

HEATHER HESSEL
hesselh@uwstout.edu
612-810-3189

University of Wisconsin – Stout
Counseling, Rehabilitation, and Human Services
337 Vocational Rehabilitation, 221 10th Ave E
Menomonie, WI 54751

EDUCATION

B.A.	Loyola Marymount University, Los Angeles, CA Humanities, Concentration: Music	1996
M.L.I.S.	University of California, Los Angeles, Los Angeles, CA Information Studies, Concentration: Information Systems	2001
M.A.	University of St. Thomas, St. Paul, MN Counseling Psychology, Concentration: Family Psychology	2014
Ph.D.	University of Minnesota, Minneapolis, MN Family Social Science, Concentration: Couple and Family Therapy	2018

PROFESSIONAL LICENSURE

Minnesota Board of Marriage and Family Therapy		
Minnesota Board-Approved Clinical Supervisor		2019 – present
Licensed Marriage and Family Therapist #3086		2017 – present
American Association for Marriage and Family Therapy (AAMFT)		
Approved Clinical Supervisor		2019 – present

PROFESSIONAL ACADEMIC EXPERIENCE

University of Wisconsin-Stout	Menomonie, WI
Assistant Professor, Department of Counseling, Rehabilitation, and Human Services	2020 – present
Program Director, Marriage and Family Therapy Program	2021 – present
University of Minnesota	Minneapolis, MN
Post-Doctoral Associate, Department of Family Social Science	2018 – 2020
Research Assistant, Department of Family Social Science	2014 – 2018
University of St. Thomas	St. Paul, MN
Graduate Student Researcher	2011 – 2014
University of California, Los Angeles	Los Angeles, CA
Graduate Student Researcher	2000 – 2001

TEACHING AND CURRICULUM DEVELOPMENT

University of Wisconsin-Stout

Courses Taught

HDFS 115: Healthy Couple Relationships [Online]
HDFS 365: Family Resource Management
HDFS 365: Family Resource Management [Online]
HDFS 420: Family Research Methods
HDFS 420: Family Research Methods [Online]
MFT 744: Psychometric Aids in Couples & Family Therapy
MFT 750: Foundations in Marriage & Family Therapy
MFT 753: Systemic Child & Adolescent Therapy
MFT 755: Professional Issues in Couples & Family Therapy
MFT 765: Research in Marriage & Family Therapy
MFT 775: Capstone in Marriage & Family Therapy (expected Spring 2023)
MFT 793/4: Couples & Family Therapy Practicum

Saint Mary's University of Minnesota

Courses Taught

MFT 620: Stat. Techniques & Rsrch Methods in MFT [Hybrid and Online]

Adler Graduate School

Courses Taught

AGS 541: Theories of Family Therapy [Online]
AGS 947: Marriage and Family Therapy Practicum [Online]
AGS 948: Marriage and Family Therapy Internship
AGS 948: Marriage and Family Therapy Internship [Online]

University of Minnesota, Department of Family Social Science

Courses Taught

FSOS 3426: Alcohol and Drugs: Families and Culture [Online]
FSOS 4104: Family Psychology
FSOS 4150: Families Communicating in an Online World

Curriculum Development

FSOS 4150: Families Communicating in an Online World

Teaching Assistant

FSOS 3426: Alcohol and Drugs: Families and Culture [Online]. Instructor: Sara Axtell, Ph.D.
FSOS 4104: Family Psychology. Instructor: Timothy Piehler, Ph.D., L.P.

CLINICAL EXPERIENCE

Intuitive Therapy and Consulting

Licensed Marriage and Family Therapist
AAMFT and Minnesota Board Approved Clinical Supervisor

Golden Valley, MN
2018 – present

Walk-In Counseling Center

AAMFT Clinical Supervisor Candidate

Minneapolis, MN
2018 – 2019

Eden House at RS EDEN Minneapolis, MN
AAMFT Clinical Supervisor Candidate 2017 – 2019
Therapist (Doctoral practicum/internship/LMFT) 2014 – 2018

The Emily Program St. Louis Park, MN
Therapist (12-month masters practicum) 2013 – 2014

HONORS, AWARDS, and GRANTS

St. Mary's University of Minnesota
Fellow, CELT Teaching Fellows Program (\$500) 2019 – 2020

American Association for Marriage and Family Therapy (AAMFT)
First Place: National Student Ethics Competition, Doctoral category 2017

University of Minnesota, Department of Family Social Science
Priscilla Rugg Family Social Science Fellowship (tuition, 25% Assistantship) 2017-2018
David and Karen Olson Fellowship (tuition, 25% Assistantship) 2017-2018
Waller Summer Fellowship (\$4000) 2017
Waller Dissertation Fellowship (\$3000) 2017
Knorr Family Social Science Fellowship (\$5000) 2016-2017
Florence Munson Wilson Fellowship (\$5000) 2015-2016
Neubeck-Maddock Scholarship (\$600) 2015
Waller Summer Fellowship (\$5000) 2015

University of Minnesota, College of Education and Human Development
Women's Philanthropic Leadership Circle Award (\$2100) 2017-2018

UCLA Graduate School of Education & Information Studies
Student commencement speaker 2001

Los Angeles Chapter of the American Society for Information Science and Technology
Margaret McKinley Memorial Student Scholarship (\$1000) 2000

PUBLICATIONS

Peer-Reviewed Journal Articles

Published and In Press [Impact Factor]

Hessel, H., & LeBouef, S. (in press). Young adults' perceptions of technology use with extended family. *Family Relations*. [2.018]

Dworkin, J., Hessel, H., & LeBouef, S. (2019). The use of communication technology in the context of adolescent and family development: An integration of family and media theories. *Journal of Family Theory and Review*. [3.731]

- Hanson, S., **Hessel, H.**, & Danes, S. (2019). Relational processes in family entrepreneurial culture and resilience. *Journal of Family Business Strategy*, 10(3). [2.605]
- Dworkin, J., Rudi, J., & **Hessel, H.** (2018). The state of family research and social media. *Journal of Family Theory and Review*, 10, 796-813. doi:10.1111/jftr.12295. [3.731]
- Hessel, H.** & Dworkin, J. (2018). Emerging adults' use of communication technology with family members: A systematic review. *Adolescent Research Review*, 3(3), 357-373.
- Jang, J., **Hessel, H.**, & Dworkin, J. (2017). Parental ICT use, social capital, and parenting efficacy. *Computers in Human Behavior*, 71, 395-401. [2.88]
- Hessel, H.**, He, Y., & Dworkin, J. (2017). Paternal monitoring: The relationship between online and in-person solicitation and youth outcomes. *Journal of Youth and Adolescence*, 46(2), 288-299. [3.562]
- Dworkin, J., Brar, P., **Hessel, H.**, & Rudi, J. (2016). MTurk 101: An introduction to Amazon Mechanical Turk for extension professionals. *Journal of Extension*, 54(6). Retrieval at the Journal of Extension: <https://www.joe.org/joe/2016december/tt5.php>
- Dworkin, J., **Hessel, H.**, Gliske, K., & Rudi, J. (2016). A comparison of three online recruitment strategies for engaging parents and families in survey research. *Family Relations*, 65(4), 550-561. [2.018]
- Jang, J., Dworkin, J., & **Hessel, H.** (2015). Mothers' use of information and communication technologies for information seeking. *Cyberpsychology, Behavior, and Social Networking* 18(4), 221-227. [2.188]
- Hessel, H.**, & Fransen, J. (2012). Resource discovery: Comparative results on two catalog interfaces. *Information Technology and Libraries*, 31(2), 21-44. [1.00]

Under Review

- Hessel, H.** (under review). *A typology of U.S. emerging adults' online and offline connectedness with extended family.*

Book and Encyclopedia Chapters

- Hessel, H.** (2017). Gerald H. Zuk, Ph.D. (1929 -). In J. L. Lebow, A. L. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Hessel, H.** (2017). Israel Zwerling, MD, Ph.D. (1917 – 1993). In J. L. Lebow, A. L. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*. New York: Springer.
- Jennings, L., Skovholt, T., **Hessel, H.**, Lakhan, S. & Goh, M. (2016). The world of expertise in counseling and psychotherapy. In L. Jennings & T. M. Skovholt (Eds.), *Expertise in Counseling and Therapy: Master Therapist Studies From Around the World*. New York: Oxford University Press.
- Jennings, L., Sovereign, A., Renninger, S., Goh, M., Skovholt, T., Lakhan, S., & **Hessel H.** (2016). Bringing it all together: A qualitative meta-analysis of seven master therapists studies from around the world. In L. Jennings & T. M. Skovholt (Eds.), *Expertise in Counseling and Therapy: Master Therapist Studies From Around the World*. New York: Oxford University Press.

Reports: Research, Policy, and Clinical

- Hessel, H.** (2022). An update from the Program Director. *The MFT Courier*, 37(1).
- Hessel, H.** (2022). Extended family and emerging adulthood. *The MFT Courier*, 37(1).
- Hessel, H.** (2022). An update from the Program Director. *The MFT Courier*, 37(1).
- Hessel, H.** (2021). New challenges, new opportunities. *The MFT Courier*, 36(2).

- Hessel, H.** (2021, Nov 9). Connecting across the generational divide [Blog post]. Retrieval at Parents Letting Go: <https://parentslettinggo.com/parents-of-young-adults-spring-2021-survey-results-part-vii-dr-heather-hessels-observations/>
- Hessel, H.** (2021). On the inspiration of trees. *The MFT Courier*, 36(1), 8.
- Dworkin, J., & **Hessel, H.** (2020). *Generation Z: Connecting families through the U.S. Postal Service*. Office of Inspector General: Washington DC.
- Jang, J., Dworkin, J., & **Hessel, H.** (2016, Jan 27). *Where do American mothers seek parenting information online? For what?* [Blog post]. Retrieval at Parenting for a Digital Future: <http://blogs.lse.ac.uk/parenting4digitalfuture/2016/01/27/where-do-us-mothers-go-on-the-internet-to-get-information/>
- Mao, D. M., **Hessel, H.**, Nystuen, S. L., & Walker, S. K. (2015). *Parentopia general user's guide*. Early Childhood Family Education: St. Paul, MN.
- Mao, D. M., **Hessel, H.**, Nystuen, S. L., & Walker, S. K. (2015). *Parentopia administrator's guide*. Early Childhood Family Education: St. Paul, MN.
- Hessel, H.** (2015). Social media and professional ethics in clinical work. *MAMFT News: The Newsletter of the Minnesota Association for Marriage and Family Therapy*, 33(1), 8-9.
- CFE Parentopia Research Reports**
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| ECFE Parentopia Usability Testing Report | March 2015 |
| ECFE Parentopia Survey 2 Report | November 2014 |
| ECFE Parentopia Survey 1 Report | October 2014 |
- Renninger, S. & **Hessel, H.** (2014). *Therapist use of social networking and the internet*. Guidelines for the Graduate School of Professional Psychology, University of St. Thomas.
- Fransen, J., Boudewyns, D., Hanson, C., **Hessel, H.**, Friedman-Shedlov, L., & Traill, S. (2011). *Discoverability: Investigating the academic library's changing role in connecting people to resources*. Retrieval at the University of Minnesota Digital Conservancy: <http://purl.umn.edu/116586>
- Hanson, C., **Hessel, H.**, Boudewyns, D., Fransen, J., Friedman-Shedlov, L., Hearn, S., Theis-Mahon, N., Morris, D., Traill, S., & West, A. (2010). *Discoverability Phase 2 Final Report*. Retrieval at the University of Minnesota Digital Conservancy: <http://purl.umn.edu/99734>
- Hanson, C., **Hessel, H.**, Barneson, J., Boudewyns, D., Fransen, J., Friedman-Shedlov, L., Hardy, M., Rose, C., Stelmasik, B., & Traill, S. (2009). *Discoverability Phase 1 Final Report*. Retrieval at the University of Minnesota Digital Conservancy: <http://purl.umn.edu/48258>
- Borgman, C.L. & **Hessel, H.** (2001). Report on the First Joint Conference on Digital Libraries. *D-Lib Magazine*, 7(10).

PRESENTATIONS

Peer-Reviewed Research Presentations

Presented/Accepted

- Hessel, H.** (accepted). *Friends and family interactions: Relationships with anxiety, depression, and loneliness for emerging adults*. Poster to be presented at the Society for Research on Adolescence biennial conference, 2023.
- Hessel, H.** (2022, November). *Cousins: How youth describe closeness and distance in this extended family relationship*. Poster presented at the National Council on Family Relations Annual Conference, Minneapolis, MN.

- Hessel, H., & Chan, A. Y.** (2021, November). *Intergenerational solidarity dimensions in extended family relationships: The role of communication technology*. Poster presented at the National Council on Family Relations Virtual Conference.
- Hessel, H., & Leaf, R.** (2021, March). *"They text, like, all the time": How college students describe texting across three generations of family members*. Poster presented at the Society for Research on Adolescence Virtual Conference, March 2021.
- Hessel, H. & LeBouef, S.** (2020, November). *Parent-adolescent use of technology to avoid face-to-face interaction*. Poster presented at the National Council on Family Relations Virtual Conference.
- Dworkin, J., Hessel, H., LeBouef, S., Holmgren, H., & Holth, A.** (2019, November). *College students, texting, and family: "The only way we can goof off and be [family]...because we don't see each other often."* Poster presented at the National Council on Family Relations, Fort Worth, TX.
- Hessel, H., & LeBouef, S.** (2019, October). *Emerging adult men's perceptions of how technology influences extended family relationships*. Paper presented at the Society for the Study of Emerging Adulthood, Toronto, Canada.
- Hessel, H., & Dworkin, J.** (November, 2018). *Mapping the family network of emerging adults*. Paper presented at the National Council on Family Relations, San Diego, CA.
- Dworkin, J., Brar, P., & Hessel, H.** (2018, October). When the teacher becomes the student: Youth impact on parent technology use. Paper presented at the Association of Internet Researchers, Montreal, Canada.
- Hessel, H., Bailey, M., & Ausherbauer, K.** (2018, May). *Integration of family services in the treatment of substance use disorders for emerging adult men*. Poster presented at the National Health Outreach Conference, Minneapolis, MN.
- Hessel, H., Holmgren, H., & Dworkin, J.** (2018, April). *The significance of parental outreach on emerging adults' well-being*. Poster presented at the Society for Research on Adolescence, Minneapolis, MN.
- Rudi, J., LeBouef, S., Hessel, H., Brar, P., & Dworkin, J.** (2018, April). *Trust versus control: Indian and U.S. youth keeping secrets online and offline*. Paper presented at the Society for Research on Adolescence, Minneapolis, MN.
- Hessel, H., & Dworkin, J.** (2017, November). *Different paths: Comparing college-going and noncollege youth*. Poster presented at the National Council on Family Relations, Orlando, FL.
- Hessel, H., & Dworkin, J.** (2017, November). *What do we know about noncollege youth? Exploring well-being, substance use, and family relationships*. Poster presented at the Society for the Study of Emerging Adulthood, Washington DC.
- Hessel, H., LeBouef, S., & Dworkin, J.** (2017, November). *Family identity and well-being in emerging adults*. Paper presented at the Society for the Study of Emerging Adulthood, Washington DC.
- LeBouef, S., Hessel, H., & Dworkin, J.** (2017, November). *Sibling closeness and well-being in emerging adulthood*. Paper presented at the Society for the Study of Emerging Adulthood, Washington DC.
- Hessel, H., Hanson, S., & Danes, S.** (2017, April). *Balancing the family ledger: Using Contextual Family Therapy to explore intergenerational patterns in family businesses*. Poster presented at the Minnesota Association for Marriage and Family Therapy, Edina, MN.
- Hanson, S., Hessel, H., & Danes, S.** (2017, January). *Sustaining family businesses: Access and use of family social capital through parent-child relationships*. Paper presented at the Family

- Entrepreneurship Paper Development Workshop, Audencia Business School, Nantes, France.
- Hessel, H., Dworkin, J., & Holth, A.** (2016, November). *The role of parental social support and self-efficacy in youth substance use*. Poster presented at the National Council on Family Relations, Minneapolis, MN.
- Dworkin, J., Holth, A., **Hessel, H., & Brar, P.** (2016, November). *Parenting and college student alcohol use during freshman year*. Paper presented at the National Council on Family Relations, Minneapolis, MN.
- Hessel, H. & Dworkin, J.** (2016, April). *Parental online and in-person monitoring: Relationships with child well-being*. Paper presented at the Society for Research on Adolescence, Baltimore, MD.
- Hessel, H. & Dworkin, J.** (2016, April). *Fathers' use of communication technology: Relationships with parental efficacy and adolescent outcomes*. Poster presented at the Society for Research on Adolescence, Baltimore, MD.
- Jang, J., Dworkin, J., & **Hessel, H.** (2016, April). *Youth internalizing/externalizing difficulties, parental online resource use, and parenting self-efficacy*. Poster presented at the Society for Research on Adolescence, Baltimore, MD.
- Hessel, H., He, Y., & Dworkin, J.** (2015, November). *Father-adolescent communication: Exploring online and in-person strategies*. Poster presented at the National Council on Family Relations, Vancouver, B.C.
- Jang, J., **Hessel, H., & Dworkin, J.** (2015, November). *Parents' frequent use of online resources and online bridging social capital*. Paper presented at the National Council on Family Relations, Vancouver, B.C.
- Crabtree, S. & **Hessel, H.** (2015, November). *Social media and professional ethics in clinical work*. Roundtable presented at the National Council on Family Relations, Vancouver, B.C.
- Hessel, H. & Renninger, S.** (2015, October). *At the intersection of social media and clinical work: Training students on appropriate use*. Poster presented at the Minnesota Association for Marriage and Family Therapy Fall Conference, Minneapolis, MN.
- Hessel, H. & Dworkin, J.** (2015, October). *Exploring online and in-person communication strategies between fathers and children*. Poster presented at the Society for the Study of Emerging Adulthood, Miami, FL.
- Dworkin, J., **Hessel, H., Brar, P., & Jang, J.** (2015, October). *Parental oversight and social connectedness: Factors associated with emerging adult substance use*. Paper presented at the Society for the Study of Emerging Adulthood, Miami, FL.
- Hessel, H., Jang, J. & Dworkin, J.** (2014, November). *Mothers' use of new media technologies for information seeking*. Paper presented at the National Council on Family Relations, Baltimore, MD.
- Burton-West, T., & **Hessel, H.** (2003, April). *Tools for Improving WebVoyage Usability: Search Log Analysis and Usability Testing*. Poster presented at the National EndUser Conference, Chicago, IL.

Under Review

- Hessel, H.** (under review). *Emerging adults' use of psychotherapy before and during the COVID-19 pandemic*. Proposal submitted for the Society for the Study of Emerging Adulthood biennial conference, 2023.

Invited Presentations

- Achter, J., Faith, C., Maves-Bates, J., & **Hessel, H.** (2022, August). *Supporting students' mental health in the classroom*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Faith, C. & **Hessel, H.** (2022, August). *Well-being at work*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Achter, J., Faith, C., Maves-Bates, J., & **Hessel, H.** (2022, January). *Supporting students' mental health in the classroom*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Faith, C. & **Hessel, H.** (2022, January). *Well-being at work*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Hessel, H.** (2018, April). *Integrating technology and clinical practice: Issues and Opportunities*. Guest lecturer for Technology in Parenting and Family Relationships, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2018, February). *Emerging adults' use of technology in the family context*. Guest lecturer for Technology in Parenting and Family Relationships, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2017, November). *21st century parenting: The role of technology in the parent-child relationship*. Guest lecturer for Parent Child Relationships, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, September). *Families communicating in an online world: Identifying the edge of knowledge*. Guest lecturer for Family Research Methods, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, April). *Incorporating mindfulness into clinical work*. Presentation to practicum students at The Family Partnership. Minneapolis, MN
- Hessel, H.** (2016, April). *Ethical and legal issues in couple and family therapy*. Guest lecturer for Counseling Skills Practicum I, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, March). *Substance use disorders in families*. Guest lecturer for Family Psychology, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, January). *Emerging adult use of communication technology with family members: Identifying the edge of knowledge*. Guest lecturer for Family Research Methods, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2015, November). *Families and addiction*. Guest lecturer for Family Psychology, University of Minnesota, Minneapolis, MN.
- Renninger, S. & **Hessel, H.** (2014, March). *Ethics and social media*. Guest lecturer for Contemporary Ethical Issues, University of St. Thomas, Graduate School of Professional Psychology, Minneapolis, MN.
- Renninger, S. & **Hessel, H.** (2014, March). *Ethics and social media*. Guest lecturer for Ethics & Professional Issues, University of St. Thomas, Graduate School of Professional Psychology, Minneapolis, MN.

Community Presentations

- Hessel, H.** & Jenson, E. (2021, May). *Conducting online relational therapy: Challenges and opportunities with multi-participant sessions*. Workshop presented for the Minnesota Association for Marriage and Family Therapy Virtual Training Series.
- Hessel, H.** (2019, February). *Parenting in an online world: Using technology to build relationships, not conflict*. Presentation to clinical staff at Washburn Center for Children. Minneapolis, MN.

- Hessel, H. & Bailey, M.** (2019, June). *Using mindfulness and contemplative activities with clients: A hands-on workshop*. Workshop presented for the Minnesota Association for Marriage and Family Therapy Training Series. Minneapolis, MN.
- Hessel, H.** (2019, January). *Using mindfulness to increase well-being and effectiveness in the classroom and at home*. Presentation as part of the White Bear Lake Area Schools Staff and Community Mental Well-Being Series. White Bear Lake, MN.
- Hessel, H., Jordan, E., & Halper, D.** (2016, November). *Providing online therapy: Requirements, strategies, and competencies for MFTs*. Workshop presented at the Minnesota Association for Marriage and Family Therapy. Brooklyn Center, MN.
- Hessel, H. & Crabtree, S.** (2015, April). *Social media and professional ethics in clinical work*. Workshop presented for the Minnesota Association for Marriage and Family Therapy. St. Cloud, MN.

Technical Presentations

- Hessel, H. & Ai, L.** (2009). *ARC 2.0: What's new in the Aleph Reporting Center*. Session presented at the Ex Libris Users' of North America (ELUNA) National Meeting.
- Hessel, H. & Biever, E.** (2008). *Invoices: Aleph to PeopleSoft (and back again)*. Session presented at the Ex Libris Users' of North America (ELUNA) National Meeting.
- Hessel, H.** (2007). *Primo Demonstration and Update*. Session presented at the MnLINK User Group meeting.
- Hessel, H.** (2007). *The Aleph Reporting Center: Hype or Help?* Session presented at the Ex Libris Users' of North America (ELUNA) National Meeting.
- Hessel, H.** (2007). *Aleph Reporting*. Session presented at the regional Ex Libris Users' Meeting.

OTHER PROFESSIONAL EXPERIENCE

Technology Consultant	St. Paul, MN
<i>Clients:</i>	2010 – 2020
City University of New York, Brandeis University, University of Minnesota	
University of Minnesota	Minneapolis, MN
Librarian	2006 - 2010
Interim Director, Library Enterprise Operations	2009 - 2010
Anoka County Library	Anoka, MN
Library Technology Manager	2004 – 2006
Getty Research Institute, J. Paul Getty Museum	Los Angeles, CA
Librarian	2002 – 2004
Forum One Communications	Alexandria, VA
Summer Intern	2000
Disney/ABC Cable Networks	Burbank, CA
Business Analyst	1999 – 2000
The William Morris Agency	Beverly Hills, CA
IT Trainer and IT Manager	1992 – 1998
Technology Support Professional	1992

PROFESSIONAL DEVELOPMENT

Mentoring Professional Development Workshop	2023
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Mentoring for Online Instructors Sharing Community	2021 – 2022
UW-Stout LGBTQIA+ Program Office Safe Space Training	2021
Intercultural Development Inventory	2021
UW-Stout First Year Instructor Program Series	2020 – 2021
Accelerated Resolution Therapy Basic Training	2019
Somatic Experiencing Professional Training, Beginning 1	2019
Enhancing Cultural Competencies with Attunement and Humility	2018
Use of Intuition in Therapy: A Holistic Approach to Use of Self	2018
Changing the ADHD Brain: Moving Beyond Medication	2018
Latent Class Analysis & Finite Mixture Modeling Stats Camp Training Institute	2017
Moral Reconciliation Therapy certification from Correctional Counseling, Inc.	2017
Emotionally Focused Therapy Training (4-day externship)	2016
University of Minnesota Institute of Child Development Stats Camp	2016
When One Says “I’m Done” & the Other Says “Let’s Try”’: Discernment Counseling	2015
Gottman Couple Therapy Level 1	2015
Prepare/Enrich certification from Life Innovations, Inc.	2013
Family-Based Treatment for Adolescents with Anorexia Nervosa	2013
ADHD Through the Lifespan	2013

PROFESSIONAL MEMBERSHIPS

Society for Research on Adolescence	2015 – present
Society for the Study of Emerging Adulthood	2015 – present
National Council on Family Relations	2014 – present
American Association for Marriage and Family Therapy	2013 – present

PROFESSIONAL SERVICE

Service to the Discipline

Journal Reviewer Experience

Member, Editorial Board, <i>Journal of Marital and Family Therapy</i>	2021 – present
Ad Hoc Reviewer, <i>Sexual and Relationship Therapy</i>	2021 – present
Ad Hoc Reviewer, <i>Child and Youth Services Review</i>	2020 – present
Ad Hoc Reviewer, <i>Current Psychology</i>	2017 – present
Ad Hoc Reviewer, <i>Journal of Marital and Family Therapy</i>	2018 – present
Ad Hoc Reviewer, <i>Journal of Child and Family Studies</i>	2017
Ad Hoc Reviewer, <i>Journal of Adolescence</i>	2016

Conference Leadership

Meditation Group Facilitator at the National Council on Family Relations Annual Conference	2015-2018, 2022
Member, Local Events Committee, <i>National Council on Family Relations</i>	2022
Proposal Reviewer, <i>National Council on Family Relations</i>	2015-2022
Proposal Reviewer, <i>Society for Research on Adolescence</i>	2015 (mentored), 2019 (mentor), 2022

Professional Committee Memberships

Emerging Scholar Representative to the Finance Committee, *Society for*

<i>Research on Adolescence</i>	2018 – 2022
Board Member and Treasurer, <i>American Society for Information Science & Technology, Minnesota Chapter</i>	2008 – 2013
Chair, Aleph Reporting Center Special Interest Group, <i>Ex Libris Users Group of North America</i>	2008 – 2010
Advisory Council Member, <i>American Society for Information Science & Technology, Los Angeles Chapter</i>	2001 – 2004
Student Representative, <i>American Society for Information Science & Technology, Los Angeles Chapter</i>	1999 – 2001

Juror

Chapter of the Year Jury Member, <i>American Society for Information Science & Technology</i>	2007
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Service to the University, College, & Department

University of Wisconsin-Stout

Member, Mentoring Committee	2022 – present
Program Director Mapping group	2022 – present
Member, Positive Action, Ethics and Competition Review Committee	2021 – present
Member, Department Search Committee	2021 – 2022

St. Mary’s University of Minnesota

Graduate Committee Member Lora Strey MA	2019
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Graduate Advisor Andrew Little MA	2022
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University of Minnesota

Couple & Family Therapy Student Representative, <i>Department of Family Social Science</i>	2016
Vice President of Finance, <i>Graduate Students in the College of Education and Human Development (GradSEHD)</i>	2015 – 2016
Student Cohort Representative, <i>Department of Family Social Science</i>	2015 – 2016
Library Discovery Committee Co-Chair	2009 – 2010
Associate University Librarian Search Committee Member	2007 – 2008

Service to the Public

Mounds View School District

Curriculum Advisory Committee Member	2020 – present
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