

## **Jessica Sleep Dukes, MSW, LCSW**

Psychotherapist  
Brickel and Associates, LLC

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### **LICENSES**

Commonwealth of Virginia: Licensed Clinical Social Worker (License No. 0904007594)

### **CLINICAL EXPERIENCE**

*Therapist*

**Brickel & Associates, LLC**

Alexandria, Virginia

2019

*Therapist*

**Counseling Solutions LLC**

Washington, DC

2018-2019

*Mental Health Therapist III*

**Arlington County Behavioral Healthcare**

Arlington, VA

2016-2019

*Mental Health Therapist II*

**Arlington County Behavioral Healthcare**

Arlington, VA

2011-2016

*Therapist II, High Intensity Drug Trafficking Area (H.I.D.T.A) Program*

**Prince William County Community Services, Drug Offender Recovery Services Program**

Woodbridge & Manassas, VA

2008-2011

*Family Intervention Specialist*

**The GUIDE Program**

Laurel, MD

2006-2008

## **EDUCATION**

*Master's Degree in Clinical Social Work*

Boston College Graduate School of Social Work, 2006

*Bachelor of Arts in History and Political Science, with Honors*

The University of North Carolina at Chapel Hill, 2004

## **PRESENTATIONS/JOINT SPEAKING ENGAGEMENTS**

Sleep, J., *REVIVE! Opioid Overdose and Naloxone Education for Virginia*; Arlington County Behavioral Healthcare, August 2018, December 2018 & March 2019

Earley, K., Sleep, J.; *Consumer Centered Approaches to Improve Care for People with Serious Mental Illness*, SAMHSA Panel Presentation, Rockville, MD, 2018

Ballard, L., Rambo, K., Stratton, L., Sleep, J.; *Brown Bag Presentation: EMDR and Complex PTSD*; Arlington County Behavioral Healthcare, Arlington, VA, March 2017

Collingridge, K., Joseph, R., Sarmiento-Reyes, M., Sleep, J.; *Brown Bag Presentation: PTSD: The Movement toward Evidence-Based Assessment & Treatment*; Arlington County Behavioral Healthcare, Arlington, VA, January 2016

Doering, M., & Sleep, J.; *Brown Bag Presentation: Recovery Oriented Cognitive Therapy: CT-R*; Arlington County Behavioral Healthcare, Arlington VA, July 2015

## **ADDITIONAL PROFESSIONAL TRAINING**

*Understanding the Impact of Trauma & Creatively Working to Enhance Safety and Stability*, Lisa Ferentz, LCSW, Arlington, VA, April 8, 2019

*The Long and the Short of It: EMDR in the Treatment of Acute and Complex Trauma*, Tracy Ryan Kidd and Nancy Newport, 12 hour home study DVD training program- February-March 2019

*Best Practices in Trauma Assessment and Treatment of those with IDD and Co-Occurring MH Conditions*, Karyn Harvey, Ph.D & Robert Fletcher, Ph.D, Fairfax VA, February 25-27, 2019

*2-Day Certificate Training: Cognitive Behavioral Interventions for High-Functioning Autism*, Cara Daily, Ph.D, Fairfax, VA, December 6-7, 2018

*Mental Health Care for Emerging Adults Conference*, The Child and Adolescent Psychiatric Society of Greater Washington, Washington, DC, September 28, 2018

*Family Systems Therapy and Trauma*, Dr. Debbie Sturm, LPC, Fairfax, VA, June 13-15, 2018

*High Functioning Autism: Proven & Practical Interventions for Challenging Behaviors in Children, Adolescents & Young Adults*, Jay Berk, Ph.D, Webinar, April 18, 2018

*On Grief & Grieving*, David Kessler, Webinar, August 1, 2017

*Charting the Course of Change: Virginia Summer Institute of Addiction Studies (VSIAS) 2017*  
Conference, Williamsburg, VA, July 17-19, 2017

*Crossing the Threshold- Transitioning from Youth to Adulthood*, 55<sup>th</sup> Annual Children's Mental Health Symposium- Virginia Commonwealth University, Richmond, VA, April 28, 2017

*Cognitive Behavioral Therapy for Trauma, PTSD and Grief*, Charles Jacob, Ph.D, Webinar, April 20, 2017

*American Society of Addiction Medicine (ASAM) Training*, Arlington, VA December 5-6, 2016

*EMDR Toolbox: AIP Methods for Treating Complex PTSD & Dissociative Personality Structure*, Jim Knipe, Ph.D, Sterling, VA, November 12-13, 2016

*Trends Transforming the Field*, Virginia Summer Institute of Addiction Studies (VSIAS) 2016 Conference, Williamsburg, VA, July 11-13, 2016

*The Knowledge & Skill Building of Substance Use, Co-Occurring Disorders & Motivational Interviewing*, Jeremy Martinez, M.D., Arlington, VA, May 23, 2016

*Using Parts Work to Overcome Resistance, Calm the Inner Critic and Help Trauma Survivors Self-Actualize*, Lisa Ferentz, LCSW, Pikesville, MD, April 12-13, 2016

*Posttraumatic Stress Disorder: The Movement Towards Evidence-Based Assessment and Treatment*, Matthew Yoder, Ph.D, Charlottesville, VA, November 12, 2015

*Ethics and Difficult Client Encounters*, Michael Gillette, Ph.D, October 21, 2015

*ICD-10 Training for Clinical Staff*, Lisette Wright, LPC, Woodbridge, VA, May 5, 2018

*Beck Institute for Cognitive Behavioral Therapy: 3 Day Workshop CBT for Schizophrenia: A Recovery Oriented Model*, Aaron P. Brinen, Psy.D, Bala Cynwyd, PA, April 13-15, 2015

*The Ethics of Sex and Sexuality*, Michael A. Gillette, Ph.D, Arlington, VA, December 18, 2014

*Social Work Supervision: Key Strategies for Transforming the Workplace*, Gillian Berry, LICSW, Arlington, VA, September 18-19, 2014

*DSM-5 in Plain English*, Kenneth Carter, Ph.D, Arlington VA, April 22, 2014

*Eye Movement Desensitization and Reprocessing Part II Workshop*, EMDR Humanitarian Assistance Programs, Lynda M. Ruf, LMFT, Arlington, VA June 1-3, 2012

*Eye Movement Desensitization and Reprocessing Part I Workshop*, EMDR Humanitarian Assistance Programs, Lynda M. Ruf, LMFT, Arlington, VA, March 9-11, 2012

*Identification and Treatment for Sexual Offenders*, Erin Azar LCSW, Aaron Whitehead LPC, and Pablo Moro LCSW, Arlington, VA, January 30, 2012

*Anxiety: Treatment Techniques that Really Work*, Stan Hibbs, Ph.D, Arlington, VA, December 2, 2011

*Memory: A Seminar for Health Professionals*, Mark B. Moss, Ph.D, Alexandria, VA, November 1, 2011

*VA Risk Assessment and Mental Status Exam*, Brooks Baer, LCPC, Arlington, VA, July 27, 2011

*Ethics- Professional Boundaries and Dual Relationships*, Michael Gillette, Ph.D, Arlington, VA, March 24, 2011

*Military Culture and the Impact on Family*, Abbey-Robin Durkin, Ph.D, Loudon County, VA, June 23, 2010

*Ethical Issues in Recovery & Person Centered Planning*, Michael Gillette, Ph.D, Manassas, VA, May 3, 2010

*Motivational Interviewing: Clinical Skills*, Gretchen G. Soto, LPC, Manassas, VA, May 5, 2009

*Cognitive Behavioral Therapy*, Scott Reiner, MS, Manassas, VA, October 28, 2008

*Sexual Abuse*, Ilyse Hildebrand, LCSW, Arlington, VA, October 19, 2007

*Working with Difficult Clients: Evidence-Based Practices for Encouraging Change and Managing Resistance*, Loyola College, Columbia, MD, April 30, 2007

*Helping Clients Cope with Loss, Grief & Mourning*, American Healthcare Institute, Arlington, VA, April 24, 2007

*Pediatric & Adolescent Psychopharmacology*, American Healthcare Institute, Arlington, VA, October 20, 2006

*Motivational Interviewing with Adolescents: Overcoming Resistance & Promoting Change*, American Healthcare Institute, Columbia, MD, October 6, 2006