

Bridgette R. Bell

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LIEUTENANT COLONEL, US ARMY

Accomplished Human Resources (HR) strategic leader and 16-year Army veteran with a demonstrated history of using innovation and collaboration at all levels of the Army. Currently seeking active duty assignment beginning 23 August 2021 for a senior HR officer (42H of O5A) in the Washington DC metro area. Extremely passionate about leading an organization's human capital needs and supporting Army families. Consistently applies the following analytical skills without exception: ability to communicate and solve problems within teams; capacity to research, fact-check, and compile accurate data; critical thinking and complex ideation skills; and executive management abilities with regards to time, risk, and optimization. Engages leaders on human performance needs and teaching individuals and organizations how to foster growth. Excels at building teams, human-centered process development, policy implementation, leader development, and adapting to complex conditions. Adept at finding, socializing, and intersecting human and mental health resources to help people grow. Brings efforts together to eliminate redundancy and solve problems. Skilled at identifying an individual's intangible skills to guide self-improvement and maximize opportunities to reflect and learn.

Leadership | Military Operational Planning | Human Resources | Organizational Leader Development | Master Resilience Training | Higher Education | Engineering Psychology Research | Cross-Cultural Competence/Humility
Cognitive & Psychological Testing | Grief Processing | Individual & Family Counseling | Dialectical Behavior Therapy | Non-Profit Management

EDUCATION

MA in Human Resource Management, Webster University, St. Louis, MO, In Progress (EDC 2022)
PhD in Clinical Psychology, Jackson State University, Jackson, MS, In Progress (EDC 2021)
MS in Human Systems Integration, Naval Postgraduate School, Monterey, CA (2013)
Systems Engineering Certificate, Naval Postgraduate School, Monterey, CA (2013)
MBA in Healthcare Management, Jones International University, Centennial, CO (2008)
BS in Chemistry and Life Science with Computer Science Concentration, USMA, West Point, NY (2004)

MILITARY TRAINING

HR Management Qualification Course (EDC May 2021), US Army Soldier Support Institute, Fort Jackson, SC
United States Military Academy Master Teacher Certification, USMA, West Point, NY
US Army Command and General Staff College, Fort Lee, VA
Principles of Acquisition & Program Management (Program Management Tools, Intermediate Test & Evaluation, Intermediate Systems Acquisition, Fundamentals of Business Financial Management), Defense Acquisition University
Lean Six Sigma Green Belt Course, Naval Postgraduate School, Monterey, CA
Master Resilience Trainer Course, US Army Master Resilience School, Fort Jackson, SC
Military District of Washington Company Commander & First Sergeant Course, Fort Myer, VA
Sexual Assault Unit Victim Advocate Course, Fort Bliss, TX
Rear Detachment Commander Course, Fort Bliss, TX
Adjutant General's Officer Advanced & Officer Basic Courses, US Army Soldier Support Institute, Fort Jackson, SC

PROFESSIONAL EXPERIENCE

Army Career Intermission Program | Fort Belvoir, VA 2019 - Present

CLINICAL PSYCHOLOGY DOCTORAL CANDIDATE

Results-driven student participating in 2-year Army sabbatical program while pursuing a Doctor of Philosophy in Clinical Psychology from a multicultural-focused program at Jackson State University in Jackson, MS. Conducted interim research in coordination with the G.V. Sonny Montgomery Veterans Affairs Medical Center Trauma Recovery Program. Completed required coursework, 20-month practicum, 12-month externship, and additional continuing education and training in the areas of trauma, grief, and race. Completing 12-month APA-accredited internship and dissertation research until August 2021.

Department of Military Science (Army ROTC) Jackson State University | Jackson, MS 2016 – 2019

CHIEF OF STAFF (EXECUTIVE OFFICER) & ASSISTANT PROFESSOR OF MILITARY SCIENCE

Oversaw staff operations, assisted with teaching, and coordinated support for over 150 ROTC Cadets across eight Mississippi universities in the 6th Brigade, US Army Cadet Command. Coordinated with University and Brigade leadership to identify and overcome personnel and resource needs while the program commissioned a record number of Cadets. Improved staff processes and execution of key signature battalion events. Ranked as a "top 1% officer – a standout visionary whose mental agility and judgment surpasses peers and a must for battalion command."

Department of Behavioral Sciences & Leadership, United States Military Academy | West Point, NY 2013 – 2016

ASSISTANT PROFESSOR & COURSE DIRECTOR

LTC Bridgette R. Bell

Educated and inspired 270 Cadets by teaching General Psychology for Leaders, Experimental Psychology, and Anthropometry and Biomechanics in the Department of Behavioral Sciences and Leadership. Led the 2016 McDonald Cadet Leadership Conference that hosted students from 23 countries and 57 institutions. Planned and executed first two COL Charles Young Haiti Mission Trips as Officer-in-Charge of USMA Cadet Gospel Choir. Achieved academic promotion and ranked in top 3 of peers for “outstanding teaching practice, curriculum enhancement, and innovative leadership in trust, resilience, and cohesion.” Identified as a must for early promotion.

United States Army Human Resources Command | Alexandria, VA / Fort Knox, KY 2010 – 2011

PERSONAL AND ADMINISTRATIVE ASSISTANT (AIDE-DE-CAMP)

Served as the Aide-de-Camp and personal/administrative assistant to The 64th Adjutant General (TAG) of the US Army, who also served as the Commanding General, US Army Physical Disability Agency and Executive Director, Military Postal Service Agency. Executed move of the TAG Directorate under BRAC from Alexandria, VA to new headquarters in Fort Knox, KY. Provided brilliant performance supporting 30+ global and national TDY missions and identified as the “best Captain in 30 years of service.”

Headquarters & Headquarters Company United States Army Garrison | Fort Myer, VA & Fort McNair, DC 2008 – 2010

COMPANY COMMANDER

Led over 240 assigned and 1200 attached Soldiers and their families in 18 organizations across the Military District of Washington. Coordinated Soldier care with military, legal, and medical entities across the DC area. Provided command and control of Soldiers with complex needs, while ensuring their needs and well-being were top priority. Recognized as expert in the HR field who excelled at integrating human resources, medical resources, and Soldier support services – ranked in the “top 5% of all officers in 21 years.”

HHC, Special Troops Battalion, 4th BCT, 1st Cavalry Division | Fort Bliss, TX 2005 – 2008

BATTALION HUMAN RESOURCES OFFICER (S-1)

Oversaw HR operations for a 650-Soldier task force of a heavy Brigade Combat Team within the 1st Cavalry Division for garrison and deployed troops for 14 months in Operation Iraqi Freedom. Additionally served as Unit Victim Advocate responding to Soldiers’ needs following sexual harassment and assault complaints. Propelled the team to produce the best administrative and personnel management in the brigade to become identified as the best HR officer in 20 years by the commander.

108th Air Defense Artillery (ADA) Brigade | Fort Bliss, TX 2004 – 2005

ASSISTANT BRIGADE HUMAN RESOURCES OFFICER (S-1)

Advised the Brigade Commander and staff on personnel actions and mail operations for a 2000-Soldier ADA Brigade organic to the XVIII Airborne Corps. Lauded as “hard-charging officer” with a positive attitude and focus on mission accomplishment.

CLINICAL PROFESSIONAL DEVELOPMENT

Grief Therapy, George Washington University

Race, Racism, and Racial Trauma, DC Psychological Association

Public Mental Health & Bereavement during the COVID-19 Pandemic, Center for Complicated Grief, Columbia, University

Writing After Loss: What Grief Memoirs Teach Us, Center for Complicated Grief, Columbia, University

Shame Shields: The Armor We Use to Protect Ourselves and Why It Doesn’t Serve Us by Dr. Brené Brown, PESI

Rewire the Anxious Brain Neuroscience-Informed Treatment of Anxiety, Panic, & Worry by Dr. Jamie Craig, Jackson, MS

Complicated Grief Therapy Level 1 and Level 2 Training, Center for Complicated Grief, Columbia University

CLINICAL EXPERIENCE

Georgia Department of Behavioral Health & Developmental Disabilities | GA Regional Hospital – Atlanta 2020 - Present

CLINICAL PSYCHOLOGY DOCTORAL INTERN

Completing 12-month/2000-hour APA-accredited Clinical Psychology Doctoral Internship on the Forensics and Adult Mental Health Units of the Georgia Regional Hospital – Atlanta. Leads four weekly therapy groups and conducts individual therapy with severely mentally ill individuals at a state-level psychiatric hospital. Completes psychological, cognitive, and forensic evaluations. Passionate about building rapport, post-traumatic growth, psychological innovation, and culturally aware therapeutic interventions.

Killebrew Psychological Services | Ridgeland, MS 2018 – 2020

CLINICAL PSYCHOLOGY DOCTORAL EXTERN

Promoted the emotional well-being of individuals through one-on-one sessions, coaching calls, family counseling, pre-surgical screenings, and psychological/cognitive testing for diverse individuals in the community. Navigated diagnostic approaches using evidence-based therapeutic interventions and interdisciplinary treatment teams. Leveraged unique experience to prioritize issues and solve problems. Enabled individuals diagnosed with borderline personality disorder to succeed using dialectical behavior therapy protocols. Maximized client satisfaction by treating clients promptly and professionally. Increased self-awareness and clinical humility by balancing the learning environment with the needs of the client.

Department of Psychology, Clinical Psychology Doctoral Program, Jackson State University | Jackson, MS 2019

CLINICAL PSYCHOLOGY PROGRAM ASSESSMENT TEAM

LTC Bridgette R. Bell

Co-administered cognitive assessments with graduate students including the WAIS-IV, WISC-V, WPPSI-IV, WIAT-III, WRAT-V, and WASI-II. Improve test administration procedures by critiquing students on their performance. Collaborate with the Director of Clinical Training for the course and fulfill related requests. Assist students with integrative report writing.

Jackson State University Applied Psychological Services Clinic | Jackson, MS

2017 – 2018

CLINICAL PSYCHOLOGY DOCTORAL TRAINEE

Utilized industry knowledge and training to offer individual counseling and psychological/cognitive assessments for students and community clients. Collaborated with the Jackson Child and Welfare Services Department to perform youth psychological assessments as part of the pre-adoption screening process. Identified the importance of using resources and asking for help outside of the current support chain. Obtained valuable knowledge on the intake process by learning how to better prepare guardians for the session ahead of time so as to avoid missing out on opportunities to gather information. Optimized system processes in the clinic helping improve services by making recommendations for changes and updating procedures through peer collaboration.

Trauma Recovery Program, G.V. Sonny Montgomery Veterans Affairs Medical Center | Jackson, MS

2017 – 2019

STUDENT RESEARCH ASSISTANT

Assisted with the Trauma Recovery Program by gathering information, preparing documentation, and entering data into the system to further research efforts. Prepared for the implementation of the virtual reality exposure therapy system. Gathered information, inputted data, and developed analysis plan to complete pre-dissertation research project study entitled Avoidance, Hypervigilance, and Motivation as Predictors of Attrition for Veterans Completing a Residential PTSD Treatment Program.

PUBLICATIONS

Bell, B., Bonner, J., Norzagaray, A., & Ramsey, M. (2019). Jackson State University Clinical Psychology Doctoral Program Externship Handbook. Jackson State University, Jackson, MS.

Nosen, E., Blunt, C., Bell, B., & Omelian, S. (2019, May). Prolonged exposure within residential PTSD treatment programs: Virtual reality and other innovative strategies to improve treatment access, engagement and efficacy. Poster presented at the Department of Veterans Affairs MH RRTP National Conference, Orlando, FL.

Shattuck, L., Smith, D., Bell, B., & Rowan, C. (2018). Decision Making Chapter. *West Point Leadership*. Department of Behavioral Sciences and Leadership, United States Military Academy, West Point, NY.

Ness, J. & Bell, B. (2015). Naturalistic decision making, risk management, & leadership, Conference Proceedings, International Conference on Naturalistic Decision Making 2015, McLean, VA, <http://www2.mitre.org/public/ndm/papers/posters/BellNess.pdf>.

Bell, B. (2013). A Human Systems Integration analysis of the US Army Suicide Prevention Program, Master's Thesis, Naval Postgraduate School, Monterey, CA, <http://calhoun.nps.edu/handle/10945/34626>.

RESEARCH EXPERIENCE

Dissertation (Current): Perceived gender, racial, and religious factors of grief and the relationship between clinical self-efficacy and perceived competence in providing grief treatment to diverse clients. Committee: Bryman Williams, Ph.D., JSU (Co-Chair); Teresa Kearns-Cooper, Ph.D., JSU (Co-Chair); Katherine Shear, M.D., Center for Complicated Grief, Columbia University; Debra S. Pate, Ph.D., JSU; and Keith Hudson, Ph.D., JSU

Second-Year Paper (2017 – 2019): Avoidance, hypersensitivity, and motivation as predictors of attrition in the Jackson, MS Department of Veterans Affairs Medical Center Trauma Recovery Program. Committee: Elizabeth Nosen, Ph.D.; Debra S. Pate, Ph.D.; Teresa Kearns-Cooper, Psy.D.

USMA Faculty Research (2014 – 2016): Anthropometrics and Biomechanics Analysis of Helmet Fit and Performance; Principal Investigator for Faculty Development Research leading two Cadet research teams in conjunction with the US Soldier Systems Center and Human Research and Engineering Directorate of the Army Research Laboratory.

USMA Faculty Development Research (2015): The Impact of Self-Awareness on Metacomprehension and Academic Performance; Designed research on the use of the Multiple Intelligences Developmental Assessment Scales (MIDAS) in General Psychology for Leaders Course, Master Teacher Program Project, USMA Center for Teaching Excellence, West Point, NY.

Master's Thesis (2013): A Human Systems Integration analysis of the US Army Suicide Prevention Program, Naval Postgraduate School, Monterey, CA. Committee: Lawrence G. Shattuck, Ph.D.; Eugene Paulo, Ph.D.; Quinn Kennedy, Ph.D.

CONFERENCES

Panel Moderator: "Lifelong Learning: Should I Go Back to School?" Do More Together Virtual Summit (2020)

Panel Mentor: Military & Society - "Diversity & Inclusion in the Military," Eastern Sociological Society (2020)

Poster Presentation: DOD/Veterans Affairs Suicide Prevention Conference (2017)

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Panel Presentation: “How Does My Intersectionality Change My Experience? Race and Gender,” USMA Athena’s Arena (2016)

Group Presentation: USMA Master Teacher Program Research, Lilly Teaching Conference (2015)

Paper Presentation: International Conference on Naturalistic Decision Making (2015)

RECOGNITION

Partial Awardee, Laura Bassi Scholarship (2020)

Marineau Scholar & Health Scholar, Aspen Ideas Festival – Health (2019)

Inductee, Psi Chi International Honor Society in Psychology (2018)

Tillman Military Scholar, Pat Tillman Foundation (2017)

USMA Superintendent’s Certificate of Appreciation for Cohort Co-Leader, USMA Excel Scholars Program (2015)

USMA Commandant’s Coin in Recognition of Performance During Cadet Basic Training (2015)

COL Robert L. Manning Achievement Medal, The Adjutant General’s Corps Regimental Association (2013)

Naval Postgraduate School Foundation Intern at Google Headquarters, NPS Enrichment Week (2012)

COL Frank C. Foster’s Writing Award for “The Humanist Mindset: The Role of the AG Corps as the Army Transforms” (2011)

Volunteerism and Junior ROCK of the Year Awards, Washington DC Chapter, The ROCKS, Inc. (2010)

SERVICE & MEMBERSHIPS

Co-Founder, Do More Together Black & African American West Point Alumni Organization, West Point Association of Graduates

Board Member, The Strong Gray Line Corporation, USMA Class of 2004

Member, Advisory Panel on Mental Health and Suicide Prevention, West Point Association of Graduates

National Scholarship Monitor, National Board of The ROCKS, Inc.

Army Group Leader/Mentor, 2017 Steve & Marjorie Harvey Foundation’s “Girls Who Rule the World” Girls Mentoring Camp

Student Affiliate Member, American Psychological Association (Division 19, Military Psychology)

Member, Washington DC Psychological Association

Member, Washington DC Chapter, National Alliance on Mental Illness

Member, Zeta Chi Omega Chapter, Alpha Kappa Alpha Sorority, Inc.

MILITARY AWARDS

Meritorious Service Medal (6)

Army Commendation Medal (3)

Army Achievement Medal (2)

Meritorious Unit Citation

Army Superior Unit Award

National Defense Service Medal

Iraqi Campaign Medal (2)

Global War on Terrorism Service Medal

Army Service Ribbon

Army Overseas Ribbon