

Curriculum Vitae

JESSICA D. (HIGH) CLESS, PhD, LMFT

Curriculum Vitae: February 2022

Couple and Family Therapy Program
Department of Human Development and Family Science
College of Health Sciences
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Education

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| PhD | 2018 | Kansas State University
Couple and Family Therapy
Dissertation: <i>Learning about trauma: Cortisol responses and trauma-informed care of undergraduate students</i>
Chair: Dr. Briana S. Nelson Goff |
| M.S. | 2015 | Kansas State University
Couple and Family Therapy
Thesis: <i>Hope, coping, and relationship quality in mothers of children with Down syndrome</i>
Chair: Dr. Briana S. Nelson Goff |
| B.S. | 2013 | Kansas State University
Family Studies and Human Services
Minors: Conflict Analysis and Trauma Studies, Spanish, Music
Certificate: Conflict Resolution |

Academic and Professional Experience

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| 2021 - present | University of Rhode Island, Kingston, Rhode Island
Assistant Professor, 2021
Courses taught: <i>Ethical, Legal, and Professional Concerns in Family Therapy (Graduate); Diversity in Applied Family Settings (Graduate); Professional Seminar (Graduate)</i> . |
| 2017 - present | Washburn University, Topeka, Kansas
Assistant Professor, 2017 |

Courses taught: *Human Services Internship; Working With Trauma; Legal, Ethical & Professional Issues (Undergraduate); Professional Ethics & Practice (Graduate); Applied Research (Graduate); Victim/Survivor Services (Undergraduate); Working with Parents and Youth (Undergraduate); Self-care for Helping Professionals (Undergraduate), Mental Health and Aging (Undergraduate).*

- 2018 – present Andrews & Associates, Wamego, Kansas
Therapist
Responsibilities: Provide individual, adult, child, couple and family therapy services.
- 2016 - 2017 Community Health Ministry, Wamego, Kansas
Director of Behavioral Health
Responsibilities: Collaborate with medical, dental, and social work professionals to provide holistic health services; Provide individual adult, child, couple, and family therapy services; Supervise Master’s level therapy interns; Collect, monitor, and analyze clinical data to support maintenance of organization grant funding.
- 2013 - 2017 Kansas State University, Manhattan, Kansas
Graduate Teaching Assistant
Courses taught:
Understanding Trauma and Traumatic Stress (on-campus and online)
Violence Prevention and Intervention (online)
Coping with Life Crises (online)
Grief and Loss Across the Lifespan (on-campus and online)

Research Interests

Trauma and mental/physical health outcomes; secondary trauma and traumatic stress; systemic trauma-informed interventions; trauma-informed pedagogy; parenting children with intellectual and developmental disabilities.

Licensure/Certifications

- 2016 - present Licensed Marriage and Family Therapist, State of Kansas (LMFT #2792)
- 2016 Trauma-Focused Cognitive Behavioral Therapy Core Training
- 2015 KC Play Therapy Training Program Graduate; 150 hours of play-therapy specific instruction and 335 hours of supervised play therapy; Registered Play Therapist eligible upon clinical LCMFT licensure
- 2013 Trained mediator with divorcing couples

Publications

*Denotes undergraduate/graduate student mentored

^Denotes equal first authorship

Note: Publications prior to January 2016 use maiden name of High

Peer-Reviewed

1. **Cless, J. D.** (2021). Cognitive behavioral therapy: The case of Wally. In R. P. Dealey & M. R. Evans (Eds.), *Discovering theory in clinical practice: A casebook for clinical counseling and social work practice*. Switzerland: Springer.
2. Krueger, K.*, **Cless, J. D.**, & Nelson Goff, B. S. (2019). Understanding the systems, contexts, behaviors, and strategies of parents advocating for their children with Down syndrome. *Intellectual & Developmental Disabilities, 57*(2), 146-157.
3. Farkas, L.*^, **Cless, J. D.**^, Cless, A. W.^, Nelson Goff, B. S., Bodine, E.* , & Edelman, A*. (2019). The ups and downs of Down syndrome: A qualitative study of positive and negative parenting experiences. *Journal of Family Issues, 40*(4), 518-539.
4. Smith-Marek, E. N., Baptist, J., Lasley, C., & **Cless, J. D.** (2018). "I don't like being that hyperaware of my body": Women survivors of sexual violence and their experience of exercise. *Qualitative Health Research, 28*(11), 1692-1707.
5. **Cless, J. D.**, Stephenson, C., & Nelson Goff, B. S. (2018). Perspectives from mothers. In B. S. Nelson Goff & N. P. Springer (Eds.), *Families and disabilities: A guide for helping professionals*. New York, NY: Routledge.
6. **Cless, J. D.**, Bodine, E.* , Schmelzle, A.* , & Nelson Goff, B. S. (2018). Reflecting on the journey: Advice to parents from parents. In B. S. Nelson Goff & N. P. Springer (Eds.), *Families and disabilities: A guide for helping professionals*. New York, NY: Routledge.
7. Turns, B., Nelson Goff, B. S., Masterson, M., **Cless, J. D.**, & Cless, A. W. (2018). Intellectual and developmental disabilities: An introduction and overview. In B. S. Nelson Goff & N. P. Springer (Eds.), *Families and disabilities: A guide for helping professionals*. New York, NY: Routledge.
8. **Cless, J. D.**, & Nelson Goff, B. S. (2017). Teaching trauma: A model for introducing traumatic materials in the classroom. *Advances in Social Work, 18*(1), 25-38.
9. **Cless, J. D.**, Nelson Goff, B. S., & Durtschi, J. A. (2017). Hope, coping, and relationship quality in mothers of children with Down syndrome. *Journal of Marital and Family Therapy, 44*(2), 307-322.
10. Yelland, E., Cless, A. W., Mallory, A. B., & **Cless, J. D.** (2017). Public perspectives toward the sexual behavior of an individual with dementia residing in long-term care. *Journal of Aging and Health, 30*(5), 800-815.

11. Nelson Goff, B. S., **High, J. D.**, Cless, A., Koblitz, K., Staats, N., & Springer, N. (2016). Special needs in families. In C. A. Price & K. Bush (Eds.), *Families and change: Coping with stressful events and transitions* (5th Ed.). Thousand Oaks, CA: Sage Publishing.
12. Smith, E. N., Cafferky, B., Dharnidharka, P., Mallory, A. B., Dominguez, M., **High, J. D.**, & Stith, S. M., & Mendez, M. (2015). The intergenerational transmission of violence: A meta-analytic review. *Journal of Family Theory & Review*, 7(1), 498-519.

In Review / In Process

1. **Cless, J. D.** (in review). Student history and reactions to trauma-related course content: A qualitative pilot study of undergraduate students.
2. **Cless, J. D.** (in process). The role of exercise in healing from traumatic stress: Women speak.
3. **Cless, J. D.**, & Conner, S. R. (in process). Experiential learning theory as a guide for shifting student bias in the classroom.

Research Presentations

Note: Presentations prior to January 2016 use maiden name of High

Cless, J. D. (2021, November). *Teaching strategies for implementing trauma-informed group interventions*. Forum presented at the National Council on Family Relations Annual Meeting, Virtual.

Cless, J. D. (2020, November). *The three r's: Active learning strategies to support students under stress*. Forum presented at the National Council on Family Relations Annual Meeting, Virtual.

Cless, J. D. (2020, November). *The personified brain: A strategy for teaching the neurobiology of trauma*. Forum presented at the National Council on Family Relations Annual Meeting, Virtual.

Cless, J. D. (2020, June). *Experiential learning theory, student bias, and diversity training*. Paper accepted to the Big XII Teaching and Learning Conference, Lawrence, Kansas. Cancelled due to COVID-19.

Conner, S., & **Cless, J. D.** (2020, June). *Applying trauma-informed practices to group substance use treatment*. Paper accepted to the Midwest Consortium on Problem Gambling and Substance Abuse Conference, Kansas City, Kansas. Cancelled due to COVID-19.

Cless, J. D., & Nelson Goff, B. S. (2019, November). *"I should have dealt with it sooner": Undergraduate student reactions to trauma-related course content*. Paper presented at the National Council on Family Relations Annual Meeting, Fort Worth, Texas.

Cless, J. D. (2019, November). *Delivering "Painful Pedagogy": Issues of self-care for instructors in family science programs*. Paper presented at the National Council on Family Relations Annual Meeting, Fort Worth, Texas.

- Conner, S., & Cless, J. D. (2019, November). *The role of family life educators and recovery capital in addressing substance abuse in families*. Paper presented at the National Council on Family Relations Annual Meeting, Fort Worth, Texas.
- Cless, J. D., & Nelson Goff, B. S. (2018, November). *Teaching trauma: Cortisol responses in college students across three semesters*. Poster presented at the National Council on Family Relations Annual Meeting, San Diego, in California.
- Krueger, K., Alexander, P., Dyster, M., Reves, M., Steele, R., Wedekind, M., ... Cless, J. D. (2018, November). *Relationship factors: A qualitative study of parents of children with Down syndrome*. Poster presented at the National Council on Family Relations Annual Meeting, San Diego, California.
- Ricklefs, T., & Cless, J. D. (2018, November). *Studying conflict and trauma abroad: Effective and ethical program design*. Forum presented at the National Council on Family Relations Annual Meeting, San Diego, California.
- Cless, J. D., & Kuykendoll, M. T. (2018, November). *Trigger warning: Teaching sensitive topics online*. Forum presented at the National Council on Family Relations Annual Meeting, San Diego, California.
- Cless, J. D., & Conner, S. (2018, November). *Experiential learning theory as a resource for shifting student bias*. Poster presented at the National Council on Family Relations Annual Meeting, San Diego, California.
- Cless, J. D., Ruhlmann, L. R., & Nelson Goff, B. S. (2017, October). *Teaching trauma and trauma-informed teaching*. Forum presented at the meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- Cless, J. D., & Nelson Goff, B. S. (2017, October). *Advocacy behaviors amongst parents of children with Down syndrome: A comparison of mothers and fathers*. Research discussion presented at the meeting of the American Association for Marriage and Family Therapy, Atlanta, Georgia.
- Farkas, L., Cless, A., Cless, J. D., Bodine, E., Schmelzle, A., & Nelson Goff, B. S. (2016, November). *Advice from the experiences of parents with a child with Down syndrome*. Poster presented at the National Council on Family Relations Annual Meeting, Minneapolis, Minnesota.
- Schmelzle, A., Bodine, E., Cless, A., Cless, J. D., Farkas, L., & Nelson Goff, B. S. (2016, November). *Advice from the experiences of parents with a child with Down syndrome*. Poster presented at the National Council on Family Relations Annual Meeting, Minneapolis, Minnesota.
- Cless, J. D., Oseland, L., & Nelson Goff, B. S. (2016, November). *Teaching trauma and trauma-informed teaching in the field of social sciences*. Presentation presented at the National Council on Family Relations Annual Meeting, Minneapolis, Minnesota.
- Cless, J. D., Nelson Goff, B. S., & Durtschi, J. A. (2016, September). *Hope, coping, and relationship quality in mothers of children with Down syndrome*. Poster presented at the meeting of the American Association for Marriage and Family Therapy, Indianapolis, Indiana.

- Nelson Goff, B. S., Gallus, K., & **Cless, J. D.** (2016, September). *The costs of caring: Self-care and secondary trauma in providers*. Workshop presented at the Association for Community Mental Health Centers of Kansas and Kansas Association of Addiction Professionals Annual Conference for Behavioral Health, Manhattan, KS.
- Cless, J. D.**, Nelson Goff, B. S., & Durstchi, J. A. (2016, March). *Hope, coping, and relationship quality in mothers of children with Down syndrome*. Poster presented at the K-State GRAD Forum, Manhattan, Kansas. (2nd Place Social Sciences Category).
- High, J.**, Mallory, A. M., Cafferky, B., Spencer, C., Van, K., & Stith, S. (2015, November). *Mental illness as a risk factor for intimate partner violence: A meta-analysis*. Poster presented at the National Council on Family Relations Annual Meeting, Vancouver, Canada.
- Gallus, K., **High, J.**, Nelson Goff, B. S. (2015, September). *The costs of caring: Trauma and grief in clinicians*. Session accepted presented at the meeting of the American Association for Marriage and Family Therapy, Austin, Texas.
- Mallory, A. M., **High, J.**, Spencer, C., Van, K., Cafferky, B., & Stith, S. (2015, September). *Mental illnesses as risk markers for IPV: A meta-analysis*. Poster presented at the meeting of the American Association for Marriage and Family Therapy, Austin, Texas. (*Cutting Edge Award*).
- Spencer, C., **High, J.**, & Mallory, A. (2015, March). *Mental illness and risk for intimate partner violence: A meta-analysis*. Poster presented at the K-State Research Forum, Kansas State University, Manhattan, Kansas.
- High, J.**, Stith, S., & Seay, M. C. (2014, October). *Intergenerational influences on divorce*. Poster presented at the Research and the State Conference, Kansas State University, Manhattan, Kansas.
- Dominguez, M. M., Cafferky, B., Smith, E., Dharnidharka, P. **High, J.**, Mallory, A., & Stith, S. (2014, October). *Childhood exposure to violence: A meta-analysis*. Poster presented at the meeting of the American Association for Marriage and Family Therapy, Milwaukee, Wisconsin. (*Cutting Edge Award*).
- High, J.**, Luu, S., Grant, D., Anderson, J., Hardy, N., Johnson, M., & Liu, W. (2014, July). *Young love in China: Shame and perceptions on satisfaction*. Research presented at the Second International Forum on Marriage and Family Therapy, Beijing, China.
- Dominguez, M. M., **High, J.**, Dharnidharka, P., Mendez, M., Cafferky, B., & Stith, S. (2013, November). *The intergenerational transmission of violence: A meta-analytic review*. Poster presented at the National Council on Family Relations Annual Meeting, San Antonio, Texas.

Professional Presentations

Cless, J. D. (2020, November). *Post-election teaching reflection circle*. Invited Presentation to Washburn University faculty and staff through the Center for Teaching Excellence and Learning, Topeka, Kansas.

Cless, J. D. (2020, October). *Teaching sensitive topics online: Trauma-informed strategies*. Invited Presentation to Washburn University faculty and staff through the Center for Teaching Excellence and Learning, Topeka, Kansas.

Cless, J. D., & Kendall-Morwick, K. (2019, October). *Beyond trigger warnings: Strategies for addressing sensitive content*. Presented to Washburn University faculty and staff through the Center for Teaching Excellence and Learning, Topeka, Kansas.

Cless, J. D. (2019, September). *The Three R's: Tapping Into Brain States in the College Classroom*. Invited Presentation to Washburn University faculty and staff through the Center for Teaching Excellence and Learning, Topeka, Kansas.

Cless, J. D., & Nelson Goff, B. S. (2019, February). *Trauma-informed teaching practices in higher education* Invited Presentation to Washburn University faculty and staff through the Center for Teaching Excellence and Learning, Topeka, Kansas.

Cless, J. D., & Conner, S. R. (2019, February). *Experiential learning theory as a resource for shifting student bias*. Presented to Washburn University faculty and staff for School of Applied Studies Pro-Seminar, Topeka, Kansas.

Cless, J. D., & Ricklefs, T. (2018, October). *Self-care after travel to high conflict areas*. Presented to Washburn University and Topeka community at International House.

Cless, J. D., & Nelson Goff, B. S. (2018, September). *Trauma-informed teaching practices in higher education*. Invited Presentation to Washburn University faculty and staff through the Center for Teaching Excellence and Learning, Topeka, Kansas.

Cless, J. D., & Nelson Goff, B. S. (2018, February). *Trauma-informed teaching practices in higher education*. Presented to Washburn University faculty and staff for School of Applied Studies Pro-Seminar, Topeka, Kansas.

Community Presentations

Cless, J. D. (2020, September). *Trauma-informed care: Foundations for practice*. Presented to Child Advocacy Center Multidimensional Team, Manhattan, Kansas.

Cless, J. D. (2019, September). *Understanding trauma and traumatic stress to promote resilience*. Presented to Women of Light community conference, Manhattan, Kansas.

- Cless, J. D. & Ricklefs, T.** (2018, June). *Secondary trauma and conflict resolution in the helping professions*. Presented to Sembrandopaz nonprofit organization staff, Sincelejo, Sucre, Colombia.
- Cless, J. D.** (2017, June). *Strategies for leading strong-willed children and children with behavioral difficulties*. Presented to City of Manhattan Parks and Recreation Staff for in-service training, Manhattan, Kansas.
- Cless, J. D.** (2017, May). *Strategies for leading strong-willed children and children with behavioral difficulties*. Presented to Fort Riley Child Youth and School Services staff training, Fort Riley, Kansas.
- Cless, J. D.** (2017, May). *The costs of caring: Self-care and secondary trauma in providers*. Presented to Fort Riley Child Youth and School Services staff training, Fort Riley, Kansas.
- Nelson Goff, B. S., & **Cless, J. D.** (2016, June). *Secrets to success*. Presentation for the 24th CTC Leadership Luncheon, 541st CSSB, Fort Riley Kansas.
- Cless, J. D.** (2016, June). *Strategies to help children displaying behavioral problems*. Presented to City of Manhattan Parks and Recreation Staff for in-service training, Manhattan, Kansas.
- Nelson Goff, B. S., Gallus, K., & **Cless, J. D.** (2016, May). *The costs of caring: Understanding trauma, secondary trauma, and self-care for professionals working with survivors*. Workshop presented at the Consortium for Title IX and Equity Officers in Higher Education, Kansas State University-Olathe, Campus, Olathe, KS.
- Cless, J. D.** (2016, May). *Grief and loss in children: The expected and the unexpected*. Presented to Fort Riley Child Youth and School Services staff training, Fort Riley, Kansas.
- Nelson Goff, B. S., Gallus, K., & Cless, J. D. (2016, May). *The Costs of Caring: Understanding Trauma, Secondary Trauma, and Self-Care for Professionals Working with Trauma and Violence in Children*. Workshop presented at the CYSS Professional Development Day, Fort Riley, KS.
- Cless, J. D.** (2016, May). *Conflict resolution in the Greek system*. Presented to K-State sorority and fraternity leadership course, Manhattan, Kansas.
- Cless, J. D.** (2015, May). *Working with traumatized populations*. Presented to Fort Riley Chaplains Leadership Training Seminar, Fort Riley, Kansas.
- Cless, J. D.** (2015, May). *Working with children in context of play therapy*. Presented to Fort Riley Chaplains Leadership Training Seminar, Fort Riley, Kansas.
- Cless, J. D.** (2015, May). *Conflict resolution in the Greek system*. Presented to K-State sorority and fraternity leadership course, Manhattan, Kansas.
- Cless, J. D., & Van, K.** (2015, June). *Media mania: What does popular media really teach us about body image?* Presented to Project Self Esteem Youth Conference, Westview Community Church, Manhattan, Kansas.

Intern and Guest Clinical Experience

2014 - 2017	Therapy Intern , K-State Family Center, Manhattan, KS
2015 - 2017	Therapy Intern , Family Life Ministry Center, Fort Riley, KS
2016	Guest Clinician , Bridging the Gap Veteran Couples Retreat, Manhattan, KS
2015	Guest Clinician , Bridging the Gap Veteran Couples Retreat, Chicago, IL

Grants, Contracts, and Fundraising

2022	Families Active Together in the Community [FACT] (In process, seeking funding)
2021	Washburn University Inclusive Teaching Research Grant (Funded,)
2021	Washburn University Day of Giving Project Co-Coordinator (raised \$1200)
2019	Washburn University Day of Giving Project Coordinator (raised \$900)
2018	Washburn University CTEL Curriculum and Development Grant (Unfunded)
2017	Washburn University Small Research Grant (Funded)
2017	Co-PI; University Small Research Grant, Kansas State University, Manhattan, KS (Funded, \$15,000)

Awards and Achievements

2020	Retention All-Star, Washburn University
2019	Retention All-Star, Washburn University
2019	Certificate of Inclusive Teaching & Learning. Awarded through the Washburn Center for Excellence in Teaching & Learning.
2019	Certificate of Teaching & Learning. Awarded through the Washburn Center for Excellence in Teaching & Learning.
2018	Retention All-Star, Washburn University
2018	Advancing Family Science Wesley Burr Graduate Student Award. Awarded through the National Council on Family Relations.
2018	Certificate of Teaching & Learning. Awarded through the Washburn Center for Excellence in Teaching & Learning.
2017	Advancing Family Science Wesley Burr Graduate Student Award. Awarded through the National Council on Family Relations.
2016	Advancing Family Science Wesley Burr Graduate Student Award. Awarded through the National Council on Family Relations.
2016	AAMFT Minority Fellowship Program 2016-17 Doctoral Fellow. Funded through the Substance Abuse and Mental Health Service Administration (SAMHSA).
2016	Graduate Teaching Assistant Certificate of Achievement in Professional Development Level III. Awarded by K-State Teaching and Learning Center.
2015	Graduate Teaching Assistant Certificate of Achievement in Professional Development Level II. Awarded by K-State Teaching and Learning Center.
2015	Marilyn and Wayne Mason Scholarship - College of Human Ecology - Kansas State University

- 2014 Graduate Teaching Assistant Certificate of Achievement in Professional Development. Level I. Awarded by K-State Teaching and Learning Center.
- 2013 Outstanding Graduating Senior Award. Received the award for the School of Family Studies and Human Services from the College of Human Ecology.

Professional Service

- 2022 - present URI Conduct Board Member
- 2021 Guest Reviewer, *Advances in Social Work*
- 2021 Guest Reviewer, *Journal of Family Studies*
- 2021 Guest Reviewer, *Journal of Financial Therapy*
- 2019 Oral Communication Rating Team, Washburn University
- 2019 Higher Learning Commission Site Visit SAS Game Show Representative
- 2018 Critical Thinking Assessment Team, Washburn University
- 2018 Guest Reviewer, *Journal of Financial Therapy*
- 2018 Guest Reviewer, *Journal of Feminist Family Therapy*
- 2018 – 2020 University Program Review Committee, Washburn University
- 2018 – present Graduate Washburn Transformational Experience Review Committee, Washburn University
- 2018 – 2020 Website Liaison, Family & Human Services Department, Washburn University
- 2017 - 2021 Certificate and Awards Committee, School of Applied Studies, Washburn University
- 2017 - 2021 Assessment Coordinator, Family & Human Services Department, Washburn University
- 2017 - 2021 Trauma and Recovery Certificate Coordinator, Family & Human Services Department, Washburn University
- 2017 National Council on Family Relations (NCFR) Advancing Family Science Section Legacy Scholar Award Committee
- 2017 Annual Conference Volunteer Assistant Manager, Admin Team (AAMFT)
- 2017 Annual Conference Peer Reviewer, National Council on Family Relations (NCFR)
- 2017 Panelist, Kansas State University Graduate School New Graduate Student Orientation
- 2015 - 2017 Mentor, K-State College of Human Ecology Professional Mentoring Program
- 2015- 2017 Kansas State University Honor Council Graduate Student Representative
- 2014 2014 Annual Conference Peer Reviewer, National Council on Family Relations (NCFR).
- 2014 K-State College of Human Ecology Diversity and Internationalization Committee Graduate Student Representative

Community Service

- 2019 – 2021 Board Member, Community Care Ministries, Wamego, KS
- 2019 Panelist, Washburn University SGA Mental Health in the Community
- 2017-2018 Mentor, Wamego High School

Professional Memberships

- 2014 - present Member, American Association for Marriage and Family Therapy (AAMFT)
- 2013- present Member, National Council on Family Relations (NCFR)

Conference Attendance

2021	NCFR Annual Conference, Virtual
2020	NCFR Annual Conference, Virtual
2019	NCFR Annual Conference, Fort Worth, TX
2018	NCFR Annual Conference, San Diego, CA
2017	NCFR Annual Conference, Orlando, FL
2017	AAMFT Annual Conference, Atlanta, GA
2016	AAMFT Annual Conference, Indianapolis, IN
2015	NCFR Annual Conference, Vancouver, BC, Canada
2015	AAMFT Annual Conference, Austin, TX
2014	AAMFT Annual Conference, Milwaukee, WI
2014	Second International Forum on Marriage and Family Therapy, Beijing, China
2013	NCFR Annual Conference, San Antonio, TX