

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)

CERTIFICATIONS

EMDRIA Certified Therapist in EMDR- July 2019

CLINICAL EXPERIENCE

Therapist

Brickel & Associates, LLC

Alexandria, Virginia

May 2018 to present

Private Practice Therapist

Counseling Solutions LLC

Washington, DC

August 2018 to May 2018

Mental Health Therapist III

Arlington County Behavioral Healthcare

Arlington, VA

February 2016 to present

Mental Health Therapist II

Arlington County Behavioral Healthcare

Arlington, VA

April 2011 to February 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

March 2008 to April 2011

Family Intervention Specialist (Department of Juvenile Services contract)

The GUIDE Program

Laurel, MD

September 2006 to February 2008

Social Work Clinical Intern

The Pilgrim Center for Boys

Braintree, MA

September 2005 to May 2006

Social Work Clinical Intern

Hello House for Women

Quincy, Massachusetts

September 2004 to May 2005

Social Work Intern

The Community Chest of the Western Cape (United Way of South Africa)

Cape Town, South Africa

September to December 2002

EDUCATION

Master's Degree in Clinical Social Work

Boston College Graduate School of Social Work, May 2006

Bachelor of Arts in History and Political Science, with Honors

The University of North Carolina at Chapel Hill, May 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 13, 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*, July 8, 2015

ADDITIONAL PROFESSIONAL TRAINING

An Update on Treating Complex Traumatic Stress Disorders in Adults: Scientific Foundations & Therapeutic Models, Christine Courtois, Ph.D, Virtual training, October 16, 2020

Cognitive Behavioral Therapy for Treatment of Psychosis, Jen Gottlieb, Ph.D. and Cori Cather, Ph.D, Virtual training, September 22-23, 2020

Reducing Racial Bias in Maternal Healthcare, Millicent Rose, Ph.D, Virtual training, September 15, 2020

Telehealth for Mental Health Professionals: 2 Day Distance Therapy Training, Joni Gilbertson, LCPC, Webinar training, August 2020

Working with Paraphilia & Sexual Dysfunction, Demetrios Peratsakis LPC, Virtual training, August 11, 2020

Improving Cultural Competency for Behavioral Health Professionals, Continuing Medical Education, Webinar training, July 30-31

The Everyday Impact of Racism on Mental Health: Evidence and Opportunities, Joseph Williams, Ph.D, Virtual training, June 30, 2020

Suicide in Communities of Color, David Jobes, Ph.D and Sherry Davis Molock, Ph.D, Virtual training, June 24, 2020

COVID-19: Ethical Responses to a Pandemic, Michael Gillette, Ph.D, Virtual training, June 16, 2020

When a Trauma Survivor Has a Baby: How to work with trauma survivors through the perinatal period, Robyn Brickel, LMFT, Virtual training, June 11, 2020

Trauma and Eating Disorders: How to Navigate the Nuances of Food and Fight, Flight, or Freeze, Meredith Riddick, LPC, Arlington, VA, March 6, 2020

Military Culture Competency Training, Caleb Johnson, Virginia Department of Veteran Services, Arlington, VA, January 27, 2020

Generational African American Trauma, Jessica Young Brown, Ph.D, Fairfax, VA, January 24, 2020

The Flash Technique: Making intense trauma memories more accessible for EMDR Processing, Philip Manfield, Ph.D. and Lewis Engle, Ph.D, Webinar training, November 16, 2019

Seeking Comfort: A Look into Trauma & Sexual Compulsivity, Michael Morton, LMFT, Arlington, VA, October 16, 2019

Working with LGBTQ Youth, Xanthia Johnson, LPC, Arlington, VA, July 25, 2019

Dialectical Behavior Therapy, Lane Pederson, PsyD, 24-hour video course, June 2019

Understanding the Impact of Trauma & Creatively Working to Enhance Safety & Stabilization, 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

Peer Recovery Specialists Supervisor's Training, Department of Behavioral Health and
Developmental Services, Fairfax, VA, May 11 & 12, 2017

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

Cognitive Behavioral Therapy for Trauma, PTSD and Grief, Charles Jacob, 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