

JAYME M. VALDEZ, LMHC

76 Vassar Street, Worcester, MA 01602
(917) 604-2981 jaymevaldezmhc@yahoo.com
www.oed-therapy.com
License #8480 (MA)

• Experienced Clinical Educator • OCD and Related Disorders Expert

• Licensed Mental Health Counselor • Advocate for Underserved Communities

Trusted and respected by peers to educate and guide around issues related to OCD with sensitivity and integrity while successfully managing complex clinical cases

More than 20 years of unique clinical experience, including advanced training at McLean Hospital, The International OCD Foundation (IOCDF), Massachusetts General Hospital (MGH), UMASS Memorial Hospital, Lesley University, and Sarah Lawrence College

Owner, Founder, and Clinical Director of the first outpatient OCD and Related Disorders clinic in Central Massachusetts: Clearview OCD Counseling, LLC. Active member, presenter, and facilitator for the International OCD Foundation, Former Director on the Boards of Directors for OCD Massachusetts and OCD Rhode Island. Recipient of the Massachusetts General Hospital Psychiatry Academy's Scholarship Award.

KEY KNOWLEDGE AREAS

- Obsessive Compulsive Disorder (OCD)
 - Obsessive Compulsive Spectrum Disorders
 - Anxiety Disorders
 - Trauma Disorders
 - Co-Morbidity in OCD
 - Self-Medicating Behaviors in OCD
 - Assessment & Differential Diagnosis
 - LGBTQIA+, POC, Underserved Communities
 - Exposure and Response Prevention (ERP)
 - Acceptance and Commitment Therapy (ACT)
 - Cognitive Behavior Therapy (CBT)
 - Motivational Interviewing (MI)
 - Diversity and Inclusion Practices
 - Trouble-Shooting "Stuck" Cases
 - Innovation & Entrepreneurship
 - Small Business Development
-

CAREER SYNOPSIS

Clearview OCD Counseling, LLC: Worcester, MA – Owner, Founder, Clinical Director

2014-Present

Founder of Clearview OCD Counseling, LLC (www.oed-therapy.com), the first outpatient OCD clinic in Central Massachusetts. Clearview focuses on treating "stuck" or "treatment-resistant" cases by conducting thorough intake assessments of each client to identify underlying and comorbid issues which may be contributing to a complex clinical presentation. Clearview strives to provide ERP, ACT, and CBT services for misunderstood OCD subtypes such as taboo, bizarre, or harm-themed intrusions. Clearview also has an outreach mission of providing treatment to those in the LGBTQIA+, Persons of Color, and other underserved communities.

Clearview offers consultation, training, and supervision to medical and mental health providers around the world regarding the use of effective, evidence-based interventions for OCD and related disorders.

Board of Directors, OCD Massachusetts – Director

2018-2023

Contributory board member to OCD Massachusetts, an official affiliate of the International OCD Foundation (IOCDF). Participate in OCD awareness and outreach, fundraising, event planning, board meetings, trainings, monthly lecture series, and other related duties. Created and am spearheading an "Arts & OCD" program within OCD Massachusetts to integrate creativity with mental health recovery and further entice the community at large to engage in OCD awareness programming.

Board of Directors, OCD Rhode Island – Treasurer, Director

2017-2023

Participated in bimonthly board meetings to discuss outreach to the Rhode Island community, fundraising efforts to spread awareness of OCD, planning and implementing events, and filing relevant tax and record-keeping paperwork with the IRS and the International OCD Foundation (IOCDF).

PACT Team: Program for Assertive Community Treatment, Taunton, MA – Clinician

2011-2013

Worked closely within a multi-disciplinary team to provide comprehensive mental health services to adults living with severe and persistent psychiatric disorders; ensured care coordination; maintained appropriate documentation as required for state compliance. Transported clients to necessary medical appointments and supported in the maintenance of basic life tasks. Conducted home visits to ensure client safety and access to treatment. Co-created and facilitated a program on non-violent crisis intervention tactics (CPI & CCIT) for staff; assisted in developing improved safety protocols for staff when working alone in the community with clients experiencing florid psychosis, delusional, unsafe behaviors, or complications from substance abuse.

McLean Hospital: Trauma & Dissociative Disorders Inpatient Unit – Graduate Intern

2010-2011

Worked with patients hospitalized with a variety of complex trauma-based diagnoses including Post-Traumatic Stress Disorder (PTSD), Complex PTSD (C-PTSD), Dissociative Identity Disorder (DID), Borderline Personality Disorder (BPD), as well as a number of comorbid presentations such as self-harming and self-medicating behaviors. Utilized evidence-based trauma interventions and expressive arts therapies to mitigate dissociative features, urges to harm the self or others, consolidation of 'parts' or senses of self. Was the first intermodal expressive arts intern to work on the unit and brought a variety of new creative interventions to the program. Facilitated group as well as individual counseling; participated in clinical rounds and treatment/discharge planning with fellow staff.

HAWC: Healing Abuse, Working for Change, Salem, MA – Graduate Intern

2009-2010

Provided group and individual counseling for domestic abuse, sexual assault, incest, and trafficking survivors. Utilized CBT and MI strategies as well as careful safety planning, psychoeducation, and linkage to critical local resources. Initiated a program which brought necessary clinical mental health services to a local, peer-led support group which served at-risk and homeless LGBTQIA+ youth. Continued serving for 4 years in a volunteer role post-internship to provide counseling and case management services to the at-risk and homeless LGBTQIA+ youth.

HomeStart, Inc, Cambridge, MA – Case Manager

2006-2008

Managed a caseload of 30+ homeless clients, advocated for benefit needs such as SSI/SSDI, SNAP services, health insurance, etc, developed trusting relationships with local landlords to help house homeless individuals, performed outreach to community organizations, provided counseling to homeless persons in both group and individual formats, successfully housed dozens of clients in safe, permanent housing and ensured they had proper supports in order to maintain their housing.

EDUCATION

Lesley University, Graduate School of Counseling & Psychology, Cambridge, MA **2011**
MA, Clinical Mental Health Counseling & Intermodal Expressive Arts Therapies
GPA: 3.95

Sarah Lawrence College, Bronxville, NY **2001**
BA, Major in Psychology, Minor in Visual Arts
GPA: 3.75

LEADERSHIP EXPERIENCE

- Founded and facilitated the first gay-straight alliance in a public school in Maryland (1995)

- Ensured sexual orientation was added to the non-discrimination policy for all Montgomery County, MD public schools (1996)
- Certified by the Massachusetts Department of Public Health and the Family Safety Project in Domestic Batterer Intervention
- Certified as a Community Crisis Intervention Team (CCIT) Member
- CANS Certified by the Children's Behavioral Health Initiative
- Certified in Nonviolent Crisis Intervention (CPI)
- Professional Member: International OCD Foundation
- Board of Directors: OCD Massachusetts
- Board of Directors: OCD Rhode Island
- Have trained or provided consultation/supervision to dozens of clinicians, doctors, nurses, and other behavioral health providers around the world
- Trained in ERP, ACT, CBT, MI, MBCT, TF-CBT, CBT-I, DBT, Harm Reduction, SMART Recovery, Recovery Dharma, Expressive Arts Therapies
- Founded the first outpatient OCD and Related Disorders Clinic in Central Massachusetts
- Committed to diversifying the OCD field by hiring at least ½ of staff as self-identified racial, ethnic, or other (LGBTQIA+, chronic physical health issues, etc) minorities

SELECTED SPEAKING ENGAGEMENTS & MEDIA

International OCD Foundation 25th Annual Conference – Ask Anything: Understanding Substance Use & OCD. No More Fear, Stigma, or Shame

International OCD Foundation 26th Annual Conference – It's All In The Family: How To Support Yourself & Your Loved One When OCD Moves In

OCD Massachusetts: Belmont and Worcester Lectures Series – Outsmarting OCD: Tips & Tricks from A Clinician in The Field

1st Annual OCD GameChangers Conference: Featured speaker on Harm Reduction techniques for OCD and self-medicating behaviors

2nd Annual Seacoast Anxiety & OCD Symposium — *A Conversation With The Experts*

2nd Annual OCD GameChangers Conference: Expert panel support for client living with OCD

McLean Hospital, OCD Massachusetts – Outsmarting OCD: Tips & Tricks from A Clinician in The Field

TaraVista Hospital, Staff Training -- OCD Diagnosis & Treatment

St. Vincent's Hospital, Partial Hospital and Intensive Outpatient Programs, Staff Training – OCD: Diagnosis & Treatment

Reliant Medical Group, Behavioral Health Department, Staff Training – OCD: Diagnosis & Treatment

William James College: Consortium Seminar for Graduate and Doctoral Student Training on OCD

OCD Massachusetts: Worcester Lecture Series, UMASS Memorial Hospital — OCD 101: Fine-Tuning Diagnosis, Treatment, and Resources

OCD Rhode Island: Lecture Series – Everything You Wanted To Know About OCD But Were Too Afraid To Ask

OCD Massachusetts: Northampton Lecture Series -- Motivational Interviewing: How to Create Treatment Alliance Even When OCD Refuses to Budge (including CEUs)

Guest Interview with Natasha Daniels of 'Anxious Toddlers to Anxious Teens' — How Acceptance and Commitment Therapy Can Help Kids With OCD

Therapists Treating Self-Harm – Understanding Skin-Picking & Trichotillomania: An Interview With Experts

OCD Rhode Island: Butler Hospital Lecture Series – Intro to OCD: Symptoms, Subtypes, and Treatments

Assumption College: Training for Graduate and Doctoral Student on Assessing, Diagnosing, and Treating OCD

Guest Interview with Chrissie Hodges, Peer Support Specialist: [OCD Therapist Talk! ACT/Addiction and more](#)

The OCD Stories Podcast -- Episode 172: Expert Interview on "Addiction, Taboo OCD Themes, ERP, & ACT"

The OCD Stories Podcast – Episode 199: Expert Interview on "Pedophilia-Themed OCD"

Tonic/Vice Article: OCD & Creativity Go Bizarrely Hand-In-Hand https://tonic.vice.com/en_us/article/43a5eq/creativity-and-ocd-go-bizarrely-hand-in-hand