

E. JAYE CATRON

Curriculum Vitae

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1570 Day Ave. Unit B, San Mateo, CA 94403

EDUCATION

Palo Alto University | Masters of Science in Psychology (In Progress)
Palo Alto, CA | Sep. 2025 - Aug. 2027

Palo Alto University | Bachelor of Science in Psychology and Social Action
Palo Alto, CA | Sep. 2023 - Aug. 2025

College of San Mateo
San Mateo, CA | Jun. 2020 - May 2023

HONORS & AWARDS

Summa Cum Laude | Palo Alto University | June 2025

PAU Stars Award for Excellence in Service | Palo Alto University | June 2025

Dean's List | Palo Alto University | Fall 2023, Winter 2024, Spring 2024, Summer 2024, Fall 2024, Winter 2025, Spring 2025, Summer 2025

Dean's List | College of San Mateo | Summer 2021, Summer 2022, Fall 2022

CLINICAL TRAINING EXPERIENCE

HelpLine Specialist | National Alliance of Mental Illness
Remote | September 30, 2024 - June 30, 2025

- Develop practical skills in crisis intervention, active listening, and motivational interviewing, fostering interpersonal and clinical competencies essential for psychological practice and research.
- Deliver peer support and psychoeducation to individuals and families experiencing mental health challenges, employing emotional validation and evidence-based techniques to promote well-being and recovery.
- Provide information on mental health conditions, treatment approaches, and NAMI programs, gaining deeper understanding of psychological disorders, therapeutic

interventions, and the mental health care system while strengthening advocacy and resource referral abilities.

RESEARCH EXPERIENCE

Observer | Children and Adolescents Psychotherapy and Technology (CAPT) Lab
Palo Alto University | November 2024

- Attended lab meetings focusing on the development and evaluation of Parente.AI, an AI-driven parenting support tool, gaining insights into its comparative performance with human therapists and its iterative improvements.
- Gained exposure to research methodologies and outcome measures through observation of discussions on the evaluation and measurement of Parente.AI.

Research Assistant | Affective Development Lab
Palo Alto University | January 30, 2025 - Present

- Support research on emotional and behavioral development in children and adolescents with autism, ADHD, and dyslexia.
- Contribute to ongoing studies examining emotion, empathy, and self-regulation in neurodiverse youth.
- Participate in weekly lab meetings focused on study design, methodology, and current literature in affective and developmental science.
- Assist with literature reviews, recruitment materials, and the development of neurodiversity-affirming research practices.
- Help advance the lab's mission to promote strength-based, inclusive research that supports improved mental health outcomes for neurodivergent populations.
- Review psychometric measures for clarity and accessibility for autistic participants; identify potential problem areas and recommend rephrasing to improve validity and inclusion.

VOLUNTEER EXPERIENCE

Build Project Coordinator | Experimental Aircraft Association, Chapter 20
San Carlos, CA | January 2022 - August 2025

- Offer individualized career counseling and mentorship, supporting students in resume writing, interview preparation, and scholarship applications, utilizing motivational strategies to enhance confidence and skill development.

- Design and lead a culturally responsive program to promote inclusivity and accessibility for underrepresented groups in aviation, applying psychological principles to create supportive and equitable learning environments.
- Develop and facilitate a hands-on STEM program, tailoring teaching approaches to diverse learning styles and providing emotional support to foster personal growth and skill acquisition.

Board Secretary | Experimental Aircraft Association, Chapter 20
San Carlos, CA | January 2023 - June 2025

- Maintain detailed records and facilitate clear communication among board members, demonstrating organizational skills and attention to detail critical for clinical documentation and interdisciplinary collaboration.
- Enhance accessibility by redesigning online resources and supporting equitable opportunities through scholarship evaluations, emphasizing inclusivity and advocacy for underserved populations.
- Coordinate outreach events and mentorship programs, fostering personal growth and engagement in diverse communities through individualized support and empowerment strategies.

PUBLICATIONS

Catron, E. J., (2025). Recognizing and Responding to Suicide Risk (RRSR). In Bill Owenby & Katherine Campbell (Eds), *The Encyclopedia of Mental Health Trainings, Certifications, and Credentials*. Arizona: ONBLLC Publishing.

PRESENTATIONS

Guest Lecturer: Introduction to 12-Step Programs

PSYC 362: Addictive Behaviors, Palo Alto University | November 2023

- Delivered a comprehensive lecture on the history, principles, and structure of 12-step programs, emphasizing their psychological underpinnings and applications in addiction treatment.
- Explored the role of spirituality, alternative higher power concepts, and relapse prevention strategies, fostering an understanding of their relevance to diverse populations.
- Engaged students in discussions on the differences between Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), highlighting individualized approaches to addiction recovery.

Presenter: *Trauma in autistic people: An urgent and under-served need*. Panel, International Society for Traumatic Stress Studies 41st Annual Meeting, Baltimore, MD | November 2025

- Contributed insights as both an autistic person and psychology student on why PTSD is more prevalent in autistic people, highlighting shared and uniquely autistic trauma exposures.
- Shared lived-experience perspectives on how autistic ways of processing events and memories shape trauma responses, and how current diagnostic criteria may fail to capture these experiences.
- Emphasized the importance of respecting autistic people's autonomy and self-knowledge, and offered insights on clear communication, avoiding assumptions, and reducing barriers to disclosure.

WORK EXPERIENCE

Freelance Virtual Assistant for Neurodivergent Entrepreneurs

Remote | September 2022 – November 2024

- Apply psychology-informed strategies to create ADHD-friendly schedules and personalized organizational systems, promoting improved time management, reduced stress, and increased productivity.
- Provide body-doubling services to support accountability, emotional regulation, and motivation, fostering a structured and supportive environment for neurodivergent clients.
- Collaborate with clients to develop content strategies aligned with their unique needs and goals, utilizing research, analysis, and communication skills to enhance engagement and effectiveness.

TRAININGS & CERTIFICATIONS

Certified NAMI HelpLine Specialist | National Alliance on Mental Illness (NAMI)

Certification Date: October 2024

Youth Mental Health First Aid Certified | National Council for Mental Wellbeing

Certification Date: November 2024 | Expiration Date: November 2027

Adult Mental Health First Aid Certified | National Council for Mental Wellbeing

Certification Date: December 2024 | Expiration Date: December 2027

Disaster Planning for the Research Enterprise (DPRE) | CITI Program

Certification Date: March 2025 | Expiration Date: March 2028

Essentials of Research Administration | CITI Program
Certification Date: March 2025 | Expiration Date: March 2028

Information Privacy Security (IPS) | CITI Program
Certification Date: March 2025 | Expiration Date: March 2028

GCP – Social and Behavioral Research Best Practices for Clinical Research | CITI Program
Certification Date: March 2025 | Expiration Date: March 2028

Social & Behavioral Research | CITI Program
Certification Date: March 2025 | Expiration Date: March 2028

How to Recognize Plagiarism: Advanced Level Certification | Indiana University School of Education | Certification Date: September 2025

LANGUAGES SPOKEN

English

- Spoken | Fluent
- Written | Fluent

Spanish

- Spoken | Beginner
- Written | Basic

AREAS OF PERSONAL INTEREST

Suicide Prevention and Crisis Intervention
Autism Spectrum Disorder (ASD)
Suicide Rates and Interventions for Individuals with ASD
Trauma and Trauma-Informed Care
Culturally Responsive Practices & Care

REFERENCES

Eleanor Palser, PhD | Assistant Professor, Affective Development Lab Director, & Director of Pediatric Behavioral Health Program | epalser@paloaltou.edu

Sandra Trafalis, PhD | Associate Professor & Undergraduate Department Associate Chair | Palo Alto University | strafalis@paloaltou.edu

William Snow, PhD | Professor & Undergraduate Department Chair | Palo Alto University | wsnow@paloaltou.edu