



**DR. JASON HOLLAND**  
Expert Psych Solutions

ExpertPsychSolutions.com



118 Public Square  
Gallatin, TN 37066  
(615)442-6229

[Holland@ExpertPsychSolutions.com](mailto:Holland@ExpertPsychSolutions.com)

---

## CURRENT ROLE

2017-Present **Consultant & Coach**  
[Expert Psych Solutions](#)

Dr. Holland brings his expertise as a clinical psychologist and researcher to solve to real-world problems offering:

- Legal consulting in civil and criminal cases
- Research consulting for organizations and students
- Coaching for difficult life transitions

## PAST ROLES

2011-2017 **Faculty & Clinical Researcher**  
University of Nevada, Las Vegas  
William James College

After his fellowship, Dr. Holland served as a faculty member, researcher, instructor, and advisor in academic settings. During this time, he developed a successful research program focused on the impact of trauma, violence, and loss.

## EDUCATION

2008-2011 **Postdoctoral Fellowship**  
Stanford University School of Medicine  
VA Palo Alto Health Care System

2007-2008 **Clinical Internship (Geropsychology Track)**  
VA Palo Alto Health Care System

2005-2008 **Doctorate in Clinical Psychology**  
University of Memphis

2003-2005 **Master of Science in Psychology**  
University of Memphis

1995-2002      **Bachelor of Arts in Psychology and History**  
University of Tennessee, Knoxville

## LICENSURE

2018-Present    **Psychologist (TN 3590)**  
State of Tennessee Board of Examiners in Psychology

2011-2016      **Psychologist (PY0634)**  
State of Nevada Board of Psychological Examiners

## AREAS OF EXPERTISE

- Risk and protective factors in grieving
- Prolonged grief disorder
- Loss by accident, suicide, and homicide
- PTSD and other psychiatric problems after trauma
- Events prompting moral injury and disruptions in meaning

## LEGAL CONSULTING

Dr. Holland offers psychological assessment, consultation, and expert witness services in civil and criminal cases. Given his expertise in trauma, violence, and loss, he has been called on in civil cases to speak to the degree of mental anguish experienced after a negligent act. In criminal cases, Dr. Holland is available to assess clients' competency to stand trial as well as their mental state at the time a crime was committed.

## RESEARCH

Dr. Holland has published over 80 peer-reviewed articles and book chapters on topics related to the psychiatric impact of loss and trauma. His research has garnered significant attention, attracting [thousands of citations](#) and gaining recognition from prominent organizations, including the Alzheimer's Association and [Western Psychological Association](#).

## ACCOLADES

- 2012-2019: Associate Editor, Death Studies
- 2015: Early Career Research Award, Western Psychological Association
- 2008: Kathryn Grupe Award, Alzheimer's Association

## PUBLICATIONS

Dr. Holland has been involved as an investigator or consultant in a number of significant research projects relating to:

### RISK AND PROTECTIVE FACTORS IN THE GRIEVING PROCESS

**Holland, J. M.**, Plant, C. P., Klingspon, K. L., & Neimeyer, R. A. (2020). Bereavement-related regrets and unfinished business with the deceased. [\*Death Studies\*, 44\(1\), 42-47.](#)

Lichtenthal, W. G., Roberts, K. E., Catarozoli, C., Schofield, E., **Holland, J. M.**, Fogarty, J. J., ... & Wiener, L. (2020). Regret and unfinished business in parents bereaved by cancer: A mixed methods study. [\*Palliative Medicine\*, 34\(3\), 367-377.](#)

**Holland, J. M.**, Klingspon, K. L., Lichtenthal, W. G., & Neimeyer, R. A. (2020). The Unfinished Business in Bereavement Scale (UBBS): Development and psychometric evaluation. [\*Death Studies\*, 44\(2\), 65-77.](#)

Bellet, B. W., **Holland, J. M.**, & Neimeyer, R. A. (2019). The Social Meaning in Life Events Scale (SMILES): A preliminary psychometric evaluation in a bereaved sample. [\*Death Studies\*, 43\(2\), 103-112.](#)

Thimm, J. C., & **Holland, J. M.** (2017). Early maladaptive schemas, meaning making, and complicated grief symptoms after bereavement. [\*International Journal of Stress Management\*, 24\(4\), 347-367.](#)

Klingspon, K. L., **Holland, J. M.**, Neimeyer, R. A., & Lichtenthal, W. G. (2015). Unfinished business in bereavement. [\*Death Studies\*, 39, 387-398.](#)

Burke, L. A., Neimeyer, R. A., **Holland, J. M.**, Dennard, S., Oliver, L., & Shear, M. K. (2014). Inventory of Complicated Spiritual Grief: Development and initial validation of a new measure. [\*Death Studies\*, 38, 239-250.](#)

**Holland, J. M.**, Currier, J. M., & Neimeyer, R. A. (2014). Validation of the Integration of Stressful Life Experiences Scale – Short Form in a bereaved sample. [\*Death Studies\*, 38, 234-238.](#)

**Holland, J. M.**, Thompson, K. L., Rozalski, V., & Lichtenthal, W. G. (2014). Bereavement-related regret trajectories among widowed older adults. [\*Journal of Gerontology: Psychological Science\*, 69, 40-47.](#)

**Holland, J. M.**, Futterman, A., Thompson, L. W., Moran, C., & Gallagher-Thompson, D. (2013). Difficulties accepting the loss of a spouse: A precursor for intensified grieving among widowed older adults. [\*Death Studies\*, 37, 126-144.](#)

Currier, J. M., **Holland, J. M.**, & Neimeyer, R. A. (2010). Do CBT-based interventions alleviate distress following bereavement? A review of the current evidence. [\*International Journal of Cognitive Therapy\*, 3, 77-93.](#)

Currier, J. M., **Holland, J. M.**, & Neimeyer, R. A. (2009). Assumptive worldviews and problematic reactions to bereavement. [\*Journal of Loss and Trauma\*, 14, 1-15.](#)

**Holland, J. M.**, Currier, J. M., & Gallagher-Thompson, D. (2009). Outcomes from the Resources for Enhancing Alzheimer's Caregiver Health (REACH) program for bereaved caregivers. [\*Psychology & Aging\*, 24, 190-202.](#)

Currier, J. M., **Holland, J. M.**, & Neimeyer, R. A. (2007). The effectiveness of bereavement interventions with children: A meta-analytic review of controlled outcome research. [\*Journal of Clinical Child & Adolescent Psychology\*, 36, 253-259.](#)

**Holland, J. M.**, Currier, J. M., & Neimeyer, R. A. (2006). Meaning reconstruction in the first two years of bereavement: The role of sense-making and benefit-finding. [\*Omega\*, 53, 175-191.](#)

### **ADVANCING UNDERSTANDINGS OF PROLONGED GRIEF DISORDER**

**Holland, J. M.**, Graves, S., Klingspon, K. L., & Rozalski, V. (2016). Prolonged grief symptoms related to loss of physical functioning: Examining unique associations with medical service utilization. [\*Disability and Rehabilitation\*, 38, 205-210.](#)

**Holland, J. M.**, Rozalski, V., Thompson, K. L., Tiongson, R. J., Schatzberg, A. F., O'Hara, R., & Gallagher-Thompson, D. (2014). The unique impact of late-life bereavement and prolonged grief on diurnal cortisol. [\*Journal of Gerontology: Psychological Science\*, 69, 4-11.](#)

**Holland, J. M.**, Nam, I., & Neimeyer, R. A. (2013). A psychometric evaluation of the Core Bereavement Items. [\*Assessment\*, 20, 199-122.](#)

Currier, J. M., **Holland, J. M.**, & Neimeyer, R. A. (2012). Prolonged grief symptoms and growth in the first two years of bereavement: Evidence for a non-linear association. [\*Traumatology\*, 18, 65-71.](#)

**Holland, J. M.**, Neimeyer, R. A., Boelen, P. A., & Prigerson, H. G. (2009). The underlying structure of grief: A taxometric investigation of prolonged and normal reactions to loss. [\*Journal of Psychopathology and Behavioral Assessment\*, 31, 190-201.](#)

### **DEATH OF A LOVED ONE BY ACCIDENT, SUICIDE, AND HOMICIDE**

Rozalski, V., **Holland, J. M.**, & Neimeyer, R. A. (2017). Circumstances of death and complicated grief: Indirect associations through meaning made of loss. [\*Journal of Loss and Trauma\*, 22\(1\), 11-23.](#)

**Holland, J. M.**, & Neimeyer, R. A. (2011). Separation and traumatic distress in prolonged grief: The role of cause of death and relationship to the deceased. [\*Journal of Psychopathology and Behavioral Assessment\*, 33, 254-263.](#)

**Holland, J. M.**, & Neimeyer, R. A. (2010). An examination of stage theory of grief among individuals bereaved by natural and violent causes: A meaning-oriented contribution. [\*Omega\*, 61, 105-122.](#)

Currier, J. M., **Holland, J. M.**, Coleman, R., & Neimeyer, R. (2008). Bereavement following violent death: An assault on life and meaning. [\*In R. Stevenson & Cox \(Eds.\), Perspectives on Violence and Violent Death. Amityville: Baywood.\*](#)

Currier, J. M., **Holland, J. M.**, & Neimeyer, R. A. (2006). Sense-making, grief and the experience of violent loss: Toward a mediational model. [\*Death Studies\*, 30, 403-428.](#)

## **PTSD AND OTHER PSYCHIATRIC PROBLEMS AFTER TRAUMA**

Currier, J. M., Drescher, K. D., **Holland, J. M.**, Lisman, R., & Foy, D. W. (2016). Spirituality, forgiveness, and quality of life: Testing a mediational model with military veterans with PTSD. [\*International Journal for the Psychology of Religion\*, 26, 167-179.](#)

Currier, J. M., **Holland, J. M.**, & Drescher, K. D. (2015). Spirituality factors in the prediction of outcomes of PTSD treatment for military veterans. [\*Journal of Traumatic Stress\*, 28, 57-64.](#)

Currier, J. M., **Holland, J. M.**, & Drescher, K. D. (2014). Residential treatment for combat-related posttraumatic stress disorder: Identifying trajectories of change and predictors of treatment response. [\*PLoS ONE\*, 9, e101741.](#)

**Holland, J. M.**, Currier, J. M., Kirkendall, A. M., Keene, J. R., & Luna, N. (2014). Sadness, anxiety, and experiences with emotional support among Veteran and non-Veteran patients and their families at the end of life. [\*Journal of Palliative Medicine\*, 17, 708-711.](#)

**Holland, J. M.**, Lisman, R., & Currier, J. M. (2013). Mild traumatic brain injury, meaning made of trauma, and posttraumatic stress: A preliminary test of a novel hypothesis. [\*Rehabilitation Psychology\*, 58, 280-286.](#)

Currier, J. M., & **Holland, J. M.** (2012). Examining the role of combat loss among Vietnam War veterans. [\*Journal of Traumatic Stress\*, 25, 102-105.](#)

Currier, J. M., **Holland, J. M.**, & Allen, D. (2012). Attachment and mental health symptoms among Afghanistan and Iraq veterans seeking healthcare services. [\*Journal of Traumatic Stress\*, 25, 633-640.](#)

## **EVENTS PROMPTING MORAL INJURY AND DISRUPTIONS IN MEANING**

Currier, J. M., **Holland, J. M.**, Drescher, K., & Foy, D. (2015). Initial psychometric evaluation of the Moral Injury Questionnaire – Military Version. [\*Clinical Psychology & Psychotherapy\*, 22, 54-63.](#)

Currier, J. M., **Holland, J. M.**, & Malott, J. (2015). Moral injury, meaning making, and mental health in returning veterans. [\*Journal of Clinical Psychology\*, 71, 229-240.](#)

Currier, J. M., **Holland, J. M.**, Rojas-Flores, L., & Herrera, S. (2015). Morally injurious experiences and Meaning in Salvadorian teachers exposed to violence. [\*Psychological Trauma, 7, 24-33.\*](#)

Currier, J. M., **Holland, J. M.**, Jones, H. W., & Sheu, S. (2014). Involvement in abusive violence among Vietnam veterans: Direct and indirect associations with substance use problems and suicidality. [\*Psychological Trauma, 6, 73-82.\*](#)

**Holland, J. M.**, Malott, J., & Currier, J. M. (2014). Meaning made of stress among Veterans transitioning to college: Examining unique associations with suicide risk and life threatening behavior. [\*Suicide and Life Threatening Behavior, 44, 218-231.\*](#)

Currier, J. M., **Holland, J. M.**, Rozalski, V., Thompson, K. L., Rojas-Flores, L., & Herrera, S. (2013). Teaching in violent communities: The contribution of meaning made of stress on mental health and burnout. [\*International Journal of Stress Management, 20, 254-277.\*](#)

Currier, J. M., **Holland, J. M.**, Chisty, K., & Allen, D. (2011). Meaning made following deployment in Iraq or Afghanistan: Examining unique associations with posttraumatic stress and clinical outcomes. [\*Journal of Traumatic Stress, 24, 691-698.\*](#)

**Holland, J. M.**, Currier, J. M., Coleman, R. A., & Neimeyer, R. A. (2010). The Integration of Stressful Life Experiences Scale (ISLES): Development and initial validation of a new measure. [\*International Journal of Stress Management, 17, 325-352.\*](#)