

Jessica Kansky, PhD

EDUCATION

- Postdoctoral Fellowship**, Charleston, SC 2021 – 2022
 Ralph H. Johnson Veterans Affairs Medical Center
 Clinical Psychology, Couples and Family Psychology Emphasis (APA Accredited)
- Pre-doctoral Clinical Internship**, Charleston Consortium, Charleston, SC 2020 – 2021
 Medical University of South Carolina & Ralph H. Johnson Veterans Affairs Medical Center
 Clinical Psychology Pre-doctoral Internship Program (APA Accredited)
 Adult Psychopathology Track
- University of Virginia**, Graduate School of Arts and Sciences, Charlottesville, VA 2021
 Ph.D., Clinical Psychology
 Dissertation: Romantic Relationship Predictors of Adolescent and Adult Mental Health
- University of Virginia**, Graduate School of Arts and Sciences, Charlottesville, VA 2016
 M.A., Clinical Psychology
 Masters Thesis: Long-term Risks and Possible Benefits Associated with Adolescent Romantic Relationships
- University of Pennsylvania**, Colleges of Arts and Sciences, Philadelphia, PA 2011
 B.A., Psychology, Minor Anthropology
 Summa Cum Laude

CLINICAL

- Liz Chichester, PhD and Associates**, Charleston, SC 2022 – present
 Associate Therapist
 Supervisor: Liz Chichester, Ph.D.
- Provide evidence-based couples and relationship-focused individual therapy in private practice setting with a focus on Integrative Behavioral Couples Therapy (IBCT), Emotionally Focused Therapy (EFT), and other Cognitive Behavioral Therapy approaches
- Ralph H. Johnson Veterans Affairs Medical Center**, Charleston, SC 2021 – 2022
 Clinical Postdoctoral Fellow, Couples and Family Clinic
 Supervisors: Julian Libet, Ph.D., Karen Petty, Ph.D., & Jenna B. Teves, Ph.D.
- Provided evidence-based couple therapy for Veterans and partners for range of presenting problems including infidelity, communication difficulties, parenting differences, readjustment challenges, and co-morbid mental and physical health difficulties
 - Conducted multi-systemic assessments of individual Veterans and their partners via semi-structured interviews, self-report measures, and observational methods of assessment
 - Interdisciplinary Pain Clinic (Primary orientation: Cognitive Behavioral Therapy for Chronic Pain; Cognitive Behavioral Therapy for Insomnia) – supervised by Layne Goble, Ph.D.
 - Posttraumatic Stress Disorder Clinical Team (Primary orientations: Cognitive Processing Therapy; Prolonged Exposure) – supervised by Katherine Knies, Ph.D.
- Charleston Consortium**, Charleston, SC 2020 – 2021
 Medical University of South Carolina & Ralph H. Johnson Veterans Affairs Medical Center
 Clinical Psychology Pre-doctoral Intern
- Couples and Family Clinic (Primary orientation: Integrative Behavioral Couples Therapy) – supervised by Karen Petty, Ph.D., and Julian Libet, Ph.D.

- Interdisciplinary Pain Clinic (Primary orientation: Cognitive Behavioral Therapy for Chronic Pain) – supervised by Layne Goble, Ph.D.
- Women’s Reproductive Behavioral Health Clinic (Primary orientation: Cognitive Behavioral Therapy; Cognitive Processing Therapy) – supervised by Lauren Carter, Ph.D.
- Cognitive Behavioral Therapy Clinic for Emotional Disorders (Primary orientation: Cognitive Behavioral Therapy) – supervised by Rachel LeVine, Ph.D.

Institute of Law, Psychiatry, and Public Policy, Charlottesville, VA

2019 – 2020

Practicum Student

Supervisor: Daniel Murrie, Ph.D.

- Conducted evaluations for forensic cases including Competency to Stand Trial; Parental Capacity; and Insanity Defense (Mental State at Time of Offense)
- Administered, scored, and interpreted psychological tests for forensic clients including: PAI, MMPI-2-RF, WAIS-IV, Personality Disorders Inventory
- Wrote forensic reports based on integration of forensic interviews, collateral interviews, collateral medical and legal records, and assessment results
- Conducted Law Enforcement Pre-Employment evaluations and provided written reports to the Police Department to assist with hiring decisions

Couples Therapy, University of Virginia Mary D. Ainsworth Psychological Clinic, Charlottesville, VA

2016 – 2020

Graduate Student Therapist

Supervisor: Robert Emery, Ph.D.

- Conducted outpatient brief and long-term psychotherapy with couples from the university and community
- Administered and completed reports for couples-based assessments
- Participated in group supervision including peer-to-peer supervision for couples and family cases
- Primary orientations: Integrative Behavioral Couples Therapy; Emotion-Focused; Integrative Treatment for Infidelity; Systems-Oriented

University of Virginia Mary D. Ainsworth Psychological Clinic, Charlottesville, VA

2015 – 2020

Graduate Student Therapist

Supervisors: Lee Llewellyn, Ph.D., Dave Szvedo, Ph.D., Robert Emery, Ph.D.

- Conducted short-term and long-term psychotherapy with individuals from the university and community
- Administered and completed reports for cognitive and personality assessments for treatment planning and assessment experience. Assessments include: WAIS-IV, WISC-IV, MMPI-2, PAI, Rorschach, WRAT-4, CTOPP, CPT-II, Woodcock-Johnson Cognitive and Achievement, BASC-2, Achenbach (ASEBA), and additional cognitive and neuropsychological batteries
- Observed individual psychotherapy and participated in group case conceptualization and treatment planning
- Received weekly supervision, both individually and in a group setting for individual and couples treatment planning
- Primary orientations: Cognitive-Behavioral; Emotion-Focused; Systems-Oriented

Western State Hospital, Psychiatric Rehabilitation Focus, Staunton, VA

2018 – 2019

Practicum Student/Graduate Student Therapist

Supervisor: Jason Stout, Psy.D.

- Developed and implemented group therapy sessions for long-term residents
- Engaged in treatment planning for all residents with an emphasis on behavioral modification
- Provided individual weekly psychotherapy for long-term residents
- Engaged in competency restoration with individual residents
- Interdisciplinary (medical doctors, psychiatrists, nurse practitioners, social workers) supervision
- Completed HCR-20’s for long-term residents

- Recorded progress notes and treatment summaries using an electronic health record system (OneMind)
- Primary orientations: Cognitive-Behavioral; Behavioral; Integrative (e.g., Schema Therapy)

Neurosciences and Behavioral Medicine Center, University of Virginia Health System, Charlottesville, VA 2017 – 2018
Practicum Student/Graduate Student Therapist

Supervisors: Jaclyn Shepard, Psy.D. & Amit Shahane, Ph.D., Department of Psychiatry and Neurobehavioral Sciences

- Conducted short-term and long-term outpatient psychotherapy with individuals (children, adolescents, and adults) from the Charlottesville community with a particular focus on patients with co-morbid medical problems (i.e., chronic pain, insomnia, severe allergies, injuries post work/car accidents, nonepileptic seizures)
- Conducted evaluations and provide reports specific to the medical setting (i.e., organ transplant, weight reduction/bariatric surgery, encopresis)
- Provided psychological consultation services for UVa Hospital inpatients
- Supervised Psychiatry and Neurology residents during hospital rounding for UVa Hospital inpatients
- Recorded progress notes, treatment summaries, and integrated assessments using an electronic health record system (Epic)
- Primary orientations: Cognitive-Behavioral; Cognitive Processing Therapy; Cognitive-Behavioral Therapy for Insomnia

Center for Children, Families and the Law, Charlottesville, VA 2016 – 2017
Practicum Student/Graduate Student Therapist

Supervisors: Robert Emery, Ph.D., Kimberly Emery, J.D., & Richard Balhave, J.D.

- Conducted outpatient evidence-based brief psychotherapy with couple and family clients, focusing on relationship distress and parent training
- Co-mediated and produced court-approved agreements for custody dispute cases at the Mediation Center of Charlottesville
- Attended Family Alternative Dispute Resolution course (UVa Law School) and Virginia State Mediation trainings
- Primary orientations: Co-parent training; Behavioral

University of Virginia Mary D. Ainsworth Psychological Clinic, Charlottesville, VA 2014 – 2015
Therapy Team Member

Supervisors: Lee Llewellyn, Ph.D., Allison Anderson, Ph.D.

- Administered and completed reports for cognitive and personality assessments for treatment planning and assessment experience Assessments include: WAIS-IV, WISC-IV, MMPI-2, PAI, Rorschach, Woodcock-Johnson Cognitive and Achievement, BASC-2, Achenbach (ASEBA)
- Observed in-vivo individual psychotherapy and recorded psychotherapy sessions
- Participated in group case conceptualization and treatment planning

Group Facilitation

Move! Group Therapy, Ralph H Johnson Veterans Affairs Medical Center 2020 – 2021
• Clinical psychologist lead as part of interdisciplinary healthy living and weight management group therapy in a Veterans Affairs outpatient hospital setting

Western State Hospital, Staunton, VA 2018 – 2019
Supervisor: Jason Stout, Psy.D.

- Women's Issues, Substance Abuse Recovery, Stress Management, Seeking Safety, Forensic Issues

Hoos Connected, University of Virginia, VA 2018 – 2019
Supervisor: Joseph Allen, Ph.D.

- Facilitated 9-session weekly intervention aimed at improving social belongingness and reducing psychosocial difficulties for first year college students

The Connection Project, University of Virginia, VA 2019
 Supervisor: Joseph Allen, Ph.D.

- Facilitated 12-session weekly intervention for ninth graders to reduce psychological difficulties and increase student connectedness and school engagement

Additional Training

Cognitive Processing Therapy, Department of Veterans Affairs 2022

- Three-day workshop for Veterans Affairs psychology trainees focused on key aspects of treatment consideration, evaluation, and therapy protocol for Cognitive Processing Therapy

Integrative Behavioral Couple Therapy, Department of Veteran Affairs 2021

- Week-long workshop to provide in-depth and advanced training towards certification in Integrative Behavioral Couples Therapy presented by Dr. Andrew Christensen (40 hours)

Integrative Behavioral Couple Therapy: Acceptance and Change in Couples Therapy, Atlanta, GA 2019

- One-day workshop for the Association for Behavioral and Cognitive Therapies Members presented by Drs. Andrew Christensen & Brian Doss (8 hours)

Basic Forensic Evaluation: Principles and Practice, Institute of Law, Psychiatry, and Public Policy, Charlottesville, VA 2019

- Five-day program focusing on evidence-based training in principles and practice of forensic evaluation with adults (40 hours)
- Focus includes clinical, legal, ethical, and practical aspects of forensic evaluations and report writing exercises

Assessing Risk for Violence in Clinical Practice, Institute of Law, Psychiatry, and Public Policy, Charlottesville, VA 2019

- One-day program including overview of risk assessment (history, process, ethical considerations), empirically supported risk factors, structured risk assessment instruments including in-depth discussion and case study using the HCR-20, risk communications, and report writing (8 hours)

Therapeutic Options of Virginia (TOVA), Western State Hospital, Staunton, VA 2018

- Learned effective skills for humane aggression control and self protection in behavioral health care settings in the event that patients exhibit behavior that poses as a danger to themselves or others

Center for Deployment Psychology: Summer Institute, Uniformed Services University, Bethesda, MD 2017

- Five-day intensive training to advance graduate student clinical skills for expertise in a military behavioral health setting (40 hours)
- Received overview of assessment and intervention training with particular attention to military culture in order to address the unique needs of a military client population

UndocuALLY Training, DREAMers on Grounds, University of Virginia 2017

- Workshop to develop and enhance working knowledge regarding undocumented student populations (1 hour)

Child Custody Mediation Training, Mediation Center of Charlottesville 2016

- Formal mediation training focusing on child and family mediation with Bonnie Brewer (16 hours)

Survivor Support Network Training, Maxime Platzer Lynn Women’s Center, University of Virginia 2015

- Received specialized training in response to sexual assault and abuse victims (1 hour)

CBT Couple Therapy Workshop 2015

- Workshop with Don Baucom, Ph.D. (University of North Carolina Chapel Hill) and Melanie Fisher, Ph.D. (University of North Carolina Chapel Hill) at the University of Virginia (6 hours)

Volunteer Experiences

Mediation Center of Charlottesville, Charlottesville, VA 2016 – 2017

- Conducted intake evaluations for families seeking mediation for custody, visitation, support, and co-parenting
- Updated Access database and performed administrative tasks to assist mediation procedures between clients and the legal system

Rock Recovery, Therapy Group Facilitator, Washington, D.C. 2013 – 2014

- Assisted therapist and nutritionist in weekly group meals and therapy sessions for women suffering with disordered eating as part of a non-profit organization
- Developed personalized goal setting plans with clients one-on-one during mandatory monthly check-in meetings

Kids Enjoy Exercise Now (KEEN), Sports Coach, Washington, D.C. 2013 – 2014

- Volunteered at monthly sports programs for children and young adults with developmental and physical disabilities providing one-on-one recreational support to boost self-esteem and promote special skills and talents

Active Minds, University of Pennsylvania, Philadelphia, PA 2008 – 2011

Director of Conference and President

- Organized as the host university the annual national Active Minds Conference, a national organization to reduce stigma of mental health among college students
- Developed campus events to raise students' knowledge of identifying signs of mental health problems and subsequent ways to seek help

HONORS AND AWARDS

Society for a Science of Clinical Psychology, <i>Outstanding Student Teacher Award</i>	2020
Raven Award, <i>University of Virginia, Highest Award for Service and Excellence to University & Community</i>	2020
Society for Research on Adolescence, <i>Emerging Scholar Student Travel Award Recipient (\$200)</i>	2020
Society for the Study of Emerging Adulthood Romantic Relationships Topic Network <i>Best 2018 Student/New Professional Paper for Kansky & Allen, 2017</i>	2019
Distinguished Graduate Teaching Award for Social Sciences, University of Virginia, <i>Recipient (\$1000)</i>	2019
Psychology Department Graduate Teaching Award, University of Virginia, <i>Recipient</i>	2019
Raven Society Scholarship, University of Virginia, <i>Recipient (\$2000)</i>	2019
Association for Psychological Science, <i>Travel Grant Award Recipient (\$200)</i>	2019
University of Virginia, <i>Graduate Travel Grant Recipient (\$150)</i>	2019
Society for Research on Child Development, <i>Graduate Travel Award Recipient (\$300)</i>	2019
Office of Graduate and Postdoctoral Affairs, University of Virginia, <i>Professional Development Liaison (\$2000)</i>	2018 – 2019
Raven Society Member, <i>Initiated into the University of Virginia's highest honors society</i>	2018
Society for Research on Adolescence, European Association for Developmental Psychology, & European Association for Research on Adolescence, <i>Summer School Junior Scholar (\$1000)</i>	2018
Teaching Liaison, Center for Teaching Excellence, University of Virginia (\$2000)	2018 – 2019
Distinguished Teaching Fellowship, University of Virginia, <i>Fellow (\$6000)</i>	2017 – 2018
Huskey Research Exhibition, University of Virginia, <i>First Place Social Sciences Division for Poster Presentation (\$100)</i>	2017
Society for Research on Child Development, <i>Graduate Travel Award Recipient (\$300)</i>	2017
Society for Personality and Social Psychology, <i>Graduate Travel Award Recipient (\$300)</i>	2017
Society for Personality and Social Psychology, <i>Graduate Student Poster Award Finalist</i>	2017
Psi Chi International Honor Society in Psychology, <i>Member</i>	2009
National Society of Collegiate Scholars, <i>Member</i>	2008 – 2011
Dean's List, 8 semesters, University of Pennsylvania	2007 – 2011

FUNDING

Dean's Dissertation Completion Fellowship, University of Virginia, <i>Recipient (\$20,000)</i>	2019
Philanthropic Educational Organization International Scholar Award, <i>Recipient (\$15,000)</i>	2019
Buffett Fellowship, Applied Community Service Award, Center for Children, Families, and the Law <i>Fellow (\$2,500 for each project)</i>	2018, 2019
Academy of Psychological Clinical Science Flexibility Fund, <i>Award Recipient (\$1000)</i>	2018
Jefferson Scholars Foundation Fellowship, University of Virginia, <i>Fellow (\$24,000)</i>	2017 – 2019
International Max Planck Research School on the Life Course (LIFE), <i>Fellow</i>	2016 – 2018

PUBLICATIONS

Peer-Reviewed Journal Articles

Szwedo, D., Stern, J., **Kansky, J.**, Lis, E., & Allen, J. (2022). Parent and romantic partner behaviors during adolescence as predictors of young adult positive personality, relational competence, and functional independence. *Journal of Youth and Adolescence*.

Allen, J. P., Costello, M., **Kansky, J.**, & Loeb, E. L. (2022). When friendships surpass parental relationships as predictors of long-term outcomes: Adolescent relationship qualities and adult psychosocial functioning. *Child Development*, 93(3), 760-777, <https://doi.org/10.1111/cdev.13713>.

Stern, J. A., Costello, M. A., **Kansky, J.**, Fowler, C., Loeb, E. L., & Allen, J. P. (2021). Here for you: Attachment and the growth of empathic support for friends in adolescence. *Child Development*, <https://doi.org/10.1111/cdev.13630>.

Allen, J. P., Loeb, E. L., **Kansky, J.**, & Davis, A. A. (2020). Beyond susceptibility: Openness to peer influence is predicted by adaptive social relationships. *International Journal of Behavioral Development*, <https://doi.org/10.1177/0165025420922616>.

Loeb, E., **Kansky, J.**, Tan, J., Costello, M., & Allen, J. P. (2020). Perceived psychological control in early adolescence predicts lower levels of adaptation into mid-adulthood. *Child Development*, 92(2), e158-e172.

Loeb, E., **Kansky, J.**, Narr, R. K., Fowler, C., & Allen, J. P. (2020). Romantic relationship churn in early adolescence predicts hostility, abuse, and withdrawal in relationships in early adulthood. *Journal of Early Adolescence*, 40(8), 1195-1225, doi:10.1177/0272431619899477.

Paltell, K. C., Smith, R. L., **Kansky, J.**, Cox, C. M., Amstadter, A. B., Dick, D., Salvatore, J. E., & Berenz, E. C. (2020). Posttraumatic Stress Disorder symptoms, relationship quality, and risky alcohol use among trauma-exposed students. *Addictive Behaviors*, 102, 106216, <https://doi.org/10.1016/j.addbeh.2019.106216>.

Kansky, J., Allen, J., & Diener, E. (2019). The young adult love lives of happy teenagers: The role of adolescent affect in adult romantic relationship qualities. *Journal of Research in Personality*, 80, 1-9, doi: 10.1016/j.jrp.2019.03.006.

Allen, J. P., Narr, R. L., **Kansky, J.**, & Szwedo, D. E. (2019). Adolescent peer relationship qualities as predictors of long-term romantic life satisfaction. *Child Development*, 91(1), 327-340, <https://doi.org/10.1111/cdev.13193>.

Kansky, J., & Allen, J. (2018). Long-term risks and possible benefits of adolescent romantic relationships. *Journal of Youth and Adolescence*. 47(7), 1531-1544, <https://doi.org/10.1007/s10964-018-0813-x>.

Kansky, J., & Allen, J. (2017). Making sense and moving on: The potential for individual and interpersonal growth following emerging adult breakups. *Emerging Adulthood*, 6(3), 172-190, doi: 10.1177/2167696817711766.

Kansky, J., & Diener, E. (2017). Benefits of well-being: Health, social relationships, work, and resilience. *Journal of Positive Psychology and Wellbeing*, 1(2), 129-169.

Kansky, J., Allen, J., & Diener, E. (2016). Early adolescent affect predicts later life outcomes. *Applied Psychology: Health and Well-Being*, 8, 192-212.

Narr, R., **Kansky, J.**, & Allen, J. (under review). Adolescent peer conflict and future romantic relationship functioning and mental health. *Journal of Research on Adolescence*.

Pettit, C., Costello, M., **Kansky, J.**, & Allen, J. (under review). Dating the green-eyed monster: Cross-Partner associations between jealousy, power, and satisfaction in dating couples. *Journal of Family Psychology*.

Invited Chapters

Kansky, J., & Taggart, J. (2021). Creating new courses using backward design. In K. Armstong, L. Genova, J. W. Greenlee, & D. Samuel, *Teaching Gradually: Practical Pedagogy for Graduate Students, by Graduate Students* (pp. 92-97). Stylus Publishing.

Kansky, J., & Diener, E. (2021). Science of well-being: Notable advances. In A. Kostic & D. Chadee, *Positive Psychology: An International Perspective* (pp. 43-68). Hoboken, John Wiley & Sons.

Kansky, J., & Diener, E. (2020). National accounts of well-being for public policy. In S. I. Donaldson, M. Csikszentmihalyi, & J. Nakamura (Eds.), *Positive Psychological Science: Improving Everyday Life, Health, Schools, Work, and Society* (pp. 15-37). New York, Routledge Press.

Szwedo, D.E. & **Kansky, J.** (2020). Romantic relationship development. In S. Hupp and J. Jewell (Eds.), *The Encyclopedia of Child and Adolescent Development*. UK: John Wiley and Sons, <https://doi.org/10.1002/9781119171492.wecad483>.

Kansky, J. (2018). What's love got to do with it? Romantic relationships and well-being. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being*. Salt Lake City, UT: DEF Publishers. DOI: nobascholar.com.

Kansky, J., & Hafen, C. (2017). Romantic relationships in adolescence. In K. L. Nadal (Ed.), *The SAGE Encyclopedia of Psychology and Gender* (pp. 1428-1429). Thousand Oaks, CA: SAGE Publications Inc.

Kansky, J., Ruzek, E., & Allen, J. (2017). Observing adolescent relationships: Autonomy processes in parent, peer, and romantic partner interactions. In B. Soenens, M. Vansteenkister, & S. Van Petegem (Eds.), *Autonomy in Adolescent Development: Toward Conceptual Clarity* (pp. 33-52). New York, Psychology Press.

Grant Writing

2017 - Jefferson Scholars Foundation Fellowship Program. *Adolescent and Emerging Adult Romantic Relationships and Well-Being*. Funded: \$48,000

2018 - Ruth L. Kirschstein National Research Service Award (NRSA Program Announcement #PA-18-671). *The Developmental Links Between Romantic Relationship Quality and Mental Health, Physical Health, and Overall Well-Being from Adolescence through Adulthood*. Unfunded.

2015 - National Science Foundation Graduate Research Fellowship Program (NSF GRFP). *Health Benefits and Risks Associated with Adolescent Romantic Relationships*. Unfunded.

Manuscripts in Preparation

Kansky, J., Costello, M., Pettit, C., & Allen, J. (in preparation). Romantic interactions as predictors of adolescent and adult mental health.

Kansky, J., Szwedo, D., & Allen, J. (in preparation). Fighting fair with parents and friends: The impact of autonomy during conflict on adolescent romantic and sexual involvement.

Kansky, J., Baccaro, S. T., Hunt, G., Szwedo, D., & Allen, J. (in preparation). Effects of parental relationships on adolescents' future romantic relationships.

PRESENTATIONS

Symposia and Oral Presentations

Kansky, J. (2022). *Attachment, Posttraumatic Stress Disorder, and Romantic Relationship Functioning Among Veteran Couples Seeking Couples Therapy*. Presentation at the Charleston Consortium, Charleston, SC.

Costello, M., Pettit, C., **Kansky, J.**, Hunt, G., Fowler, C., Alexander, A., & Allen, J. (2021, April). *Investigating the function of implicit and explicit linguistic indicators of cohesion among teen peer dyads*. Symposium presented at the Society for Research on Child Development Biennial Virtual Meeting.

Pettit, C., Costello, M., **Kansky, J.**, Hunt, G., Fowler, C., Alexander, A., & Allen, J. (2021, April). *Linking pronoun use and attachment behaviors in romantic partner conflict*. Symposium presented at the Society for Research on Child Development Biennial Virtual Meeting.

- Kansky, J.** (2020, December). *As long as you love me: an examination of romantic relationship quality and mental health*. Presentation at the Charleston Consortium, Charleston, SC.
- Kansky, J., & Leo, K.** (2020, November). *Fostering intimacy and emotional connection in diverse couples across relational contexts*. Chair of Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Loeb, E. L., **Kansky, J.**, & Allen, J. P. (2020, March). *Following the script: Predictions from parental relationship functioning to later romantic relationships*. Symposium accepted at the Society for Research on Adolescence, San Diego, CA.
- Allen, J. P., Loeb, E. L., **Kansky, J.**, & Davis, A. (2020, March). *Beyond susceptibility: Openness to peer influence is predicted by adaptive social relationships*. Symposium accepted at the Society for Research on Adolescence, San Diego, CA.
- Allen, J., Narr, R., **Kansky, J.**, & Szewedo, D. (2019, March). *The friendship effect: Implications of adolescent social relationship quality for adult romantic life satisfaction*. Symposium presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.
- Loeb, E., Costello, M., **Kansky, J.**, & Allen, J. (2019, March). *Hostile conflict and jealousy in early romantic relationships predict Interleukin-6 and sleep problems into adulthood*. Symposium presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.
- Kansky, J.** (2019, February). *Psychosocial predictors and outcomes of adolescent romantic relationships*. Symposium presented at the Jefferson Scholars Foundation Fellows Series, University of Virginia, Charlottesville, VA.
- Kansky, J., & Allen, J.** (2018, October). *Fighting fair with parents and peers: Differential impacts of conflict negotiation processes on adolescent sexual and romantic relationship experiences*. Data blitz and poster presented at the International Max Planck Research School on the Life Course Fall Academy, University of Virginia, VA.
- Kansky, J.** (2018, September). *The developmental links between romantic relationship quality and mental and physical health from adolescence through adulthood*. Symposium presented at the Society for Research on Adolescence, European Association for Research on Adolescence, and the European Association of Developmental Psychology, Drongen, Belgium.
- Kansky, J., & Allen, J.** (2018, June). *Can we work this out together? The role of observed dyadic autonomy in romantic relationship quality from adolescence to young adulthood*. Data blitz and poster presented at the International Max Planck Research School on the Life Course Spring Academy, Max Planck Institute for Human Development. Berlin, Germany.
- Kansky, J., & Allen, J.** (2017, May). *Late adolescent romantic relationship qualities as predictors of emerging adult well-being*. Data blitz and poster presented at the International Max Planck Research School on the Life Course Spring Academy, University of Michigan, Ann Arbor, MI.
- Allen, J., Tan, J., & **Kansky, J.** (2017, April). *The body remembers: Adolescent family and romantic relationship qualities predict indicators of physical health at ages 25-27*. Symposium presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Kansky, J.** (2017, April). *Affect and close relationships*. Presentation given at the Summit for The Future of Well-Being Research. Salt Lake City, UT.
- Kansky, J.** (2016, October). *Conflict and engagement in adolescent romantic relationships and emerging adult well-being*. Presentation given at the Clinical Area Lunch, Department of Psychology, University of Virginia, VA.
- Kansky, J., Hessel, E., & Allen, J.** (2016, March). *Conflict and engagement in adolescent romantic relationships and emerging adult well-being*. Symposium presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
- Tan, J., Loeb, E., Narr, R., **Kansky, J.**, & Allen, J. (2016, March). *Longitudinal pathways for emotional development across adolescence*. Symposium presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.

Holmes, A., La Flair, L. N., Sullivan, J., Beech, E. H., **Kansky, J.**, Fullerton, C. S, Ursano, R. J., & Cozza, S. (2014, October). *Interactive effect of early childhood adversities and mental health symptoms on family function in military wives following combat deployment*. Symposium presented at the 30th Annual Meeting of the International Society for Traumatic Stress Studies, Miami, FL.

Poster Presentations

Kansky, J., Costello, M., Pettit, C., & Allen, J. (2021, April). *Romantic attachment and mental health: Bidirectional effects from adolescence to adulthood*. Poster presentation at the Society for Research on Child Development Biennial Virtual Meeting.

Kansky, J., Pettit, C., Loeb, E., & Allen, J. (2021, April). *Parental discord versus harmony during adolescence and future health and well-being*. Poster presentation at the Society for Research on Child Development Biennial Virtual Meeting.

Costello, M., Pettit, C., Stern, J., Loeb, E., **Kansky, J.**, Allen, J. (2021, April). *Emotional support development in adolescent friendships: A transactional iterative social learning process*. Poster presentation at the Society for Research on Child Development Biennial Virtual Meeting.

Davis, A., **Kansky, J.**, Kemp, K., Szewedo, D., & Allen, J. (2021, April). *Coping strategies moderate the relationship between ACEs and future physical health*. Poster presented at the Society for Research on Child Development Biennial Virtual Meeting.

Pettit, C., Costello, M., **Kansky, J.**, & Allen, J. (2021, April). *Antecedents and outcomes of teen dominance: links with popularity, relationship security, and romantic jealousy*. Poster presentation at the Society for Research on Child Development Biennial Virtual Meeting.

Kansky, J., Costello, M., Pettit, C., & Allen, J. (2020, November). *Bi-directional effects of observed romantic relationship quality and mental health from adolescence to adulthood* [Poster session cancelled]. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Pettit, C., Costello, M., **Kansky, J.**, & Allen, J.P. (2020, November). *Observed interpersonal predictors and manifestations of romantic relationship jealousy*. [Poster session cancelled]. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Kansky, J. & Allen, J. P. (2020, March). *Blind to the benefits of love? Differences between reported and observed support in predicting mental health*. Poster accepted for presentation at the Society for Research on Adolescence, San Diego, CA.

Kansky, J., Isola, E., Costello, M., Pettit, C., Szewedo, D., & Allen, J. P. (2020, March). *Family of origin conflict and young adults' romantic relationships satisfaction*. Poster accepted for presentation at the Society for Research on Adolescence, San Diego, CA.

Brannigan, K., **Kansky, J.**, Szewedo, D., Allen, J. P. (2020, March). *Adverse child experiences as predictors of young adult problem behavior: The moderating roles of romantic support and intimacy*. Poster accepted for presentation at the Society for Research on Adolescence, San Diego, CA.

Poole, N., **Kansky, J.**, Szewedo, D., & Allen, J. P. (2020, March). *Social pressures about sexual behavior during adolescence as predictors of young adult sexual and romantic experiences*. Poster accepted for presentation at the Society for Research on Adolescence, San Diego, CA.

Kansky, J., & Allen, J. (2019, November). *Observational support and conflict in romantic relationships as predictors of mental health from adolescence to adulthood*. Poster presented at the Couples Special Interest Group Expo at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Kansky, J., & Allen, J. (2019, May). *Adaptive coping reduces the impact of adolescent anxious attachment on poor social outcomes in adulthood*. Poster presented at the American Psychological Society Annual Convention, Washington D.C.

Kansky, J., Weir, T., Loeb, E., Szewedo, D., & Allen, J. (2019, March). *Romantic involvement, self-worth, and future anxiety and depression from adolescence to early adulthood*. Poster presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.

- Kansky, J., Costello, M., Allen, J.** (2019, March). *Let's work this out together: Autonomy-connection in romantic relationships from adolescence through young adulthood*. Poster presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.
- Kansky, J., DelGuercio, E., Szewedo, D., Allen, J.** (2019, March). *Revisiting the link between attachment and social competence: The role of coping styles*. Poster presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.
- Baccaro, S. T., **Kansky, J., & Szewedo, D. E.** (2019, March). *Parental relationships effects on adolescents' future romantic relationships*. Poster presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.
- Loeb, E., Narr, R., **Kansky, J., Costello, M., & Allen, J.** (2019, March). *Positive behaviors with friends at age 13 predict increasing grades and higher levels of academic achievement into adulthood*. Poster presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.
- Costello, M., Loeb, M., **Kansky, J., & Allen, J.** (2019, March). *Lifelong physical and mental health implications of adolescent social support*. Poster presented at the Society for Research on Child Development Biennial Meeting, Baltimore, MD.
- Kansky, J., Costello, M., Hunt, G., & Allen, J.** (2018, July). *The role of observed dyadic autonomy in romantic relationship quality from adolescence to early adulthood*. Poster presented at the biennial meeting of the International Association for Relationship Research, Fort Collins, CO.
- Kansky, J., Szewedo, D., Rohrbacher, S., & Allen, J.** (2018, April). *Effects of adverse childhood experiences on young adult romantic relationships: The role of self-worth and emotional expressivity*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Kansky, J., & Allen, J.** (2018, April). *The association between adolescent's parent marital quality and mental health, sleep quality, and physical health in adulthood*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Kansky, J., Szewedo, D., Hooks, M., & Allen, J.** (2018, April). *Peer rejection and late adolescent romantic relationships: The moderating role of aggression, anxiety, and depression*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Hunt, G., Dhayagude, A., **Kansky, J., Szewedo, D., & Allen, J.** (2018, April). *Adolescent attachment and future romantic relationship quality: How caring friendships act as a buffer*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Loeb, E., Tan, J., **Kansky, J., & Allen, J.** (2018, April). *Precocious romantic involvement at age 13 predicts observed hostility in romantic relationships through early adulthood*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Paltell, K., **Kansky, J., Ranney, R., Amstadter, A., Dick, D., Kendler, K., Salvatore, J.*, & Berenz, E.C.*** (2018, April). *Posttraumatic Stress Disorder Symptoms, relationship quality, and risky alcohol use among undergraduate university students*. (*Co-last author). Poster presented at the Annual Anxiety and Depression Conference, Washington, DC.
- Kansky, J., & Diener, E.** (2018, March). *Momentary versus recalled affect and romantic relationship satisfaction in emerging adulthood*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.
- Kansky, J., Allen, J., & Diener, E.** (2017, November). *Emerging adult romantic relationship qualities: The role of adolescent affect and peer relationships*. Poster presented at the Biennial Conference of the Society for the Study of Emerging Adulthood, Washington, D.C.
- Kansky, J., & Allen, J.** (2017, November). *Individual and partner perceptions of romantic qualities: Immediate and long-term effects on relationship satisfaction*. Poster presented at the Biennial Conference of the Society for the Study of Emerging Adulthood, Washington, D.C.
- Kansky, J., & Allen, J.** (2017, September). *Observed dyadic autonomy in adolescent couples predicts adult romantic relationship quality*. Poster presented at the University of Virginia Intra-Departmental Research Symposium, Charlottesville, VA.

- Kansky, J., & Allen, J.** (2017, July). *Emotion regulation strategies and expressivity associated with relationship quality, mental health, and well-being*. Poster presented at the International Positive Psychology Association 5th World Congress, Montreal, Canada.
- Kansky, J., Diener, E., & Allen, J.** (2017, July). *Satisfaction is in the eye of the beholder? Relationship satisfaction and partner's perspective on intimacy, conflict, & aggression*. Poster presented at the International Positive Psychology Association 5th World Congress, Montreal, Canada.
- Kansky, J., Tan, J., Loeb, E. & Allen, J.** (2017, April). *Autonomy in adolescent romantic relationships predicts adult romantic qualities*. Poster presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Kansky, J., Szewdo, D., Smith, E., & Allen, J.** (2017, April). *Parental psychological and behavioral control as predictors of late adolescent peer and romantic relationships*. Poster presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Kansky, J., Ruzek, E., Tan, J., Narr, R., & Allen, J.** (2017, April). *The role of autonomy with peers and parents on late adolescent sexual and romantic relationship experiences*. Poster presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Kansky, J., Szewdo, D., Burleson, E., & Allen, J.** (2017, April). *Attachment in early adolescence as a predictor of professional development in young adulthood*. Poster presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Tan, J., **Kansky, J.**, Narr, R., & Allen, J. (2017, April). *Adolescent roots of social comparison and later links to loneliness*. Poster presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Narr, R., **Kansky, J.**, & Allen, J. (2017, April). *Adolescent close friendship conflict and conflict resolution as predictors of adult romantic relationship quality and mental health*. Poster presented at the Child Development Biennial Meeting, Austin, TX.
- Kansky, J.** (2017, March). *The link between adolescent autonomy in romantic relationships and adult romantic qualities*. Poster presented at the Huskey Research Exhibition, University of Virginia, Charlottesville, VA.
- Kansky, J., Allen, J., Diener, E., & Allen, J.** (2017, January). *Attachment, communication, and satisfaction in romantic relationships: The role of early adolescent affect*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Kansky, J., Allen, J., & Diener, E.** (2016, March). *Adolescent affect predicts adult social relationships*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
- Kansky, J., Tan, J., & Allen, J.** (2016, March). *Loneliness and parallel lives in adolescent romantic relationships spillover into peer relationships*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
- Tan, J., Narr, R., Loeb, E., **Kansky, J.**, & Allen, J. (2016, March). *Comparing adolescent predictors of early adult perceived social isolation and actual social isolation*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
- Kansky, J. & Allen, J.** (2016, March). *Long-term risks and benefits associated with adolescent romantic relationships*. Poster presented at the Huskey Research Exhibition, University of Virginia, Charlottesville, VA.
- Kansky, J., Allen, J., & Diener, E.** (2016, January). *Adolescent affect predicts adult psychological health*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Tan, J. S., **Kansky, J.**, Hessel, E. T., Schad, M. M., & Allen, J. P. (2015, March). *Loneliness-mediated long-term associations between preoccupied attachment and general health*. Poster presented at Society for Research on Child Development Biennial Meeting, Philadelphia, PA.
- Biggs, Q. M., Fullerton, C. S., McCarroll, J. E., **Kansky, J.**, Hrank, K., Dacuyan, N., Cordero, E., Zatzick, D., & Ursano, R. J. (2014, November). *Effectiveness of Post-Deployment Early Intervention for U.S. Army Mortuary Affairs Soldiers: Results from Four Years*. Poster presented at the International Society for Traumatic Stress Studies Annual Meeting, Miami, FL.

Biggs, Q. M., Fullerton, C. S., McCarroll, J. E., Stuppy, A., **Kansky, J.**, & Ursano, R. J. (2013, May). *Troop Educational for Army Morale (TEAM): A post deployment educational intervention for Mortuary Affairs Soldiers; Preliminary results from the first three years*. Poster presented at the annual Research Days, USUHS, Bethesda, MD.

Biggs, Q. M., Flynn, B., McCarroll, J. E., Stuppy, A., & **Kansky, J.** (2013, May). *Stress management methods of military mortuary affairs personnel*. Poster presented at the annual Research Days, USUHS, Bethesda, MD.

Biggs, Q. M., Fullerton, C. S., McCarroll, J. E., Stuppy, A., **Kansky, J.**, & Ursano, R. J. (2013, April). *Troop Educational for Army Morale (TEAM): A post deployment educational intervention for Mortuary Affairs Soldiers; results from the first three years*. Poster presented at the 8th Annual Conference on Amygdala, Stress and PTSD: Extinction of Fear, USUHS, Bethesda, MD.

Cox, D. W., Fullerton, C. S., Biggs, Q. M., McCarroll, J. E., **Kansky, J.**, Stuppy, A., Ursano, R. J. (2012, November). *Adapting and Applying Empirically-Based Principles for Acute Stress Responses to the Chronic Stress Responses of Mortuary Affairs Soldiers*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Biggs, Q. M., Fullerton, C. S., Cox, D., McCarroll, J. E., **Kansky, J.**, Stuppy, A., & Ursano, R. J. (2012, November). *The impact of TEAM: An innovative post deployment intervention for traumatic stress in U.S. Army Mortuary Affairs Soldiers*. Poster presented at the International Society for Traumatic Stress Studies Annual Meeting, Los Angeles, CA.

Fullerton, C.S., Benedek, D. M., Zatzick, D., McCarroll, J.E., Biggs, Q. M., Liu, X., **Kansky, J.**, Stuppy, A., & Ursano, R. J. (2012, September). *Mortuary Affairs Soldiers: Early intervention and altering barriers to care for traumatic stress and PTSD*. Poster presented at the Military Operational Medicine Research Program (MOMRP), Stigma/Overcoming Barriers to Care and Access Solutions, Fort Detrick, MD.

Biggs, Q. M., Fullerton, C. S., Cox, D., McCarroll, J. E., **Kansky, J.**, Stuppy, A., & Ursano, R. J. (2012, May). *Troop Educational for Army Morale (TEAM): A post deployment educational program for Mortuary Affairs Soldiers; results from the first two years*. Poster presented at the annual Research Days, USUHS, Bethesda, MD.

Cox, D., Fullerton, C. S., Biggs, Q. M., McCarroll, J. E., Stuppy, A., **Kansky, J.**, & Ursano, R. J. (2012, April). *Troop Educational for Army Morale (TEAM): A post deployment educational program for Mortuary Affairs Soldiers; results from the first two years*. Poster presented at the 7th Annual Conference on Amygdala, Stress and PTSD: Recovery From Stress, USUHS, Bethesda, MD.

RESEARCH

Couples and Family Clinic, Ralph H. Johnson Medical Center, Charleston, SC 2020 – 2022
Postdoctoral Fellow (2021 – 2022); Pre-doctoral Intern (2020 – 2021)

- Lead researcher using ongoing data collection from Veterans and partners seeking couples therapy through the Couples and Family Clinic
- Responsible for oversight of all data management procedures including data entry, management, and analysis
- Investigate predictors of treatment outcomes and measures of treatment success using longitudinal clinical dataset
- Mentor undergraduate research assistants from the College of Charleston as their introduction to clinical data science

Virginia Adolescent Research Group, University of Virginia, Charlottesville, VA 2014 – 2021
Graduate Mixed Methods Researcher

- Assisted with 20-year longitudinal project with an adolescent sample focusing on close social relationships across the transition to adulthood
- Trained in coding multiple observational behavioral coding systems
- Developed curriculum for pilot intervention program capitalizing on close relationships in adolescence and young adulthood

Subjective Well-Being Research Group, University of Virginia, Charlottesville, VA 2015 – 2019
Graduate Researcher

- Designed and implement studies assessing well-being and close relationships using innovative assessment tools such as experience sampling/ecological momentary assessment, observational and behavioral methods, and surveys
 - Supervised and mentored team of 5 undergraduate research assistants
- Virginia Alcohol and Trauma Lab**, University of Virginia School of Medicine, Charlottesville, VA 2016 – 2017
Clinical Interviewer
- Conducted clinical interviews including the Clinical Administered PTSD Scale and Mini Neuropsychiatric Interview for NIH-funded study of trauma and alcohol cue reactivity among college students
- Center for the Study of Traumatic Stress**, Uniformed Services University of the Health Sciences, Bethesda, MD 2011 – 2014
Research Assistant
- Lead Research Assistant for the Troop Education for Army Morale, an Intervention Workshop designed for Mortuary Affairs Soldiers
 - Performed data coordination and entry for the Army Study to Assess Risk and Resilience in Service Members
 - Administrative tasks for multiple projects implementing family skill building for combat-injured service members and their families
 - Created a comprehensive family safety plan curriculum for service members and their families at Yellow Ribbon ceremonies
- Positive Psychology Center**, Philadelphia, PA 2010 – 2011
Project Research Assistant
- Assisted with preparation for and analysis of positive psychology resilience training programs for the United States military and K-12 teachers
 - Attended and coordinated the Master Resilience Training for the United States military
 - Organized material and coordination for the Positive Health and Positive Computing conferences, and the Positive Neuroscience Symposium
- Research Experience Course**, Resilience 2010
- Designed and implemented a positive psychology and Penn Resiliency Program based after-school program for middle school students
 - Measured student enjoyment, participation, and engagement throughout course of program
- Division of Oncology, The Children’s Hospital of Philadelphia**, Philadelphia, PA 2009 – 2010
Research Assistant
- Performed research for studies focusing on adolescent young adult cancer survivorship and transition from pediatric to adult care
 - Projects included developmental outcomes of adolescents on treatment compared to healthy control and a computerized psychosocial intervention for parents of children receiving a bone marrow transplant
 - Accompanied Principal Investigator to track, recruit, and complete surveys with participants at CHOP
- Center for Psychotherapy Research**, University of Pennsylvania Department of Psychiatry, Philadelphia, PA 2008 – 2009
Research Assistant
- Performed research for several ongoing studies such as supportive expressive therapy versus treatment as usual for depression in the community and a relationship between cocaine use and depression
 - Conducted data entry and data coding from client interviews for subsequent analysis and manuscript preparation
 - Conducted literature reviews and edited manuscripts for academic journal and grant submission

TEACHING

Instructor of Record and Course Creator , University of Virginia	
• PSYC 4500: Romantic Relationships Across the Lifespan	Summer 2018
• PSYC 4559: Romantic Relationships Across the Lifespan	Spring 2018
Instructor , University of Virginia	
• INST 3150: Cavalier Education Pedagogy Seminar	Fall 2019
• INST 3150: Cavalier Education Pedagogy Seminar	Spring 2019
• INST 3150: Cavalier Education Pedagogy Seminar	Fall 2018
Workshop Instructor , Center for Teaching Excellence at the University of Virginia	
• Beyond Discussion Questions: Discussion Activity Ideas	Fall 2018
• Online Resource Guide: Inclusive Teaching and Classroom Techniques	Spring 2019
Graduate Teaching Assistant , University of Virginia	
• PSYC 2410: Abnormal Psychology, Bob Emery, Ph.D.	Fall 2019
• PSYC 3559: Science of Happiness, Ed Diener, Ph.D.	Spring 2016
• PSYC 3005: Research Methods and Data Analysis I, Jamie Morris, Ph.D.	Fall 2015
• PSYC 1010: Introduction to Psychology, Fredrick Smyth, Ph.D.	Spring 2015
• PSYC 2400: Personality, Nile Wagley, Ph.D.	Fall 2014
Grader , University of Virginia	
• LASE 3559: Liberal Arts and Work	Summer 2019

Additional Training

Center for Teaching Excellence, Course Design Institute , University of Virginia	2019
Center for Teaching Excellence, Workshop Series , University of Virginia	
• Small Teaching: From Minor Changes to Major Leaning, Dr. James Lang	2018
• Controversial Topics and Difficult Dialogues: Engaging Students in Critical Conversations, Libby Roderick	2017
Tomorrow's Professor Today Program , University of Virginia	2017 – 2020
• University-wide training program for selected graduate students with a focus on pedagogy and course design	
Graduate Teacher Training Program , University of Virginia	2014 – 2016
• 3-course sequence to train graduate students in effective teaching	

SERVICE & LEADERSHIP POSITIONS

Department

Diversifying Psychology Visit Day, University of Virginia, <i>Review Committee</i>	2019 – 2020
Distinguished Teaching Fellowship, University of Virginia, <i>Selection Committee Member</i>	2019
Teaching Representative Committee, Department of Psychology, University of Virginia, <i>Chair</i>	2018 – 2020
Clinical Area Representative, Department of Psychology, University of Virginia	2015 – 2020
Cohort Representative, Department of Psychology, University of Virginia	2014 – 2020
Graduate Student Representative, University of Virginia, <i>Elected as Student Representative</i>	2016 – 2018
Clinical Lunch (Brown Bag) Series, University of Virginia, <i>Co-coordinator</i>	2016 – 2017
Undergraduate Psychology Society, University of Pennsylvania, <i>Vice Chair</i>	2010 – 2011
Undergraduate Psychology Society, University of Pennsylvania, <i>Academic Chair</i>	2009 – 2010

University

Clinical Psychology Graduate Mentoring Program, University of Virginia	2019 – 2021
• Created an undergraduate mentoring program to connect students across the university to higher education and career information in the field of psychology	
PhD Plus Career and Professional Development Liaison, University of Virginia	2019 – 2020

- Developed workshops for graduate students to develop professional development skills including networking and diverse career panels through The Office of Graduate and Postdoctoral Affairs
Teaching Liaison, Center for Teaching Excellence, University of Virginia 2018 – 2019
- Pedagogy and inclusive teaching training to serve as resource and consultant for graduate student and faculty instructors
Diversifying Scholarship Conference, University of Virginia, *Executive Committee Member* 2018
- Major Advising Program, University of Pennsylvania, *Peer Advisor for Psychology* 2009 – 2011

National/International

- Association for Behavioral and Cognitive Therapies, Couples Research and Therapy Special Interest Group
Student Co-Leader 2019 – 2021
- Audiovisual and Event Coordinator for Nonprofit Organizations 2017 – present
Accessible Music Project, Axes for Kids, Shelter for Help in Emergency, Mason's Toybox
- International Max Planck Research School on the Life Course, *LIFE Program Speaker* 2017 – 2018
- University of Pennsylvania Alumni Network
Prospective Outreach Committee and Interviewer 2014 – present
- Ben Connect Mentorship Program* 2020 – present

CONSULTING & OTHER FIELD RESEARCH

- Dating Smarter, San Francisco, CA** 2021 – present
 - Clinical psychologist and romantic relationship expert consultant for an international dating workshop providing evidence-based tools to support the development of program features
 - Dating coach providing support directly to workshop participants
- Jeffrey Frederick Trial Consulting Services, Charlottesville, VA** 2021 – present
 - Provide pre-trial through post-trial research and consultation to legal teams
 - Moderate focus groups and lead trial simulations to deliver efficient results to clients
 - Complete jury selection background investigations
- National Legal Research Group, Charlottesville, VA** 2015 – 2021
 - Conduct background investigations for jury selection and information
 - Lead focus groups for mock trials including data collection, entry, and analysis using SPSS
- Scholarship of Teaching and Learning Scholars Research Assistant, University of Virginia** 2019 – 2020
 - Implemented and analyzed data on education research projects across disciplines through the Center for Teaching Excellence
 - Conducted observations and site visits in order to coordinate and manage data collection
 - Led qualitative interviews and focus groups with faculty and students
- Center for Teaching Excellence, University of Virginia** 2019 – 2020
 - Consultant for graduate students and faculty focusing on creating more effective learning environments based on evidence-based principles of teaching and learning to boost student learning, engagement, and motivation
- Partners for Strategic Impact, Charlottesville, VA** 2018 – 2020
 - Community grants researcher
 - Evaluated proposals from community non-profits and organizations to inform funding decisions
 - Provide feedback to organizations to improve their proposals and increase likelihood of securing funding
- Graduate School of Arts & Sciences, University of Virginia** 2018
 - Conducted qualitative analyses to determine support for novel graduate education funding mechanisms
- University of Virginia Health System, Charlottesville, VA** 2015 – 2016
 - Created online learning modules for diagnosing and treating common mental illnesses for internal medicine residents

- Conducted interviews with residents and patients following shared team visits for program evaluation analysis

MENTORSHIP

Research mentorship for undergraduate research assistants and pre-doctoral psychology interns	2020 – 2022
<ul style="list-style-type: none"> • Led a team of 8 research assistants including undergraduate, master's, and doctoral trainees to assess relationship functioning, mental health, and effectiveness of couples therapy among a Veteran couples therapy seeking population 	
Research mentorship for undergraduate research assistants	2016 – 2018
<ul style="list-style-type: none"> • Led a team of 4 research assistants to develop and implement an observational study of social behaviors and well-being 	
Distinguished Majors Program, University of Virginia	2016 – 2017
<ul style="list-style-type: none"> • Co-advised undergraduate Sara Gomez with Joseph Allen, Ph.D. • Thesis: <i>Harsh Punishment and Adult Health: Moderating Effects of Parental Acceptance and Expected Social Support</i> 	
Applying to Graduate School Annual Panel, Department of Psychology, University of Virginia	2015 – 2017
<ul style="list-style-type: none"> • Provided overview of application and interview process for students interested in graduate school 	

MEMBERSHIPS

American Psychological Association (APA)	2015 – present
American Psychological Association of Graduate Students (APAGS)	2015 – 2021
APA Division 12: Society of Clinical Psychology	2018 – present
APA Division 43: Society for Couples and Family Psychology	2019 – present
APA Division 53: Society for Child Clinical and Adolescent Psychology	2019 – present
Association for Behavioral and Cognitive Therapies (ABCT)	2014 – present
ABCT Special Interest Group: Couples Research and Therapy	2019 – present
Association for Psychological Science (APS)	2014 – 2020
Raven Society, University of Virginia	2018 – present
Society for A Science Of Clinical Psychology (SSCP)	2014 – 2021
Society for Research on Adolescence (SRA)	2014 – 2021
Society for the Study of Emerging Adulthood (SSEA)	2017 – 2021
Psi Chi International Honor Society in Psychology	2009 – present
Society for Research in Child Development (SRCD)	2014 – 2019
Society for Personality and Social Psychology (SPSP)	2015 – 2018

AD HOC REVIEWER

Emerging Adulthood
Global Mental Health
International Journal of Wellbeing