

Markera C. Jones, Ph.D.

Licensed Psychologist

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EDUCATION

Doctor of Philosophy in Clinical Community Psychology (Minor: **Community Research Methods**) 2023

University of Illinois at Urbana-Champaign

Dissertation: “Feasibility Study of Mi-CReW, a Virtual Culturally Responsive MBI for African Americans” - <https://hdl.handle.net/2142/121291>

Master of Science in Clinical Community Psychology 2019

University of Illinois at Urbana-Champaign

Thesis: “Passive Social Media Use and Emotional Wellbeing: Potential Influences of Newsfeed Content and Neighborhood Danger” - <http://hdl.handle.net/2142/105234>

Bachelor of Arts in Psychology, Magna Cum Laude 2015

Franklin & Marshall College

Honors thesis: “Locus of Control Moderates the Effectiveness of Cognitive Reappraisal”

SUMMARY

My training in Clinical-Community Psychology has equipped me with a range of skills that allow me to prioritize social justice in work that ameliorates the lives of individuals, communities, and society, while also using my expertise in research and data analysis to aid in program evaluation. I have placed my research and evaluation experience first, followed by clinical and teaching experience.

RESEARCH & EVALUATION

Graduate Student Researcher 2020-2023

University of Illinois at Urbana-Champaign/Remote | Champaign, IL

Project: Feasibility Study of Mi-CReW, a Virtual Culturally Responsive MBI for African Americans. Conducted independent research that included the development, implementation, and evaluation of an intervention designed to address a disparity in the availability of culturally responsive mindfulness-based programming for African Americans. I managed significant aspects of my research lab, including the project budget, training assistants, creating and administering data collection tools using Qualtrics, and statistical analysis using SPSS and RStudio.

- Awarded \$10,000 grant
- Significant findings in efficacy and feasibility of program
- Supervised three undergraduate research assistants
- Ongoing research project

Youth Leadership Research Agenda Consultant 2022-2023

Aspen Institute | Washington, D.C.

Collaborated with a multidisciplinary team of leaders to help develop and evaluate the Aspen Institute’s Youth Leadership Index (Aspen Index), which now serves as a tool to assess the effectiveness and quality of youth leadership programs across the nation. Worked within a Research subgroup that developed an agenda for youth leadership research moving forward.

Research Assistant 2021-2022

University of Illinois at Urbana-Champaign | Champaign, IL

Project: Women and Infants' Stress and Health (WISH) Study. Administered *DSM SCID-5* psychological assessment to expecting and new mothers as part of a mindfulness study protocol. Scored assessment results and recorded them in data records.

Facilitator / Evaluator

2021

Virtual Event

Project: C-U Liberation Fest. Collaborated with academic and community leaders of local youth organizations to develop a virtual intervention that taught about liberation, healing, and social action. Liberation Fest was a two-day outreach program for emerging BIPOC youth leaders ages 11–19 to promote community resiliency, resistance, creativity, and joy. Evaluated youth, community partners, and facilitators' experience of the programming by creating surveys and conducting focus groups.

Evaluation Consultant / Graduate Researcher

2017-2020

Evaluation Capacity Building Lab | Champaign, IL

Community-based evaluation capacity building in close partnerships with local mental health organizations: Applied theory of change research, developed program logic models, created research-based surveys, trained in and provided data analysis. Created and administered evaluation surveys for internal use, and collaborated on writing and presenting annual reports to aid in contract renewal with the Champaign County Mental Health Board, our funders. Assisted on a project funded by SAMHSA, in which I coded, tracked, and uploaded participants' national outcome measures using SAMHSA's transformation accountability reporting system (TRAC).

Graduate Student Researcher

2017-2019

University of Illinois at Urbana-Champaign | Champaign, IL

Project: (Anti) Social Media & Wellbeing Lab. Conducted independent research investigating the relationship between exposure to antisocial behaviors on social media and emotional/affective wellbeing. Established processes and procedures for the research program, and supervised two undergraduate research assistants. Collected data using Qualtrics and MTurk. Analyzed data using SPSS. Wrote scientific manuscript for completion of master's thesis.

PUBLICATIONS

Published

- Jones, M.C. (2023). *Feasibility study of Mi-CREW: A virtual, culturally responsive MBI for African Americans*. [Dissertation, University of Illinois at Urbana-Champaign]. IDEALS. <https://hdl.handle.net/2142/121291>
- Dawson, D. N., Jones, M. C., Fairbairn, C. E., & Laurent, H. K. (2022). Mindfulness and acceptance-based interventions with Black Americans: A meta-analysis of intervention efficacy for depressive symptoms. *Journal of Consulting and Clinical Psychology, 90*(2), 123–136. <https://doi.org/10.1037/ccp0000706>.
- Jones, M.C. (2019). *Passive social media use and emotional wellbeing: Potential influences of newsfeed content and neighborhood danger*. [Thesis, University of Illinois at Urbana-Champaign]. IDEALS. <https://hdl.handle.net/2142/105234>
- Troy, A. S., Shallcross, A. J., Jones, M. C., Brunner, A., & Friedman, R. (2018). Cognitive reappraisal and acceptance: Effects on emotion, physiology, and perceived cognitive costs. *Emotion, 18*(1). <https://doi.org/10.1037/emo0000371>.

In Preparation

- Jones, M.C. (in preparation). Feasibility study of a virtual mindfulness-based intervention for African Americans.
- Jones, M.C. (in preparation). The added benefit of peer support networking in online treatments for adolescent depression: A systematic review

GRANTS

Center for Social and Behavioral Science

2022-2026

“Mindfulness for Radical Healing: Feasibility of a Culturally Congruent Virtual Mindfulness-based Intervention for African Americans”
\$10,000

PRESENTATIONS

Invited Talks

- Jones, M.C., Pines, D., Porterfield, D., & Weiner, J. (2024, December 11). *Mindset matters: The power of college to activate lifelong growth*. [Panel discussion]. Aspen Institute, Washington, D.C.
- Jones, M.C. (2022, April 11). *Clinical community psychology in action: An example of applied psychology using a social justice lens* [Lecture]. Psychology Department, Bryn Mawr College, Bryn Mawr, PA.

Conference Presentations

- Jones, M. C. & Dawson, D. (2020, February 29). *Cultivating mindfulness: Radical self-care as a means of resistance and healing* [Workshop]. Black and Latinx Womxn Summit, Champaign, IL.
- Jones, M. C. (2019, June 27). *Unpacking the relationship between social media use and emotional wellbeing: Influences of newsfeed content and neighborhood-level factors* [Poster presentation]. SCRA 17th Biennial Conference on Community Research and Action, Chicago, IL.
- Jones, M. C., Blevins, E., Dawson, D., Fitts, J., & Meno, C. (2018, October 24). *Communicating information to diverse audiences: Lessons learned and best practices* [Workshop]. Midwest ECO Conference, Chicago, IL.
- Jones, M. C. (2017, July 21). *The ugly side of the digital divide: Exploring how antisocial displays on social media impact adolescent wellbeing* [Poster and oral presentation]. Illinois Summer Research Symposium, Champaign, IL.
- Jones, M. C. & Troy, A. S. (2015, May). *Context matters: The role of emotional context in the effectiveness of cognitive reappraisal and acceptance* [Poster presentation]. Closer Look Research Fair, Lancaster, PA.

Independent Workshops

- Jones, M. C. & Dawson, D. (2020, October 27). *The radical self-care toolkit: A guide to surviving the ivory tower* [Workshop]. Graduate College, University of Illinois at Urbana-Champaign, Online event.
- Jones, M. C. & Dawson, D. (2020, June 19). *Radical self-care as a means of resistance and healing II* [Workshop]. Independent online event.
- Jones, M. C. & Dawson, D. (2020, June 13). *Radical self-care as a means of resistance and healing I* [Workshop]. Independent online event.

CLINICAL EXPERIENCE

Clinical Psychologist

2023-present

Harmony Holistic, LLC | Rockville, MD

Providing culturally-responsive and affirming psychotherapy to individuals, couples, and families. I work with adolescents and adults. Licensed to practice in Maryland. **License #07308.**

<https://weareharmonyholistic.com/meet-our-team/dr-markera-jones/>

Doctoral Psychology Resident

2022-2023

University of North Carolina at Chapel Hill | Chapel Hill, NC

Delivered assessment, individual therapy, group therapy, supervision of graduate clinicians, triage/crisis services, and outreach programming at the university counseling center.

- Black Women’s Empowerment Group
- Mindful Self-Compassion Group
- Road to Resilience Group
- Koru Mindfulness Group
- Multicultural Project: “Mindfulness Workshops for Black Students”

<p>Mindfulness Group Facilitator <i>University of Illinois at Urbana-Champaign Champaign, IL</i> Conducted over ten group mindfulness therapies to over 100 community members in community settings.</p> <ul style="list-style-type: none"> ● Mindfulness-Based Cognitive Therapy (MBCT) in a Quaker meetinghouse. ● <i>Finding Peace in a Frantic World</i> Mindfulness-based Stress Reduction (MBSR) online. ● Mindfulness-based Childbirth and Parenting (MBCP) at a community center. ● Mindfulness-based Relapse Prevention (MBRP) in an outpatient setting. 	2018-2022
<p>Graduate Clinician <i>University of Illinois at Urbana-Champaign Champaign, IL</i> In the psychology department-run Psychological Services Center, delivered CBT to adults in the Champaign-Urbana community presenting with depression and anxiety concerns. Services were delivered in-person and via telehealth. Conducted intake assessments. Monitored client progress using BDI-II, BAI, & BSI to assess depression, anxiety, and stress symptoms.</p>	2021-2022
<p>Mindfulness Group Facilitator <i>Loyola University Chicago, IL / Remote</i> Research Project: Mindfulness for African Americans with a Preterm Infant (MAAPI) Study. Implemented an 8-week, virtual, culturally-adapted Mindfulness-Based Stress Reduction program to African American mothers. <i>PIs: Lisa Garfield, Ph.D. and Natalie Watson-Singleton, Ph.D.</i></p>	2021-2022
<p>Assessment Clinician <i>OSF Heart of Mary Medical Center Champaign, IL</i> Administered <i>DSM SCID-5</i> psychological assessment to adults with severe psychopathology admitted to the inpatient behavioral unit. Scored diagnostic results. Wrote and presented clinical diagnostic case reports.</p>	2020-2021
<p>Graduate Clinician <i>University of Illinois Counseling Center Champaign, IL</i> Delivered individual therapy to university undergraduate and graduate students. Co-facilitated the Expressive Arts Interpersonal Process Group for students with anxiety.</p>	2019-2020
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TEACHING & MENTORSHIP	
<p>Course Instructor <i>University of Illinois at Urbana-Champaign Champaign, IL</i> I developed and implemented the course curriculum for PSYC 239: Introduction to Community Psychology for 160+ undergraduate students. I taught the course remotely, using a learning management system, videoconferencing, and synchronous and asynchronous delivery. I created learning content such as short video lectures, interactive slide presentations, reading assignments, quizzes and exams, and reflection questions.</p> <ul style="list-style-type: none"> ● Supervised a teaching assistant weekly. ● Awarded “Teacher Ranked as Excellent” ● Syllabus 	2020-2021
<p>Mindfulness Discussion Group Coordinator <i>Danville Correctional Center Danville, IL</i> Education Justice Project is a college-in-prison program that provides incarcerated individuals with educational opportunities. I developed curricula for and implemented a mindfulness-focused extracurricular group for incarcerated men at the Danville Correctional Center who were in college.</p> <ul style="list-style-type: none"> ● Supervised a group of seven facilitators to support program implementation. 	2021-2022

<p>Health & Medical Sciences Research Team Leader <i>University of Illinois at Urbana-Champaign Champaign, IL</i> Program: Summer Research Opportunities Program (SROP). I taught undergraduate students two courses in research writing and in graduate school application skills. I mentored and supported students with their scholarly writing and their end-of-program research conference presentations.</p>	2018-2019
<p>English II & III / Special Education Inclusion Teacher <i>Shelby County Schools Memphis, TN</i> I taught four periods per school year of English II and III in an inclusive classroom setting at Manassas High School. I was certified in English and in Special Education, and I provided case management for about 50 high school students with individual educational plans (IEPs). I taught a reading intervention course for students with specific learning disorders in reading. I collaborated with school psychologists, administrators, fellow teachers, and parents on students' educational plans.</p>	2015-2017
<p>Student Mentor <i>Franklin and Marshall College Lancaster, PA</i> Program: Next Generation Initiative. Mentored 20 first-generation college freshmen on F&M's campus. Assisted Dean of the College (Donnell Butler) in efforts to improve the college's student advising system. Collected qualitative data in order to assess the impact of this new program.</p>	2013-2015
<p>Teaching Assistant <i>Franklin and Marshall College Lancaster, PA</i> Assisted about 20 students in Psychology Statistics Course lab in learning course materials. Prepared classroom setting for lab activities. Provided statistics tutoring outside of class.</p>	Fall 2013
<p>Facilitator / Preceptor <i>Franklin and Marshall College Lancaster, PA</i> Program: F&M College Prep. Collaborated with colleagues and professors to help build a strong college-going culture among prospective first-generation, underrepresented students and their families. Created workshops, group activities, discussions, and team-building exercises to strengthen high school juniors' college preparation. Assisted a professor in teaching students a creative writing course.</p>	Summer 2013
<p>Project GRAD Intern <i>Franklin and Marshall College, J.P. McCaskey High School Lancaster, PA</i> Program: F&M Works In Lancaster. Paid internship in the guidance counseling office of a public school in Lancaster County, PA. Encouraged high school students toward academic success, and helped promote college and career planning despite adversity. Assisted in planning five college visit trips, organizing four college and career events, and after-school tutoring.</p>	2012-2013

AWARDS

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| <ul style="list-style-type: none"> ● Graduate Student Leadership Award
<i>University of Illinois at Urbana-Champaign, The Graduate College</i> ● Aspen Institute Leadership Development Index Impact Fellow
<i>Aspen Institute, Washington, D.C.</i> ● Fred Kanfer Psychology Graduate Fellowship
<i>University of Illinois at Urbana-Champaign, Department of Psychology</i> ● McGrath Graduate Fellowship
<i>University of Illinois at Urbana-Champaign, Department of Psychology</i> ● List of Teachers Ranked as Excellent
<i>University of Illinois at Urbana-Champaign</i> ● Summer Predoctoral Institute Fellowship
<i>University of Illinois at Urbana-Champaign, Graduate College</i> ● Outstanding Research Writing Award
<i>University of Illinois at Urbana-Champaign, Summer Predoctoral Institute</i> | <p>2022</p> <p>2022</p> <p>2021</p> <p>2021</p> <p>2020</p> <p>2017</p> <p>2017</p> |
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INSTITUTIONAL SERVICE

Student Advisory Committee, Clinical-Community Division, UIUC	2021-2022
Black Student Caucus, Graduate Employee Organization, UIUC	2021-2022
Diversity Committee, Department of Psychology, UIUC	2021-2022
Community Care Collective, UIUC	2021-2022

PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

American Psychological Association

- Society for the Psychological Study of Social Issues (APA Div. 9)
- Society for Community Research and Action (APA Div. 27)