

## Jetlexis Carlos

Licensed Marriage and Family Therapist (New York & Florida)  
AAMFT Approved Supervisor  
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### EDUCATION

- Doctor of Philosophy in Family Therapy** May 2022  
*Nova Southeastern University, Fort Lauderdale, FL*  
Dissertation topic: Exploring the experiences of marriage and family therapists counseling high-conflict couples
- Master of Science in Marriage and Family Therapy** 2017  
*Iona College, New Rochelle, NY*
- Bachelor of Arts in Psychology** 2014  
*City College of New York, NY*

### TEACHING EXPERIENCE/CURRICULUM DEVELOPMENT

- Adjunct Faculty** 08/2021- present  
University of South Florida Tampa, FL  
Curriculum development and course taught:  
*Parenting in the 21st Century*
- Created creative, engaging research-based content to explore parenting principles in the 21st century
  - Designed interactive lectures, assignments, and group exercises for students to practice and display their knowledge of the parenting concepts
- Undergraduate Adjunct Instructor** 01/2019- 12/2019  
South Florida Bible College Deerfield, FL  
Courses taught:  
*Developmental Psychology*  
*Counseling Marriages & Families I*  
*Counseling Marriages & Families I- Online*  
*Counseling Marriages & Families II*
- Designed challenging, innovative instruction
  - Fostered different learning styles to help develop student learning
  - Created a positive learning environment, respecting individual student needs and diversity
- Teaching Assistant**  
Nova Southeastern University Davie, FL  
Family Therapy Department, *Developing a Private Practice* 05/2019- 07/2019
- Assisted with the facilitation of a graduate-level online course
  - Responded to students' discussion posts, providing personalized feedback
  - Facilitated any in-person meetings with students and faculty

Family Therapy Department, *Thinking Systems* 08/2018- 12/2018

- Assisted with the facilitation of the first distance learning course in the family therapy program
- Assisted the head faculty member with classroom instruction material and class participation
- Provided one-on-one tutoring and regular out of class assistance
- Improved classroom participation through the integration of creative role-playing exercises and peer review sessions

### RESEARCH EXPERIENCE AND PUBLICATIONS

**Carlos, J.** (2022). *A Phenomenological Exploration: Experiences of Marriage and Family Therapists Working with High Conflict Couples Analyzed from a Bowen Family Systems Lens.* (doctoral dissertation). Nova Southeastern University.

**Carlos, J.** (2018). The what, where, how, and why: A review of being ethnographic: A guide to the theory and practice of ethnography. *The Qualitative Report*, 23(4), 1013-1015. Retrieved from <https://nsuworks.nova.edu/tqr/vol23/iss4/20>

Saunders, A. & **Carlos, J.** (2019). Family Therapy Goes Digital: Integrating Hybrid Digital Teaching into a Family Therapy Course. *Digital Journal*, 16(2).

**Minority Fellowship.** American Association for Marriage and Family Therapy/  
Substance Abuse and Mental Health Services Administration (SAMHSA).  
Research Topic: *Examining predictors of physical punishment in parenting among African American and Latino families*

### PROFESSIONAL PRESENTATIONS

**Carlos, J.** (2022, accepted) *Triangles in high conflict: Understanding the significance of triangles when working with high-conflict couples.* Presenter. The Western Pennsylvania Family Center Fall Conference and Symposium. Pittsburgh, PA.

**Carlos, J.** (2019, June). *Show me the money! Financial Genograms with Couples.* Poster session presenter. 41st Annual Conference of American Family Therapy Academy, Oakland, CA.

**Carlos, J. & Saunders, A.A.** (2019, February). *Family Therapy goes Digital: Integrating Hybrid Digital Teaching Into A Family Therapy Course.* Discussion Presenter. Going Digital Deeply Digital: Promises & Challenges of the Digital Curriculum in Higher Education Conference, Fort Lauderdale, FL.

## PROFESSIONAL EXPERIENCE

- Private Practice Therapist- Owner** 08/2021-present  
Unique Differences Tampa, FL
- Provide virtual therapeutic psychotherapy services to adults and couples
  - Create and employ marketing strategies to advertise and produce a successful referral process
  - Engage in monthly peer consultation with other private practice providers to address clinical and administrative processes
- Clinical Training Specialist** 11/2020-05/2022  
Cove Behavioral Health Tampa, FL
- Prepared the agency staff for transition to a provision of mental health treatment and care coordination facility
  - Collaborated with leadership teams to identify performance goals, areas of growth and advise on potential actions following best practices
  - Evaluated the effectiveness of current training programs by monitoring behavioral outcomes
  - Developed curriculum designs and record-keeping tracking systems to ensure staff achieve targeted outcomes through training and development
  - Ensured the training programs are implemented and delivered in compliance with regulations and standards of accrediting agencies, licensing boards, and the Department of Labor
- Family Therapist** 10/2019-10/2020  
Gulf Coast Jewish Family and Community Services Fort Lauderdale, FL
- Provided in-home and in-school evidence-based therapeutic services to underserved children, families, and adults
  - Facilitated the active parenting and co-parenting curriculum for families. The active parenting program ran for six sessions and covered the following topics: *Method of choice, Active communication/cooperation, Discipline, Power struggles, Think, feel, do, and Parents' influence*. The Co-parenting curriculum ran for eight sessions and covered: *Child focus, Tug of War-Allowing the child to love both parents, Long term role (divorce), Co-parenting relationships, Managing my anger, Taking control of conflict, Negotiating agreements, Cooperation or conflict*
  - Conducted detailed mental health clinical assessments, including the Ages & Stages Assessments with parents and children, created treatment plans, and provided therapeutic interventions according to individual and family needs
  - Created and maintained accurate intake summaries, progress notes, and termination summaries
- Clinical Therapist/Group Coordinator** 10/2018-04/2020  
Counseling, Mediation, Education, & Treatment (CMET) Fort Lauderdale, FL
- Facilitated on-site group therapy services for domestic violence prevention, parenting skills, and batter's intervention program

- Responsible for the facilitation of the Parenting Education Program (PEP). The PEP is a 12-week program reviewing various parenting topics: *Parental responsibilities, Parenting styles, Hierarchy of Needs, Developmental stages, Discipline, Alternatives to spanking, Communication, Self-esteem, Self-care, Morals/values, Safety, and Domestic violence*
- Provided psychoeducational co-parenting modules. The co-parenting modules pertained to *defining co-parenting, benefits of co-parenting, importance of mothers and fathers, managing conflict, communication, making the most of parenting time, and navigating new relationships*
- Conducted detailed clinical assessments and substance abuse evaluations, created treatment plans, and provided therapeutic services to individuals and families involved in the foster care and dependency court system

**Family Therapist**

02/2018-07/2018

Gerena & Associates

Coral Springs, FL

- Provided in-home and on-site evidence-based therapeutic services to children involved in diversion programs as well as families and adults at risk
- Conducted detailed assessments to identify treatment needs and develop treatment plans with identifiable, measurable goals and objectives
- Facilitated on-site and community-based parent/youth support groups. Specifically responsible for the parenting support group discussing topics such as *intimate partner violence awareness, gender stereotypes, managing high-risk factors, and incorporating protective interventions*

**CLINICAL EXPERIENCE**

**Systemic Family Therapist Intern**

01/2018- 06/2019

Brief Therapy Institute

Davie, FL

- Worked with a team of doctoral-level therapists and AAMFT-approved supervisors to provide systemic therapeutic services to individuals, couples, and families

**Family Therapist Intern**

02/2017- 06/2017

Family Services of Westchester

Hastings-on-Hudson, NY

- Provided individual and family therapy with children, teenagers, and couples displaying a variety of presenting concerns such as ADHD, depression, anxiety disorders, and multiple adjustments
- Developed and executed treatment plans
- Maintained case files that included activities, progress notes, evaluations, and recommendations

**Systemic Family Therapist Intern**

05/2016- 05/2017

Iona Marriage & Family Therapy Center

New Rochelle, NY

- Provided systemic therapy with individuals, couples, and families under direct supervision, working on improving interpersonal skills
- Performed assessments, developed and implemented treatment plans
- Maintained progress notes to ensure proper documentation and interventions

**Therapist Intern** 07/2015- 06/2017  
Training Institute for Mental Health New York, NY

- Conducted intakes and counseling sessions with individuals and couples
- Determined whether clients should participate in counseling or refer to other specialists in fields such as medicine, psychiatry, and legal aid
- Maintained case files that include activities, progress notes, evaluations, and recommendations

### HONORS AND AWARDS

**Minority Fellowship Program.** American Association for Marriage and Family Therapy/Substance Abuse and Mental Health Services Administration (SAMHSA). Awarded for 2019- 2020. Award amount (annual): \$20,000.

**PanSGA Professional Development Grant**, Nova Southeastern University, 2019.  
Award Amount: \$750

**PanSGA Professional Development Grant**, Nova Southeastern University, 2018.  
Award Amount: \$700

**Delta Kappa Omicron**, International Marriage & Family Therapy Honor Society 03/2018  
Nova Southeastern University Chapter, Fort Lauderdale, FL

### PROFESSIONAL DEVELOPMENT

*Gottman Seven Principles Leader Training* 07/2021  
David Penner, Ph.D. & Laura Heck, Presenter  
The Gottman Institute

*Certified Instructor-Associate, Verbal Intervention* 04/2021  
Crisis Prevention Institute

*Certificate of Leadership Program* (in progress- 2021-2022 cohort) 03/2021  
American Association for Marriage and Family Therapy

*Dare to Lead* 01/2021  
Mandy Persaud, Presenter  
The Brave Ones Therapy Center, Orlando, FL

*Emotion Coaching: The Heart of Parenting* 04/2020  
The Gottman Institute

*Gottman Level 2: Assessment, Intervention, and Co-morbidities* 12/2019  
Bill Bumberry, Presenter  
National Marriage Seminars, Miami, FL

- Gottman Level 1: Bridging the Couple Chasm* 10/2019  
Chris Cambas, Presenter  
National Marriage Seminars, Miami, FL
- Relational Suicide Assessment: Risks, Resources, and Possibilities for Safety* 09/2018  
Douglas Flemons, Presenter  
Nova Southeastern University, Davie, FL
- The Therapist's Most Important Tool: A dialogue with Salvador Minuchin* 03/2017  
Salvador Minuchin, Sue Johnson, Jeffrey Zeig, Presenters  
Psychology Networker Symposium, Washington DC.
- 4-day Externship in Emotionally Focused Therapy* 10/2016  
George Faller, Presenter  
Greenwich Center for Hope and Renewal, Greenwich, CT
- The 10 Principles of Effective Couples Therapy: What Science Tell Us and Beyond* 03/2015  
John Gottman & Julie Gottman, Presenters  
Psychology Networker Symposium, Washington DC.

#### **PROFESSIONAL SERVICE AND COMMUNITY ENGAGEMENT**

- Treasurer**, Florida Family Therapy Alliance, Executive Board 01/2021- 03/2022
- Committee Member**, Commission on Accreditation for Marriage and Family Therapy Education, Eligibility Review Committee 01/2019- 04/2020
- Abstract Reviewer**, American Association of Marriage and Family Therapy. Annual Conference, Louisville, KY 12/2018- 12/2019
- Acting President**, Graduate Student Government Association. 06/2018- 06/2019  
Nova Southeastern University, College of Arts, Humanities, and Social Sciences, Fort Lauderdale, FL
- Treasurer**, Department of Family Therapy Club 02/2018- 06/2019  
Nova Southeastern University, Department of Family Therapy, Fort Lauderdale, FL
- Volunteer**, PanSGA 2018- 2019  
Nova Southeastern University, College of Arts, Humanities, and Social Sciences, Fort Lauderdale, FL
- Served on the Professional Development Grant committee to determine allocated amounts to award students who applied for the grant.

**PROFESSIONAL AFFILIATIONS**

**Approved Supervisor**, American Association of Marriage and Family Therapy      2021- present

**Clinical Fellow**, American Association of Marriage and Family Therapy      2014- present