

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

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

EDUCATION

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

PROFESSIONAL LICENSURE

Wisconsin Board of Marriage and Family Therapy Licensed Marriage and Family Therapist #2029-124	2023-present
Minnesota Board of Marriage and Family Therapy Minnesota Board-Approved Clinical Supervisor Licensed Marriage and Family Therapist #3086	2019-present 2017-present
American Association for Marriage and Family Therapy (AAMFT) Approved Clinical Supervisor	2019-present

PROFESSIONAL ACADEMIC EXPERIENCE

University of Wisconsin-Stout Associate Professor, Dept of Counseling, Rehabilitation, and Human Services Assistant Professor, Dept of Counseling, Rehabilitation, and Human Services Program Director, Marriage and Family Therapy Program	Menomonie, WI 2025-present 2020-2025 2021-2023
University of Minnesota Post-Doctoral Research Associate, Department of Family Social Science Research Assistant, Department of Family Social Science	Minneapolis, MN 2018-2020 2014-2018
University of St. Thomas Graduate Student Researcher	St. Paul, MN 2011-2014
University of California, Los Angeles Graduate Student Researcher	Los Angeles, CA 2000-2001

TEACHING AND CURRICULUM DEVELOPMENT

University of Wisconsin-Stout

Courses Taught

HDFS 115: Healthy Couple Relationships [Online]
HDFS 332: Death & Bereavement [Online]
HDFS 335: Cultural Awareness [Online]
HDFS 365: Family Resource Management [Both in person and online]
HDFS 420: Family Research Methods [Both in person and online]
HDFS 450: Family Policy [Both in person and online]
MFT 744: Psychometric Aids in Couples & Family Therapy
MFT 750: Foundations in Marriage & Family Therapy
MFT 753: Systemic Child & Adolescent Therapy [Hybrid]
MFT 755: Professional Issues in Couples & Family Therapy
MFT 765: Research in Marriage & Family Therapy
MFT 775: Capstone in Marriage & Family Therapy
MFT 793/4: Couples & Family Therapy Practicum

Curriculum Development

Member, Elder Care Micro-Certificate Committee

2025-present

Saint Mary's University of Minnesota

Courses Taught

MFT 620: Statistical Techniques & Research Methods in MFT
MFT 620: Statistical Techniques & Research Methods in MFT [Hybrid]
MFT 620: Statistical Techniques & Research Methods in MFT [Online]

Adler Graduate School

Courses Taught

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

University of Minnesota, Department of Family Social Science

Courses Taught

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

Curriculum Development

FSOS 4150: Families Communicating in an Online World

Teaching Assistant

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

CLINICAL EXPERIENCE

Intuitive Therapy and Consulting Licensed Marriage and Family Therapist AAMFT and Minnesota Board Approved Clinical Supervisor	Golden Valley, MN 2018-present
Walk-In Counseling Center AAMFT Clinical Supervisor Candidate	Minneapolis, MN 2018-2019
Eden House at RS EDEN AAMFT Clinical Supervisor Candidate Therapist (Doctoral practicum/internship/LMFT)	Minneapolis, MN 2017-2019 2014-2018
The Emily Program Therapist (12-month masters practicum)	St. Louis Park, MN 2013-2014

HONORS, AWARDS, and GRANTS

Wisconsin Association for Marriage and Family Therapy (WAMFT) Carl A. Whitaker Award	2024
Family Process Institute Fellow, New Writers' Program (workshop tuition, \$300)	2023
St. Mary's University of Minnesota Fellow, CELT Teaching Fellows Program (\$500)	2019-2020
American Association for Marriage and Family Therapy (AAMFT) First Place: National Student Ethics Competition, Doctoral category	2017
University of Minnesota, Department of Family Social Science Priscilla Rugg Family Social Science Fellowship (tuition, 25% Assistantship) David and Karen Olson Fellowship (tuition, 25% Assistantship) Waller Summer Fellowship (\$4000) Waller Dissertation Fellowship (\$3000) Knorr Family Social Science Fellowship (\$5000) Florence Munson Wilson Fellowship (\$5000) Neubeck-Maddock Scholarship (\$600) Waller Summer Fellowship (\$5000)	2017-2018 2017-2018 2017 2017 2016-2017 2015-2016 2015 2015
University of Minnesota, College of Education and Human Development Women's Philanthropic Leadership Circle Award (\$2100)	2017-2018
UCLA Graduate School of Education & Information Studies Student commencement speaker	2001
Los Angeles Chapter of the American Society for Information Science and Technology	

PUBLICATIONS

Peer-Reviewed Journal Articles

Published and In Press (*student co-author)

- Hessel, H.**, Hynes, K., He, Y., & Gizzi, S. (2025). A framework for ethical considerations in the integration of AI and systemic therapy. *International Journal of Systemic Therapy*.
<https://doi.org/10.1080/2692398X.2025.2587324>
- Hessel, H.** & *Christiansen, R. (2025). Close but not too close? A qualitative study of how U.S. emerging adults describe their cousin relationships. *Adolescents*, 5(1), 1-15.
<https://doi.org/10.3390/adolescents5010008>
- Hessel, H.** (2024). A typology of U.S. emerging adults' online and offline connectedness with extended family. *Journal of Adult Development*. <https://doi.org/10.1007/s10804-023-09452-9>
- Hessel, H.**, & LeBouef, S. (2023). Young adults' perceptions of technology use with extended family. *Family Relations*, 72(2), 565-584. <https://doi.org/10.1111/fare.12815>.
- Dworkin, J., **Hessel, H.**, & LeBouef, S. (2019). The use of communication technology in the context of adolescent and family development: An integration of family and media theories. *Journal of Family Theory and Review*, 11(4), 510-523. <https://doi.org/10.1111/jftr.12350>.
- Hanson, S., **Hessel, H.**, & Danes, S. (2019). Relational processes in family entrepreneurial culture and resilience. *Journal of Family Business Strategy*, 10(3).
<https://doi.org/10.1016/j.jfbs.2018.11.001>.
- Dworkin, J., Rudi, J., & **Hessel, H.** (2018). The state of family research and social media. *Journal of Family Theory and Review*, 10(4), 796-813. <https://doi.org/10.1111/jftr.12295>.
- Hessel, H.** & Dworkin, J. (2018). Emerging adults' use of communication technology with family members: A systematic review. *Adolescent Research Review*, 3(3), 357-373.
<https://doi.org/10.1007/s40894-017-0064-1>.
- Jang, J., **Hessel, H.**, & Dworkin, J. (2017). Parental ICT use, social capital, and parenting efficacy. *Computers in Human Behavior*, 71, 395-401. <https://doi.org/10.1016/j.chb.2017.02.025>.
- Hessel, H.**, He, Y., & Dworkin, J. (2017). Paternal monitoring: The relationship between online and in-person solicitation and youth outcomes. *Journal of Youth and Adolescence*, 46(2), 288-299. <https://doi.org/10.1007/s10964-016-0490-6>.
- Dworkin, J., Brar, P., **Hessel, H.**, & Rudi, J. (2016). MTurk 101: An introduction to Amazon Mechanical Turk for extension professionals. *Journal of Extension*, 54(6). Retrievable at the Journal of Extension: <https://www.joe.org/joe/2016december/tt5.php>
- Dworkin, J., **Hessel, H.**, Gliske, K., & Rudi, J. (2016). A comparison of three online recruitment strategies for engaging parents and families in survey research. *Family Relations*, 65(4), 550-561. <https://doi.org/10.1111/fare.12206>.
- Jang, J., Dworkin, J., & **Hessel, H.** (2015). Mothers' use of information and communication technologies for information seeking. *Cyberpsychology, Behavior, and Social Networking* 18(4), 221-227. <https://doi.org/10.1089/cyber.2014.0533>.
- Hessel, H.**, & Fransen, J. (2012). Resource discovery: Comparative results on two catalog interfaces. *Information Technology and Libraries*, 31(2), 21-44. <https://doi.org/10.6017/ital.v31i2.2165>.

Under Review (*student co-author)

- Hessel, H.** & *Desens, E. (2025). *Emerging adults' extended family and kin relationships: Perceptions of change during and after the COVID-19 pandemic*. [Manuscript under review].

In Preparation (*student co-author)

*Desens, E. & Hessel, H. Social capital and therapy engagement in emerging adulthood. [Manuscript in preparation].

Non-Refereed Journal Articles, Encyclopedia Entries, and Book Chapters

- Hessel, H. (2025). Just tell me what I want to hear: How AI chatbots reinforce our mistaken beliefs and what that has to do with therapy. *The MFT Courier*, 40(2).
- Logan, D., Jimenez-Pride, C., & Hessel, H. (2025). 9 top apps therapists recommend to clients: From mindfulness to your natal chart. *Psychotherapy Networker*, 49(1).
- Hessel, H. (2024). Can AI make us better therapists? Using new technology for supervision. *Psychotherapy Networker*, 48(1).
- Hessel, H. (2024). Winter is coming? Artificial intelligence in the therapist's office. *The MFT Courier*, 40(1).
- Hessel, H. (2024). The link between well-being and relational diversity: Helping our clients feel connected. *The MFT Courier*, 38(2).
- Hessel, H. (2023). An update from the Program Director. *The MFT Courier*, 38(1).
- Hessel, H. (2022). An update from the Program Director. *The MFT Courier*, 37(2).
- Hessel, H. (2022). Extended family and emerging adulthood. *The MFT Courier*, 37(2).
- Hessel, H. (2022). An update from the Program Director. *The MFT Courier*, 37(1).
- Hessel, H. (2021). New challenges, new opportunities. *The MFT Courier*, 36(2).
- Hessel, H. (2021). On the inspiration of trees. *The MFT Courier*, 36(1), 8.
- Hessel, H. (2017). Gerald H. Zuk, Ph.D. (1929 -). In J. L. Lebow, A. L. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*. Springer.
- Hessel, H. (2017). Israel Zwerling, MD, Ph.D. (1917 – 1993). In J. L. Lebow, A. L. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*. Springer.
- Jennings, L., Skovholt, T., Hessel, H., Lakhan, S. & Goh, M. (2016). The world of expertise in counseling and psychotherapy. In L. Jennings & T. M. Skovholt (Eds.), *Expertise in Counseling and Therapy: Master Therapist Studies From Around the World*. Oxford University Press.
- Jennings, L., Sovereign, A., Renninger, S., Goh, M., Skovholt, T., Lakhan, S., & Hessel H. (2016). Bringing it all together: A qualitative meta-analysis of seven master therapists studies from around the world. In L. Jennings & T. M. Skovholt (Eds.), *Expertise in Counseling and Therapy: Master Therapist Studies From Around the World*. Oxford University Press.
- Borgman, C.L. & Hessel, H. (2001). Report on the First Joint Conference on Digital Libraries. *D-Lib Magazine*, 7(10).

Reports: Research, Policy, and Clinical

- Dworkin, J., & Hessel, H. (2020). *Generation Z: Connecting families through the U.S. Postal Service*. Office of Inspector General: Washington DC.
- Mao, D. M., Hessel, H., Nystuen, S. L., & Walker, S. K. (2015). *Parentopia general user's guide*. Early Childhood Family Education: St. Paul, MN.
- Mao, D. M., Hessel, H., Nystuen, S. L., & Walker, S. K. (2015). *Parentopia administrator's guide*. Early Childhood Family Education: St. Paul, MN.
- Hessel, H. (2015). Social media and professional ethics in clinical work. *MAMFT News: The Newsletter of the Minnesota Association for Marriage and Family Therapy*, 33(1), 8-9.

CFE Parentopia Research Reports

- ECFE Parentopia Usability Testing Report March 2015
 ECFE Parentopia Survey 2 Report November 2014
 ECFE Parentopia Survey 1 Report October 2014
- Renninger, S. & **Hessel, H.** (2014). *Therapist use of social networking and the internet*. Guidelines for the Graduate School of Professional Psychology, University of St. Thomas.
- Fransen, J., Boudewyns, D., Hanson, C., **Hessel, H.**, Friedman-Shedlov, L., & Traill, S. (2011). *Discoverability: Investigating the academic library's changing role in connecting people to resources*. Retrievable at the University of Minnesota Digital Conservancy: <http://purl.umn.edu/116586>
- Hanson, C., **Hessel, H.**, Boudewyns, D., Fransen, J., Friedman-Shedlov, L., Hearn, S., Theis-Mahon, N., Morris, D., Traill, S., & West, A. (2010). *Discoverability Phase 2 Final Report*. Retrievable at the University of Minnesota Digital Conservancy: <http://purl.umn.edu/99734>
- Hanson, C., **Hessel, H.**, Barneson, J., Boudewyns, D., Fransen, J., Friedman-Shedlov, L., Hardy, M., Rose, C., Stelmasik, B., & Traill, S. (2009). *Discoverability Phase 1 Final Report*. Retrievable at the University of Minnesota Digital Conservancy: <http://purl.umn.edu/48258>

Invited Blog Posts

- Hessel, H.** (2021, Nov 9). *Connecting across the generational divide* [Blog post]. Retrievable at Parents Letting Go: <https://parentslettinggo.com/parents-of-young-adults-spring-2021-survey-results-part-vii-dr-heather-hessels-observations/>
- Jang, J., Dworkin, J., & **Hessel, H.** (2016, Jan 27). *Where do American mothers seek parenting information online? For what?* [Blog post]. Retrievable at Parenting for a Digital Future: <http://blogs.lse.ac.uk/parenting4digitalfuture/2016/01/27/where-do-us-mothers-go-on-the-internet-to-get-information/>

PRESENTATIONS

Peer-Reviewed Research Presentations

Presented/Accepted (*student co-author)

- Hessel, H.** (2025, November). *Supporting student success using the Transparency in Learning and Teaching framework*. Round table presentation at the National Council on Family Relations annual conference, Baltimore, MD.
- *Desens, E. & **Hessel, H.** (2025, June). Social capital and therapy engagement in emerging adulthood. In S. LeBouef (Chair), *Navigating Complexity: Relational, Digital, and Community Pathways to Thriving in Emerging Adulthood* [Symposium]. Paper presented at the Society for the Study of Emerging Adulthood, Charleston, SC.
- He, Y., **Hessel, H.**, & Gizzi, S. (2025, May). Integrating generative AI into systemic therapy education to enhance students' mental health diagnosis, assessment and treatment. Presentation for the American Family Therapy Academy 47th Annual Virtual Conference.
- Bird, M. & **Hessel, H.** (2025, May). *Improving student belonging: Lessons learned from assessment using the PERTS Ascend framework*. Poster presented at the University of Wisconsin Office of Professional & Instructional Development annual conference, Madison, WI.
- Hessel, H.** (2024, November). *Student belonging, identity safety, and basic needs: Using the PERTS framework to assess our classroom environments*. Round table presentation at the National Council on Family Relations annual conference, Bellevue, WA.

- Hessel, H.** (2024, April). *Associations between social capital and the use of psychotherapy by emerging adults*. Poster presented at the Society for Research on Adolescence conference, Chicago, IL.
- Hessel, H.** (2023, November). Emerging adults' extended family and kin relationships: Perceptions of change during and after the COVID-19 pandemic. In S. LeBouef (Chair), *Health and Wellbeing of Emerging Adults in the Context of Family* [Symposium]. Paper presented at the National Council on Family Relations annual conference, Orlando, FL.
- Hessel, H.** (2023, June). *Emerging adults' use of psychotherapy before and during the COVID-19 pandemic*. Poster presented at the Society for the Study of Emerging Adulthood biennial conference, San Diego, CA.
- Hessel, H.** (2023, April). *Friends and family interactions: Relationships with anxiety, depression, and loneliness for emerging adults*. Poster presented at the Society for Research on Adolescence conference, San Diego, CA.
- Hessel, H.** (2022, November). *Cousins: How youth describe closeness and distance in this extended family relationship*. Poster presented at the National Council on Family Relations Annual Conference, Minneapolis, MN.
- Hessel, H., & Chan, A. Y.** (2021, November). *Intergenerational solidarity dimensions in extended family relationships: The role of communication technology*. Poster presented at the National Council on Family Relations Virtual Conference.
- Hessel, H., & Leaf, R.** (2021, March). *"They text, like, all the time": How college students describe texting across three generations of family members*. Poster presented at the Society for Research on Adolescence Virtual Conference, March 2021.
- Hessel, H. & LeBouef, S.** (2020, November). *Parent-adolescent use of technology to avoid face-to-face interaction*. Poster presented at the National Council on Family Relations Virtual Conference.
- Dworkin, J., **Hessel, H.**, LeBouef, S., Holmgren, H., & Holth, A. (2019, November). *College students, texting, and family: "The only way we can goof off and be [family] ...because we don't see each other often."* Poster presented at the National Council on Family Relations, Fort Worth, TX.
- Hessel, H., & LeBouef, S.** (2019, October). *Emerging adult men's perceptions of how technology influences extended family relationships*. Paper presented at the Society for the Study of Emerging Adulthood, Toronto, Canada.
- Hessel, H., & Dworkin, J.** (November, 2018). *Mapping the family network of emerging adults*. Paper presented at the National Council on Family Relations, San Diego, CA.
- Dworkin, J., Brar, P., & **Hessel, H.** (2018, October). *When the teacher becomes the student: Youth impact on parent technology use*. Paper presented at the Association of Internet Researchers, Montreal, Canada.
- Hessel, H., Bailey, M., & Ausherbauer, K.** (2018, May). *Integration of family services in the treatment of substance use disorders for emerging adult men*. Poster presented at the National Health Outreach Conference, Minneapolis, MN.
- Hessel, H., Holmgren, H., & Dworkin, J.** (2018, April). *The significance of parental outreach on emerging adults' well-being*. Poster presented at the Society for Research on Adolescence, Minneapolis, MN.
- Rudi, J., LeBouef, S., **Hessel, H.**, Brar, P., & Dworkin, J. (2018, April). *Trust versus control: Indian and U.S. youth keeping secrets online and offline*. Paper presented at the Society for Research on Adolescence, Minneapolis, MN.

- Hessel, H., & Dworkin, J.** (2017, November). *Different paths: Comparing college-going and noncollege youth*. Poster presented at the National Council on Family Relations, Orlando, FL.
- Hessel, H., & Dworkin, J.** (2017, November). *What do we know about noncollege youth? Exploring well-being, substance use, and family relationships*. Poster presented at the Society for the Study of Emerging Adulthood, Washington DC.
- Hessel, H., LeBouef, S., & Dworkin, J.** (2017, November). *Family identity and well-being in emerging adults*. Paper presented at the Society for the Study of Emerging Adulthood, Washington DC.
- LeBouef, S., **Hessel, H., & Dworkin, J.** (2017, November). *Sibling closeness and well-being in emerging adulthood*. Paper presented at the Society for the Study of Emerging Adulthood, Washington DC.
- Hessel, H., Hanson, S., & Danes, S.** (2017, April). *Balancing the family ledger: Using Contextual Family Therapy to explore intergenerational patterns in family businesses*. Poster presented at the Minnesota Association for Marriage and Family Therapy, Edina, MN.
- Hanson, S., **Hessel, H., & Danes, S.** (2017, January). *Sustaining family businesses: Access and use of family social capital through parent-child relationships*. Paper presented at the Family Entrepreneurship Paper Development Workshop, Audencia Business School, Nantes, France.
- Hessel, H., Dworkin, J., & Holth, A.** (2016, November). *The role of parental social support and self-efficacy in youth substance use*. Poster presented at the National Council on Family Relations, Minneapolis, MN.
- Dworkin, J., Holth, A., **Hessel, H., & Brar, P.** (2016, November). *Parenting and college student alcohol use during freshman year*. Paper presented at the National Council on Family Relations, Minneapolis, MN.
- Hessel, H. & Dworkin, J.** (2016, April). *Parental online and in-person monitoring: Relationships with child well-being*. Paper presented at the Society for Research on Adolescence, Baltimore, MD.
- Hessel, H. & Dworkin, J.** (2016, April). *Fathers' use of communication technology: Relationships with parental efficacy and adolescent outcomes*. Poster presented at the Society for Research on Adolescence, Baltimore, MD.
- Jang, J., Dworkin, J., & **Hessel, H.** (2016, April). *Youth internalizing/externalizing difficulties, parental online resource use, and parenting self-efficacy*. Poster presented at the Society for Research on Adolescence, Baltimore, MD.
- Hessel, H., He, Y., & Dworkin, J.** (2015, November). *Father-adolescent communication: Exploring online and in-person strategies*. Poster presented at the National Council on Family Relations, Vancouver, B.C.
- Jang, J., **Hessel, H., & Dworkin, J.** (2015, November). *Parents' frequent use of online resources and online bridging social capital*. Paper presented at the National Council on Family Relations, Vancouver, B.C.
- Crabtree, S. & **Hessel, H.** (2015, November). *Social media and professional ethics in clinical work*. Roundtable presented at the National Council on Family Relations, Vancouver, B.C.
- Hessel, H. & Renninger, S.** (2015, October). *At the intersection of social media and clinical work: Training students on appropriate use*. Poster presented at the Minnesota Association for Marriage and Family Therapy Fall Conference, Minneapolis, MN.
- Hessel, H. & Dworkin, J.** (2015, October). *Exploring online and in-person communication strategies between fathers and children*. Poster presented at the Society for the Study of Emerging Adulthood, Miami, FL.

- Dworkin, J., **Hessel, H.**, Brar, P., & Jang, J. (2015, October). *Parental oversight and social connectedness: Factors associated with emerging adult substance use*. Paper presented at the Society for the Study of Emerging Adulthood, Miami, FL.
- Hessel, H.**, Jang, J. & Dworkin, J. (2014, November). *Mothers' use of new media technologies for information seeking*. Paper presented at the National Council on Family Relations, Baltimore, MD.
- Burton-West, T., & **Hessel, H.** (2003, April). *Tools for Improving WebVoyage Usability: Search Log Analysis and Usability Testing*. Poster presented at the National EndUser Conference, Chicago, IL.

Invited Presentations

- Hessel, H.** (2026, April, expected). *Beyond chatbots: Training the next generation of therapists in an AI era*. Invited workshop for the Midwestern Psychological Association annual conference, Chicago, IL.
- Hessel, H.** (2025, February). *Evaluating the ethics of AI in clinical practice*. Guest lecturer for MFT 785 Research and Evidence-based Practice in MFT, Iona University, Bronxville, NY.
- Hessel, H.** (2023, September). *Intersections between artificial intelligence and therapy? Ethical concerns and potential opportunities*. Invited presentation for the Wisconsin Association for Marriage and Family Therapy conference, La Crosse, WI.
- Hessel, H.** (2018, April). *Integrating technology and clinical practice: Issues and Opportunities*. Guest lecturer for Technology in Parenting and Family Relationships, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2018, February). *Emerging adults' use of technology in the family context*. Guest lecturer for Technology in Parenting and Family Relationships, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2017, November). *21st century parenting: The role of technology in the parent-child relationship*. Guest lecturer for Parent Child Relationships, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, September). *Families communicating in an online world: Identifying the edge of knowledge*. Guest lecturer for Family Research Methods, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, April). *Ethical and legal issues in couple and family therapy*. Guest lecturer for Counseling Skills Practicum I, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, March). *Substance use disorders in families*. Guest lecturer for Family Psychology, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2016, January). *Emerging adult use of communication technology with family members: Identifying the edge of knowledge*. Guest lecturer for Family Research Methods, University of Minnesota, Minneapolis, MN.
- Hessel, H.** (2015, November). *Families and addiction*. Guest lecturer for Family Psychology, University of Minnesota, Minneapolis, MN.
- Renninger, S. & **Hessel, H.** (2014, March). *Ethics and social media*. Guest lecturer for Contemporary Ethical Issues, University of St. Thomas, Graduate School of Professional Psychology, Minneapolis, MN.
- Renninger, S. & **Hessel, H.** (2014, March). *Ethics and social media*. Guest lecturer for Ethics & Professional Issues, University of St. Thomas, Graduate School of Professional Psychology, Minneapolis, MN.

Community Presentations

- Bird, M. & **Hessel, H.** (2025, October). *Improving student belonging: Lessons learned from assessment using the PERTS Ascend framework*. Poster presented at the Wisconsin Health and Physical Education Convention, Wisconsin Dells, WI.
- Bird, M. & **Hessel, H.** (2025, May). *Improving student belonging: Lessons learned from assessment using the PERTS Ascend framework*. Poster presented at the University of Wisconsin-Stout Research Day, Menomonie, WI.
- Hamilton, K., **Hessel, H.**, Stanislawski, Bird, M. (2025, January). *TILting student success and instructors' satisfaction*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Hessel, H.** & Hynes, K. (2024, December). *Ethical considerations for the use of AI by therapists: Distinguishing between "should," "shouldn't," and "maybe."* Workshop presented at the Wisconsin Association for Marriage and Family Therapy annual conference.
- Hessel, H.** & Hynes, K. (2024, May). *Can it really do that? Artificial intelligence (AI) in the therapist's office*. Webinar presented for the Wisconsin Association for Marriage and Family Therapy Webinar Series.
- Tiala, S., **Hessel, H.**, & Marshall, E. (2024, January). *Success with SoTL (Scholarship of Teaching and Learning)*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Tiala, S., Becker, S., Haltinner, U., Hayes, N., **Hessel, H.**, Simoneau, M. (2024, January). *Mentor and Mentee: A Circular Approach to Mentoring*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Achter, J., Faith, C., Maves-Bates, J., & **Hessel, H.** (2022, August). *Supporting students' mental health in the classroom*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Faith, C. & **Hessel, H.** (2022, August). *Well-being at work*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Hessel, H.**, Hayes, N., & Spike, N. (2022, August). *"What I wish I had known"* Panel presentation for New Instructors' Workshop, University of Wisconsin-Stout, Menomonie, WI.
- Achter, J., Faith, C., Maves-Bates, J., & **Hessel, H.** (2022, January). *Supporting students' mental health in the classroom*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Faith, C. & **Hessel, H.** (2022, January). *Well-being at work*. Presentation for Professional Development Week, University of Wisconsin-Stout, Menomonie, WI.
- Hessel, H.** & Jenson, E. (2021, May). *Conducting online relational therapy: Challenges and opportunities with multi-participant sessions*. Workshop presented for the Minnesota Association for Marriage and Family Therapy Virtual Training Series.
- Hessel, H.** (2019, February). *Parenting in an online world: Using technology to build relationships, not conflict*. Presentation to clinical staff at Washburn Center for Children. Minneapolis, MN.
- Hessel, H.** & Bailey, M. (2019, June). *Using mindfulness and contemplative activities with clients: A hands-on workshop*. Workshop presented for the Minnesota Association for Marriage and Family Therapy Training Series. Minneapolis, MN.
- Hessel, H.** (2019, January). *Using mindfulness to increase well-being and effectiveness in the classroom and at home*. Presentation as part of the White Bear Lake Area Schools Staff and Community Mental Well-Being Series. White Bear Lake, MN.

- Hessel, H., Jordan, E., & Halper, D.** (2016, November). *Providing online therapy: Requirements, strategies, and competencies for MFTs*. Workshop presented at the Minnesota Association for Marriage and Family Therapy. Brooklyn Center, MN.
- Hessel, H.** (2016, April). *Incorporating mindfulness into clinical work*. Presentation to clinical therapists at The Family Partnership. Minneapolis, MN
- Hessel, H. & Crabtree, S.** (2015, April). *Social media and professional ethics in clinical work*. Workshop presented for the Minnesota Association for Marriage and Family Therapy. St. Cloud, MN.

Technical Presentations

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

Media Coverage

- Interviewee.** Graham, J. (2025, October 31). *We're not really strangers: A case for knowing your cousins*. Deseret News. <https://www.deseret.com/magazine/2025/10/31/why-cousins-matter-more-than-we-realize/>
- Interviewee.** Richter, H. (2025, August 23). *'It saved my life': The people turning to AI for therapy*. Reuters. <https://www.reuters.com/lifestyle/it-saved-my-life-people-turning-ai-therapy-2025-08-23/>
- Interviewee.** Cleaver, J. (2025, July 3). *Connecting with my cousins*. Next Avenue. <https://www.nextavenue.org/connecting-with-my-cousins/>
- Featured.** Krumme, M. (2025, February 10). *More than therapy chatbots: How else is AI incorporated into mental health care?* Wisconsin Public Radio. <https://www.wpr.org/news/how-ai-incorporated-into-mental-health-care>
- Interviewee.** Wisconsin Public Radio. (2025, February). *Wisconsin innovating in AI and mental health care* [Radio broadcast]. *Wisconsin Today*. <https://www.wpr.org/shows/wisconsin-today-2/aviation-updates-using-ai-in-mental-health-care-funding-wisconsins-first-buc-ees>
- Featured.** Leader-Telegram. (2024, December). *Stout professor receives award recognizing work, discussion on AI's role in therapy*. https://www.leadertelegram.com/news/local/stout-professor-receives-award-recognizing-work-discussion-on-ais-role-in-therapy/article_15561c94-c203-11ef-a440-cbeafa79b6b0.html
- Featured.** Goers, A. (2024, December 16). *UW-Stout marriage and family therapy professor awarded for advancing AI integration with therapy*. University of Wisconsin-Stout Campus Connections. <https://www.uwstout.edu/about-us/news-center/marriage-and-family-therapy-professor-awarded-advancing-ai-integration-therapy>
- Interviewee.** Psychotherapy Networker. (2024, February). *Live with Psychotherapy Networker: Using AI to be better therapists* [Video]. YouTube. <https://www.youtube.com/watch?v=856mkgTBK7Q>

OTHER PROFESSIONAL EXPERIENCE

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

PROFESSIONAL DEVELOPMENT

Innovations in Mental Health conference (PrairieCare / Newport Healthcare)	2025
Teaching with Artificial Intelligence (EDUCAUSE certificate)	2025
Psychopharmacology for Mental Health Professionals	2024
UW Office of Professional & Instructional Development Faculty College	2024
Transparency in Teaching & Learning (TILT) Workshop	2024
AAMFT Supervisor Refresher Course	2023
Mentoring Professional Development Workshop	2023
The Modern Supervisor: Nurturing the Future of Our Field	2022
Mentoring for Online Instructors Sharing Community	2021-2022
Supervision with Intentionality	2021
Building Healthy Therapeutic Relationships	2021
UW-Stout LGBTQIA+ Program Office Safe Space Training	2021
Intercultural Development Inventory	2021
UW-Stout First Year Instructor Program Series	2020-2021
Demystifying OCD	2020
Accelerated Resolution Therapy Basic Training	2019
Somatic Experiencing Professional Training, Beginning 1	2019
Enhancing Cultural Competencies with Attunement and Humility	2018
Use of Intuition in Therapy: A Holistic Approach to Use of Self	2018
Changing the ADHD Brain: Moving Beyond Medication	2018
Latent Class Analysis & Finite Mixture Modeling Stats Camp Training Institute	2017
Moral Reconnection Therapy certification from Correctional Counseling, Inc.	2017
Emotionally Focused Therapy Training (4-day externship)	2016
University of Minnesota Institute of Child Development Stats Camp	2016
When One Says "I'm Done" & the Other Says "Let's Try": Discernment Counseling	2015

Gottman Couple Therapy Level 1	2015
Prepare/Enrich certification from Life Innovations, Inc.	2013
Family-Based Treatment for Adolescents with Anorexia Nervosa	2013
ADHD Through the Lifespan	2013

PROFESSIONAL MEMBERSHIPS

Wisconsin Association for Marriage and Family Therapy	2024-present
Society for Research on Adolescence	2015-present
Society for the Study of Emerging Adulthood	2015-present
National Council on Family Relations	2014-present
American Association for Marriage and Family Therapy	2013-present
Minnesota Association for Marriage and Family Therapy	2013-present

PROFESSIONAL SERVICE

Service to the Discipline

Editorial Boards

Editorial Board Member, <i>Journal of Marital and Family Therapy</i>	2021-present
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Ad-Hoc Review

<i>BMC Psychiatry</i>	2025-present
<i>Marriage & Family Review</i>	2024-present
<i>Canadian Journal of Community Mental Health</i>	2024-present
<i>Computers in Human Behavior</i>	2023-present
<i>Journal of Adult Development</i>	2023-present
<i>Family Relations</i>	2023-present
<i>The Social Science Journal</i>	2023-present
<i>Sexual and Relationship Therapy</i>	2021-present
<i>Child and Youth Services Review</i>	2020-present
<i>Current Psychology</i>	2017-present
<i>Journal of Marital and Family Therapy</i>	2018-2021
<i>Journal of Child and Family Studies</i>	2017-present
<i>Journal of Adolescence</i>	2016-present

Book Review

Springer Publishing	2024
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Professional Organization Reviewer

National Council on Family Relations, CV and Resume Reviewer	2024
National Council on Family Relations, Theory Construction & Research Workshop	2023-2024
National Council on Family Relations, Annual Conference	2015-2025
Society for Research on Adolescence, Conference	2015 (mentored), 2019 (mentor), 2022
American Association for Marriage & Family Therapy, Conference	2020

Professional Committee Memberships

Treasurer, Wisconsin Association for Marriage & Family Therapy	2024-present
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Advisory Committee Member, Qualified Treatment Trainees Grants Program	2022-present
Facilitator, National Council on Family Relations Conference Meditation	2015-2018, 2022, 2024
Member, National Council on Family Relations Local Events Committee	2022
Emerging Scholar Representative, Society for Research on Adolescence Finance Committee	2018-2022
Board Member and Treasurer, American Society for Information Science & Technology, Minnesota Chapter	2008-2013
Chair, Aleph Reporting Center Special Interest Group, Ex Libris Users Group of North America	2008-2010
Chapter of the Year Jury Member, American Society for Information Science & Technology	2007
Advisory Council Member, American Society for Information Science & Technology, Los Angeles Chapter	2001-2004
Student Representative, American Society for Information Science & Technology, Los Angeles Chapter	1999-2001

Service to the University, College, & Department

University of Wisconsin-Stout

Member, CRHS Personnel Committee	2025-present
Member, Transparency in Learning & Teaching (TILT) Initiative	2024-present
Member, Project for Education Research That Scales (PERTS) Initiative	2023-2024
Member, Planning and Review Committee	2023-present
Chair, HDFS Program Progress Review Committee	2023-present
Member, Mentoring Community of Practice	2022-2024
Program Director, M.S. Marriage and Family Therapy	2021-2023
Member, Positive Action, Ethics and Competition Review Committee	2021-2023
Member, Department Search Committee	2021-2023

McNair Scholar Advisor

Cara Jenquin	2025-present
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St. Mary's University of Minnesota

Graduate Advisor	
Nandini Schneider MA	2024
Andrew Little MA	2022
Graduate Committee Member	
Lora Strey MA	2019

University of Minnesota

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

Service to the Public

Mounds View School District

Curriculum Advisory Committee Member

2020-2025