenings, played games, and provided encouragement and support.
- 2020-2021      **Volunteer, Health Research Project**  
 Xavier University, Cincinnati, OH  
 Assisted supervisor with a research project related to developing a soft-skills based curriculum for K-12 schools. Aided in supervisor's research involving a COVID-19 detection phone application by making phone calls to recruit research participants.
- 2019              **Attendee, Denmark Internship**  
 Psychology Department, Liberty University, Lynchburg, VA/Copenhagen, Denmark

Pursued inquiries in cross-cultural positive psychology by attending lectures at schools, businesses, and institutions (e.g., Happiness Research Institute). Investigated cultural factors that influence happiness in Denmark.

- 2018-2019 **Volunteer, Office of Equity and Inclusion**  
Liberty University, Lynchburg, VA  
Helped organize and host public forums for students to learn about and discuss topical issues such as racism and immigration. Advocated for the implementation of programs to better serve students with minority identities.
- 2016, 2017 **Interpreter and Volunteer, El Ministerio Comedor y Educación de Paz**  
Chiquimula, Guatemala  
Interpreted diagnoses and prognoses for medical and dental teams, as part of a short-term mobile clinic. Distributed food to families and installed stoves and water purifiers in Guatemalan homes. Hosted week-long camp for children and teens.

#### **AWARDS AND HONORS**

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- 2025 **V.J. Bieliauskas Dissertation of the Year Award**, Xavier University, Cincinnati, OH
- 2025 **Frank G. and Catherine A. Miltz Mini Grant**, Xavier University, Cincinnati, OH
- 2024 **Frank G. and Catherine A. Miltz Mini Grant**, Xavier University, Cincinnati, OH
- 2023 **Frank G. and Catherine A. Miltz Mini Grant**, Xavier University, Cincinnati, OH
- 2023 **Wheeler Grant**, Xavier University, Cincinnati, OH
- 2018 **Scholarship American Dream Award Semi-Finalist**
- 2018 **Honors Program**, Liberty University, Lynchburg, VA
- 2017 **International Baccalaureate Diploma Recipient**
- 2017 **Maryland Seal of Biliteracy**
- 2017 **Elks National Foundation Most Valuable Student Contest National Semi-Finalist**
- 2017 **Horatio Alger State Scholar**

## **SELECTED TRAINING AND PERSONAL DEVELOPMENT**

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2025	Treatment Interventions for Problematic Sexual Behavior: One Size Does Not Fit All
2025	Working with Adolescents Who Have Caused Sexual Harm
2024	Collaborative Assessment & Management of Suicidality (CAMS) Role Play Training
2024	Collaborative Institutional Training Initiative (CITI) Certificate
2024	Adult and Pediatric First Aid/CPR/AED
2024	Sleep Psychology: National Register Associate Certificate Program
2024	“Somebody That Looks Like Me” Matters Symposium
2024	Interprofessional Teaming Symposium
2024	Psychology’s Role in LGBTQIA+ Mental Health Symposium
2023	Legislative Advocacy Symposium
2023	Crisis Prevention Institute (CPI) Physical Training
2023	Getting to Know Sand Tray Therapy Better: It’s Not Just a Sandbox
2022	Columbia-Suicide Severity Rating Scale (C-SSRS) and Safety Planning Training
2022	Introduction to Play Therapy
2021	Affirmative Therapy with Trans and Nonbinary Clients
2021	Racial Trauma and Communities of Color: Assessment and Treatment
2021	Adult Mini International Neuropsychiatric Interview (MINI) Training
2018	Conscientious Eating: Mental Health, Inflammation, and the Aging Brain

## **PROFESSIONAL AFFILIATIONS**

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2024-Present	National Register of Health Service Psychologists, Associate Member
2022-Present	American Psychological Association, Student Affiliate
2024-2025	Midwest Psychological Association, Student Affiliate
2021-2025	Ohio Psychological Association, Student Affiliate
2020-2021	Council on Undergraduate Research, Student Affiliate