

Curriculum Vitae

Jacqueline Hudak

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EDUCATION:

2007 **Ph.D. Couple and Family Therapy.** Hahnemann/Drexel University, Philadelphia, Pennsylvania

1984 **M.Ed. Counseling and Consulting Psychology.** Harvard University, Cambridge, Massachusetts

1980 **B.A. Psychology and Women's Studies.** Boston University, Boston, Massachusetts

LICENSURE:

NJ Marriage and Family License # 37FI 00163000

PA Marriage and Family License # MF000752

AWARDS:

2020 The Dean's Award in Education in Medical Student Teaching by an Allied Health Professional. Perelman School of Medicine, The University of Pennsylvania.

2020 Albert Stunkard Faculty Recognition Award, Department of Psychiatry. Perelman School of Medicine, The University of Pennsylvania.

CLINICAL, ADMINISTRATIVE & CONSULTING EXPERIENCE:

5/07 - present **PRIVATE PRACTICE**. New Jersey.

8/19-present. **PRIVATE PRACTICE**, Philadelphia, PA.

9/19-01/22. **FAMILY & RELATIONSHIP CONSULTANT**, Providence
Treatment Center, Philadelphia, PA

10/13 to 7/19. **DIRECTOR**, The Center for Couples and Adult Families,
Department of Psychiatry, Perelman School of Medicine, The University of
Pennsylvania.

- Develop a vision, mission and long term strategic plan for clinical and academic couple and family clinical and training center within the Department of Psychiatry at The Perelman School of Medicine.
- Develop Psychiatry, Culture and Family curriculum across all four years of psychiatric residency; supervise 3rd and 4th year psychiatry residents in couple and family therapy.
- Direct all clinical work in the Center for Couples and Adult Families; provide clinical care focusing on: general couple and adult family systems, the systemic treatment of addiction in pre/early and post sobriety, LGBT couples and families, diverse family structures, high net worth families and VIP patient population.
- Liason with all clinical programs within the Department of Psychiatry, and create and facilitate multifamily psychoeducation groups for bipolar illness, ADHD and addiction.
- Liason with programs across the University and Health System that involve families, such as The Abramson Cancer Center, and The Gender and Sexuality Development Clinic at Childrens Hospital of Philadelphia.

- Promote the clinical work of The Center for Couples and Adult Families as culturally sensitive and LGBT friendly, by working with The Program for LGBT Health at Penn Medicine.
- Create, develop and maintain a user friendly website and coordinate all social media for the center.
- Work with Penn Medicine Communications to respond to media inquiries regarding relationship issues and family health. Provide material for the CCAF blog on relevant current events and research findings.
- Liason with Department Chair, Development Office, and Communications to work with major donors to support current and future work of the center.

5/07 to Present **PRIVATE PRACTICE.** Ventnor, NJ.

11/88 to 06/01 **DIRECTOR.** FAMILY THERAPY ASSOCIATES OF MONMOUTH COUNTY. Red Bank, NJ Direct large private practice specializing in family systems treatment. Detailed knowledge of all clinical work; supervise associates; facilitate weekly team meeting. Provide direct clinical services to families in a variety of modalities: individual, family, couple and group. Train clinicians and provide consultation to agencies and schools on a variety of family issues: the systemic treatment of addiction, diversity, gender, domestic violence.

05/86 – 03/88 **PROGRAM DIRECTOR.** FAMILY CONTINUITY PROGRAM, Lynn, Massachusetts. Training, management and clinical supervision of clinical staff and office manager. Detailed knowledge of all intensive clinical work with families. Managed \$250,000+ budget. Organized program systems, facilitated weekly staff meeting, participated in agency administrative meetings. Hiring/discharging of clinical and clerical staff, managed billing procedures, interfaced with State Department of Social Services to facilitate referrals and

ongoing clinical work. Administrative liaison with area Department of Social Services, district court, school systems, hospitals and collateral service agencies. 24-hour availability by pager.

09/84 – 05/86 **FAMILY THERAPIST/ASSISTANT DIRECTOR.** FAMILY CONTINUITY PROGRAM, Lynn, Massachusetts Provided outreach family, couple and individual therapy to “multi-problem” families. Treatment team leader, case management, crisis intervention, 24-hour availability. Facilitated weekly group supervision for clinical staff, clinical supervision of two staff members, clinical advocacy with area Department of Social Services, hospitals, courts and schools.

06/80 – 10/82 **MENTAL HEALTH COUNSELOR.** THE BEVERLY HOSPITAL, Beverly, Massachusetts. Primary therapist for adults on short-term, crisis oriented psychiatric unit. Provide individual, couple and family systems therapy. Facilitate group therapy sessions. Designed and facilitated women’s group: provided a forum to discuss issues such as sexual abuse and battering. Provided psychiatric evaluations for emergency room. Evaluated for Leland admissions.

ACADEMIC POSITIONS:

1/23 to present **ADJUNCT FACULTY**, Couple & Family Therapy Program, Counseling & Behavioral Health Dept., Thomas Jefferson University, College of Health Professions.

11/19 to present **ASSISTANT CLINICAL PROFESSOR OF PSYCHIATRY**, Perelman School of Medicine, The University of Pennsylvania.

10/13 to 7/19 **CLINICAL FACULTY**, Department of Psychiatry, Perelman School of Medicine, The University of Pennsylvania.

1/08 to 5/10 **ADJUNCT FACULTY**, Graduate Programs in Couple and Family Therapy, Drexel University, Philadelphia, PA.

9/04 to 5/05 **ACADEMIC INTERN**, Graduate Programs in Couple and Family Therapy, Drexel University. Taught Cutting Edge Theory and Practice; Historical and Sociocultural Perspectives in Family Therapy.

9/94 to 9/97 **FACULTY**. THE INSTITUTE FOR FAMILY SERVICES Somerset, NJ. Faculty appointment to provide clinical services and training in the Cultural Context Model, developed by Dr. Rhea Almeida and renowned for community based team treatment for families with domestic violence.

9/94 to 9/97 **FACULTY**. THE MULTICULTURAL FAMILY INSTITUTE OF NJ Highland Park, NJ. Faculty appointment to teach postgraduate trainees in a three-year certificate program. Provide didactic lectures, live clinical supervision, and case consultation. Specialist in systemic approaches to treating addiction.

PUBLICATIONS:

Hudak, J. & Nelson, T. (2012). What is coming out and why is it necessary? *Family Therapy Magazine*, May-June 2012. The American Association of Marriage and Family Therapy.

Hudak, J. & Giamattei, S. (2010). Doing Family: Decentering Heteronormativity in 'Couple' and 'Family' Therapy. Winter Monograph: American Family Therapy Academy.

Hudak, J. (2005). What's in a name? The problem with categories. *Family Therapy Magazine*, Nov. - Dec., 24-26. The American Association of Marriage and Family Therapy.

Hudak, J. (2000). Groups of European origin. In J. Krestan (Ed.). *Bridges to recovery: Addiction, family therapy and multicultural treatment* (pp. 284-316). New York: Free Press.

Hudak, J., Krestan, J., & Bepko, C. (1999). Alcohol problems and the family life cycle. In M. McGoldrick & B. Carter (Eds.) *The Expanded family life cycle: Individual, family and social perspectives* (pp. 455- 469). Boston, MA: Allyn and Bacon.

Almeida, R.V. & Hudak, J. (2002). The cultural context model. In F. Mederos & E. Aldarondo (Eds.), *Batterers Intervention Programs: A Handbook for Clinicians, Practitioners and Advocates* (pp. 10-1-10- 48). Kingston, NJ: Civic Research Institute.

McGoldrick, M., Almeida, R., Garcia-Preto, N., Bibb, A., Sutton, C., Hudak, J., Hines, P. (1999). Efforts to incorporate social justice perspectives into a family training program. *Journal of Marital and Family Therapy*, 25(2) 191-210.

LECTURES BY INVITATION (selected sample):

3/5/25 "*Extended Parenting and the Impact on the Couple.*" Invited Masters Presentation, Therapy Training Boston, Monthly Masters Series in Couple Therapy Course.

9/18/24 "*Integrating a Family Systems Perspective into Psychiatry and Addiction Medicine.*" Lecture, Group for the Advancement of Psychiatry, Family Committee.

12/12/23 "*Multigenerational Families.*" Lecture, The Quadrangle, Haverford, PA.

4/19/22 "*Working with LGBTQ Families*" Grand Rounds presentation, Department of Psychiatry, Cooper Health System, Camden, NJ.

1/16/20 *"Employing a Systemic Lens in Considering Family Health: Culture, Family & the Life Cycle Trajectory."* Lecture to Pediatric Psychiatry Fellows, The Childrens' Hospital of Philadelphia (CHOP).

9/20/19 *"Couple & Family Systems: Expanding the Lens"* Aids Care Group, Sharon Hill, PA.

12/1/18 *"Relational Components of the Transgender Experience: Couple & Family Dynamics."* The Penn Center for Human Appearance: Transgender Health: A Multidisciplinary Approach. Smilow Center for Transnational Research, Philadelphia, PA.

7/14/18 *"Elite Patient Populations: A Systemic Approach to Cultural Competency and Clinical Excellence. Advanced Clinical Strategies."* Training workshop for professionals with Paul Hokemeyer, Ph.D., sponsored by The Caron Foundation. The Barnes, Philadelphia, PA.

11/7/17 *"Working with LGBTQ Couples."* Grand Rounds, Chestnut Hill College, Philadelphia, PA.

3/30/17 *"Elite Patient Populations: A Systemic Approach to Cultural Competency and Clinical Excellence."* Training workshop for professionals with Paul Hokemeyer, Ph.D., sponsored by The Caron Foundation. The Barnes, Philadelphia, PA.

March – June 2017 *"A Systemic Approach to Treating Families and Trauma."* Biweekly training and clinical supervision program for the staff of the Penn Center for Youth and Family Trauma Response and Recovery, Hall-Mercer Community Mental Health Center, Philadelphia PA.

4/25/17 *"Teaching Culture and Family to Psychiatry Residents."* Presentation, The Society for the Study of Psychiatry and Culture, Princeton, NJ.

6/5/17 *"The Politics of Personhood & Clinical Work: Reflecting on our Fluid, Emergent & Performative Identities."* Plenary Presentation, The American Family Therapy Academy Annual Conference, Philadelphia, PA.

9/28/16 *"Supporting transgender young adults: Working collaboratively with family and individual treatment."* Interdisciplinary panel, sponsored by The Center for Couples and Adult Families, The Perelman School of Medicine, Department of Psychiatry, University of Pennsylvania.

9/24/16 *"The changing family and how it influences identity."* Panelist, Penn Spectrum Weekend, University of Pennsylvania.

7/21/16 *"Culture, gender & sexuality."* Panelist. Residency Colloquium: Culture and Systems of Care. Department of Psychiatry, University of Pennsylvania.

4/19/16 *"Cutoffs in families: Implications for relationship and development over the life cycle & across generations."* Featured speaker; The Reading Hospital Annual Conference, Reading, PA.

3/17/16 *"Families, gender, and money: Considerations in working with families of high net worth."* Featured speaker, Sontag Advisory, Madison Avenue, New York City.

2/26/15 *"Integrating the Family into Psychiatric Practice."* Grand Rounds Presentation, The Perelman School of Medicine, Department of Psychiatry, The University of Pennsylvania.

11/14/14 *"Evidence-Based Practice for Mood Disorders: An Update on Pharmacological & Psychotherapeutic Treatment."* Panelist, Penn Behavioral

Health Mind Symposia, Perelman School of Medicine, The University of Pennsylvania.

3/14/14 " *The Interface of Illness, Individual and Family Dynamics in Illness and Death*," with Ellen Berman, MD. Nephrology Grand Rounds, The Children's Hospital of Philadelphia.

6/8/13 " *Identity Politics in Couple and Family Therapy: Deconstructing the Binaries*," Brief Presentation, American Family Therapy Academy Annual Meeting, Chicago, Il.

1/17/13 " *Families and LGBTQ Youth*," Panelist, NJ State Bar Association's LGBT Rights Section Symposium, Becoming Visible: Confronting the Issue of LGBTQ Homelessness and its Causes. NJ Law Center, New Brunswick.

9/16/12 " *'Coming out' in a Heteronormative Culture: Mothers and their Children*," Workshop, The American Association of Marriage and Family Therapy Annual Conference, Charlotte, NC.

6/23/10 " *Using Autoethnography to Explore Heteronormativity and Microaggressions*," Brief Presentation, American Family Therapy Academy Annual Meeting, Boulder, Co.

6/20/08 " *Autoethnography: Cutting Edge Methodology for Family Therapy*," Brief Presentation, American Family Therapy Academy Annual Meeting, Philadelphia, Pa.

8/28/06 " *Teens Living with Addictions*," daylong workshop, Center for Healthy Schools, Families and Communities of UMDNJ. Behavioral Research and Training Institute, Piscataway, New Jersey.

4/18/01 *"Family Systems and Addiction,"* daylong training seminar sponsored by the Middlesex County Department of Human Services and MICA Task Force, Sayreville, New Jersey.

3/16/01 *"The Impact of Domestic Violence and Addiction."* Panelist. The New Jersey Task Force on Women and Addiction, Spring 2001 Conference, Piscataway, New Jersey.

5/6/00 *"Accountability in Recovery: Domestic Violence and Addiction,"* Plenary. With Rhea Almeida, Ph.D. The 9th Annual Cultural Diversity Conference: Bridges to Recovery, Culture and Addiction, Edison, New Jersey.

4/12/00 *"Biomedical Sociocultural Education."* Six hour course for CAC and CADC credits. New Views Treatment Center, New Views School of the Millennium, Morris Plains, New Jersey.

3/15/00 *"A Systemic Approach to Treating Addiction in Families."* Six hour course for CAC and CADC credits. New Views Treatment Center, New Views School of the Millennium, Morris Plains, New Jersey.

6/25/99 *"Healing in Cross Cultural Dialogs."* Presentation. The American Family Therapy Academy Diversity Forum. The 21st Annual AFTA Conference, Washington, D.C.

5/14/99 *"Keeping Hope Alive in the Face of Addiction."* Presentation. The 8th Annual Cultural Diversity Conference. Strengthening Hope and Resilience in Children and Families. JFK Conference Center, Edison, New Jersey.

10/16/98 *"Gender, Violence and Addiction: Crucial Links to Treating Families"*. Presentation. Domestic Violence Batterers Convention: Whom Do We

Protect? Whom Do We Hold Accountable? Douglas College Campus Center, Rutgers University, New Brunswick, New Jersey.

02/27/98 "*Sibling Relationships and Addiction*". Lecture. Siblings: Our Longest Relationships. Conference sponsored by The Family Institute of New Jersey, Piscataway, New Jersey.

11/21/97 "*Domestic Violence and Addiction: The Cultural Context Model*". Workshop. New Jersey Task Force on Women and Alcohol 22nd Annual Conference. The Flanders, Ocean City, New Jersey.

10/15/97 *Crashing Through*. Guest appearance, Cablevision with Karen Hershey, Host. Lakewood, New Jersey.

10/02/96 "*Feminist Theory: Implications for the Treatment of Recovering Women*." Guest Speaker. New Jersey Task Force on Women and Alcohol. Northern Region Annual Dinner Meeting. The County College of Morris, Morristown, New Jersey.

04/19/96 "*Integrating the Treatment of Alcoholism and Domestic Violence*". Keynote Speech. Fifth Annual Cultural Diversity Conference: Making Home a Safe Place. Violence in the Family and the Community. Sponsored by Family Institute of New Jersey and Rutgers University, New Brunswick, New Jersey.

3/6/96 "*Family Matters: The Impact of Addiction Upon Family Systems*." Workshop. Winter School of MICA Studies, Greystone Park Psychiatric Hospital, Morris Plains, New Jersey.

2/2/96 "*A Feminist Perspective: Women and Addictions in the Family*." Keynote speech. Women on the Threshold of Change: Issues in the Mental Health and

Chemical Abuse Field. Sponsored by New Views Treatment Program, Winter School of MICA Studies, Greystone Park Psychiatric Hospital, Morris Plains, New Jersey.

1/30/96 *What is Family Therapy?* Guest speaker. National Public Radio.

11/11/95 "*Alcoholism: Sponsorship and Accountability.*" Presentation. The Cultural Context Model: Comprehensive Intervention for Men who are Abusive and their Families. Presented by The Family Institute of New Jersey and The Institute of Family Service, Morristown, New Jersey.

5/21/95 "*Changing Addictive Patterns*". Plenary presentation. The Fourth Annual Cultural Diversity Conference sponsored by The Family Institute of New Jersey, Metuchen.

4/26/95 "*Alcoholism as Oppression: Women and Addiction.*" Keynote speaker. Princeton YWCA Professional Women's Advisory Group, Princeton, New Jersey.

PROFESSIONAL AFFILIATIONS:

The American Family Therapy Academy. *Board Member (2007- 2014), Marketing Chair (2008- 2013).*

Member: The Council on Contemporary Families.

Clinical Fellow & Approved Supervisor: The American Association of Marriage and Family Therapy.

Member: The Society for the Study of Psychiatry and Culture.