

Allie Jessen, M.A.
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EDUCATION

Northern Illinois University, Dekalb, IL | expected May 2026
Doctor of Philosophy in Clinical Psychology, Trauma Focus

Northern Arizona University, Flagstaff, AZ | May 2018
Master of Arts in Psychological Sciences

Northern Arizona University, Flagstaff, AZ | May 2016
Bachelor of Science in Psychological Sciences

TECHNICAL SKILLS

Software: SPSS, Excel, Qualtrics, MPLUS, Microsoft Office Suite

Statistical Expertise: Survey Design and Analytics, Multivariate statistics, Structural Equation Modeling (SEM), Latent Variable Modeling, Measurement/Path models, Logistical Regression

RESEARCH EXPERIENCE

PSY 685: Graduate Research 08/2016- 05/2018

- Supervisor: Sumner Sydeman, Ph.D.
- Projects: research addressing young adult attitudes, health perceptions, and use of various substances
- Duties: Led teams of undergraduate research assistants in quantitative and mixed-method research studies, from design to publication; Disseminated and presented findings to a wide variety of audiences via publications and presentations at regional conferences

PSY 685: Graduate Research 08/2016- 05/2018

- Supervisor: Ann Collier, Ph.D., Chair of Psychological Sciences
- Projects: Investigating the effects of virtual reality on Quiet Ego characteristics
- Duties: Led teams of undergraduate research assistants in quantitative and mixed-method research studies; Trained undergraduate researchers in using virtual reality technology; Supervised undergraduate researchers in data collection and analysis

PSY 685: Graduate Research 08/2016- 12/2016

- Supervisor: Suzanne Daiss, Ph.D.
- Projects: Investigating the effects of eating habits on various health outcomes
- Duties: Conducted literature reviews and completed data collection and analysis

PSY 485: Undergraduate Research 08/2014-05/2016

- Supervisor: Sumner Sydeman, Ph.D.
- Projects: Investigated the knowledge, perception, and beliefs of electronic nicotine delivery systems by young adults
- Duties: Conducted multiple literature reviews; wrote IRB application, facilitated in-person data collection, input survey on Survey Monkey and Select Survey for online data

collection, completed manual data entry; Assisted with data analysis, assisted with poster creation, and presented at conference; Completed and applied for grant proposal

PUBLICATIONS

Sydeman S., Jessen A., North C., Valente M., Ryan, L. Russel, S. (2019). Vaped, Not Stirred: Vaporized Alcohol Knowledge, Use, and Susceptibility. *Substance Use and Misuse*, 54 (9), 1541-1546.

PRESENTATIONS

- North, C., Jessen, A., Wilkins, J., Sisson, M., Barbour, J., & Sydeman, S. (2018). The association of depression and anxiety with electronic nicotine delivery systems and conventional cigarette use. Poster presented at Western Psychological Association Conference, Portland, OR
- Jessen, A., North, C., Sisson, M., Wilkins, J., Barbour, J., Cripe, M., Franciosi, S., & Sydeman, S. (2018) Is ADHD symptomatology associated with ends and cigarette use? Poster presented at Western Psychological Association Conference, Portland, OR
- Jessen, A., Valente, M., Russell, S., Ryan, L., Sisson, M., Wilkins, J., Sydeman, S. (2017). Young Adult Knowledge, Susceptibility, and Use of Vaporized Alcohol. Poster Presented at Rocky Mountain Psychological Association Conference, Salt Lake City, Utah.
- Wilkins, J., Sisson, M., Jessen, A., & Sydeman, S. (2016). An investigation of electronic hookah use in young adults. Poster presented at the Rocky Mountain Psychological Association Conference in Denver, Colorado.
- Ryan, L., Jessen, A., Hanlon, A., & Sydeman, S. (2015). A quantitative review of published research on electronic nicotine delivery systems (ENDS): An analysis of a rapidly expanding literature. Poster presented at the Undergraduate Research Symposium at Northern Arizona University, Flagstaff, AZ.
- Sydeman, S., Russell, S., Hanlon, A., Wilkins, J., Sisson, M., Gonzalez, J., Ryan, L., & Jessen, A. (2015). Electronic cigarettes: Knowledge, attitudes, and smoking behaviors in young adults. Poster presented at the Western Psychological Association Conference in Las Vegas, Nevada.
- Jessen, A. & Bermudez, A. (2015). A systematic review of cognitive therapy for obsessive-compulsive disorder in adults. Poster presented at the Undergraduate Research Symposium at Northern Arizona University, Flagstaff, AZ.
- Bermudez, A., Gombar, K., Jessen, A., & Pearlman, C. (2014). Examining factors that influence memory. Poster presented at the Undergraduate Research Symposium at Northern Arizona University, Flagstaff, AZ.

RELEVANT EXPERIENCE

Partners in Recovery, Arrowhead

06/2019- 06/2020

Case Manager

- Coordinated care for individuals diagnosed with a serious mental illness
- Assisted with medication management and provided access to services from various mental health organizations to ensure the highest level of care with the fewest barriers
- Assisted clients in reentry from hospitals and jails to reengage with the community and utilize supports

Victim Witness Services, Victim Advocacy, Coconino County

09/2017- 05/2018

Crisis Responder

- Empathetically responded to reported incidents of domestic violence, sexual assault, and fatality in-person and via telephone; Read victim statements at initial appearances
- Collaborated with clients to construct safety plans regarding immediate and long-term needs; after assessment, referred client to appropriate community resources (shelters, domestic violence support groups, and counseling)
- Collaborated with various community services throughout Northern Arizona to assist clients, such as hospital staff, police, food banks, Arizona Department of Child Safety, and mental health organizations
- Provided transportation, scheduled forensic examinations, and completed detailed intake forms to ensure client information was directed to the correct advocate within our company

Northern Arizona University, Department of Psychological Sciences 08/2017- 05/2018
Graduate Teaching Assistant

- Assisted in teaching undergraduate courses in: Introductory Psychology, Abnormal Psychology, Fieldwork Experience, and Cross-Cultural Psychology
- Graded exams and term papers using objective measurements, provided student feedback
- Met with students about study skills and grade improvement; communicated with professors regarding student progress
- Conducted lectures and prepared class lessons, proctored exams, updated course content online

The Guidance Center, Community Mental Health Center, Flagstaff, AZ 08/2016- 12/2016
Recovery Unit Intern (150 hours)

- Co-facilitated substance abuse treatment groups; specialized in relaxation techniques, healthy coping mechanisms, and life skills
- Worked closely with lead therapist to understand and support client needs while building rapport; designed and implemented recovery activities

The Guidance Center, Flagstaff, AZ 01/2016- 05/2016
Assertive Community Treatment Team Intern (150 hours)

- Assisted patients with serious mental illness with life skills training, provided resources for clients and assisted with everyday needs
- Completed all necessary records: Session notes, staffing documentation, client treatment plans
- Shadowed lead therapist during individual therapy sessions, co-facilitated substance abuse group
- Transported clients to and from appointment in the community

HONORS AND AWARDS

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| • Dean's List- Northern Arizona University | 2012-2018 |
| • AIMS Full Tuition Waiver- Northern Arizona University | 2012- 2016 |
| • Student Travel Award- University College and Office of the Provost | 2015 |
| • Department of Psychological Sciences Student Travel Award | 2015 |
| • Global Opportunities (GO) Scholarship | 2014 |

- 100 Club of Arizona Scholarship

2012- 2013