

## CURRICULUM VITAE

# Courtney W. Hess, Ph.D.

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### CURRENT POSITION

Postdoctoral Fellow  
**Stanford University School of Medicine, Palo Alto, CA**  
*Department of Anesthesiology, Perioperative, and Pain Medicine*  
Postdoctoral Mentors: Laura Simons, PhD & Rashmi Bhandari, PhD

- Research Fellow (50%) in the Stanford Biobehavioral Pediatric Pain Lab
- Clinical Fellow (50%) in the Pediatric Pain Management Clinic at Stanford Children's Health

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### EDUCATION & TRAINING

2021 **Ph.D., Counseling Psychology**  
University of Massachusetts Boston (APA Accredited)  
**Dissertation:** *Assessing Concussion Management Implementation in Schools: A Disproportionality Lens*  
Defended: March 26, 2021  
**Committee:** Laura Hayden, Ed.D., Steven Vannoy, Ph.D., & Jonathan Howland, Ph.D., MPH, MPA

2021 **Doctoral Internship (APA Accredited)**  
Johns Hopkins University School of Medicine  
Kennedy Krieger Institute  
Supervisors: Valerie Paasch, Ph.D., & Ellen Henning, Ph.D.

2015 **M.S., Kinesiology, Specialization: Integrated Human Performance**  
University of Wisconsin-Milwaukee  
**Thesis:** *The lived experiences of an injured athlete and members of a performance management team during injury rehabilitation: An interpretative phenomenological analysis*  
Defended: December 15, 2015  
**Committee:** Barbara B. Meyer, Ph.D., Kathryn R. Zalewski, PT, Ph.D., MPA; Monna Arvinen-Barrow, Ph.D., C.Psychol

2013 **B.S., Kinesiology, Specialization: Pre-Physical Therapy**  
University of Wisconsin-Milwaukee  
Certificate: Nutrition

### SUPERVISED CLINICAL & CONSULTING EXPERIENCE

July 2020 –  
July 2021 Pediatric Psychology Intern  
**The Johns Hopkins University School of Medicine | Kennedy Krieger Institute (APA Accredited), Baltimore MD**

Pediatric Psychology Consultation Outpatient Program: Assessment and delivery of evidence-based interventions on an outpatient basis with children with co-morbid medical and psychiatric presentations including chronic and acute pain, adherence related concerns, mood, coping, and adjustment, sleep difficulties, and pill swallowing.

Supervisors: Valerie Paasch, PhD, Licensed Psychologist & Ellen Henning, PhD, Licensed Psychologist

Consultation & Liaison: Complete evaluations and provide ongoing treatment and/or referral for patients admitted to Kennedy Krieger Institute Inpatient Rehabilitation, and Johns Hopkins Hospital. Consulted with multiple medical and interdisciplinary teams.

Supervisors: Margaret Tunney, Psy.D., Licensed Psychologist, Aerial Sheltry, Psy.D., Licensed Psychologist, Caitlin Thompson, Ph.D., Licensed Psychologist, & Lara Jones, Psy.D., Licensed Psychologist

Pediatric Subspecialty Clinics: Staff multidisciplinary and interdisciplinary clinics serving unique pediatric populations. Evaluation and treatment recommendation as well as interprofessional collaboration. Specialty clinics staffed include pain, brain injury rehabilitation, sleep, limb differences, and POTS.

Supervisors: Rachel Kovacs, Psy.D., Licensed Psychologist, Valerie Paasch, Ph.D., Licensed Psychologist, Ellen Henning, Ph.D., Licensed Psychologist

### Pediatric Psychology Practicum Student

#### **Warren Alpert Medical School of Brown University | Hasbro Children's Hospital, Providence RI**

Apr 2019 – Apr  
2020

Pediatric Neuropsychology: Outpatient neuropsychology assessment focused on cognitive assessment, autism assessment, and cognitive assessment in the context of co-morbid medical presentations.

Supervisor: Natalie Noonan, Psy.D., Licensed Pediatric Neuropsychologist

#### Assessment & Outreach

#### **Ross Disability Center at the University of Massachusetts Boston, Boston MA**

Jan. 2019 –  
April 2020

College Assessment: Outpatient assessment practicum focused on cognitive and academic assessment for undergraduate and graduate students seeking academic accommodations. Responsible for intake, battery selection, assessment, scoring, report writing, and feedback sessions in college-based outpatient setting.

Supervisor: Melanie Cadet, Ph.D., Licensed Psychologist

Pediatric Psychology Practicum Student**Warren Alpert Medical School of Brown University | Hasbro Children's Hospital, Providence RI**

Pediatric Weight Management: Clinic-based interdisciplinary evaluation and family-based treatment of adolescent obesity with a focus on lifestyle interventions. Delivered brief, individual and family-based behavioral interventions.

Supervisor: Wendy Hadley, Ph.D., Licensed Psychologist

Pediatric Consultation-Liaison: Consultation with the Child and Adolescent Psychiatry team to the Hasbro Children's Hospital medical inpatient floors. Assessment, conceptualization, intervention implementation, and consultation with treating medical teams to support children and families with their medical and psychiatric challenges.

Aug. 2018 –  
Aug. 2019

Supervisors: Margaret Mannix, Ph.D., Licensed Psychologist & Emily Katz, M.D., Pediatric Psychiatrist

Pediatric Sibling Group: Evaluation and implementation of manualized group therapy for siblings of children with chronic medical, developmental, and behavioral disorders. Responsible for adaptation and delivery of manualized psychoeducation and CBT program for children. Co-led child group and parent group across two separate treatment groups.

Supervisor: Wendy Plante, Ph.D., Licensed Psychologist

Pediatric Medical Psychiatric Partial Hospitalization Program: Family-based integrated care consisting of assessment and intervention with youth meeting criteria for inpatient psychiatric hospitalization with a co-morbid medical condition that requires ongoing treatment.

Supervisor: Rebecca Laptook, Ph.D., Licensed Psychologist

Clinical Child Psychology Practicum Student**Brookline Community Mental Health Center, Brookline MA.**

Aug. 2017 –  
Aug. 2018

Outpatient Individual Therapy: Delivery of individual psychotherapy sessions for 12-15 patients per week, with emphasis on integrating child-centered and evidenced-based interventions for children and adolescents (age 5-24) presenting with diverse psychiatric diagnoses including anxiety, depression, school avoidance, medical fears, and trauma.

Supervisors: Joshua Eagle, Psy.D., Licensed Psychologist & Meghan Pugach,

Ph.D., Licensed Psychologist

School-Based Psychotherapy Group: Lead clinician for Project Grow, a social emotional development group for adolescent 6<sup>th</sup> grade girls at local Brookline MA elementary school.

Supervisor: Mariko Sakurai, Ph.D., Licensed Psychologist.

Child Neuropsychology: Year-long training seminar and assessment practicum with referred children and adolescents from the Brookline Community focused on cognitive and academic assessment.

Supervisor: Shelley L. Rattet, Ph.D., Licensed Neuropsychologist

### Behavioral Coach

#### **Wellspring Great Lakes Clinical Team, Kenosha WI.**

Behavioral Team: Delivery of individual, group, and family evidence-based interventions to in a residential pediatric wellness program aimed at lifestyle and behavior change in clinically overweight and obese youth and adolescents (age 10-24 years).

Supervisors: Jessica Dorgan, MA, LPC, NCC & Eliza Kingsford, MA, LPC, NCC

### Graduate Performance Consultant

#### **University of Wisconsin-Milwaukee | Laboratory for Sport Psychology & Performance Excellence, Milwaukee WI.**

Sport & Performance Consulting: Consulting service committed to delivery of evidence-based practice in non-clinical populations of athletes with the purpose of improving sport and performance process and outcomes for local community and university athletes.

Supervisor: Barbara B. Meyer, PhD, CMPC

May 2015 –  
Aug. 2015

Sep. 2014 –  
Dec. 2015

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### **EMPIRICALLY SUPPORTED DEVELOPMENTAL TRAININGS**

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| 2020 | Mindfulness, Biofeedback, and Aggressive Rehabilitation for Chronic Pain Continuing Education Workshop (Massachusetts Psychological Association). |
| 2019 | Behavioral Interventions for Pediatric Sleep Disorders Continuing Education Workshop (American Psychological Association Annual Conference)       |
| 2019 | Certificate in Trauma-Focused CBT (Medical University of South Carolina)  |
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### CLINICAL SUPERVISION EXPERIENCE

September 2019 – ***Therapy Supervision Practicum***  
 January 2020 Department of Counseling & School Psychology, University of Massachusetts  
 Boston, Boston MA.  
 Supervisor: Sharon Lamb, Ph.D., Licensed Psychologist.

- Weekly supervision of master's level counseling student

September 2019 – ***Assessment & Outreach Practicum***  
 May 2020 Department of Counseling & School Psychology, University of Massachusetts  
 Boston, Boston MA.  
 Supervisor: Melanie Cadet, Ph.D., Licensed Psychologist

- Weekly mentorship of doctoral students delivering counseling services within a university athletics department
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### RESEARCH & PROFESSIONAL DEVELOPMENT GRANTS

- 2020 Greenlee, J., **Hess, C.W.**, Chaves, E., Young, M., & Morgan, C. (2020). *The SPP Anti-Racism Research Podcast*. Society for Pediatric Psychology Anti-Racism Project Grant. Society for Pediatric Psychology. \$6,000 (not funded).
- 2019 **Hess, C.W.** *Assessing Concussion Management Implementation in Schools: A Disproportionality Lens*. Lizette Peterson-Homer Injury Prevention Grant. American Psychological Foundation & Division 54; Pediatric Psychology. \$5,000 (not funded).
- 2019 **Hess, C.W.**, & Hayden, L. *Evaluating Current Implementation of Concussion Management Practices in Massachusetts High Schools Using a Disproportionality Framework*. Oglesby-Snyder Grant, Association for Applied Sport Psychology. \$6874.80 (not funded).
- 2018 **Hess, C. W.**, & Foss, J. *Transitioning the Performance Excellence Magazine (PEM) from a student led newsletter to a professional peer-reviewed, student-focused journal*. Funding proposal submitted to the Association for Applied Sport Psychology Foundation. \$10,500 (funded).
- 2018 **Hess, C.W.** (2018). Graduate Employee Organization Scholarly Support Award. \$500.
- 2017 **Hess, C.W.** (2017). Graduate Employee Organization Scholarly Support Award. \$500.
- 2017 **Hess, C. W.** (2017). *Teaching personal and social responsibility through school counselors: A transnational training workshop*. Graduate Student Assembly Research Grant Award. \$500.
- 2016 **Hess, C.**, Cathcart, S., Ruiz, B., Morrill, Z., Karter, J., Walker, W., & Pearrow, M. (2016). *Investigating college students' experiences of housing instability and food insecurity*. Graduate Student Assembly Research Grant Award. \$300.
- 2016 **Hess, C.W.** (2016). *The lived experiences of an injured athlete and members of a performance management team during injury rehabilitation: An Interpretative Phenomenological Analysis*. Graduate Student Assembly Professional Development Grant. \$400.
- 2015 **Hess, C. W.**, & Meyer, B.B. (Spring 2015). *The lived experiences of an interprofessional sports medicine team during injury rehabilitation: An interpretative phenomenological analysis*. University of Wisconsin Milwaukee College of Health Sciences Student Research Grant Award. \$500 (not funded).
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**RESEARCH EXPERIENCE**

- May 2019-  
August 2021 **Primary Investigator**, Department of Counseling & School Psychology, University of Massachusetts Boston, Boston MA. Committee: Laura Hayden, Ed.D., (Chair), Jonathan Howland, Ph.D., MPH, MPA, & Steven Vannoy, Ph.D.
- May 2019-July  
2020 **Clinical Research Assistant**, Medical Psychiatric Partial Hospital Program, Hasbro Children's Hospital; Warren Alpert Medical School at Brown University Providence RI. Supervisor: Jack Nassau, Ph.D.
- September  
2019-Present **Research Associate**, Boston Medical Center – Injury Prevention Center, Boston University, Boston MA. Supervisor: Jonathan Howland, Ph.D., MPH, MPA.
- Collaborating to evaluate current implementation of Massachusetts Policy surrounding concussion management in schools
- September  
2016-Present **Research Assistant**, Department of Counseling Psychology, University of Massachusetts Boston, Boston MA. Supervisor: Laura Hayden, Ed.D.
- Research focused on the intersection of physical activity and social-emotional development among children and adolescents
- 2016- 2019 **Research Assistant**, Department of Counseling Psychology, University of Massachusetts Boston, Boston MA. Supervisor: Boaz Levy, Ph.D.
- Research focused on the cognitive screening in primary care to facilitate early detection of cognitive impairment among aging adults.
- 2015- 2018 **Research Associate**, The Applied Health Psychology Lab, University of Wisconsin-Whitewater, Whitewater WI. Supervisor: Sasha Karnes, Ph.D.
- Collaborate on research focused on physical activity promotion
- 2014-2015 **Primary Investigator**, Laboratory for Sport Psychology & Performance Excellence, University of Wisconsin-Milwaukee, Milwaukee WI. Committee: Barbara Meyer, Ph.D., (chair), Kathryn Zalewski, Ph.D., PT, & Monna Arvinen-Barrow, Ph.D., cPsychol
- Master's Thesis: Exploring integrated work in elite sport
- 2013- 2016 **Research Assistant**, Laboratory for Sport Psychology & Performance Excellence, University of Wisconsin Milwaukee, Milwaukee WI. Supervisor: Barbara B. Meyer, Ph.D.
- 2013- 2016 **Research Associate**, Human Performance & Sport Physiology Laboratory, University of Wisconsin Milwaukee, Milwaukee WI. Supervisor: Kyle Ebersole, Ph.D.
- 2011- 2013 **Research Assistant**, Neuromechanics Laboratory, University of Wisconsin Milwaukee, Milwaukee WI. Supervisor: Stephen Cobb, Ph.D.

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**PEER-REVIEWED PUBLICATIONS**

1. **Hess, C. W.**, Gnacinski, S. L., Johnson, C., & Schedler, T. (2021). The development of a student-focused, peer-reviewed, journal – from student ideas to realization. *Journal for Advancing Sport Psychology in Research*, 1(1), 33-39.
2. Campbell, J., Howland, J. H., **Hess, C. W.**, Olshaker, J., Stern, R., & Torres, A. (2020). Assessing baseline testing across Massachusetts high schools: Examining factors related to disparate application. *British Medical Journal Open Sport & Exercise Medicine*, 6, e000752. Doi:10.1136/bmjsem-2020-000752

3. Howland, J., Campbell, J., Wood, V., Brown, L., Torres, A., Olshaker, J., Pearson, R., & Hess, C.W. (2020). Assessing implementation of Massachusetts sports concussion regulations: Results of a survey of athletic directors. *Injury Epidemiology*, *7*(13), 1-8. Doi: 10.1186/s40621-020-00240-7
4. Levy, I., Hess, C.W., Elber, A., & Hayden, L. (2020). Hip hop as dance therapy: A community-based framework towards decolonizing counseling spaces. *Journal of Creativity in Mental Health*. Doi:10.1080/15401383.2020.1762816
5. Hess, C. W., & Levy, B., Hashmi, A. Z., Hogan, J., Greenspan, S., Elber, A., Falcon, K., & Driscoll, D. F. (2020). Subjective & objective memory assessment: Tools for improving early identification of cognitive decline in primary care. *The Journal of the American Board of Family Medicine*, *33*(3), 417-425. Doi:10.3122/jabfm.2020.03.190265
6. Hess, C.W. (2019). A review of the psychology of sport and performance injury: An interprofessional case-based approach. *The Journal of Sport Psychology in Action*, *10*(3), 192-193. Doi:10.1080/21520704.2019.1619641
7. Hess, C.W., Gnacinski, S.L., & Meyer, B.B. (2019). A review of the sport injury and rehabilitation literature: From abstraction to application. *The Sport Psychologist*, *33*, 232-243. Doi:10.1123/tsp.2018-0043
8. Levy, B., Hess, C.W., Hogan, J., Hogan, M., Ellison, J., Greenspan, S., Elber, A., Falcon, K., Driscoll, D., & Hashmi A. (2019). Machine learning enhances the efficiency of cognitive screenings for primary care. *Journal of Geriatric Psychiatry and Neurology*, *32*(3), 137-144. Doi:10.1177/0891988719834349
9. Hess, C. W., Karter, J., Cosgrove, L., & Hayden, L. (2018). Evidence-based practice: A comparison of clinical practice guidelines and research evidence on physical activity for mild and moderate depression. *Translational Behavioral Medicine: Practice, Policy, Research*, *4*(9), 703-710. Doi:10.1093/tbm/iby092
10. Hayden, L., Hess, C.W., Broadhead, S., Gould, K. (2018). A school-based multidisciplinary response to student-athletes mild traumatic brain injury. *Journal of Multidisciplinary Research*, *9*(3), 17-31.
11. Levy, B., Gable, S., Tsoy, E., Haspel, N., Wadler, B., Hess, C., Hogan, J., Driscoll, D., & Hashmi, A. (2017). Machine learning detection of cognitive impairment in primary care. *Journal of Alzheimer's Disease*, *1*(2), 38-46
12. Gnacinski, S.L., Massey, W.V., Hess, C.W., Nai, M., Arvinen-Barrow, M., & Meyer, B.B. (2017). Examining stage of change differences in NCAA student-athletes' readiness for psychological skills training. *The Sport Psychologist*, *31*, 356-368. Doi:10.1123/tsp.2016-0139
13. Gnacinski, S.L., Meyer, B.B., Hess, C.W., Cornell, D.J., Mims, J., Zamzow, A., & Ebersole, K.T. (2016). The psychology of firefighting: An examination of psychological skills use among firefighters. *Journal of Performance Psychology*, *47*(5s), 812. Doi: 10.1249/01.mss.0000478954.25339.e6

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#### MANUSCRIPTS UNDER REVIEW

Hess, C. W., & Meyer, B., B. (Under review). The lived experiences of an elite athlete performance management team through injury rehabilitation: An interpretative phenomenological analysis. *Journal of Sport Rehabilitation*.

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#### BOOK CHAPTERS

Hayden, L., Hess, C., Broadhead, S., & Gould K. (2020). A school-based multidisciplinary response to student-athletes' mild traumatic brain injury. In R.F.C. & H.G. (Eds.) *Advances and Lessons in Sports*. Cambridge Scholars Publishing. (Invited).

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#### PROFESSIONAL PUBLICATIONS

Hess, C. W., Brutus, A., Mayfield, C., & Shapiro, J. (2018). Supporting the Athlete in Society: Disability in Sport. *APA Division 47 SportPsych Works*, June 2018.

**Hess, C. W.**, Chamberlin, J., & Gnacinski, S. (2017). Evidence-based Recommendations for Effective Mentorship in Applied Sport Psychology. *AASP Newsletter*, Spring 2017.

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### LECTURES, SYMPOSIA, WORKSHOPS, & INVITED PRESENTATIONS

1. **Hess, C. W.**, Howland, J., Campbell, J., Hackman, H., Vannoy, S., & Hayden, L. (Under Review). *Disproportionality & Concussion Management Policy: An Evaluation of Implementation Practices*. Lecture presentation submitted for consideration at the Association for Applied Sport Psychology Annual Conference. Las Vegas, NV, USA.
2. Young, M., Greenlee, J., **Hess, C. W.**, Morgan, C., & Mackey, E. (2021, April). *Connecting to Promote Equity and Inclusion in Pediatric Psychology: A Virtual Networking Event*. Networking session facilitated at the Society for Pediatric Psychology Annual Conference. Virtual Meeting.
3. Christensen, D., Aoyagi, M., Baird, S., Coakley, S., **Hess, C. W.**, Petitpas, A. (2019, October). *The Burt Giges workshop: The spirit and tradition of experiential learning*. Invited workshop presented at the Association for Applied Sport Psychology Annual Conference, Portland, OR, USA.
4. Arvinen-Barrow, M., Visek, A., Gnacinski, S., Scheadler, T., Johnson, C., Cawthra, J., & **Hess, C. W.** (2019, October). *The Path to Publishing Your Work: Understanding Academic Publication Procedures*. Invited workshop presented at the Association for Applied Sport Psychology Annual Conference, Portland, OR, USA.
5. **Hess, C.W.** (2019, August). *Impact of a sport-based program on academic engagement and learning among high-risk youth*. Lecture presented as part of a symposium at the American Psychological Association Annual Conference. Chicago, IL, USA.
6. **Hess, C.W.**, Gnacinski, S. L., & Meyer, B. B. (2019, July). *Translating theories of injury rehabilitation into practice: The need for team-based work in sport*. Invited Symposium presented at the European Congress of Sport & Exercise Psychology. Münster, Germany.
7. **Hess, C.W.** (2019, July). *Sport-Related Concussion & Disproportionality in Schools*. Oral presentation at the European Congress of Sport & Exercise Psychology. Münster, Germany.
8. Ruiz, B., Grivel, M., & **Hess, C. W.** (2019, July). *Systematic Review of Yoga and Tai-Chi Interventions and Cognition within Asian Populations*. Oral lecture presented at the European Congress of Sport & Exercise Psychology. Münster, Germany.
9. **Hess, C.W.** (2018, November). *Invisibility in Youth Sport*. Invited lecture as part of teach-in on Countering Invisibility: Re-Imagining Gendered Reflections Through Inclusive Windows and Mirrors. University of Massachusetts Boston, Boston, MA, USA.
10. Elber, A., **Hess, C.W.**, Hayden, L., & Levy, I. (2018, October). *Hip-hop dance therapy: Implementation of a strength-based program for at-risk youth*. Lecture presented at the Association for Applied Sport Psychology Annual Conference. Toronto, Ontario, Canada.
11. **Hess, C.W.**, & Hayden, L.H. (2018, October). *Hip-hop & Rap as tools for working through trauma with urban youth*. Lecture presented as part of a symposium at the Association for Applied Sport Psychology Annual Conference. Toronto, Ontario, Canada.
12. **Hess, C.W.** (2018, August). *Sport-related concussion & academic outcomes: A critical review*. Lecture presented at the American Psychological Association Annual Conference, Division 22, San Francisco, CA, USA.



13. **Hess, C.W.** *Lived experiences of an elite performance management team through injury rehabilitation: Implications for future practitioners.* Presentation to undergraduate health science students at Oregon State University (November 2017, May 2018).
14. Levy, B., Hogan, J., **Hess, C.W.**, Gable, S., Greenspan, S., Hogan, M., Falcon, K., Elber, A., O'Connor, M., Driscoll, D., & Hashmi, A. (2018, May). *Machine learning detection of cognitive impairment in primary care.* Lecture presented at the American Geriatric Society Annual Conference, Orlando, FL, USA.
15. Hayden, L. A., & **Hess, C.W.** (2017, October). *Training practitioners: Using physical activity-based programming to promote youths' socio-emotional development.* Symposium lecture presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA.
16. Hayden, L. A., & **Hess, C.W.** (2017, October). *Movement in the classroom: Presenting a counselor-driven curriculum designed to increase physical activity and develop responsibilities.* Workshop presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA.
17. **Hess, C.W.**, & Morrill, Z. A. (2017, August). *Get moving: Examining a culturally sensitive PYD program in a community-based center.* Symposium lecture presented at the American Psychological Association Division 47 Annual Conference, Washington, DC, USA.
18. **Hess, C.W.**, Meyer, B.B., Arvinen-Barrow, M., & Pack, S. (2016, September). *The lived experiences of an elite athlete performance management team through injury rehabilitation.* Lecture presentation at the annual meeting for the Association for Applied Sport Psychology, Phoenix, AZ, USA.
19. Gnacinski, S.L., Massey, W.V., **Hess, C.W.**, & Meyer, B.B. (2016, September). *The transtheoretical model of behavior change: Evidence-based translation of theory to practice with NCAA student-athletes.* Lecture presentation at the annual meeting for the Association for Applied Sport Psychology, Phoenix, AZ, USA.
20. Broadhead, S., Hayden, L., Gould, K., Kleinert, W., Silva, M., **Hess, C.W.**, Pagan-Ortiz, M. (2016, August). *Traumatic brain injury in youth sports: School counselors & school psychologists role in recovery.* Symposium presentation at the annual convention for the American Psychological Association, Denver, CO, USA.
21. Massey, W.V., Holliday, M., **Hess, C.W.**, & Stellino, M.B. (2015, October). *Building community partners to evaluate the impact of organized play in low-income urban elementary schools.* In W.V. Massey (Chair), Community engaged youth development research: Building partnerships to promote action research. Symposium at the annual meeting of the Association for Applied Sport Psychology, Indianapolis, IN, USA.
22. **Fisher, C.W.** & Meyer, B.B. Technology use and preferences among student-athletes at UW-Milwaukee. Presentation to the University of Wisconsin-Milwaukee Athletic Board (May 2014).
23. **Fisher, C.W.** & Cobb, S.C. (2013, April). *Effect of plantar fasciitis on joint coupling mechanics during running.* Lecture presented at The University of Wisconsin-Milwaukee Undergraduate Research Symposium, Milwaukee, WI, USA.

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#### LOCAL & NATIONAL POSTER PRESENTATIONS

1. **Hess, C. W.**, Howland, J., Campbell, J., Hackman, H., Vannoy, S., & Hayden, L. (Accepted). *Implementation of Concussion Management Practices: A Disproportionality Lens.* Poster to be presented at the American Psychological Association Annual Conference, Division 47, San Diego, CA, USA.
2. **Hess, C. W.**, Rea, K. E., Yee, S. T., Lee, K., Wruble, L. P., Bejarano, C. M. (2021, April).

- Examining Where to Go: Pediatric Psychology Trainees' Perceptions of Their Graduate Training in Culture, Diversity, and Anti-Racism.* Poster presented at the Society of Pediatric Psychology Annual Conference. Virtual Conference.
3. Campbell, J., Howland, J., **Hess, C.**, Nelson, K., Stern, R., Torres, A., & Olshaker, J. (2020, October). *Disparities in baseline neurocognitive testing for student concussion management in Massachusetts high schools.* Poster presented at the American Public Health Association Annual Meeting and Expo. Virtual Conference.
  4. **Hess, C. W.**, Brown, L., Campbell, J., Wood, V., Olshaker, J., Torres, A., & Howland, J. (2019, January). *Concussion Management Practices and Socioeconomic Disparities: An examination of baseline testing.* Poster presentation to be presented at the Pediatric Research in Sports Medicine annual meeting. Glendale, AZ, USA.
  5. **Hess, C. W.**, Gnacinski, S.L., & Meyer, B.B. (2018, October). *A novel measure for assessment of recovery in athletes: An exploratory factor analysis (EFA).* Poster presented at the Association for Applied Sport Psychology Annual Conference. Toronto, Ontario, Canada.
  6. **Hess, C. W.**, & Levy, I. (2018, August). *Community-based hip-hop showcase for social and emotional growth among youth.* Poster presented at the American Psychological Association Annual Conference, Division 10, San Francisco, CA, USA.
  7. **Hess, C. W.**, Hogan, J. S., Elber, A., Falcon, K., & Levy, B. (2018, August). *Memory-Efficacy predicting Memory Test Performance in Aging Adults.* Poster presented at the American Psychological Association Annual Conference, Division 20, San Francisco, CA, USA.
  8. Hogan, J., **Hess, C. W.**, Elber, A., Falcon, K., & Levy, B. (2018, August). *Machine learning detection of cognitive impairment across psychiatric and primary care samples.* Poster presented at the American Psychological Association Annual Conference, Division 40, San Francisco, CA, USA.
  9. Karnes, S., **Hess, C. W.**, Lee, J., & D'Allessandro, A. (2018, May). *Social validity of a web-based, motivational interviewing-based physical activity intervention.* Poster presented at the Midwest Psychological Association Annual Conference, Health Psychology, Chicago, IL, USA.
  10. **Hess, C. W.**, Gnacinski, S. L., Meyer, B. B. (2017, October). *Injury Rehabilitation in Sport: Translating Research to Practice.* Poster presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA.
  11. **Hess, C. W.**, & Hayden, L. A. (2017, August). *Utility of Sport-Based Interdisciplinary Models in Schools to Improve TBI rehabilitation Experiences.* Poster presented at the American Psychological Association Division 22 Annual Conference, Washington, DC , USA.
  12. Ruiz, B., Karter, J., & **Hess, C. W.** (2017, May). *Depression screening and evidence-based practice: A cross sectional study of clinical practice guidelines for major depressive disorder.* Poster presented at the Association for Psychological Science Annual Conference, Boston, MA, USA.
  13. Walker, W., Morrill, Z., Karter, J., Cathcart, S., **Hess, C.**, Ipekci, B., Koven, J., & Ruiz, B. (2016, March). *Understanding student needs: A qualitative investigation of student food insecurity and housing instability.* Poster presented at the New England Doctoral Student Conference, Boston, MA, USA.
  14. Hayden, L., & **Hess, C.** (2016, September). *Application of self-determination theory: Exploring school-based counselors' perceptions of exercise for character development.* Poster presentation at the annual meeting for the Association for Applied Sport Psychology, Phoenix, AZ, USA.
  15. Tischauser, T., Meyer, B.B., Beran, J., Gnacinski, S.L., **Hess, C.W.**, Mendelson, B. (2015, May). *Examining relationships between grit and Big-Five personality traits among athlete populations.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Spring Research Symposium, Milwaukee, WI, USA.
  16. **Fisher-Hess, C.W.**, Meyer, B.B., Gnacinski, S.L. (2015, October). *Social validation of a mental health intervention among collegiate student-athletes: A case comparison.* Poster presentation presented at the annual meeting for the Association for Applied Sport Psychology, Indianapolis, IN, USA.
  17. Gnacinski, S.L., Meyer, B.B., **Hess, C.W.**, & Litzau, K. (2015, October). *Effects of heart rate variability biofeedback on student-athletes' mental health.* Poster presented at the annual meeting for the Association of Applied Sport Psychology, Indianapolis, IN, USA.
  18. **Hess, C.W.**, Meyer, B.B., Gnacinski, S.L. (2015, May). *Grit and achievement orientation: An*

- examination of the relationship between, and the predictive value of, task and ego achievement orientations on grit levels among elite athletes.* Poster presented at the annual meeting for the Midwestern Psychological Association, Chicago, IL, USA.
19. Gnacinski, S.L., Meyer, B.B., **Hess, C.W.**, Litzau, K. (2015, May). *Examining the effect of heart rate variability biofeedback on collegiate student-athletes' mental health: A single-case design.* Poster presented at the annual meeting for the Midwestern Psychological Association, Chicago, IL, USA.
  20. O'Connor, M., Cornell, D., Gnacinski, S., **Hess, C.**, Kelly, K., Poel, D., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2015, June). *Relationship between hip strength and dynamic balance performance.* Poster presented at the annual meeting and clinical symposium for the National Athlete Training Association, St. Louis, MO, USA.
  21. Kelley, K., Poel, D., Cornell, D., Gnacinski, S., **Hess, C.**, O'Connor, M., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2015, June). *Identifying sport and gender differences in the lower extremity functional test (LEFT).* Poster presented at the annual meeting and clinical symposium for the National Athlete Training Association, St. Louis, MO, USA.
  22. O'Connor, M., Cornell, D., Gnacinski, S., **Hess, C.**, Kelley, K., Poel, D., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2014, December). *Relationship among hip strength and dynamic balance performance.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
  23. Poel, D., Cornell, D., Gnacinski, S., **Hess, C.**, Kelley, K., O'Connor, M., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2014, December). *Identifying sport and gender differences in the lower extremity functional test (LEFT).* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
  24. Kelley, K., Cornell, D., Gnacinski, S., **Hess, C.**, O'Connor, M., Poel, D., Zander, R., Earl-Boehm, J., Truebenbach, C., & Arvinen-Barrow, M. (2014, December). *Differences in collegiate athletes' use of psychological strategies in practice and competition: The Panther-PEP study.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
  25. Gorgas, J.M. Meyer, B.B., Gnacinski, S.L., **Hess, C.W.**, Mims, J., Zamzow, A., Ebersole, K.T. (2014, December). *An examination of changes in grit over the course of a firefighter recruit training program.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
  26. **Fisher, C.W.**, Meyer, B.B., Gnacinski, S.L., Mims, J., & Ebersole, K.T. (2014, May). *Technology use and preferences among at-risk populations.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.

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### HONORS & AWARDS

- 2017- Graduate Teaching Fellowship. University of Massachusetts Boston. Tuition waiver and stipend.
- 2019
- 2016- Graduate Research Fellowship. University of Massachusetts Boston. Tuition waiver and stipend.
- 2017
- 2013- Graduate Teaching Fellowship. University of Wisconsin – Milwaukee. Tuition waiver and stipend.
- 2015
- 2013 Support for Undergraduate Research Fellows (\$2,000). Department of Kinesiology, Neuromechanics Laboratory
- 2012 Support for Undergraduate Research Fellows (\$1,800). Department of Kinesiology, Neuromechanics Laboratory
- 2009- Athletic Academic Scholar. University of Wisconsin-Milwaukee. Awarded to athletes who demonstrate academic and athletic excellence based on semester GPA and sport performance metrics.
- 2013

2008- Illinois Scholar Award (\$7,5000). University of Wisconsin-Milwaukee. Awarded to applicants  
2012 with strong academic backgrounds and top-ranked ACT scores.

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### **TEACHING EXPERIENCES**

#### Instructor

Spring 2020 COUNSL 617 Counseling Children & Adolescents  
Fall 2019 COUNSL 617 Counseling Children & Adolescents  
Summer 2019 COUNSL 601 Research & Evaluation in Psychology

#### Graduate Teaching Assistant

Spring 2019 COUNSL 616 Group Counseling and Group Dynamics  
Fall 2018 COUNSL 601 Research and Evaluation in Psychology  
Spring 2018 CSP 708 Intermediate Statistics in Psychology (Laboratory Section)  
Fall 2017 CSP 704 Research Methods in Psychology (Laboratory Section)  
Spring 2015 KIN 461 Principles of Motor Learning (Laboratory Section)  
Spring 2015 KIN 590 Sports Nutrition  
Fall 2014 KIN 200 Introduction to Kinesiology  
Fall 2014 KIN 460 Motor Development Across the Lifespan  
Spring 2014 KIN 590 Sports Nutrition  
Spring 2014 KIN 702 Statistical Analysis in Health Sciences  
Fall 2013 KIN 460 Motor Development Across the Lifespan  
Fall 2013 KIN 200 Introduction to Kinesiology

#### Guest Lectures

2019 COUNSL 601 Research and Evaluation in Psychology. UMass Boston. Topic: Systematic Reviews & Research Quality Evaluations. December 6.  
2018 COUNSL 601 Research and Evaluation in Psychology. UMass Boston. Topic: Inferential Statistics. October 17 & October 24.  
2017 COUNSL 620 Lifespan Human Development. UMass Boston. Topic: Development in Adolescence. March 28.  
2015 NUTR 550 Sports Nutrition. UW-Milwaukee. Topic: Weight Management. April 9.  
2015 KIN 270 Statistics in the Health Professions. UW-Milwaukee. Topic: Independent T-test. March 9.  
2014 NUTR 550 Sports Nutrition. UW-Milwaukee. Topic: Water & Hydration. March 5.

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### **SERVICE & LEADERSHIP**

#### **University**

2016-2019 Beacons for Social Justice Member

- U-ACCESS project: Qualitative investigation into the experiences of housing instability and food insecurity on the University of Massachusetts-Boston campus.

2015 Presenter at the Wisconsin Science Festival

- Presented workshop on using a heart rate variability biofeedback training tool

2013-2014 Vice-President of the Kinesiology Graduate Student Association

2013-2014 Elected member of the UWM Black and Gold graduate student committee

### Professional Organizations

2020 - Current Division 54 Anti-Racist Workgroup Member (Trainee, Research, Training)

2017-2019 Executive Board Student Representative – Association of Applied Sport Psychology

2017-2019 Conference Abstract Reviewer for the Association of Applied Sport Psychology

2016-2019 Co-chair Student Development Committee – Association of Applied Sport Psychology

- Development and professional recruitment for two student-focused workshops delivered annually at the national conference
- Design and delivery of a student-focused webinar focused on effective networking and conference attendance
- Conducted feasibility study to assess mentorship programming needs in organization

2017 & 2018 American Psychological Association student volunteer; Divisions: 17, 22, 38, & 47

2015-2017 Student Delegate for the Association of Applied Sport Psychology  
Chair of the conference student-volunteers

2013-2016 Conference volunteer for the Association of Applied Sport Psychology

### Community

2017-2019 Climbing volunteer for Youth Adaptive Climbing Group at Brooklyn Boulders; Somerville MA

2016 Lead graduate facilitator, sport-based positive youth development program for Boys & Girls Club (Boston)

2010-2014 Academic Tutor, Athletic Department, University of Wisconsin-Milwaukee

2010-2012 Assistant Coach, Shorewood High School Gymnastics Team

### Professional Memberships

2016-Current Student Affiliate, American Psychological Association

- Division 54: Pediatric Psychology
- Division 17: Counseling Psychology
- Division 22: Rehabilitation Psychology
- Division 38: Health Psychology

2013-Current Association for Applied Sport Psychology

2013-2016 Midwestern Psychological Association

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