

JOURNA NJOH, PH.D.

EDUCATION

Doctor of Philosophy

August 2020-August 2025

University of Houston, Houston, TX (APA Accredited)

Major: Counseling Psychology

Concentration: Health Psychology

Dissertation: *Navigating Gendered Racial Microaggressions:*

Exploring the Mediating and Moderating Pathways to Workplace Well-Being for Black Women

Advisor: Blake A. Allan, Ph.D.

Master of Education & Education Specialist

December 2019

University of Florida, Gainesville, FL (ACA Accredited)

Major: Counselor Education

Concentration: Mental Health Counseling

Bachelor of Arts

May 2015

University of Florida, Gainesville, FL

Major: Sociology

CLINICAL EXPERIENCE

Postdoctoral Clinical Psychology Fellowship

August 2025-Present

Baylor College of Medicine: Menninger Department of Psychiatry and Behavioral Sciences, Houston, TX

Supervisor(s): *Eric Storch, Ph.D., Amanda Palo, Ph.D., Andrew Wiese, Ph.D., Alyssa Hertz*

Obsessive-Compulsive Disorder Program

Responsibilities: Conduct outpatient CBT with E/RP with adult and adolescent patients diagnosed with OCD both in-person and via telehealth. Provide psychoeducation on CBT with E/RP. Administer the Yale-Brown OCD Scale-II (Y-BOCS II) to evaluate OCD symptom severity. Construct individualized fear hierarchies and implemented imaginal and in-vivo exposures for individuals with OCD, social anxiety, and related phobias (e.g., misophonia). Provide clinical and research supervision to a doctoral practicum trainee and multiple research coordinators. Author and co-author peer-reviewed manuscripts for publication.

Predoctoral Clinical Psychology Internship

August 2024-August 2025

Baylor College of Medicine: Menninger Department of Psychiatry and Behavioral Sciences, Houston, TX

Supervisor(s): *Phuong Nguyen, Ph.D., Eric Storch, Ph.D., Amanda Palo, Ph.D., Andrew Wiese, Ph.D.*

Obsessive-Compulsive Disorder Program

Responsibilities: Conducted outpatient CBT with E/RP with adult and adolescent patients diagnosed with OCD both in-person and via telehealth. Provided psychoeducation on CBT with E/RP. Administered the Yale-Brown OCD Scale-II (Y-BOCS II) to evaluate OCD symptom severity. Constructed individualized fear hierarchies and implemented imaginal and in-vivo exposures for individuals with OCD, social anxiety, and related phobias (e.g., misophonia). Authored and led the development of a Texas state-funded (HHSC/TCMHCC) grant proposal for a digital psychoeducational intervention targeting perinatal anxiety and related disorders.

Predoctoral Counseling Practicum

August 2022-May 2023

Michael E. DeBakey VA Medical Center, Houston, TX

Supervisor(s): *Jennifer Bogwu, Ph.D., Jill Wanner, Ph.D. (Supervisor)*

PTSD Clinical Treatment Team

Responsibilities: Delivered weekly individual trauma-focused cognitive processing therapy (CPT) to adult Veteran patients in outpatient treatment both in-person and via telehealth. Conducted intake assessments and administered the PTSD Scale for DSM-5 (CAPS-5) to assess PTSD symptom severity. Provided psychoeducation on PTSD and CPT treatment. Developed individualized treatment plans. Facilitated an adult military sexual trauma (MST) support group for adult male Veterans. Produced clinical reports.

Predoctoral Counseling Practicum

August 2022-May 2023

Applied Psychological Services, Houston, TX
Supervisor: *Daniel Fox, Ph.D.*

Psychological Assessment Clinic

Responsibilities: Administered cognitive (e.g., WISC-V, WAIS-IV, WRAT-5) and personality (e.g., PAI, MMPI-2, MMPI-2-RF, MMPI-3) assessments to evaluate psychological functioning and impairments. Produced comprehensive cognitive and personality assessment reports.

Predoctoral Counseling Practicum

August 2022-July 2023

McLean OCDI Houston, Houston, TX

Supervisor(s): *Jennifer Sy, Ph.D., Jennifer Alexander, Ph.D.*

Residential and Partial Hospitalization Program

Responsibilities: Delivered daily individual CBT with E/RP to adult patients in a residential and partial hospitalization setting. Provided psychoeducation on CBT with E/RP. Applied imaginal and in-vivo exposures for individuals with OCD, social anxiety, and phobias. Participated in interdisciplinary treatment team meetings to ensure continuity of care. Produced clinical progress notes and reports.

Outpatient Obsessive-Compulsive and Anxiety Disorder Program

Responsibilities: Provided weekly individual CBT with E/RP to adult and adolescent patients both in-person and via telehealth. Conducted intake assessments and administered the Yale-Brown OCD Scale (Y-BOCS) and Children's Yale-Brown OCD Scale (CY-BOCS) to assess OCD symptom severity. Formulated individualized fear hierarchies and treatment plans. Implemented imaginal and in-vivo exposures for individuals with OCD, social anxiety, and phobias. Facilitated adult DBT, Interpersonal, and CBT groups weekly. Produced clinical reports.

Predoctoral Counseling Practicum

August 2021-May 2022

Baylor College of Medicine: Menninger Department of Psychiatry and Behavioral Sciences, Houston, TX

Supervisor(s): *Amanda Palo, Ph.D., Yasmine Omar, Ph.D., Andrew Wiese, Ph.D.*

Obsessive-Compulsive Disorder Program

Responsibilities: Delivered outpatient CBT with E/RP to adult and adolescent patients diagnosed with OCD both in-person and via telehealth. Provided psychoeducation on CBT with E/RP. Administered the Yale-Brown OCD Scale-II (Y-BOCS II) to assess OCD symptom severity. Developed individualized fear hierarchies and applied imaginal and in-vivo exposures for individuals with OCD, social anxiety, and related phobias (e.g., misophonia).

Mood and Anxiety Disorders Program

Responsibilities: Administered evidence-based brief and long-term outpatient individual therapy to adults and adolescents with mood and anxiety disorders both in-person and via telehealth. Provided psychoeducation in anxiety management techniques (e.g., diaphragmatic breathing, progressive muscle relaxation). Applied traditional (e.g., cognitive restructuring, behavioral activation) and third-wave CBT techniques (e.g., mindfulness). Produced clinical reports and conducted intake assessments.

RESEARCH EXPERIENCE

Graduate Research Assistant

May 2023-August 2024

University of Houston Research Lab, Houston, TX

Principal Investigator: *Blake A. Allan, Ph.D.*

Primary Research Focus: Investigated social and cultural influences as they relate to chronic stress, among marginalized groups currently in the workforce.

Responsibilities: Formulated research ideas. Recruited research participants. Consented participants.

Graduate Research Assistant

June 2020-May 2023

University of Houston Hwemudua Addiction & Health Disparities Laboratory (HAHDL), Houston, TX

Principal Investigator: *Ezemenari Obasi, Ph.D.*

Major Project Title: HEALTH Center for Addictions Research and Cancer Prevention (U54MD015946)

Primary Research Focus: Investigated biological, psychological, social, and cultural determinants of health, drug use vulnerability, and stress dysregulation to assess environmental factors that contribute to disease and early death among marginalized groups.

Responsibilities: Formulated research ideas. Recruited research participants. Consented participants. Administered psychological, substance use, and health screening measures to evaluate the economic, social, and environmental factors that contribute to chronic disease among marginalized groups. Analyzed data. Presented data findings in monthly lab meetings. Prepared manuscripts.

Graduate Research Assistant

May 2022-January 2023

Baylor College of Medicine: Menninger Department of Psychiatry and Behavioral Sciences, Houston, TX

Principal Investigators: *Eric Storch, Ph.D., Andrew Wiese, Ph.D.*

Major Project Title: The Latin American Trans-ancestry Initiative for OCD genomics (LATINO)

Primary Research Focus: Explored genetic factors contributing to the development of OCD to diversify ancestry represented in OCD research and to improve OCD treatment in the future.

Responsibilities: Recruited research participants. Consented participants. Administered OCD symptom severity measures (e.g., Y-BOCS II, CY-BOCS) to evaluate the severity of a patient's OCD symptoms. Administered various psychological assessments (e.g., MINI, DIAMOND, GAF) to evaluate participants' psychological functioning and impairments. Participated in weekly individual and group supervision.

Graduate Research Assistant

March 2019-December 2019

University of Florida Center for OCD, Anxiety & Related Disorders, Gainesville, FL

Principal Investigator: *Joseph McNamara, Ph.D.*

Major Project Title: Cognitive Behavioral Therapy- How Does It Work? Creating an Interactive Video Experience: Family Interviews

Primary Research Focus: Explored the perspective of both adolescents participating in cognitive behavioral therapy and their respective parents to assess their comprehension of CBT treatment. Identified potential barriers to understanding CBT treatment to develop educational visual content to increase patient awareness of CBT treatment.

Responsibilities: Recruited research participants. Consented participants. Conducted focus groups and interviews. Supervised undergraduate research assistants. Transcribed the focus group and individual interviews.

Undergraduate Research Assistant

May 2013-May 2014

University of Florida Pediatric Research Division, Gainesville, FL

Principal Investigator: *Susan Horky, MSW, LCSW*

Major Project Title: Understanding the Lives of Teens with Chronic Illness using Video Intervention/ Prevention Assessment (VIA)

Primary Research Focus: Explored patient experiences and emotions with their medical providers from video journals of patients' progress during their cystic fibrosis treatment. Assessed the quality of the patient-provider relationship to enhance the quality of care.

Responsibilities: Transcribed video journals. Coded data using the NVivo & SPSS program. Analyzed data and discussed findings in weekly lab meetings.

RESEARCH FELLOWSHIP

UHAND Scholar

June 2020-May 2021

UHAND (University of Houston/MD Anderson Cancer Center) Program, Houston, TX

Supervisor(s): *Lorraine Reitzel, Ph.D., Lorna McNeill, Ph.D., Ezemenari Obasi, Ph.D.*

Primary Research Focus: Explored cancer-related disparities research. Investigated psychological, social, and cultural determinants of health, drug use vulnerability, and behavior. Identified the effects of stress physiology factors associated with drug use vulnerability.

Responsibilities: Formulated cancer disparities research ideas and conducted cancer disparities-related research. Participated in grand rounds and seminars on cancer and health disparities. Engaged in interactive service-learning opportunities through MD Anderson Cancer Center. Participated in professional development workshops (e.g., academic writing) with MD Anderson's Cancer Prevention Research Training Program.

PEER-REVIEWED PUBLICATIONS

Published

- Njoh, J.**, Allan, B. (2026). Navigating gendered racial microaggressions: Exploring the mediating and moderating pathways to workplace well-being for Black women. *Journal of Career Assessment*.
- Njoh, J.**, Abramowitz, J.S., Musci, R., Kimmel, M.C., Osborne, L. M., Samuels, J., Nestadt, P., Nestadt, G., & Storch, E. A. (2026). Perinatal obsessive-compulsive symptoms and maternal-infant bonding: A longitudinal examination of depression and relationship quality. *Archives of Womens Mental Health*, 29(56). <https://doi.org/10.1007/s00737-026-01694-2>
- Crowley, J., Cappi, C., Ochoa-Panaifo, M. E., Frederick, R. M., Kook, M., Wiese, A. D., Rancourt, D.,... **Cobite-Njoh, J.**, Storch, E. A. (2024). Latin American trans-ancestry initiative for OCD genomics (LATINO): Study protocol. *American Journal of Medical Genetics Part B: Neuropsychiatric Genetics*.
- Henderson, R. R., Nielsen, A. M., Fernandez, A. M. P., Downing, S. T., Strekalova, Y., McCarty, R. J., **Cobite-Njoh, J.**, MirHosseini, T., McNamara, J. P. H., & Mathews, C. (2023). Expectations and perspectives of cognitive-behavioral therapy for childhood anxiety and related disorders. *Behavioural and Cognitive Psychotherapy*, 1-13. <https://doi.org/10.1017/S1352465823000346>
- Martinez Leal, I., **Cobite-Njoh, J.**, Chen, T. A., Foreman-Hays, F., Reed, B. C., Haley, S. A., Reitzel, L. R., Chavez, K. & Obasi, E. M. (2023). Exploring COVID-19 vaccine attitudes among racially and ethnically minoritized communities: Community partners' and residents' perspectives. *International Journal of Environmental Research and Public Health*, 20(4), 3372. <https://doi.org/10.3390/ijerph20043372>

Under Review

- Pinciotti, C. M., Jessup, S. C., Ward, J., Foshee, K. L., **Njoh, J.**, Storch, E. A. "But what if I'm racist?" Sociodemographic characteristics and clinical features of Racism-OCD. Manuscript in preparation.
- Pinciotti, C. M., Thorsson, M., Cervin, M., Foshee, K. L., Zhou, J. X., McCarty, R., **Njoh, J.**, Monnat, L., Hettema, J., Proch, L., Hizam, N. S., Ramirez, M., Okwara, T., Shahidullah, J. D., Rousseau, J. F., Dodd, C., Goodman, W. K., Storch, E. A., Newport, D. J., Wagner, K. D., & Nemeroff, C. B. Prospective risk for obsessive-compulsive disorder onset after trauma exposure. Manuscript submitted for publication.
- Smith, P., Abacan, A., McCollum, S., Van Horn, A., & **Njoh, J.** Brief Report: Incidence of elevated depression and anxiety among inner city youth attending a family planning clinic. Manuscript submitted for publication.

In Preparation

- Berrones, D., Wagner, K. M., **Njoh, J.**, Zavala Cruz, V., Virnoche, R. G., Pinciotti, C. M., Abramowitz, J. S., Longhurst, M. O., Motakef, M., Frederick, R. M., Muñoz, J. S., Anderberg, J. L., Moore, H. C., Wiese, A. D., Onyeka, O. C., Latin American Trans-ancestry Initiative for OCD genomics (LATINO), Brazilian Obsessive-Compulsive Spectrum Disorder Working Group (GTTOC), Crowley, J. J., & Storch, E. A. Clinical and demographic correlates of worsening versus stability or improvement in OCD symptoms among individuals with a history of pregnancy. Manuscript in preparation.
- Njoh, J.**, Abramowitz, J.S., Musci, R., Kimmel, M.C., Osborne, L. M., Samuels, J., Nestadt, P., Nestadt, G., & Storch, E. A. Perinatal obsessive-compulsive symptoms and changes in partner relationship quality: A longitudinal study. Manuscript in preparation.
- Wagner, K., **Njoh, J.**, Held, J., David, S., Virnoche, R., McCarty, R., Pinciotti, C., Goodman, W., Storch, E., Clark, S., Martin, S., Shelashskyyi, V., Wilson, T., Soutullo, C., & Eng, A. Examining OCD and depression as vulnerability factors for substance misuse in youth. Manuscript in preparation.

INVITED LECTURES

- Guest Lecturer**, University of Florida, *Gainesville, FL* October 2019
Cobite-Njoh, J., (2019, October). Cognitive Behavioral Therapy: Theory and Practice. Lecture presented for Introduction to Counseling (PCO4930) undergraduate course, Gainesville, FL.

RELATED WORK EXPERIENCE

- Teaching Assistantship** August 2023-June 2024
 University of Houston, Houston, TX
 PHLS 8337 Multicultural Issues in Counseling Psychology
 Supervisor: *Morgan McCain, Ph.D. (Primary Instructor)*
Responsibilities: Assisted the instructor in planning and implementing lessons. Provided one-on-one support to students needing additional assistance with class tasks. Organized and facilitated group activities. Provided guest lectures. Monitored and provided feedback on student performance. Supported the instructor in managing the grading of assignments.

SUPERVISION EXPERIENCE

- Clinical Supervision**
Doctoral Practicum Trainee Supervisor, CBT with E/RP August 2025-Present
 Baylor College of Medicine: Menninger Department of Psychiatry and Behavioral Sciences, OCD Program, Houston, TX

Research Supervision

Research Coordinator Supervisors (multiple), Assessment Administration and Data Collection

August 2025-Present

Baylor College of Medicine: Menninger Department of Psychiatry and Behavioral Sciences, Houston, TX

CONFERENCE PRESENTATIONS

Chávez, K.E., Chen, T.A., Momin, I., **Cobite-Njoh, J.**, Mazyck, C.D., Reitzel, L.R., & Obasi, E.M. (2022, May). *Social support moderates the relationship between childhood trauma and marijuana use in African American emerging adults* [Poster presentation]. Association for Psychological Science 2022 Annual Convention, Chicago, IL, United States.

Fernandez, A., Henderson, R., Downing, S., McCarty, R., **Cobite-Njoh, J.**, MirHosseini, T., Mathews, C., McNamara, J. (2022, April). *It's Just Butterflies: Comparing Parent and Child Perspectives on Anxiety*. [Poster presentation]. 23rd Annual University of Florida Undergraduate Research Symposium, Gainesville, FL, United States

PROFESSIONAL AFFILIATIONS

American Psychological Association Division 45: Society for the Psychological Study of Culture, Ethnicity & Race, Mentorship Coordinator

November 2021-August 2023

American Psychological Association Division 17: Society of Counseling Psychology, Member

September 2020-Present

HONORS/ AWARDS

Presidential Fellowship, University of Houston Graduate School and College of Education

June 2020-June 2022

Outstanding Graduate Student Award, Student Affairs at the University of Florida

August 2018

Machen Florida Opportunity Scholar, University of Florida

June 2011-

April 2015

LICENSURE

Licensed Psychologist (Provisional): Texas State Board of Examiners of Psychologists, License No. 41173

April 2025-Present

Supervised Postdoctoral Hours in Progress

LANGUAGES

English (Native, Bilingual Proficiency)

Haitian Creole (Native, Bilingual Proficiency)