Jennifer L. Keluskar, Ph.D.
jlk6730@psu.edu

EDUCATION & CREDENTIALS

September 2011	**NYS License in Clinical Psychology**
September 2005-August 2010	**Ph.D. Clinical and School Psychology** Hofstra University Hempstead, New York (APA Accredited)
September 2005-August 2006	**M.A. Clinical and School Psychology** Hofstra University
September 2005-June 2005	**B.A. Psychology, *Magna Cum Laude*** Wellesley College Wellesley, Massachusetts

POSITIONS HELD

August 2024-Present	**Assistant Teaching Professor of Biobehavioral Health, The Pennsylvania State University** University Park, PA BBH 101-Introduction to Biobehavioral Health BBH 315- Gender and Biobehavioral Health BBH 119-Behavior, Health, and Disease BBH 302-Diversity and Health
February 2023 - Present	**Expert Author Community, Psychology Today.** Title of Blog: *Alone Together: Connections and Emotions in the World Today* https://www.psychologytoday.com/us/blog/alone-together
September 2021- May 2024	**Adjunct Professor, St. John's University** Queens, New York PSY 207H: Honors Child Psychology (online, synchronous) PSY207: Child Psychology PSY208H: Honors Adolescent Psychology PSY1000: Introductory Psychology PSY 698: Clinical Practicum (Intake Interviewing), Part I (Didactics) PSY 699: Clinical Practicum (Intake Interviewing), Part II (Supervised Practicum).

April 2021-Present **Clinical Psychologist, Private Practice**
Remote

February 2021-February 2023 **Intake Specialist, Aptihealth, Inc.**
Remote

July 2015-September 2020 **Stony Brook School of Medicine, Clinical Assistant Professor, Department of Psychiatry**
Stony Brook, N.Y.

September 2019-September 2020 **Head of Clinical Education, Stony Brook Autism Initiative**
Stony Brook, N.Y.

January 2014-July 2015 **Stony Brook Children's Service, PC**
Stony Brook, N.Y.

September 2012-October 2013 **Behavioral Consultant/Clinical Psychologist**
St. Mary Children's Hospital, Roslyn Outpatient Clinic
Roslyn, N.Y.

September 2010-November 2012 **Associate Research Scientist**
Phyllis Green and Randolph Cōwen Institute for Pediatric Neuroscience, NYU Child Study Center
New York, N.Y.

VOLUNTARY ROLES

October 2020-Present **Volunteer Faculty, Stony Brook University, Department of Psychiatry**
Stony Brook, N.Y.

December 2022-July 2023 **Long Island Coordinator for Climate Psychology Alliance of North America**
Remote

HONORS & AWARDS

November 2009	Recipient, 23rd Annual H. Alan Robinson Outstanding Doctoral Dissertation Award
August 2006	Master of Arts with Distinction
2004	Psi Chi, National Honor Society in Psychology
2002	First Year Distinction, Wellesley College

PUBLICATIONS

Keluskar, J. (2027). *Psychotherapy for climate change: A practical guide to transcending differences.* Routledge.

Doherty, T. Artman, S., Homan, J., **Keluskar, J.,** & White, K. (2024). Environmental identity-based therapies for climate distress: applying cognitive behavioural approaches. *The Cognitive Behaviour Therapist 17* (e29). https://doi.org/10.1017/S1754470X24000278

Keluskar, J. (2024 September/October). Are you sensitive to injustice? *Psychology Today.* pp. 22-23.

Keluskar, J. (2023 May/June). Getting the recognition you crave. *Psychology Today.* pp. 15-16.

Gerber, A.H., **Keluskar, J.** & Lerner, M.D. (2023). Longitudinal Impact of the COVID-19 Pandemic on Social Disruption and Loneliness in Autistic and Non-Autistic Youth. *Journal of Clinical Child and Adolescent Psychology*, *54*(4), 445–457. https://doi.org/10.1080/15374416.2023.2272933

Amaral, D.G. and de Vries, P.J., et al. (2020), COVID-19 and autism research: Perspectives from around the globe. *Autism Research, 13*: 844-869. doi:10.1002/aur.2329

Keluskar, J., Reicher, D., Gorecki, A., Mazefsky, C., & Crowell, J. (2021). Understanding, assessing, and intervening with emotion dysregulation in autism spectrum disorder: A developmental perspective. *Child and Adolescent Psychiatric Clinics of North America, 30,* 335-348. https://doi.org/10.1016/j.chc.2020.10.013

Crowell, J., **Keluskar, J.,** Gorecki, A. (2019). Parent-child relationships and their impact on the development of children with autism spectrum disorder: A review. *Comprehensive Psychiatry*, *90,* 21-29. https://doi.org/10.1016/j.comppsych.2018.11.007

Rodman, J., Gilbert, K., Grove, A., Cunningham, M., Levenson, S., & Wajsblat, L. (2010). Efficacy of brief quantitative measures of play for screening for Autism Spectrum Disorders. *Journal of Autism and Developmental Disabilities, 40,* 325-333. https://doi.org/10.1007/s10803-009-0880-7

DiMartino, A., Zuo, Z., Kelly, C. Grzadinski, R., Mennes, M. Schvarcz, A., **Rodman, J**, Lord, C., Castellanos, F. Xavier, Milham, M.P. (2013). Shared and distinct intrinsic functional network centrality abnormalities in Autism and Attention-Deficit/Hyperactivity Disorder. *Biological Psychology.* doi:10.1016/j.biopsych.2013.02.011

Blaine B., **Rodman J**., & Newman, J (2007). Weight loss treatment and psychological well-being: A meta-analytic review. *Journal of Health Psychology, 12*, 66-82. doi: 10.1177/1359105307071741

Blaine, B. & **Rodman, J**. (2007). Responses to weight loss treatment among obese individuals with and without BED: A matched-study meta-analysis. *Eating and Weight Disorders, 12*(2), 54-60. doi: 10.1007/BF03327579.

ONLINE PUBLICATIONS

Keluskar, J. (2026, July 30). The value of literal humor. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202607/the-value-of-literal-humor

Keluskar, J. (2026, May 27). ChatGPT and political correctness. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202605/chatgpt-and-political-correctness

Keluskar, J. (2026, March 24). Obedience on overdrive: How to soothe punishment sensitivity. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202603/obedience-on-overdrive-how-to-soothe-punishment-sensitivity

Keluskar, J. (2026, February 2). Dealing with the fear of looking dumb. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202601/dealing-with-the-fear-of-looking-dumb

Keluskar, J. (2025, December 2). Helping a spouse cope with being laid off. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202512/helping-a-spouse-cope-with-being-laid-off

Keluskar, J. (2025, October 13). The 4 faces of deservingness. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202510/the-4-faces-of-deservingness

Keluskar, J. (2025, July 19). Existential dread. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202507/phobia-in-the-age-of-existential-dread

Keluskar, J. (2025, May 30). How to keep your cool around pushy people. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202505/keeping-your-cool-when-pushy-people-dont-respect-boundaries

Keluskar, J. (2025, April 3). Understanding differences in emotion sensitivity. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202504/understanding-differences-in-emotion-sensitivity

Keluskar, J. (2025, February 4). The best way to respond to meanness and rudeness. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202502/dealing-with-random-acts-of-meanness

Keluskar, J. (2025, January 1). Coping with unjustified public shaming. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202412/coping-with-unjustified-public-shaming

Keluskar, J. (2024, November 10). Forgiving forgetfulness. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202411/forgiving-forgetfulness

Keluskar, J. (2024, July 22). Dealing with slow processing. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202407/dealing-with-slow-processing

Keluskar, J. (2024, June 29). All-for-nothing angst. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202406/all-for-nothing-angst

Keluskar, J. (2024, June 3). RISE: The value of believing in someone. *Alone Together*. https://www.psychologytoday.com/us/blog/alone-together/202406/rise-the-value-of-believing-in-someone

Keluskar, J. (2024, April 20). The pros and potential cons of high justice sensitivity.

Alone Together.
https://www.psychologytoday.com/us/blog/alone-together/202404/understanding-justice-sensitivity

Keluskar, J. (2024, March 27). The power of creating connections.
Alone Together.
https://www.psychologytoday.com/us/blog/alone-together/202403/the-power-of-creating-connections

Keluskar, J. (2024 March 4). My problem or yours? *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202403/my-problem-or-yours

Keluskar, J. (2024, February 7). Why it's OK not to have a friend group.
Alone Together. https://www.psychologytoday.com/us/blog/alone-together/202402/what-to-do-when-you-dont-have-a-friend-group

Keluskar, J. (2024, January 5). Dealing with disgust. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202401/dealing-with-disgust

Keluskar, J. (2023, December 4). When needing to appear good can lead to Self-sabotage. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202312/when-needing-to-appear-good-can-lead-to-self-sabotage

Keluskar, J. (2023, November 15). Nature can soothe loneliness. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202311/nature-can-soothe-loneliness

Keluskar, J. (2023, October 17). The tyranny of time optimization.
Alone Together.
https://www.psychologytoday.com/us/blog/alone-together/202310/the-tyranny-of-time-optimization

Keluskar, J. (2023, September 15). Helping children nurture friendships.
Alone Together.
https://www.psychologytoday.com/us/blog/alone-together/202309/helping-children-nurture-friendships

Keluskar, J. (2023, September 4). Helping your child make a good first impression on adults. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202309/helping-your-child-make-a-good-first-impression-on-adults

Keluskar, J. (2023, August 27). An opportunity you can't refuse – or can't approach?

Alone Together.
https://www.psychologytoday.com/us/blog/alone-together/202308/an-opportunity-you-cant-refuse-or-cant-approach

Keluskar, J. (2023 July 9). Environmental activists can be self-conscious. *The Resilient Activist.*
https://www.theresilientactivist.org/category/envirotips/emotional-support/

Keluskar, J. (2023, July 7). The psychology of climate change. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202307/the-psychology-of-climate-change

Keluskar, J. (2023, July 4). When political ideology makes kids anxious. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202306/when-political-ideology-makes-kids-anxious

Keluskar, J. (2023, June 1). How to help 'opt-out' kids. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202306/how-to-help-opt-out-kids

Keluskar, J. (2023, May 2). Talking with your child about being left out. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202305/talking-with-your-child-about-being-left-out

Keluskar, J. (2023, March 31, 2023). The problem with perfectionistic parenting. *Alone Together.* https://www.psychologytoday.com/us/blog/alone-together/202303/the-problem-with-perfectionistic-parenting

Keluskar, J. (2023, March 24). How to cope with emotional fragility. *Alone Together.*https://www.psychologytoday.com/us/blog/alone-together/202303/how-to-cope-with-emotional-fragility

Keluskar, J. (2023, February 20). Taming distractions. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202302/taming-distractions

Keluskar, J. (2023, February 15). Hope for the unlikable. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202302/hope-for-the-unlikable

Keluskar, J. (2023, February 10). How to cope with not receiving recognition. *Alone Together.*
https://www.psychologytoday.com/us/blog/alone-together/202302/how-to-cope-with-not-receiving-recognition

POSTERS & TALKS

Keluskar, J. "Considerations for Helping OC Individuals Cope with Social Exclusion" Flash Talk presented at the 2023 Radically Open Dialectical Behavior Therapy (RO-DBT) conference in Chicago on June 23, 2023.

Gerber, A.H., **Keluskar, J**., Lerner, M.D. (2021). Social Interaction and Psychosocial Wellbeing in Youth with and without ASD During Mandated Quarantine. In J. Goldblum (Chair). *Masks, Mandates, and Mourning: Individuals with Neurodevelopmental and Genetic Disorders and Their Families During the Time of the COVID-19 Global Pandemic.* Virtual Symposium at the Gatlinburg Conference, April 6-8.

Gioia, A., **Keluskar, J**., Sommer, S., Gerber, A., Lerner, M.D. (November, 2019). Adolescents' Self-Reported Separation Anxiety Symptoms Mediate the Relationship Between ASD Symptoms and Self-Reported Emotion Control. Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, Georgia.

Grzadzinski, R., Lange, R., **Rodman, J.**, Roberts, E., Petkova E., Lord, C., Castellanos F.X., Di Martino A. The overlapping and distinct presentations of ADHD and ASD: an examination of the Autism Spectrum Continuum. Poster presented at AACAP + CACAP Joint Annual Meeting on October 20, 2011.

MEDIA APPEARANCES

"Raising Parents: The Parenting Science Insights Podcast": Guest interview on episode 76 (https://parentingscienceinsights.podbean.com/e/jennifer-keluskar-phd-neurodivergence-in-teens-and-sociopolitical-views-raising-parents-76/).

"It's Not Therapy!" podcast: Guest interview on episode 124 (https://podcasts.apple.com/us/podcast/the-cruelty-economy/id1627923058?i=1000701171530).

SPECIALIZED TRAINING, SEMINARS, AND WORKSHOP

June 2026	Completed ACT for Autism: A Neuroaffirming Approach with Russ Harris, Ph.D.
December 2023	Completed Level 3 of Radically Open DBT (RO-DBT) Blended Learning Course.

March 2023	Completed Ecotherapy and Climate Conscious Training and Consultation Group for Mental Health Professionals with Thomas Doherty, Ph.D.
March 2022	Completed Level Two, Part Six of Radically Open DBT (RO-DBT) Blended Learning Course.
November 2021	Completed Level Two, Part Five of Radically Open DBT (RO-DBT) Blended Learning Course.
July 2021	Completed Level Two, Part Four of Radically Open DBT (RO-DBT) Blended Learning Course.
April 2021	Completed Level Two, Part Three of Radically Open DBT (RO-DBT) Blended Learning Course.
February 2021	Completed Level Two, Part Two of Radically Open DBT (RO-DBT) Blended Learning Course.
December 2020	Completed Level Two, Part One of Radically Open DBT (RO-DBT) Blended Learning Course.
August 2020	Completed Level One of Radically Open DBT (RO-DBT) Blended Learning Course.
December 2019	Completed a Dialectical Behavior Therapy (DBT) Comprehensive Online Training Program through Behavioral Tech.
November 2019	ABCT 53rd Annual Convention
November 3, 2019	Completed a One-Day Training for Radically Open DBT with Lindsay Johnson, MSEd, LPC.
March/April 2018	Anxiety Disorders Association of America 38th Annual Convention
March/April 2016	Anxiety Disorders Association of America 36th Annual Convention
December 2014	Teaching to Successful Outcomes: Conference on Evidence-Based Supports for Children with Autism Spectrum Disorder. Sponsored by the NYS Regional Center for Autism Spectrum Disorders at Old Westbury

March 2014	"There is Nothing to Fear! Making Exposure with Response Prevention 'Almost Fun' for both Clients and Clinicians," Dean McKay, Ph.D., Professor of Psychology at Fordham University. Sponsored by The 14th Annual OCD New Jersey Conference.
May 2013	34thAnnual TEACCH Autism Program Conference
May 2012	YAI's 33rd Annual International Conference
December 2011	Comprehensive Behavioral Intervention for Tics (CBIT). NYU-Bellevue. Sabine Wilhelm,Ph.D.
March 2011	Autism Diagnostic Interview – Revised Training. University of Michigan. Susan Risi, Ph.D; Mandy Steiman, Ph.D.
July 2010	Autism Diagnostic Observation Schedule – Advanced Training. Catherine Lord, Ph.D.; Melissa Nishawala, M.D.; Carolyn Kessler, Ph.D.
April 2010	"Taming the Social Context Jungle," Carol Gray, Ph.D., Consultant to Students with Autism Spectrum Disorders & President, The Gray Center. Sponsored by YAI Network 31st Annual Conference
April 2010	First Annual PCIT Northeast Regional Conference
March 2010	Anxiety Disorders Association of America 30th Annual Convention
November 2009	"Mindfulness, Radical Acceptance, and Willingness: Teaching DBT Acceptance Skills in Clinical Practice," Marsha M. Linehan, Ph.D., Kathryn E. Korslund, University of Washington