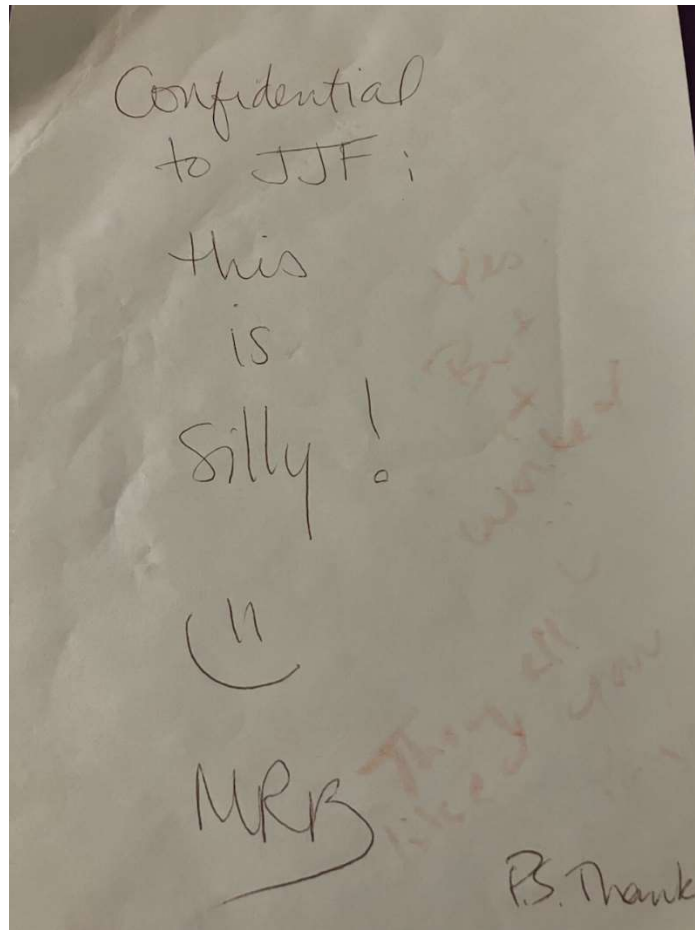


JJF TRIBUTE

Students Celebrate their Beloved Mentor



DECEMBER 2, 2022
PSYCHOLOGY DEPARTMENT
University of Oregon



Attached is a photo from a time when I was a wee grad student. Jennifer and I were at a conference and she was going to have a meal with some very fancy and important dissociation researchers. She wanted to create a way for me to meet them, so she told me the name of the restaurant and said that I should come in and bring her a folder, and she'd say she had asked me to bring her this very urgent document. Then she would introduce me.

So I brought her an envelope with this piece of paper in it. Trying to keep a straight face, I was all, "Sorry to interrupt, here's that thing you asked for!" She took the folder, introduced me, and we all chatted for a few minutes before I left.

Later she gave me back the piece of paper. In my handwriting, it says "Confidential to JJF: this is silly!" and my initials.

She wrote back, in marker which is now faded: "Yes! But it worked. They all like you. Yay"

Jennifer has always been so kind in helping advance my career. And she appreciated my often sleep-deprived humor. I am so lucky to have had her as my advisor!

--Rose

I've always tended towards anxious thoughts. They hit a particularly fevered pitch in my first year of graduate school, many moons ago

I'd just uprooted and moved from the east coast to Oregon to join a dozen first year graduate students at the University of Oregon. Each of them seemed better prepared, smarter, more [fill in the blank].

Taking my persistent thoughts at face value, I decided to tell my advisor, Dr. [Jennifer Freyd](#), at our next weekly meeting that I didn't belong — that she had made a mistake in admitting me to the program.

Jennifer preferred to walk during meetings, regardless of the Oregon rain. Some days I'd end up back at the doors of the Psychology Department's Straub Hall sporting a wet rat look, having hustled to keep up with Jennifer as she traced a handful of go-to routes through parks and neighborhoods.

That particular day we left Straub Hall together and the words tumbled out of my mouth. Jennifer listened for the block or so that it took me to explain her error in taking me on, drawing on some combination of ambiguous evidence and certainty of thought. Then, without slowing her stride, she said something to the effect of: *Sure, your application was at the bottom of the pile and the pile got turned upside down. Now you know. Since you're here, we have a lot of work to do, so let's do it.*

And on we went, literally that day and metaphorically over the next many years of working together.

Her irreverence was well timed. No reassurance was going to work against the tidal wave of doubts in my mind. Instead, I had to figure out how to embrace opportunity and take action despite fears and doubts — despite feeling like an imposter.

--Anne de Prince

When we first met, in my first psychology class ever, in January 1999, I had no idea what a profound influence you would have on my life. I just knew that I really liked your class. I actually don't remember what you taught or what assignments we did, but I do remember thinking you were amazing. When you asked me at the end of the class whether I was interested in being a research assistant in your lab, I felt like I had won the lottery. Then came several years as a research assistant in the dynamics lab, having you as my advisor first for my honors project, then my master's thesis, then my dissertation, and all the years since then where you have continued to be my mentor. And I still think you are amazing! I have been reflecting a lot on what it is that has made your presence in my life so important. Yes, it is your research ability, your knowledge of the academic world, and your commitment to scientific inquiry. And it is also your steadfast pursuit of truth and justice, your strong adherence to your values, and your genuineness as a human being. Thank you for being who you are.



Biggest congratulations, Jennifer, on your retirement from the UO as Professor Emerit! Your brilliance, ingenuity, courage, and commitment to equity and justice are an inspiration to me and so many others.
With heartfelt gratitude,
Brianna







Dear Jennifer,

There are not enough thank yous that would do justice to my gratitude to you. I am grateful for you as a person and as a mentor, and as someone who has always inspired me. I am particularly grateful to be a member of the Dynamics Lab. I feel that in being a part of your work and the lab's work, I have been a part of community and something so much bigger than I could have imagined. Finally, I'm grateful for the courage you have always modeled and it's lovely to watch your courage work continue to flourish.

I am deeply grateful to you for my own development. I grew tremendously as a scientist, clinician, and human being while in graduate school (and as an undergrad too!), and I have so much gratitude for being advised by you. I loved our walk and talks the most. I remember how excited I felt during our talks and afterwards trying to remember everything so I could take notes when I got back to campus! A few of my other fondest memories include dying and decorating Easter eggs as a lab at your house, singing a song about Betrayal Trauma (maybe in our lab t-shirts?) and having your support during some particularly frustrating situations that involved navigating political minefields in the department. A final favorite memory was when you and Sasha came to my house to visit me and meet Graham after he was born. Grad school was daunting and challenging in so many ways, but I felt so fortunate throughout because of your support and guidance.

May you relish in understanding the impact you have had in this world and the ripple effects of your efforts through so many of the psychologists you have trained. May you continue to move towards what inspires you, and may you experience much joy and fulfillment in this next phase of your life.

Sincerely,

Christina Gamache Martin



I have many wonderful memories with you, Jennifer.

- In my first year, I remember I would hold my breath during walk/talks cos I was so nervous; I would then take these huge inhales since I hadn't been breathing. You asked me once about my exercise level: took me weeks to figure out the question was because of my crazy non-breathing 😊.
- In preparing my FYP presentation Fall of my second year, I wanted to drop out of grad school. With the topic being high betrayal child sexual abuse, I felt completely overwhelmed: *How many times will research have to show that raping children is harmful to them?* Not having internet at home, I drove to campus in the middle of the night to email you that we had to meet that day (where I would tell you I was leaving graduate school). That morning, you responded back that we could meet after lab meeting. After lab meeting, I felt better and no longer wanted to drop out. You talked me through the option to leave graduate school anyways, in case the feeling came up again. During this conversation, you told me that you would always be grateful for the time we got to work together, even if I ended up leaving the program. Over the years, that care and investment in my personhood has helped me to value myself in relation to and independent of the work I do.
- Probably my greatest, recurring memory was your ceaseless support of me and my work in developing CBTT. The first rejection I got was nasty. The 20+ rejections I got after that vacillated between nasty to run-of-the-mill: all still rejecting, of course. I remember feeling like CBTT was a good idea, but maybe I was too stupid to be able to bring it to fruition. You talked with me about how CBTT is a big step forward, and big steps are always harder to get published. You told me to keep going. During one walk/talk in which I was in a full-on tizzy about some injustice, you said, "I can't wait for you to have a platform where people can listen to you." Just a few years out of graduate school, I am granted that platform relatively often.
- I will always be grateful to you, Jennifer. Your support didn't just help me to not quit grad school or my CBTT work: it also gave me the freedom to not quit *me*—to retain who I am as a professor and scholar-activist. Through role modeling and support, you highlighted a path for me to have an academic career in which I am me within it. Thank you, thank you, thank you, and thank you.



Jen Gómez







Jennifer,

Congratulations on your retirement from the UO! Thank you so much for the opportunities you have given me. There are no words that can truly convey my appreciation for all the support, kindness, and mentorship you have given me. I aspire to show the level of courage that you demonstrate so regularly, both personally and professionally. I have so many fond memories of my time with you and the Dynamics Lab. Here are some highlights for me:

- Thanksgiving dinner with you and your family
- Lab meetings in Straub
- Walk and talks (so many different routes!)
- Helping you and Sasha build a chicken coop
- Llama llama betrayal trauma
- Guest editing JTD
- Writing our book chapter together

I consider myself so fortunate to have been a member of your team and being able to learn from you in so many ways. Thank you for all you have done for me and the field of psychology. Congratulations!

-Laura

There is so much to say about Jennifer – so many words but truly not enough space! But in thinking about Jennifer, her work, and this celebration, what has stuck out to me so much over the years is that Jennifer develops others to be their own individuals. If you look at her current and former students, there is both so much variation and, simultaneously, similarity. There are folks who are clinicians, professors, those in industry/the private sector, and more. Her students have similar research interests, of course, but there is much richness in the diversity of research, clinical, and career interests that folks pursue. Bringing together this range of interests, perspectives, and passions is Jennifer's development, encouragement, and leadership of her students to be their own individuals. In my experience, Jennifer's support through all the opportunities (career, personal, and everything in between) I have chosen to pursue has been instrumental in who I am today. Jennifer's work and career is not only the world-changing research she has done, it is the many students she has mentored and developed to do their own – in so many different ways – world-changing work. That, to be certain, is worth much celebration.

--Alec

November 23, 2022

Dear Jennifer,

As former labbies were planning and coordinating a lab farewell for you, the excitement and camaraderie was palpable. It is a testimony to your character and mentorship that we all feel connected – even those of us who did not cross paths in the lab. It speaks to the values and community that you cultivated.

When I think about stories, or favorite memories, the things that first come to mind of course are the walk-and-talk, and the “you’re welcome to come to dinner but please leave by 8pm so I can get sleep.” I love that fresh air, exercise, and sufficient sleep are things that you have consistently modeled.

On a personal note, as a mentor you have always been courageous, wise, and compassionate. You taught me to use evidence and persistence to fight for what is right, and you artfully balanced compassion with conviction. Your compassion was demonstrated in writing in the instructions for my comprehensive exam that I could have a one-hour nap between questions since I was 7 months pregnant and needed to rest. Your conviction resulted in us not having free wine at ISTSS because you spoke up to Terry Keane about pharmaceutical company sponsorship 😊 Your wisdom is exemplified in gently telling me as a student that the first draft of a paper wasn’t quite what you had in mind, but I could save it and maybe publish it someday – and then you directed me about how to start over. And, by the way, you were right – that paper did get published and is one of my most cited papers to date.

I am grateful for the way you have shaped me as a scholar, feminist, and individual. I hold dear the memories of countless discussions in which you encouraged and guided, challenged, and most importantly, always believed in me. Thank you.

Lisa Cromer

I wouldn't have made it through grad school if Jennifer hadn't taken me into her lab in my third year, which is something I will be eternally grateful for. Being a part of the Dynamics Lab was the best experience a grad student could have had. I have so many good memories of walk and talks, and learning from her wisdom on research and life in general. Jennifer was incredibly generous with her time, and compassionate when I needed support. I wish all grad students could have such a positive experience with their advisors.

--Shin Shin

There are so many facets and qualities that I appreciate about Jennifer, but one that really stands out to me is how Jennifer shows a "whole person" approach in her relationships with students. Jennifer, you always showed care for us as entire people, not just as students and colleagues. You wanted us to be happy and to have fun, while also navigating graduate school and building our careers.

Jennifer, I smile when remembering how you asked me (and I'm sure others) to help encourage a party to end early. This can seem like another funny quirk, but I just love it. It shows that you figured out how to socialize and nourish relationships while also taking care of your own needs (awesome modeling!). Asking graduate students to help you with that also let us feel like we could contribute to your well-being, rather than seeing us as only receiving mentorship and resources. It's another form of generosity.

I love how you conduct your meetings in a walking format. Again, this is likely to have worked best for you, but it was also fabulous modeling of health-promoting behavior. In my "science and practice" Psychology classes, I've actually paired up students for a "walk and talk," because combining exercise and social interaction creates a double evidence-based recipe for well-being.

Even though I didn't start my own family until after graduate school, I noticed how supportive you were every time one of your advisees decided to have a child. You were wildly enthusiastic and supportive. You also modeled that it's possible to be an excellent parent of three kids and to still have a fulfilling and growthful career. Thank you!

I am deeply grateful for the many facets of your support, understanding, and guidance, both in graduate school and beyond. Thank you for letting me know you as both a scientist and as a person. Thank you for your amazing work. Thanks for connecting me with other students and colleagues. Thanks for fighting for justice when confronted with injustice. Thanks for being real and for sharing concerns, challenges, and vulnerabilities. You are an astounding and fun person, and we all love you.

--Rachel



It's difficult for me to put into words the profound impact that AIV has had on my life because her influence has shaped, and continues to shape, so much of who I am and how I try to be in the world. In reflecting on all of my memories of Jennifer since I first met her in 2002, the one that I feel most compelled to highlight now is from my first year of graduate school, circa 2005. I had been mistreated by a professor who seemed to have much more power than me, not only because he was charged with evaluating my clinical skills, but also because of the age, gender and racial differences between us that both made me worry about the consequences of speaking out, and emboldened me to directly address his actions. I remember having this situation knowing that even though it was early in our relationship, I could trust Jennifer, and that she would have wise guidance about how to proceed. Still, sharing is always a risk, and I remember tearfully telling her with a shaky voice about what had happened, yet not once questioning whether she believed me. In all of the unpleasant events that followed, Jennifer had this unwavering centeredness, this quality of presence that really embodied what it means to really own and inhabit your truth, to live your values, to find a way to stay rooted in a sense of integrity and self-trust, even in the face of others' dishonesty and retaliation, and your own fears and self-doubt. I have so much gratitude to you, Jennifer, for all of your support, inspiration, and wisdom during that time, because I am so aware that if it hadn't been for you, that series of events could have unfolded and ended quite differently. But even more than that, I'm grateful that you saw a depth of power, bravery and resilience in me that helped me more clearly see those strengths in myself in a way that I hadn't fully appreciated before. This experience is one I often call on when I need a reminder of what is possible and what we are capable of, individually and collectively, even in the darkest of times. In the words of Amanda Gorman, "For there is always light, if only we're brave enough to see it. If only we're brave enough to be it." Thank you, Jennifer, for teaching me so much about what it means to live bravely.

—Melissa

Melissa Foynes

It's difficult for me to put into words the profound impact that JJF has had on my life because her influence has shaped, and continues to shape, so much of who I am and how I try to be in the world. In reflecting on all of my memories of Jennifer since I first met her in 2002, the one that I feel most compelled to highlight now is from my first year of graduate school, circa 2005. I had been mistreated by a professor who seemed to have much more power than me, not only because he was charged with evaluating my clinical skills, but also because of the age, gender and racial differences between us that both made me worry about the consequences of speaking out, and emboldened me to directly address his actions. I remember having this intuitive knowing that even though it was early in our relationship, I could trust Jennifer, and that she would have wise guidance about how to proceed. Still, sharing is always a risk, and I remember tearfully telling her with a shaky voice about what had happened, yet not once questioning whether she believed me. In all of the unpleasant events that followed, Jennifer had this unwavering centeredness, this quality of presence that really embodied what it means to really own and inhabit your truth, to live your values, to find a way to stay rooted in a sense of integrity and self-trust, even in the face of others' dishonesty and retaliation, and your own fears and self-doubt. I have so much gratitude to you, Jennifer, for all of your support, inspiration, and wisdom during that time, because I am so aware that if it hadn't been for you, that series of events could have unfolded and ended quite differently. But even more than that, I'm grateful that you saw a depth of power, bravery and resilience in me that helped me more clearly see those strengths in myself in a way that I hadn't fully appreciated before. This experience is one I often call on when I need a reminder of what is possible and what we are capable of, individually and collectively, even in the darkest of times. In the words of Amanda Gorham: "For there is always light, if only we're brave enough to see it. If only we're brave enough to be it." Thank you, Jennifer, for teaching me so much about what it means to live bravely.

--Melissa

Robyn Gobin

Dear Jennifer,

There are no words to adequately express my gratitude and appreciation for you. Thank you for believing in me. You saw my potential at a time when I struggled to see it for myself. Your guidance, kindness, support, and unwavering belief in me has allowed me to flourish and accomplish so many dreams. I am where I am in my career today because of your belief in me. I have so much love for you and wish you continued joy, success, and peace.

Sincerely, Robyn

**Comments in tribute book compiled by Pam Birrell
Presented to Jennifer Freyd on December 3, 2022**

- Rose Barlow
- Anne DePrince
- Bridget Klest
- Brianna Delker
- Christina Gamache Martin
- Jen Gomez
- Laura Kaehler
- Alec Smidt
- Lisa Cromer
- Shin Shin Tang
- Rachel Goldsmith Turow

Added to book after printing

- Melissa Foynes
- Christina Martin (card)
- Robyn Gobin (card)