

# Curriculum Vitae

Date: 07/15/2019 12:39 PM

Name: Jessica A Gold

## **Contact Information**

Office: Washington University in St. Louis  
School of Medicine  
Psychiatry  
St. Louis, MO 63110

## **Present Position**

Assistant Professor, Psychiatry  
Staff Psychiatrist, Habif Health and Wellness Center

## **Education**

2005 - 2009 BA, *Benjamin Franklin Scholar, Phi Beta Kappa*, Anthropology (Concentration: Human Biology), University of Pennsylvania, Philadelphia, PA  
2008 - 2009 MS, Anthropology, University of Pennsylvania, Philadelphia, PA  
An Anthropological Approach to Premedical Education  
2010 - 2014 MD, *Marguerite Rush Lerner Award*, Yale School of Medicine, New Haven, CT  
Longitudinal characterization of depression and mood states beginning in primary HIV infection

## **Academic Positions / Employment**

2009 - 2009 Research Intern, World Health Organization, Division of Reproductive Health, Geneva  
2009 - 2010 Research Associate, National Alliance to Advance Adolescent Health, Washington, DC  
2011 - 2012 Teaching Faculty, Oxbridge Programs, Oxford  
2017 - 2018 Group Leader, Women in Science and Engineering Program, Stanford University, Stanford, CA  
2017 - 2018 Group Leader (and Creator), Medical Student Reflection Group Program, Stanford University School of Medicine, Stanford, CA  
2018 - Pres Freelance author, Glamour, InStyle, Self  
2018 Assistant Professor, Psychiatry, Washington University in St. Louis, St. Louis, MO  
2018 Staff Psychiatrist, Habif Health and Wellness Center, Washington University in St. Louis, St. Louis, MO

## **Clinical Title and Responsibilities**

2018 - Pres Attending, Cancer Psychiatry, Center for Outpatient Health, Barnes-Jewish Hospital, St. Louis Missouri  
2018 - Pres BJH- Pavilion Weekend Coverage, 2 weekends/year  
2018 - Pres Staff Psychiatrist, Habif Health and Wellness Center, Washington University in St Louis, St. Louis, Missouri

## Teaching Title and Responsibilities

|             |  |
|-------------|--|
| 2013        | Lecturer, Bioethics (Graduate and Undergraduate Level), University of Florida  |
| 2016        | Course Director and Creator, Medicine in the Media: Media Literacy and Advocacy (MS1s), Elective, Washington University in St Louis  |
| 2016 - 2017 | Course Director and Creator, History of Psychiatry, Deinstitutionalization, & Stigma: Lecture, Podcast Discussion and Patient Panel (for MS1s), Stanford University School of Medicine                               |
| 2016 - 2018 | Course Director and Creator, Mind over Media: A Monthly Lunchtime Discussion Series (Psychiatry Resident, Clerkship Medical Students, and Faculty), Stanford University School of Medicine, Department of Psychiatry |
| 2016 - 2018 | Resident Advisor, PsychSig, Stanford School of Medicine  |
| 2016        | Panel Communications Expert, "Communicating with Difficult Patients", Stanford School of Medicine  |
| 2016        | Lecturer, Introduction to Psychodynamic Psychotherapy: IPC (for PGY1s), Stanford School of Medicine  |
| 2016        | Lecturer, Quality Improvement (for PGY2s), Stanford School of Medicine   |
| 2016        | Panel Participant, "Resident Panel on Psychiatry", PSYC 249SI (for Medical Students), Stanford School of Medicine  |
| 2017 - 2018 | Lecturer, Introduction to the Mental Status Exam and Psychiatric Interview (Monthly, Clerkship Students), Stanford University School of Medicine   |
| 2017 - 2018 | Course Director and Creator, The Med Psych Interface: Psychosomatic Medicine-Mimics, Mysteries, and Mistakes (for MS2s), Stanford University School of Medicine  |
| 2017 - 2018 | Facilitator and Mentor, Transition to Clerkship Retreat (for MS2s), Stanford University School of Medicine   |
| 2018        | Lecturer and Facilitator, Psychiatry Practicum Small Group, Practice of Medicine (POM) (for MS2s), Stanford University School of Medicine  |
| 2018        | Group facilitator, First-Year Interprofessional Education (IPE) (for PACS, MS1s, OT, PT, nursing, and pharmacy students), Washington University in St Louis School of Medicine                                       |
| 2018        | Lecturer and Facilitator, Clinical Reasoning Session: Medicine-Psychiatry, Practice of Medicine (for Ms1s), Stanford University School of Medicine   |
| 2018        | Teaching Assistant and Discussion Section Leader, Psychosis and Literature (For Stanford Undergraduates), Stanford University  |
| 2018        | Course Director and Creator, Biweekly Inpatient Didactics (for PGY1 and PGY2s), Stanford School of Medicine  |
| 2018 - 2019 | Psychotherapy Supervisor, Celina Jacobi  |
| 2018        | Small Group Leader, POM II Motivational Interviewing Session (for MS2s), Washington University in St Louis School of Medicine  |
| 2019        | Lecturer, Anxiety Disorders (for MS2s) and Patient Interview, WUMS Diseases of the Nervous System, Washington University in St Louis School of Medicine  |
| 2019 - 2019 | Psychotherapy Supervisor, Natchanan Charatcharungkiat  |
| 2019        | Case Supervisor, Clinical Case Conceptualization (for PGY3s), Washington University, Department of Psychiatry  |
| 2019        | Lecturer, Group Therapy (for PGY3s), Washington University, Department of Psychiatry   |
| 2019        | Lecturer, Self-Disclosure (for PGY3s), Washington University, Department of Psychiatry   |
| 2019        | Panelist, Ask a Psychiatrist (For Mental Health Staff), Habif Health and Wellness Center.  |
| 2019        | Lecturer, CBT for Psychosis (for PGY3s), Washington University, Department of Psychiatry   |

## **University, School of Medicine and Hospital Appointments and Committees**

### **University**

- 2018 - Pres Health and Wellness Committee, Washington University
- 2019 - Pres Solid Gold Advice: A column in SHS 101

### **Hospital**

- 2014 - 2018 Interviewer, Residency Selection Committee, Department of Psychiatry, Stanford School of Medicine
- 2014 - 2018 Resident Representative, Program Evaluation Committee, Department of Psychiatry, Stanford School of Medicine
- 2015 - 2016 Team Leader, Resident Safety Council, Patient Satisfaction Team
- 2017 - 2018 Inpatient Hospital Leadership Committee, Department of Psychiatry Stanford School of Medicine
- 2019 - Pres Chair, Electronic Medical Record Committee, Habif Health and Wellness Center
- 2019 - Pres Member, Eating Disorders Treatment Team, Habif Health and Wellness Center

## **Medical Licensure and Certifications**

- Pres MO Missouri Medical License #2018004997
- 2018 - Pres American Board of Psychiatry and Neurology (ABPN)

## **Honors and Awards**

- 2005 National AP Scholar
- 2005 Benjamin Franklin Scholar, University of Pennsylvania
- 2008 Pi Gamma Mu Honor Society
- 2009 Magna Cum Laude, University of Pennsylvania
- 2009 Phi Beta Kappa, University of Pennsylvania
- 2011 Medical Student Summer Research Fellowship, Yale University School of Medicine
- 2012 American Academy of Neurology (AAN) Medical Student Scholarship to the Annual Meeting
- 2013 Medical Fellow, Fellowships at Auschwitz for the Study of Professional Ethics (FASPE)
- 2013 Summer Fellowship, Betty Ford Summer Institute for Medical Students (SIMS)
- 2013 Winner, Marguerite Rush Lerner Award for Outstanding Creative Writing
- 2013 Essay Contest Winner, YMPSA "The Future of Psychiatry Training"
- 2013 PsychSIGN Scholarship to the American Psychiatric Association Annual Meeting
- 2013 American Academy of Addiction Psychiatry (AAP) Medical Student Scholarship to the Annual Meeting
- 2016 - 2018 American Psychiatric Association (APA) Leadership Fellowship
- 2016 Winner, Psychiatric Times Essay Contest
- 2016 - 2018 Association of Academic Psychiatry (AAP) Fellowship Award
- 2017 George Ginsberg Fellowship, American Association of Directors of Psychiatric Residency Training (AADPRT)

- 2017 Arnold P. Gold Foundation's Humanism and Excellence in Teaching Award (Chosen by Medical Students at Stanford School of Medicine; 1 out of 6 out of Approximately 700 residents/fellows)
- 2017 American Psychiatric Association Resident Recognition Award
- 2017 Alpha Omega Alpha (AOA), Stanford University School of Medicine
- 2017 Clinical Teaching Seminar Series Honors Certificate, Stanford University
- 2017 The Miller Award for the Best Paper by a Psychiatric Resident, Stanford Department of Psychiatry
- 2018 Clinician-Educator Pathway, Stanford University, Department of Psychiatry
- 2018 2nd Place, Poster session presented at the Academic Psychiatry Annual Meeting. Bentzley JP, Gold JA, Raj K, Sanborn K, & DeGolia S. Communication during psychiatric behavioral emergencies: Nurses and resident-physicians' experiences and opinions.

### **Editorial Responsibilities**

- 2015 - Pres Academic Psychiatry
- 2016 - Pres Early Career and Resident Advisory Board, Psychiatric Times
- 2016 - Pres Psychiatric Times
- 2019 Journal of Women's Health

### **National Panels, Committees, Boards**

- 2014 - Pres Member, Pegasus Physicians, Stanford University
- 2018 - Pres Co-Lead for Media and Outreach, TIME'S UP Healthcare
- 2018 - Pres Steering Committee and Founding Member, TIME'S UP Healthcare

### **Community Service Contributions**

#### **Committees and Activities**

- 2014 Website Redesign, Authored and Designed, Stanford Psychiatry residency program website
- 2018 #WomeninMedicine Twitter Chat, TOPIC: Boundaries, Moderator
- 2018 Residency Process Group, Group Leader
- 2018 - Pres Solid Gold Advice, Column for Student Health Services 101
- 2018 #Women in Medicine Twitter Chat, TOPIC: Media and Medical Writing, Co-Moderator
- 2018 - Pres AMWA mentorship match, Mentor
- 2019 LEAD, Washington University in St. Louis, Panelist, Mental Wellness: The Foundation of Life
- 2019 Washington University in St. Louis, Undergraduate Student Senate Outreach Chairs, Review and Edit, SAFESPOT draft. Mentorship.
- 2019 EST, Washington University in St. Louis, Lecturer and Mental Health Outreach; Panic Attacks and More
- 2019 EST, Washington University in St. Louis, Panelist, Mental Health Awareness Week. Topic: How to support a friend with mental health issues and how to practice self-care as a caregiver
- 2019 Washington University in St. Louis, Panelist, Impostor Syndrome
- 2019 Washington University in St. Louis, Chabad, Mental Health Outreach
- 2019 AMWA mentorship breakfast, Medical Students, Mentor

- 2019 MDEdge Twitter Chat: Confronting Physician Depression and Suicide, Moderator
- 2019 Camp Neuro (Washington University School of Medicine for local high school students),  
Lecturer: Medicine and the Media

Professional Societies and Organizations

- 2014 - 2018 Northern California Psychiatric Society
- 2014 - Pres American Psychiatric Association (APA)
- 2016 - 2018 APA, Fellow member, Council on Communications
- 2017 - Pres APA, Wellness Advisory Council
- 2017 - Pres American Association for Academic Psychiatry
- 2018 - Pres APA, Corresponding Member, Council on Communications
- 2018 - Pres Missouri Psychiatric Association
- 2019 - 2022 APA, Member, Council on Communications

Media activities:

- 2018 What to Say to a Friend Dealing with Addiction. Thrive Global. Interview.  
<https://thriveglobal.com/stories/friend-with-addiction/>.
- 2018 9 Eye-Opening Truths About the College Mental Health Crisis. Thrive Global. Interview.  
<https://thriveglobal.com/stories/9-eye-opening-truths-about-the-college-mental-health-crisis/>.
- 2018 Project Wake Up challenges stigma surrounding mental illness with comedy night. St. Louis Magazine. Interview. <https://www.stlmag.com/health/destigmatizing-mental-illness/>.
- 2019 Make mental health a new years resolution. Fox 2 Now. Interview.  
<https://fox2now.com/2019/01/08/make-mental-health-a-new-years-resolution/>.
- 2019 Time's Up Takes on Sexual Abuse and Discrimination in Healthcare. In Style. Interviewed and Profiled. <https://www.instyle.com/times-up-healthcare-launch>.
- 2019 Psychiatrists Join the Podcast Revolution. Psychiatric News. Interview.  
<https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2019.1a12>.
- 2019 Should Docs Praise Products and Personal Causes Online? Both Sides Now with Arthur Caplan, MD. Medscape. <https://www.medscape.com/viewarticle/911565>. Interview.
- 2019 Time's Up Healthcare Sets a Wake-Up Call. Caring for the Ages. .  
[https://www.caringfortheages.com/article/S1526-4114\(19\)30196-9/fulltext?rss=yes](https://www.caringfortheages.com/article/S1526-4114(19)30196-9/fulltext?rss=yes)
- 2019 Gender Equity, Sexual Harassment, and Healthcare. MDEdge Psychiatry and Clinical Psychiatry News.  
<https://www.mdedge.com/psychiatry/article/202128/business-medicine/gender-equity-sexual-harassment-health-care>
- 2019 Explaining the Missouri pre-abortion exam Rachel Maddow called 'state-sanctioned sexual assault'. Washington Post.  
[https://www.washingtonpost.com/health/2019/06/08/explaining-missouri-pre-abortion-exam-rachel-maddow-called-state-sanctioned-sexual-assault/?utm\\_term=.81f0c5352f5b](https://www.washingtonpost.com/health/2019/06/08/explaining-missouri-pre-abortion-exam-rachel-maddow-called-state-sanctioned-sexual-assault/?utm_term=.81f0c5352f5b)
- 2019 8 Natural Remedies For Anxiety That Actually Work. Romper.  
<https://www.romper.com/p/8-natural-remedies-for-anxiety-that-actually-work-18144174>

Major Invited Professorships and Lectures

- 2014 "Moral Chameleon: Hierarchy, Power Structure, and Voice in Medicine" for Fellowships at Auschwitz for the Study of Professional Ethics
- 2016 "A Coin Flip" for I Don't Know, Uncertainty in Medicine. Pegasus Physicians Stanford University .
- 2018 Med Student Reflection Groups: The Purpose, Challenges, and Preliminary Outcomes for Grand Rounds, Stanford University, Department of Psychiatry.
- 2018 "Media Literacy and Advocacy for Physicians" for Scholastic Expeditions
- 2019 Gold JA (Chair), Miskimen TM, Cyrus KD, Rabinowitz CB, Bernstein CA. Invited Forum: From #Metoo to #TimesUP and the Role of Psychiatry. American Psychiatric Association Annual Meeting.

**Consulting Relationships and Board Memberships**

- 2018 Consultant: IMPULSE TV show (Other)
- 2019 Sensitivity Reader, HarperCollins (Other)

**Research Support**

Completed Non-Governmental Support

- 2008 - 2009 NA, An Anthropological Approach to Premedical Education, \$0.00
- 2013 - 2013 NA, Mental Health Self-Care in Medical Students: Barriers and Benefits of Use, \$0.00
- 2013 - 2014 NA, Mental Health Self-Care in Medical Students: Barriers and Benefits of Use, \$0.00

**Trainee/Mentee/Sponsorship Record**

Current Trainees

- 2016 Dina Wang Krauss, House Staff, Clinical teaching and didactics for medical students
- 2016 Jessica Bentzley, House Staff, Research: Reflection Groups and Communication during psychiatric behavioral emergencies: Nurses and resident-physicians' experiences and opinions
- 2017 Ellie Beam, Medical Student, PsychSIG
- 2017 Meena Denduluri , House Staff, Co-reflection group leader and paper writing/research on reflection groups and WISE
- 2017 Natalia Birgisson, Medical Student, Evaluation Clinic and Psychiatry Mentorship
- 2017 Sara Johansen, Medical Student, Mind over Media. Women Psychiatry Clinic. Psychiatry
- 2018 Grace Oliver & Emily Tharp, Medical Student, Research Project Supervision. #Metoo Medicine
- 2018 Kayla Isaacs, Medical Student, Research Project Supervision. Physician Self Disclosure of Mental Illness
- 2018 Andrea Roberts , Medical Student, Research Project Supervision. Stigma and Mental Health Seeking: An International Cohort Comparison
- 2018 - Pres Craig Pearson, Other
- 2018 Giuseppe D'Amelio & Allison Optican, House Staff, Research Project Supervision. Physician Self Disclosure.
- 2018 Simona Sarafinowska, Medical Student
- 2019 Fayola Fears, Lena Jia, & Margaret Duncan, Medical Student, College Mental Health CME

2019 Monique Hedmann, Medical Student, Popular Press, Piece for KevinMD.com

### Past Trainees

- 2017 - 2018 Nathaniel Morris, House Staff  
Study area: Mind over Media  
Present position: Stanford School of Medicine
- 2018 - 2019 Molly Kalmoe & Matthew Chapman, House Staff  
Study area: Research Project Supervision. Physician Suicide: A Call to Action  
Present position: Washington University in St. Louis
- 2018 - 2019 Celina Jacobi, House Staff  
Study area: Psychotherapy Supervision  
Present position: Washington University in St. Louis
- 2019 - 2019 Natchanan Charatcharungkiat, House Staff  
Study area: Psychotherapy Supervision  
Present position: Resident Physician, Washington University in St. Louis

### Bibliography

#### A. Journal Articles

1. Gold JA, Hu X, Huang G, Li WZ, Wu YF, Gao S, Liu ZN, Trockel M, Li WZ, Wu YF, Gao S, Liu ZN, Rohrbaugh RM, Wilkins KM. Medical student depression and its correlates across three international medical schools. *World J Psychiatr* . 2019;9(4):65-77 . doi:<https://dx.doi.org/10.5498/wjp.v9.i4.65>
2. Gold JA, Bentzley JP, Franciscus AM, Forte C, De Golia SG. An Intervention in Social Connection: Medical Student Reflection Groups. *Acad Psychiatry*. 2019. PMID:[30963416](https://pubmed.ncbi.nlm.nih.gov/30963416/)
3. Morris NP, Johansen SL, May M, Gold JA. Media-Related Education in Psychiatry Residency Programs. *Acad Psychiatry*. 2018;42(5):679-685. PMID:[30155603](https://pubmed.ncbi.nlm.nih.gov/30155603/)
4. Gold JA, Bandstra BS, DeGolia SG. Early Outpatient Experience for Psychiatry Interns: The Evaluation Clinic. *Acad Psychiatry*. 2016;40(6):944-946. PMID:[27328983](https://pubmed.ncbi.nlm.nih.gov/27328983/)
5. Gold JA. The Checkered Divide. *Acad Psychiatry*. 2016;40(6):956-957. PMID:[27718166](https://pubmed.ncbi.nlm.nih.gov/27718166/)
6. Gold JA, Sher Y, Maldonado JR. Frontal Lobe Epilepsy: A Primer for Psychiatrists and a Systematic Review of Psychiatric Manifestations. *Psychosomatics*. 2016;57(5):445-64. PMID:[27494984](https://pubmed.ncbi.nlm.nih.gov/27494984/)
7. Gold JA, Johnson B, Leydon G, Rohrbaugh RM, Wilkins KM. Mental health self-care in medical students: a comprehensive look at help-seeking. *Acad Psychiatry*. 2015;39(1):37-46. PMID:[25082721](https://pubmed.ncbi.nlm.nih.gov/25082721/)
8. Gold JA, Barg FK, Margo K. Undergraduate students' perspectives on primary care. *J Prim Care Community Health*. 2014;5(4):279-83. PMID:[24842950](https://pubmed.ncbi.nlm.nih.gov/24842950/)
9. Gold JA, Grill M, Peterson J, Pilcher C, Lee E, Hecht FM, Fuchs D, Yiannoutsos CT, Price RW, Robertson K, Spudich S. Longitudinal characterization of depression and mood states beginning in primary HIV infection. *AIDS Behav*. 2014;18(6):1124-32. PMID:[24385231](https://pubmed.ncbi.nlm.nih.gov/24385231/)
10. Puhl RM, Gold JA, Luedicke J, DePierre JA. The effect of physicians' body weight on patient attitudes: implications for physician selection, trust and adherence to medical advice. *Int J Obes (Lond)*. 2013;37(11):1415-21. PMID:[23507996](https://pubmed.ncbi.nlm.nih.gov/23507996/)
11. Gold JA. Alligator hands. *Ann Intern Med*. 2013;159(7):498-9. PMID:[24081291](https://pubmed.ncbi.nlm.nih.gov/24081291/)
12. Alcon A, Gold JA, Hansen C, Chatterjee A. . Clavicular osteomyelitis: A case report and review of the literature. *Journal of Pediatric Infectious Diseases* . 2013;8(4):183-186. doi:[10.3233/JPI-130402](https://doi.org/10.3233/JPI-130402)

13. Gold JA, Wong KR. Shortening medical education. *JAMA*. 2012;308(2):134-5; author reply 136. PMID:[22782408](#)
14. Avena NM, Gold JA, Kroll C, Gold MS. Further developments in the neurobiology of food and addiction: update on the state of the science. *Nutrition*. 2012;28(4):341-3. PMID:[22305533](#) PMCID:[PMC3304017](#)
15. Wong KR, Gold JA. Shadowing physicians. *JAMA*. 2011;305(23):2414-5; author reply 2415-6. PMID:[21673290](#)
16. Gold J. Reflections of a member of the bicentennial class on the Bicentennial Symposium. *Yale J Biol Med*. 2011;84(2):145-7. PMID:[21698047](#) PMCID:[PMC3117409](#)
17. Gold J, Gold MS. Exercise for the overweight and obese. *Curr Pharm Des*. 2011;17(12):1193-7. PMID:[21492089](#)

## C2. Chapters

1. Gold JA, Tietelbaum KA, Gold MS. Food Addiction: Sugar High. In: Ascher MS, Levounis P, eds. *The Behavioral Addictions* Washington, DC; 2015:Ch. 4.
2. Gold JA. Burnout. In: Roberts LW and Trockel M, eds. *The Handbook of Personal Health and Wellbeing for Physicians and Trainees* 2019.
3. Gold JA and Bentzley J. Non-Psychotherapy Techniques. In: Degolia SG and Corcoran K, eds. *Supervision in Psychiatric Practice: Practical Approaches Across Venues and Providers* Washington, DC; 2019.

## C4. Invited Publications

1. Gold J. A moral chameleon: Medical hierarchy and the medical student. *FASPE Journal*. 2014;48-53.
2. Gold JA, Frost-Pineda K, Gold MS. A brief history of cocaine. *JAMA*. 2016;295:2665-2666. doi: [10.1001/jama.295.22.2665-b](#)

## F. Abstracts

1. Kidd JD, Gold JA, Beresin EV, Brendel RW, Holmes L. Co-Chair. *Media Matters: Communication Essentials for Patient Advocacy*. APA Annual Meeting; New York, NY; 2018.
2. Gold JA, Robinson DM, Skimming K, Pientka LJ, Smalls-Mantey A, Riddle MC, Langley-Degroot MH, Khandai AC, Hu R, Dix E. Co-Chair. *Media Literacy Is the New Black*. APA Annual Meeting; New York, NY; 2018.
3. Gold JA & Bentzley J. Oral Abstract.. *Making Meaningful Change: Building Resilience through Medical Student Reflection Groups*. International Conference on Physician Health (ICPH): Toronto, ON; 2018.
4. Gold JA & Sharp, J. Workshop. *The "S" Word: Physician Suicide and Storytelling* International Conference on Physician Health (ICPH): Toronto, ON; 2018.
5. Khandai CA, Gold JA, Pientka LJ, Robinson DM, Girgis CM. *SoMePsych: Using Social Media to Motivate, Engage, Disrupt, Include/Innovate, Advocate for Psychiatry*. American Psychiatric Association Annual Meeting, San Francisco, CA; 2019.

## G. Audiovisual/Media

1. Gold J. "Dying patient." *YJHM*, 22 Jan 2011, [blog.yjhm.org/2011/01/dying-patient\\_22.html](#).



2. Gold J. "The first day of anatomy." 5 Feb 2011, [The Yale Journal for Humanities in Medicine](#).
3. Gold J. "Medical students asking a patient about death." *Kevin MD*, KevinMD, 13 May 2011, [kevinmd.com/blog/2011/05/medical-students-patient-death.html](#).
4. Gold J. "Medical school starts with anatomy lab." *Kevin MD*, KevinMD, 18 May 2011, [kevinmd.com/blog/2011/05/medical-school-starts-anatomy-lab.html](#).
5. Gold J. "Doing the physical exam for the first time as a medical student." *Kevin MD*, KevinMD, 26 May 2011, [kevinmd.com/blog/2011/05/physical-exam-time-medical-student.html](#).
6. Gold J. "Cancer in the gross anatomy lab." *Kevin MD*, KevinMD, 2 Jun 2011, [kevinmd.com/blog/2011/06/cancer-gross-anatomy-lab.html](#).
7. Gold J. "What it means to be sick as a medical student." *Kevin MD*, KevinMD, 8 Jun 2011, [kevinmd.com/blog/2011/06/means-sick-medical-student.html](#).
8. Gold J. "Is first do know harm really part of the Hippocratic Oath?" *Kevin MD*, KevinMD, 15 Jun 2011, [kevinmd.com/blog/2011/06/harm-part-hippocratic-oath.html](#).
9. Gold J. "A medical student doing clinical rotations at the VA." *Kevin MD*, KevinMD, 22 Jun 2011, [kevinmd.com/blog/2011/06/medical-student-clinical-rotations-va.html](#).
10. Gold J. "The first brain a medical student sees in anatomy lab." *Kevin MD*, KevinMD, 30 Jun 2011, [kevinmd.com/blog/2011/06/brain-medical-student-sees-anatomy-lab.html](#).
11. Gold J. "The first child patient at a pediatrics rotation." *Kevin MD*, KevinMD, 11 Jul 2011, [kevinmd.com/blog/2011/07/child-patient-pediatrics-rotation.html](#).
12. Gold J. "The side effects of cancer treatment go beyond losing your hair." *Kevin MD*, KevinMD, 18 Jul 2011, [kevinmd.com/blog/2011/07/side-effects-cancer-treatment-losing-hair.html](#).
13. Gold J. "The stigma of HIV continues today." *Kevin MD*, KevinMD, 15 Nov 2011, [kevinmd.com/blog/2011/11/stigma-hiv-continues-today.html](#).
14. Adaeze J and Gold J. "Medical humanities: Extracurricular activity or critical curricular component?" *HuffPost*, Conde Nast, 29 Mar 2012, [huffingtonpost.com/jennifer-adaeze-anyaeibunam/medical-humanities\\_b\\_1388246.html](#).
15. Gold J. "Advice to my former self." *HelloGiggles*, Meredith Beauty Group, 7 May 2012, [hellogiggles.com/lifestyle/advice-to-my-former-self/](#).
16. Gold J. "To the health professionals during Hurricane Sandy: Thank you." *Kevin MD*, KevinMD, 12 Dec 2012, [kevinmd.com/blog/2012/12/health-professionals-hurricane-sandy.html](#).
17. Gold J. "The mirror." *Psychiatric Times*, UBM, 5 Aug 2016, [psychiatrictimes.com/writers-contest/mirror](#).
18. Gold J. "Inpatient psychiatry: Not all needles, drugs, and locks." *Huff Post*, Verizon Media, 13 Oct 2016, [huffingtonpost.com/entry/inpatient-psychiatry-not-all-needles-drugs-and-locks\\_us\\_57fd5a2ae4b0dcca3908cc3](#).
19. Gold J. "Emotional support animals: From skeptical prescriber to true believer." *Huff Post*, Verizon Media, 19 Dec 2016, [huffingtonpost.com/entry/emotional-support-animals-from-skeptical-prescriber\\_us\\_584c5cb9e4b0151082221be5](#).
20. Gold J. "A coin flip." *Psychiatric Times*, UBM, 5 Jan 2017, [psychiatrictimes.com/residents-corner/coin-flip](#).
21. Gold J. "The imperfect healer." *HuffPost*, Conde Nast, 13 Jan 2017. doi:[http://www.huffingtonpost.com/entry/the-imperfect-healer\\_us\\_588fae7ee4b02c397c178a96](http://www.huffingtonpost.com/entry/the-imperfect-healer_us_588fae7ee4b02c397c178a96)
22. Gold J. "Woah, I'm your doctor: Swipe left." *HuffPost*, Conde Nast, 14 Feb 2017, [huffingtonpost.com/entry/woah-im-your-doctor-swipe-left\\_us\\_585650aae4b0d5f48e16507e](#).

23. Gold J. "From doctor to doct-her: The tale of the skeptical feminist." *HuffPost*, Verizon Media, 30 May 2017, [huffingtonpost.com/entry/from-doctor-to-doct-her-the-tale-of-a-skeptical-feminist\\_us\\_591b2021e4b03e1c81b00918](https://www.huffpost.com/entry/from-doctor-to-doct-her-the-tale-of-a-skeptical-feminist_us_591b2021e4b03e1c81b00918).
24. Gold J. "Letter to the Editor: Mental health- We know the problems, we need help fixing them. " *Stanford Daily*, The Stanford Daily Publishing Corporation, 1 Jun 2017, [stanforddaily.com/2017/06/02/letter-to-the-editor-mental-health-we-know-the-problems-we-need-help-fixing-them/](https://stanforddaily.com/2017/06/02/letter-to-the-editor-mental-health-we-know-the-problems-we-need-help-fixing-them/).
25. Gold J & Carreon, D. "Paul Appelbaum, MD, The transformation of ethics in psychiatry" *Psychiatric Times*, 19 Oct 2017, [Podcast. http://www.psychiatrictimes.com/psyched-paul-appelbaum-md-transformation-ethics-psychiatry](http://www.psychiatrictimes.com/psyched-paul-appelbaum-md-transformation-ethics-psychiatry).
26. Gold J. "Burnout's roots may lie in young MD's expectations of themselves." *Psychiatric News*, American Psychiatric Association, 7 Dec 2017, [psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2017.12b8](https://psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2017.12b8).
27. Gold J & Carreon, D. "Richard Bermudes, MD. Part 1: Transcranial magnetic stimulation: A look under the hood. " *Psychiatric Times*, 19 Jan 2018, [Podcast. http://www.psychiatrictimes.com/transcranial-magnetic-stimulation/transcranial-magnetic-stimulation-look-under-hood](http://www.psychiatrictimes.com/transcranial-magnetic-stimulation/transcranial-magnetic-stimulation-look-under-hood).
28. Gold J & Carreon, D. "Richard Bermudes, MD. Part 2: Transcranial magnetic stimulation: The procedure. " *Psychiatric Times*, 26 Jan 2018, [Podcast. http://www.psychiatrictimes.com/transcranial-magnetic-stimulation/transcranial-magnetic-stimulation-procedure](http://www.psychiatrictimes.com/transcranial-magnetic-stimulation/transcranial-magnetic-stimulation-procedure).
29. Gold J. "Why Judge Aquilina's handling of the Larry Nassar sentencing is so important for abuse survivors." *Glamour*, Conde Nast, 28 Jan 2018, [glamour.com/story/judge-aquilinas-handling-of-larry-nassar-sentencing-so-important-for-survivors](https://www.glamour.com/story/judge-aquilinas-handling-of-larry-nassar-sentencing-so-important-for-survivors).
30. Gold J & Carreon, D. "Richard Bermudes, MD. Part 3: TMS: A top down process" *Psychiatric Times*, 6 Feb 2018, [Podcast. http://www.psychiatrictimes.com/transcranial-magnetic-stimulation/tms-top-down-process](http://www.psychiatrictimes.com/transcranial-magnetic-stimulation/tms-top-down-process).
31. Gold J & Carreon, D. "Emeran Mayer, MD PhD. Part 1: The mind-gut connection: What is it and how did it evolve? " *Psychiatric Times*, 21 Feb 2018, [Podcast. http://www.psychiatrictimes.com/neuropsychiatry/mind-gut-connection-what-it-and-how-did-it-evolve](http://www.psychiatrictimes.com/neuropsychiatry/mind-gut-connection-what-it-and-how-did-it-evolve).
32. "We should have seen the USA swimming sexual abuse allegations coming." *Glamour*, Conde Nast, 27 Feb 2018, [glamour.com/story/we-should-have-seen-the-usa-swimming-allegations-coming](https://www.glamour.com/story/we-should-have-seen-the-usa-swimming-allegations-coming).
33. Gold J & Carreon, D. "Emeran Mayer, MD PhD. Part 2: IBS and the developing microbiome." *Psychiatric Times*, 2 Mar 2018, [Podcast. http://www.psychiatrictimes.com/neuropsychiatry/ibs-and-developing-microbiome](http://www.psychiatrictimes.com/neuropsychiatry/ibs-and-developing-microbiome).
34. Gold J & Carreon, D. "Emeran Mayer, MD PhD. Part 3: Is there a relationship between mood and diet?" *Psychiatric Times*, 8 Mar 2018, [Podcast. http://www.psychiatrictimes.com/neuropsychiatry/there-relationship-between-mood-and-diet](http://www.psychiatrictimes.com/neuropsychiatry/there-relationship-between-mood-and-diet).
35. Gold J. "For women in health care is danger part of the job? " *Glamour*, Conde Nast, 14 Mar 2018, [glamour.com/story/for-women-in-health-care-is-danger-part-of-the-job](https://www.glamour.com/story/for-women-in-health-care-is-danger-part-of-the-job).
36. Gold J & Carreon, D. "Melissa Arbuckle, MD. Part 1: Neuroscience education: Relevant, stigma reducing, and fun to learn." *Psychiatric Times*, 22 Mar 2018, [Podcast. http://www.psychiatrictimes.com/neuropsychiatry/neuroscience-education-relevant-stigma-reducing-and-fun-learn](http://www.psychiatrictimes.com/neuropsychiatry/neuroscience-education-relevant-stigma-reducing-and-fun-learn).
37. Gold J & Carreon, D. "Melissa Arbuckle MD. Part 2: Innovation in psychiatric education: Interaction and measurement. " *Psychiatric Times*, 30 Mar 2018, [Podcast. http://www.psychiatrictimes.com/neuropsychiatry/innovation-psychiatric-education-interaction-and-measurement](http://www.psychiatrictimes.com/neuropsychiatry/innovation-psychiatric-education-interaction-and-measurement).

38. Gold J & Carreon, D. "Charles Nemeroff, MD PhD. Part 1: Depression a killing disease" *Psychiatric Times*, 30 Apr 2018, [Podcast. http://www.psychiatrictimes.com/major-depressive-disorder/depression-killing-disease](http://www.psychiatrictimes.com/major-depressive-disorder/depression-killing-disease).
39. Gold J & Carreon, D. "Charles Nemeroff, MD PhD. Part 2: Abuse, attachment, and resilience: Genes and environment." *Psychiatric Times*, 10 May 2018, [Podcast. http://www.psychiatrictimes.com/major-depressive-disorder/abuse-attachment-and-resilience-genes-and-environment](http://www.psychiatrictimes.com/major-depressive-disorder/abuse-attachment-and-resilience-genes-and-environment).
40. Gold J & Carreon, D. "Janae Sharp. Part 1: Surviving a physician suicide: Imperfect grief and shaping the narrative for the children left behind." *Psychiatric Times*, 30 May 2018, [Podcast. http://www.psychiatrictimes.com/suicide/surviving-physician-suicide-imperfect-grief-and-shaping-narrative-children-left-behind](http://www.psychiatrictimes.com/suicide/surviving-physician-suicide-imperfect-grief-and-shaping-narrative-children-left-behind).
41. Gold J & Carreon, D. "Janae Sharp. Part 2: Physician suicide and the need to talk about it." *Psychiatric Times*, 6 Jun 2018, [Podcast. http://www.psychiatrictimes.com/suicide/physician-suicide-and-need-talk-about-it](http://www.psychiatrictimes.com/suicide/physician-suicide-and-need-talk-about-it).
42. Gold J & Carreon, D. "Janae Sharp. Part 3: Digital and community solutions after a physician suicide." *Psychiatric Times*, 11 Jun 2018, [Podcast. http://www.psychiatrictimes.com/suicide/digital-and-community-solutions-after-physician-suicide](http://www.psychiatrictimes.com/suicide/digital-and-community-solutions-after-physician-suicide).
43. Gold J & Carreon, D. "Mark Lukach. His lovely wife in the psych ward: An interview on love, writing, and mental illness." *Psychiatric Times*, 18 Jul 2018, [Podcast. http://www.psychiatrictimes.com/couch-crisis/his-lovely-wife-psych-ward-interview-love-writing-and-mental-illness](http://www.psychiatrictimes.com/couch-crisis/his-lovely-wife-psych-ward-interview-love-writing-and-mental-illness).
44. Gold J and Gold MS. "Demi Lovato drug overdose. Saved by Narcan." *Addiction Hope*, Addiction Hope, 24 Jul 2018, [addictionhope.com/blog/demi-lovato-heroin-overdose-narcan/](http://addictionhope.com/blog/demi-lovato-heroin-overdose-narcan/).
45. Gold J. "A psychiatrist explains why you may feel annoyed when you hear celebrities talk about anxiety." *Self*, Conde Nast, 3 Aug 2018, [self.com/story/psychiatrist-celebrities-anxiety](http://self.com/story/psychiatrist-celebrities-anxiety).
46. Gold J. "Is there an opioid overdose on board?" *Addiction Hope*, Addiction Hope, 14 Aug 2018, [addictionhope.com/blog/opioid-overdose-on-board-naloxone/](http://addictionhope.com/blog/opioid-overdose-on-board-naloxone/).
47. Gold J & Carreon, D. "Carol Taminga. The last undiscovered organ in the body." *Psychiatric Times*, 28 Aug 2018, [Podcast. http://www.psychiatrictimes.com/schizophrenia/last-undiscovered-organ-body](http://www.psychiatrictimes.com/schizophrenia/last-undiscovered-organ-body).
48. Gold J. "And how old are you?" *InCrowd*, InCrowd Inc, 4 Sep 2018, [incrowdnow.com/blog/fifth-in-a-series-and-how-old-are-you/?utm\\_source=incrowdcrowd&utm\\_medium=twitter&utm\\_campaign=womeninmedicine](http://incrowdnow.com/blog/fifth-in-a-series-and-how-old-are-you/?utm_source=incrowdcrowd&utm_medium=twitter&utm_campaign=womeninmedicine).
49. Gold J. "Mental illness is all over TV- Here's why that's not always a good thing." *InStyle*, Meredith Beauty Group, 13 Sep 2018, [instyle.com/mental-health-on-tv](http://instyle.com/mental-health-on-tv).
50. Gold J. "Introducing Solid Gold Advice: Letter from an impostor." *Student Health 101*, Washington University in St. Louis, 4 Oct 2018, [washu.readsh101.com/letter-from-an-imposter/](http://washu.readsh101.com/letter-from-an-imposter/).
51. Gold J. "Why you're about to see a lot more women with this tattoo." *InStyle*, Meredith Beauty Group, 12 Oct 2018, [instyle.com/beauty/hanger-tattoo-abortion-meaning](http://instyle.com/beauty/hanger-tattoo-abortion-meaning).
52. Gold J. "When is it time for me to seek professional support?" *Student Health 101*, Washington University in St. Louis, 29 Oct 2018, [washu.readsh101.com/solid-gold-advice-when-is-it-time-for-me-to-seek-professional-support/](http://washu.readsh101.com/solid-gold-advice-when-is-it-time-for-me-to-seek-professional-support/).
53. Gold J. "9 awkward questions you probably want to ask your new therapist." *Self*, Conde Nast, 31 Oct 2018, [self.com/story/awkward-questions-new-therapist?fbclid=IwAR0dAdcatLDnrtxfhpsz03dEBb2YDJYY03UIV8Kh\\_e5J7bsUX4OGwwBl\\_A](http://self.com/story/awkward-questions-new-therapist?fbclid=IwAR0dAdcatLDnrtxfhpsz03dEBb2YDJYY03UIV8Kh_e5J7bsUX4OGwwBl_A).

54. Gold J & Carreon, D. "Carol Bernstein, MD. Psychiatry and the Media: The Radio as a Psychoeducation Tool for the Public" *Psychiatric Times*, 15 Nov 2018, [Podcast. https://www.psychiatristimes.com/cultural-psychiatry/psychiatry-and-media-radio-psychoeducation-tool-public.](https://www.psychiatristimes.com/cultural-psychiatry/psychiatry-and-media-radio-psychoeducation-tool-public)
55. Gold J. "What This is Us gets right-and wrong-about depression." *Thrive Global*, Thrive Global, 15 Nov 2018, [thriveglobal.com/stories/tv-show-this-is-us-depression/](https://thriveglobal.com/stories/tv-show-this-is-us-depression/).
56. Gold J and Salles A. "A plea for partnership and change regarding gun violence." *St. Louis Post Dispatch*, Lee Enterprises, 28 Nov 2018, [stltoday.com/opinion/columnists/a-plea-for-partnership-and-change-regarding-gun-violence/article\\_8ffe75f5-fd90-54d0-a97c-60591ca981fc.html](https://stltoday.com/opinion/columnists/a-plea-for-partnership-and-change-regarding-gun-violence/article_8ffe75f5-fd90-54d0-a97c-60591ca981fc.html).
57. Gold J. "Top 10 media tips for psychiatrists and residents." *Psychiatric News*, American Psychiatric Association, 4 Dec 2018, [psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2018.12a26](https://psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2018.12a26).
58. Gold J. "How can you tell if therapy is actually working?" *Self*, Conde Nast, 11 Dec 2018, [self.com/story/how-to-tell-if-therapy-is-working](https://self.com/story/how-to-tell-if-therapy-is-working).
59. Gold J. "How do I manage stress during finals?" *Student Health 101*, Washington University in St. Louis, 11 Dec 2018, [washu.readsh101.com/solid-gold-advice-how-do-i-manage-stress-during-finals/](https://washu.readsh101.com/solid-gold-advice-how-do-i-manage-stress-during-finals/).
60. Gold J. "Bandersnatch: You can choose your ending, but proceed with caution." *APA blog*, American Psychiatric Association, 9 Jan 2019, [psychiatry.org/news-room/apa-blogs/apa-blog/2019/01/bandersnatch-you-can-choose-your-ending-but-proceed-with-caution](https://psychiatry.org/news-room/apa-blogs/apa-blog/2019/01/bandersnatch-you-can-choose-your-ending-but-proceed-with-caution).
61. Gold J. "Is it a bad idea to see the same therapist as someone you know?" *Self*, Conde Nast, 24 Jan 2019, [self.com/story/should-i-see-my-friends-therapist](https://self.com/story/should-i-see-my-friends-therapist).
62. Gold J. "What's the deal with antidepressants and college life?" *Student Health 101*, Washington University in St. Louis, 15 Feb 2019, [washu.readsh101.com/whats-the-deal-with-antidepressants-and-college-life/](https://washu.readsh101.com/whats-the-deal-with-antidepressants-and-college-life/).
63. Gold J. "For nurses, the "patient's always right" attitude opens the door for abuse." *InStyle*, Meredith Beauty Group, 28 Feb 2019, [instyle.com/times-up-nurse-patient-harassment-experience](https://instyle.com/times-up-nurse-patient-harassment-experience).
64. Gold J. "I learned to buy my scrubs smaller, so doctors would stop looking down my shirt." *InStyle*, Meredith Beauty Group, 28 Feb 2019, [instyle.com/times-up-scrub-tech-harassment-experience](https://instyle.com/times-up-scrub-tech-harassment-experience).
65. Gold J. "My married boss offered to pay off my med school loans- if I slept with him." *InStyle*, Meredith Beauty Group, 28 Feb 2019, [instyle.com/times-up-surgeon-harassment-experience](https://instyle.com/times-up-surgeon-harassment-experience).
66. Gold J. "You have to be "one of the guys" in my medical specialty- and I'm not one." *InStyle*, Meredith Beauty Group, 28 Feb 2019, [instyle.com/times-up-female-doctor-discrimination-experience](https://instyle.com/times-up-female-doctor-discrimination-experience).
67. Gold J. "Grey's Anatomy took on rape- and got it really right." *InStyle*, Meredith Beauty Group, 29 Mar 2019, [instyle.com/reviews-coverage/tv-shows/greys-anatomy-season-15-episode-19-rape-survivor-treatment](https://instyle.com/reviews-coverage/tv-shows/greys-anatomy-season-15-episode-19-rape-survivor-treatment).
68. Gold J. "What exactly does it mean to "check in" for mental health care?" *InStyle*, Meredith Beauty Group, 26 Apr 2019, <https://www.instyle.com/beauty/health-fitness/check-in-mental-health-care-meaning>.
69. Gold J. "How to talk to a college student about marijuana and their mental health" *Addiction Hope*, 29 Apr 2019, <https://www.addictionhope.com/blog/college-student-marijuana-mental-health/>.
70. Gold J. "What If You Don't Feel Like Yourself Without Your Anxiety?" *Self*, Conde Nast, 12 Jul 2019, <https://www.self.com/story/self-without-anxiety>.

## Clinician Educator Portfolio

## CLINICAL CONTRIBUTIONS

### Summaries of ongoing clinical activities

- 2018 - Pres      Attending, Cancer Psychiatry, Center for Outpatient Health, Barnes-Jewish Hospital, St. Louis Missouri
- 2018 - Pres      BJH- Pavilion Weekend Coverage, 2 weekends/year
- 2018 - Pres      Staff Psychiatrist , Habif Health and Wellness Center, Washington University in St Louis, St. Louis, Missouri

### Development of methods for improved quality and efficiency of clinical care

- 2015              **Redesign of Consent for Psychiatric Medications form, Stanford Hospital and Clinic, Inpatient Psychiatry**
- Statement of Problem**  
Every psychiatric admitted patient requires a consent form for any psychiatric medication given. The current form takes too much time for residents and they have to remember all of the maximum daily doses.
- Solution Development**  
Developed streamlined, one page consent form, for all often used psychiatric medications
- Outcomes**  
Used widely on the unit and residents frequently comment on it. Very appreciated and a time saver
- 2018              **Improve EMR for Psychiatry, Habif Health and Wellness Center**
- Statement of Problem**  
The electronic medical record for psychiatry is inefficient.
- Solution Development**  
Add "quick lab" buttons (and make sure they link to the right lab). Make sure diagnoses carry over from previous visit.
- Outcomes**  
Ongoing.
- 2019              **Controlled Substance Chart Review and Macro Development, Habif Health and Wellness Center**
- Statement of Problem**  
The purpose of the current study was to ensure consistent documentation of patient education of stimulant side effects and to ensure discussions regarding important precautions to take regarding stimulant medication was happening on a consistent basis
- Solution Development**  
Development of Macro for PNC chart
- Outcomes**  
In Progress

2019            **Improve identification of students on medical leave, Habif Health and Wellness Center**

**Statement of Problem**  
It is difficult to ascertain which students are currently on medical leave and is important for notifying them of charges and coverage, as well as making sure they have appropriate transitions of care.

**Solution Development**  
Place highlighted note at the top of the chart that identifies when medical leave started and when services stop being covered.

**Outcomes**  
Ongoing

2019            **Psychiatric Triage Process**

**Statement of Problem**  
The current psychiatric triage process at Habif Health and Wellness center is slow and confusing.

**Solution Development**  
Redesigning the process including metrics.

2019            **Psychiatry Community Referrals**

**Statement of Problem**  
Currently the list of psychiatry referrals to the community for students is outdated and incomplete.

**Solution Development**  
Update the list of providers in the community for students. Allow providers to add themselves to an online provider directory. Update the provider directory for psychiatric services.

2019            **Redesign Release of Information Form. Habif Health and Wellness Center.**

**Statement of Problem**  
The current release of information form for students is cumbersome and confusing.

**Solution Development**  
Redesigning a more user friendly form

**Development of clinical guidelines or care paths**

2019            **Psycho-pharmacological services policy, Habif Health and Wellness Center**

                  Writing the guidelines for psychopharm services and standards of care at Habif health and wellness center department of psychiatry

2019            **Suicide Attempt Protocol, EST, Washington University in St. Louis**

                  Helping the undergraduate EMT's write their suicide attempt protocol for their calls to undergraduates in distress.

2019            **Psychiatry transfer policy**

Writing the guidelines for transferring and referral of patients in the psychiatry department at Habif Health and Wellness Center

2019            **Psychiatric Services**

Describing the services provided and not provided by the psychiatry department at Habif Health and Wellness Center.

**Clinical administrative responsibilities**

2017 - 2018    Chief Resident, Department of Psychiatry, Stanford School of Medicine, Stanford, CA

**EDUCATIONAL CONTRIBUTIONS**

**Direct teaching**

Classroom

- 2013            Lecturer, Bioethics (Graduate and Undergraduate Level), University of Florida
- 2016 - 2017    Course Director and Creator, History of Psychiatry, Deinstitutionalization, & Stigma: Lecture, Podcast Discussion and Patient Panel (for MS1s), Stanford University School of Medicine
- 2016            Course Director and Creator, Medicine in the Media: Media Literacy and Advocacy (MS1s), Elective, Washington University in St Louis
- 2016            Panel Communications Expert, “Communicating with Difficult Patients”, Stanford School of Medicine
- 2016            Lecturer, Introduction to Psychodynamic Psychotherapy: IPC (for PGY1s), Stanford School of Medicine
- 2016            Lecturer, Quality Improvement (for PGY2s), Stanford School of Medicine
- 2016            Panel Participant, “Resident Panel on Psychiatry”, PSYC 249SI (for Medical Students), Stanford School of Medicine
- 2017 - 2018    Course Director and Creator, The Med Psych Interface: Psychosomatic Medicine-Mimics, Mysteries, and Mistakes (for MS2s), Stanford University School of Medicine
- 2018            Group facilitator , First-Year Interprofessional Education (IPE) (for PACS, MS1s, OT, PT, nursing, and pharmacy students), Washington University in St Louis School of Medicine
- 2018            Teaching Assistant and Discussion Section Leader, Psychosis and Literature (For Stanford Undergraduates), Stanford University
- 2018            Course Director and Creator, Biweekly Inpatient Didactics (for PGY1 and PGY2s), Stanford School of Medicine
- 2019            Lecturer, Anxiety Disorders (for MS2s) and Patient Interview, WUMS Diseases of the Nervous System, Washington University in St Louis School of Medicine
- 2019            Lecturer, Group Therapy (for PGY3s), Washington University, Department of Psychiatry
- 2019            Lecturer, Self- Disclosure (for PGY3s), Washington University, Department of Psychiatry
- 2019            Panelist, Ask a Psychiatrist (For Mental Health Staff), Habif Health and Wellness Center.
- 2019            Lecturer, CBT for Psychosis (for PGY3s), Washington University, Department of Psychiatry

## Clinical

- 2016 - 2018 Resident Advisor, PsychSig, Stanford School of Medicine
- 2017 - 2018 Lecturer, Introduction to the Mental Status Exam and Psychiatric Interview (Monthly, Clerkship Students), Stanford University School of Medicine
- 2017 - 2018 Facilitator and Mentor, Transition to Clerkship Retreat (for MS2s), Stanford University School of Medicine
- 2018 Lecturer and Facilitator, Psychiatry Practicum Small Group, Practice of Medicine (POM) (for MS2s), Stanford University School of Medicine
- 2018 Lecturer and Facilitator, Clinical Reasoning Session: Medicine-Psychiatry, Practice of Medicine (for Ms1s), Stanford University School of Medicine
- 2018 - 2019 Psychotherapy Supervisor, Celina Jacobi
- 2018 Small Group Leader, POM II Motivational Interviewing Session (for MS2s), Washington University in St Louis School of Medicine
- 2019 - 2019 Psychotherapy Supervisor, Natchanan Charatcharungkiat
- 2019 Case Supervisor, Clinical Case Conceptualization (for PGY3s), Washington University, Department of Psychiatry

## Other

- 2016 - 2018 Course Director and Creator, Mind over Media: A Monthly Lunchtime Discussion Series (Psychiatry Resident, Clerkship Medical Students, and Faculty), Stanford University School of Medicine, Department of Psychiatry

## **Curriculum development**

- 2011 Medical Science, Oxbridge Programs, Oxford England Curriculum
- 2016 Mind over Media, Stanford University Department of Psychiatry Curriculum
- 2016 Group Training Program for Medical Student Reflection Groups, Stanford University School of Medicine Curriculum
- 2016 History of Psychiatry, Deinstitutionalization, & Stigma: Lecture, Podcast Discussion and Patient Panel, Stanford University School of Medicine Course
- 2017 The Med Psych Interface: Psychosomatic Medicine-Mimics, Mysteries, and Mistakes, Stanford University School of Medicine Course
- 2017 Psychosis and Literature discussion section, Stanford University Course
- 2018 Inpatient Psychiatry Didactics, Stanford University Department of Psychiatry Curriculum
- 2019 Medicine and the Media: An Introduction to Media Advocacy and Literacy, Washington University in St. Louis School of Medicine Curriculum

## **Graduate students, fellows, medical students, residents for whom mentorship was provided**

- 2016 - Pres Ellie Beam - Medical Student, Stanford University School of Medicine
- 2016 - Pres Jessica Bentzley - Resident, Department of Psychiatry, Stanford University School of Medicine
- 2017 - Pres Meena Denduluri - Resident, Department of Psychiatry, Stanford University School of Medicine
- 2017 - Pres Dina Wang Krauss - Resident, Department of Psychiatry, Stanford University School of Medicine



|             |  |
|-------------|--|
| 2017 - Pres | Natalia Birgisson - Medical Student, Stanford University School of Medicine                  |
| 2017 - Pres | Sara Johansen - Medical Student, Stanford University School of Medicine                      |
| 2018 - Pres | Craig Pearson - Medical Student, Washington University in St Louis School of Medicine        |
| 2018 - 2019 | Celina Jacobi - Resident, Washington University in St. Louis                                 |
| 2018        | Simona Sarafinowska - Medical Student, Washington University in St. Louis School of Medicine |
| 2019 - 2019 | Natchanan Charatcharungkiat - Resident, Washington University in St. Louis                   |

### **Feedback in the form of course or teaching evaluations**

#### First-Year IPE Experience, Medical Students

- "Jess is an incredibly easy person to speak to and openly encourages us to speak about the experiences we are comfortable sharing. She was not forceful in her interactions with us and actually made IPE an enjoyable experience."
- "She was very good at keeping people talking and sharing ideas and made it so that there was never any awkward or uncomfortable silence at all sessions."
- "She was very good at making all of us feel comfortable with answering questions and participating. She was able to relate different ideas and answer questions."
- "I think Jessica was really good about fostering conversations that we were interested in. Not everyone in the group was really engaged with a lot of the forced activities, but she was really good about finding a topic or getting us to ask questions about the things we really wanted to know about each other and our respective professions."
- "Jessica did well at keeping the group on task and helping enhance our knowledge of inter professional teamwork and individual roles. Jessica was very personable and helped make CIPE fun."
- "She always kept us engaged and encouraged us to learn about ourselves and really understand what each profession did as a whole! Plus, she was funny!"

#### Medicine and the Media: An Introduction to Media Advocacy and Literacy, Washington University in St. Louis School of Medicine

Course Comments: "Absolutely loved it"; "It is a great overview on how medical professionals must deal with and approach media work. The course covers a huge variety of topics and brings up some great points for discussion; "Loved the material, interesting topics. Dr. Gold is very approachable and understanding"; "Dr. Gold is amazing. Great selective;" "Would strongly recommend. Dr. Gold is a warm, inviting presence, and sets a casual tone that nonetheless allows for incisive critical analysis and rigorous thinking. Her classroom is the perfect balance of fun and educational. She is willing to bring her personal perspective to highlight aspects of the material that might otherwise be inaccessible, and yet she also pulls back to allow for students to share their experiences. She also gets fantastic guest speakers and panelists, and brings out the most in them in a brief amount of time. Really well run, and a true delight. Didn't even feel like going to class; "This course had a lot of really practical information about how one might incorporate media into one's career as a physician. It was really cool to get an understanding of how Dr. Gold had gotten where she had in her writing side-career. Seeing her personal communications with editors was a really special opportunity"; "Dr. Gold is great at connecting and wants to help you with your personal goals"; "I think Dr. Gold has a lot of great experience to share and can really make you passionate about how medicine is portrayed in the media. 100% would recommend the course for future students"