

# Jay N. Bettergarcia, Ph.D.

Assistant Professor  
Department of Psychology & Child Development  
California Polytechnic State University, San Luis Obispo  
San Luis Obispo, CA 93407-9000

## EDUCATION

- 2016 University of California, Santa Barbara, CA  
Ph.D. Counseling, Clinical, & School Psychology; Counseling Emphasis
- 2016 University of Michigan, Ann Arbor, MI  
Counseling & Psychological Services (CAPS) Pre-doctoral Internship
- 2011 San Francisco State University, San Francisco, CA  
M.A. Social Psychology
- 2009 California Polytechnic State University, San Luis Obispo, CA  
B.S. Psychology, Women's & Gender Studies minor

## FACULTY POSITIONS

- 2017-Present Assistant Professor  
California Polytechnic State University, San Luis Obispo, CA  
Department of Psychology & Child Development
- 2016-2017 Adjunct Professor  
California Polytechnic State University, San Luis Obispo, CA  
Department of Psychology & Child Development
- 2014 Instructor of Record  
University of California, Santa Barbara, CA  
Counseling, Clinical, & School Psychology Department

## PUBLICATIONS

- Bettergarcia, J. N.**, & Israel, T. (2018). Therapist Reactions to Transgender Identity Exploration: Effects on the Therapeutic Relationship in an Analogue Study. *Psychology of Sexual Orientation and Gender Diversity*.
- Israel, T., **Bettergarcia, J. N.**, Delucio, K., Avellar, T. R., Harkness, A., & Goodman, J.A. (2017) LGBTQ diversity training with law enforcement personnel: Receptiveness and resistance. *Human Resource Development Quarterly*, 28(2), 197-226. doi: 10.1002/hrdq.21281
- Israel, T., & **Bettergarcia, J. N.** (2017). Evidence-Based Teaching of LGBTQ Issues in Psychology. In T. Burnes & J. L. Stanley (Eds.) *Teaching LGBTQ Psychology: Queering Innovative Pedagogy and Practice*. Washington, DC: American Psychological Association.
- Israel, T., Harkness, A., Avellar, T. R., Delucio, K., **Bettergarcia, J. N.**, & Goodman, J. A. (2016). LGBTQ-Affirming Policing: Tactics Generated by Law Enforcement Personnel. *Journal of Police and Criminal Psychology*, 31, 173. doi:10.1007/s11896-015-9169-2

- Tate, C. C., **Bettergarcia, J. N.**, & Brent, L. M. (2015). Re-assessing the role of gender-related cognitions for self-esteem: The importance of gender typicality for cisgender adults. *Sex Roles*, 72, 221-236.
- Tate, C. C., Youssef, C. P., & **Bettergarcia, J. N.** (2014). Integrating the study of transgender spectrum and cisgender experiences of self-categorization from a personality perspective. *Review of General Psychology*, 18(4), 302-312. doi:http://dx.doi.org/10.1037/gpr0000019
- Israel, T., Harkness, A., Delucio, K., **Ledbetter, J. N.**, & Avellar, T. R. (2014). Evaluation of police training on LGBTQ issues: Knowledge, interpersonal apprehension, and self-efficacy. *Journal of Police and Criminal Psychology*, 29(2), 57-67. doi:http://dx.doi.org/10.1007/s11896-013-9132-z
- Tate, C., **Ledbetter, J. N.**, & Youssef, C. (2013). A Two-Question Method for Assessing Gender in Medical and Social Sciences. *Journal of Sex Research* doi:10.1080/00224499.2012.690110
- Tate, C., & **Ledbetter, J. N.** (2010). Oversimplifying evolutionary psychology leads to explanatory gaps. *American Psychologist*, 65(9), 929-930. doi:10.1037/a0021024

### **FUNDED GRANTS & FELLOWSHIPS**

- 2018-2022 MHSa Innovation Grant via County of San Luis Obispo Behavioral Health (\$550,000)  
SLO ACCEPTance: LGBTQ-affirming Therapist Training Programs  
Role: PI
- 2018-2019 Research, Scholarship, & Creative Activities (RSCA) Grant  
Training Medical Doctors and Therapists to Provide Transgender-Affirming Care (\$17,760)  
Role: PI
- 2018-2019 CA Department of Public Health via County of San Luis Obispo (\$25,000)  
LGBTQ Mental Health & Wellness  
Role: PI
- 2017-2018 Growing Together Field of Interest Fund (GTI), a Fund of The Community Foundation San  
Luis Obispo County (\$1000)  
LGBTQ Mental Health & Wellness  
Role: PI
- 2016 APAGS Diversity Grant: Basic Psychological Science Research Grant (\$1000)
- 2015 APA Society for the Advancement of Psychotherapy: Diversity Research Grant (\$2000)
- 2014 Hosford Memorial Dissertation Research Grant, UC Santa Barbara (\$700)
- 2012-2015 Ford Foundation Fellowship Program (\$60,000)

### **HONORS & AWARDS**

- 2018 Mustang Mentor: Supporting student success
- 2016 Doctoral Student Travel Grant (\$685)
- 2016 Division 35 Section IV Student Travel Award (\$250)
- 2015 Donald Atkinson Award for Multicultural Research, UC Santa Barbara (\$500)
- 2013 APA Student Affiliates of Division 17 (SAS) Travel Award (\$250)

- 2013 APA Division 44 Student Engagement Award (\$250)
- 2012 APA Division 44 Mentoring Travel Award (\$500)
- 2011 Diversity Fund Graduate Travel Award, Society for Personality and Social Psychology (\$500)
- 2011 LGBT Student Scholarship, Gay and Lesbian Business Association of Santa Barbara (\$1000)
- 2011-2014 Chancellor's Doctoral Incentive Program (\$30,000)
- 2009 Outstanding Leadership Award, Cal Poly, San Luis Obispo, LGBTQ Pride Center
- 2008-2009 President's List, Cal Poly, San Luis Obispo, CA
- 2008-2009 Nell E. Spradlin Scholarship for Individuality (\$500)
- 2007-2008 Ralph R. Wilmar Educational Opportunities Scholarship (\$500)

### **PRESENTATIONS (REFEREED)**

- Hutton, S., & Bettergarcia, J. (2018, August). How to use Motivational Interviewing with Parents of Transgender Youth. Skill Building Session presented at the *American Psychological Association Annual Convention*, San Francisco, CA.
- Flores, M., **Bettergarcia, J. N.**, Harkness, A., Cheng, J., Crawford, K. (2017, August). Linking Research with Advocacy for LGBT Communities: A Discussion Hour. Presented at the *American Psychological Association Annual Convention*, Washington, D.C.
- Israel, T., & **Bettergarcia, J. N.**, (2017, August). Evidence-based teaching of LGBTQ issues in psychology. In T. Burnes & J. L. Stanley, *Teaching LGBTQ Psychology: Queering Innovative Pedagogy and Practice*. Symposium presented at the *American Psychological Association Annual Convention*, Washington, D.C.
- Bettergarcia, J. N.**, Israel, T. (2016, August). Effects of therapist reactions to client's transgender identity exploration on the therapeutic relationship: An analogue study. Poster presented at the *American Psychological Association Annual Convention*, Denver, CO.
- Lute, M.R., Gonzalez, E., & **Bettergarcia, J. N.** (2016, April). Supporting first-gen students: Utilizing a strengths-based approach to capitalize on resiliency and cultivate identity. Symposium presented at *Are You First? Promoting Success for and with First Generation College Students*, University of Michigan, Ann Arbor, MI.
- Israel, T., **Bettergarcia, J. N.**, Burnes, T., Delucio, K., dickey, I., Horne, S. Smith, N. G. (2015). Making space for non-dominant narratives in LGBTQ psychology. Difficult Dialogue Roundtable presented at the *National Multicultural Conference and Summit*, Atlanta, GA.
- Israel, T., Matsuno, E., Lin, Y., Choi, A., Delucio, K., **Bettergarcia, J. N.**, Goodman, J., Kashubeck-West, S. (2015). Reducing Internalized Stigma in LGBT Subpopulations: Challenges and Strategies. Symposium presented at the *National Multicultural Conference and Summit*, Atlanta, GA.
- Ledbetter, J. N.**, Israel, T., Delucio, K., Avellar, T. R., Harkness, A., & Goodman, J. A. (2013, August). LGBTQ diversity trainings with law enforcement personnel: reactions and resistance. Poster presented at the *American Psychological Association Annual Convention*, Honolulu, HI.

- Goodman, J. A., Israel, T., Avellar, T. R., **Ledbetter, J. N.**, Harkness, A., & Delucio, K. (2013, August). Capturing LGBTQ positive and negative experiences with and perceptions of law enforcement: The development of a new inventory. Poster presented at the *American Psychological Association Annual Convention*, Honolulu, HI.
- Harkness, A., Israel, T., Avellar, T., Delucio, K., **Ledbetter, J. N.**, & Goodman, J. (2013, August). Tactics for LGBTQ-affirming policing: Law enforcement and LGBTQ community member perspectives. Poster presented at the *American Psychological Association Annual Convention*, Honolulu, HI.
- Avellar, T.R., Israel, T., **Ledbetter, J. N.**, Harkness, A., Delucio, K. (2012, August). Lesbian, gay, bisexual, transgender, and queer community members' experiences and perceptions of law enforcement. Poster presented at the *American Psychological Association Annual Convention*, Orlando, FL.
- Harkness, A., Israel, T., Delucio, K., Avellar, T.R., **Ledbetter, J. N.** (2012, August). Evaluation of police training on LGBT issues: Knowledge, apprehension, self-efficacy, and tactics. Poster presented at the *American Psychological Association Convention*, Orlando, FL.
- Israel, T., Cogger, A., Conover, K., Harkness, A., & **Ledbetter, J.** (2012, August). Social justice training through student engagement in community-based research. In S. Morrow (Chair), Social justice training and pedagogy in counseling psychology. Symposium presented at the *American Psychological Association Annual Convention*, Orlando, FL.
- Ledbetter, J. N.**, & Tate, C. (2012, January) Gender Self Overlap Index: Trans-spectrum identities. Poster presented at the *Society of Social and Personality Psychology* conference, San Diego, CA.
- Tate, C., **Ledbetter, J. N.**, & Youssef, C. (2012, January). Two question method for assessing gender identity. Poster presented at the *Society of Social and Personality Psychology* conference, San Diego, CA.
- Ledbetter, J. N.**, Sarno, E., Mays, V. M., & Cochran, S. D. (2011, August). Community ties and discrimination: The correlation between reported LGB discrimination and socializing in the LGB community. Poster presented at the *University of California, Los Angeles, Summer Program for Graduate and Undergraduate Research*, Los Angeles, CA.
- Ledbetter, J. N.**, & Tate, C. (2011, January). Gender Self-Categorization: Gender and Self Overlap Predicts Current Gender Identity. Poster presented at the *Society of Social and Personality Psychology* conference, San Antonio, TX.
- Ledbetter, J. N.** (2010, July). Gender self-categorization: Gender and self-overlap predicts current gender identity. Poster presented at the *International LGBT Summer Research Institute*, University of Michigan, Ann Arbor, MI.
- Ledbetter, J. N.** (2010, February). Femininity, masculinity, and gender identity. Workshop presented at the *LGBTQIA Western Regional Conference*, San Luis Obispo, CA.
- Ledbetter, J. N.** (2009, February). Peers supporting peers: How to starting a peer-counseling program and support individuals in the process of coming out. Oral presentation and workshop presented at the annual *LGBTQIA Western Regional Conference*, Santa Barbara, CA.

## **WORKSHOPS, TRAININGS, & PRESENTATIONS**

- Bettergarcia, J. N., & Hutton, S., Nicole, J.** (2018, October). Providing Trans-Affirming Healthcare: An educational seminar for healthcare providers. Sierra Vista Hospital. San Luis Obispo, CA.
- Bettergarcia, J. N., & Hutton, S.** (2018, July). Transgender 101 Workshop. Provided for County of San Luis Obispo Behavioral Health Department. San Luis Obispo, CA.
- Bettergarcia, J. N., & Hutton, S.** (2018, March). Transgender 101 Training: Half day workshop. Provided for County of San Luis Obispo Behavioral Health Department. San Luis Obispo, CA.
- Bettergarcia, J. N.** (2018, February). Transgender and non-binary affirming care: An interdisciplinary primer for physical and mental health providers. Provided for Twin Cities Hospital all day training. Templeton, CA.
- Bettergarcia, J. N.** (2017, May). Beyond Bathrooms: Supporting trans and non-binary students in college and beyond. Talk presented at a Cal Poly Teach-On event.
- Hutton, S., & **Bettergarcia, J. N.** (2017, May). Affirming therapy with transgender and gender non-binary clients. CEU training for the Central Coast Psychological Association.
- Bettergarcia, J. N.** (2017, March). Social action research with transgender communities. Talk presented for the Gender Equity Center Faculty Symposium.
- Parrish, D., & **Bettergarcia, J. N.** (2016, March). Getting Help: Navigating the System and Accessing Therapy. Presented for LGBTQ+ Health and Wellness Week. University of Michigan, Ann Arbor, MI.
- Arizala, K., & **Bettergarcia, J. N.** (2016, March). Supporting our students: Recreational Sports. Presented workshop for recreational sports professional staff. University of Michigan, Ann Arbor, MI.
- Bettergarcia, J. N., & Yang, M.** (2016, February). Standing up to Mental Health Stigma. Presented workshop for Health, Illness and Society course. University of Michigan, Ann Arbor, MI.
- Bettergarcia, J. N.** (2014, October). Getting to Graduate School: Searching, Applying, and Funding your higher education. Presented at Career Services, California Polytechnic State University, San Luis Obispo, CA.
- Ledbetter, J. N.** (2011, May). Unpacking the gender checkbox: Measuring the “felt sense” of gender identity. Invited as a speaker for the Social Perceptions, Attitudes, and Mental Simulation (SPAMS) lab meeting. Presented at San Francisco State University, CA
- Ledbetter, J. N.** (2011, May). The gender self overlap Index (GSOI): Measuring the “felt sense” of Gender. Invited as a speaker for the Social and Mind, Brain, Behavior (MBB) Brown Bag. Presented at San Francisco State University, CA.
- Ledbetter, J. N.** (2010, January). Being an ally for transgender students. Invited as a guest speaker for an LGBTQ Ally Training Seminar. Presented to Health and Counseling Services at California Polytechnic State University, San Luis Obispo, CA.

**Ledbetter, J. N.** (2009, May). Transgender 101 Workshop. Presented to students, faculty, and staff at California Polytechnic State University, San Luis Obispo, CA.

**Ledbetter, J. N.** (2007-2009). Experiences of LGBTQ College Students Across Campus. Monthly speaking engagement provided to small and large groups (5-800) of students, faculty, and staff at California Polytechnic State University via Cal Poly Speaker's Bureau.

### **COURSES TAUGHT**

PSY 575: Gender & Couples Therapy

PSY 372: Multicultural Psychology

PSY 405: Abnormal Psychology

PSY 453/454: Fieldwork Internship Supervision

PSY 448/449: Research Internship Supervision

CNCSP 101: The Helping Relationship: Theory & Practice

### **CLINICAL EXPERIENCE**

2018-Present Registered Psychological Assistant: Therapy with Stacy & Spark Psychological Services  
Atascadero, CA

2015-2016 Doctoral Intern: Counseling and Psychological Services (CAPS)  
University of Michigan, Ann Arbor, MI

2013-2015 Community Counseling Doctoral Trainee  
Community Counseling Center, San Luis Obispo, CA

2014-2015 Career Counseling Doctoral Trainee  
Career Services, California Polytechnic State University, San Luis Obispo, CA

2012-2013 Advanced Doctoral Trainee  
Hosford Counseling & Psychological Services Clinic, UCSB, Santa Barbara, CA

2010- 2011 Community Support Worker  
Caminar, San Mateo County, CA

2007- 2009 Coordinator & Founder of PRISM LGBTQ Peer Counseling  
California Polytechnic State University, San Luis Obispo, CA

### **PROFESSIONAL SERVICE**

2018-Present Training of Trainers (TOT) Collaborative Network (founding member)  
Teaching Transgender Toolkit, San Luis Obispo, CA

2018-Present #Out4Mentalhealth SLO Task Force (founding member)  
San Luis Obispo, CA

2018-Present Collective Impact Curriculum Strategy Group  
Office of University Diversity & Inclusion, Cal Poly, San Luis Obispo

2017-Present Diversity Committee (Co-chair)  
Psychology & Child Development Department, Cal Poly, San Luis Obispo

2017- Present Psychology Club (Co-advisor)

Psychology & Child Development Department, Cal Poly, San Luis Obispo

- 2017-Present Cultural Competence Committee  
Department of Behavioral Health, San Luis Obispo
- 2017-Present TCC Education Committee  
Tranz Central Coast, San Luis Obispo, CA
- 2016 Search committee member: Assistant Vice President for Student Affairs  
Cal Poly, San Luis Obispo
- 2013-2015 Regional Representative (Western Region)  
*APA Division 17: Society of Counseling Psychology*
- 2013-2015 Program Representative (UCSB)  
*APA Division 17: Society of Counseling Psychology*
- 2012-2014 GGSE Diversity and Equity Committee  
University of California, Santa Barbara
- 2010 Peer Reviewer  
Student Poster Award  
*Society for Personality and Social Psychology (SPSP)*

**PROFESSIONAL AFFILIATIONS**

- 2009-Present **American Psychological Association**
  - Division 17: Society of Counseling Psychology
  - Division 29: Society for the Advancement of Psychotherapy
  - Division 35: Society for the Psychology of Women
  - Division 44: Society for the Psychological Study of Lesbian, Gay, Bisexual, and Transgender Issues
  - Division 45: Society for the Psychological Study of Culture, Ethnicity, & Race
  - Division 51: Men and Masculinity