# Education

2015-Present **Doctor of Philosophy, University of California, Los Angeles**

Expected 2021

Major: Clinical Psychology

Minor: Quantitative Psychology

Chair: Dr. Thomas Bradbury, Ph.D.

Dissertation: *Refining understanding of marital communication among low-income, ethnically diverse newlyweds*

2015-2016 **Master of Psychology, University of California, Los Angeles**

Awarded December 2016

Major: Clinical Psychology

Advisors: Dr. Thomas Bradbury, Ph.D., Dr. Andrew Christensen, Ph.D.

Master’s Thesis: *The longitudinal effects of demand-withdraw in predicting relationship outcomes for low-income couples*

2011-2015  **Bachelor of Science, Carnegie Mellon University**

Awarded May 2011

Major: Psychology, with Honors

Advisor: Brooke Feeney, Ph.D.

Honors Thesis: *The role of power in conflict in adult close relationships*

# Fellowships & Grants

2019-2020UCLA Dissertation Year Fellowship ($20,000)

2016UCLA Graduate Summer Research Mentorship ($6,000)

2015-2016UCLA University Fellowship ($21,000)

2014Carnegie Mellon UniversityDietrich College Summer Honors Fellowship ($4,000)

2012 Carnegie Mellon University Undergraduate Research Grant: Play in adult close relationships ($1,000)

# Publications

Hammett, J. F., **Ross, J. M.**, Karney, B. R., & Bradbury, T. N. (under review). Cumulative risk and intimate partner violence. *Psychology of Violence.*

**Ross, J.M.,** Nguyen, T.P., Karney, B.R., & Bradbury, T.N (2019). Intimacy. In *Macmillan Encyclopedia of Families, Marriages, and Intimate Relationships*. (Vol. 2, pp. 480-485). Detroit, MI: Gale.

**Ross, J.M.,** Karney, B.R., Nguyen, T.P., & Bradbury, T.N. (2019). Communication that is maladaptive for middle-class couples is adaptive for socioeconomically disadvantaged Couples. *Journal of Personality and Social Psychology, 116(4),* 582*.*

Williamson, H.C., Hammett, J.F., **Ross, J.M.**, & Bradbury, T.N. (2018). Premarital Education and Later Relationship Help-Seeking. *Journal of Family Psychology, 32*(2), 276*.*

**Ross, J.M.,** Girard, J.M., Wright, A.G.C., Scott, L.N., Beeney, J.E., Hallquist, M.N., Lazarus, S.A., Stepp, S.D., & Pilkonis, P.A. (2017). Momentary patterns of covariation between specific affects and interpersonal behavior: linking relationship science and personality assessment. *Psychological Assessment, 29*(2), 123*.*

**Conference Presentations**

**Ross, J.M.,** Karney, B.R., Nguyen, T.P., & Bradbury, T.N. (May, 2018). *Communication that is Maladaptive for Middle-Class Couples is Adaptive for Lower-Income Couples*. Paper presented as part of the symposium *Understanding Couple Communication in Context of Vulnerabilities and Stressors*, **J.M. Ross** (chair), at the 30th annual meeting of the Association for Psychological Science, San Francisco, CA.

**Ross, J.M.,** Girard, J.M., Wright, A.G.C., Scott, L.N., Beeney, J.E., Hallquist, M.N., Lazarus, S.A., Stepp, S.D., & Pilkonis, P.A. (July, 2017). *Momentary patterns of covariation between specific affects and interpersonal behavior: linking relationship science and personality assessment*. Paper presented at the 20th annual meeting of the Society for Interpersonal Theory and Research, Pittsburgh, PA.

**Ross, J.M.**, Karney, B.R., & Bradbury, T.N. (October, 2016). *Inequity of Social Support and Relationship Outcomes: A Longitudinal Study.* Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

**Ross, J.M.**, Karney, B.R., & Bradbury, T.N. (May, 2016). *Stress, Satisfaction, and Couple Communication as Predictors of Relationship Outcomes.* Poster presented at the 28th annual meeting of the Association for Psychological Science, Chicago, IL.

Wright, A.G.C., **Ross, J.M**., Girard, J.M., Scott, L.N., Beeney, J.E., Hallquist, M.N., Stepp, S.D., & Pilkonis, P.A. (October, 2015). *Personality pathology and momentary interpersonal behavior during conflict resolution*. Paper presented as part of the symposium *Interpersonal processes in personality disorders: From the person to the network*, A.G.C. Wright (chair), at the 29th annual meeting of the Society for Research in Psychopathology, New Orleans, LA.

# Research Experience

2015- Present  **UCLA Marriage Lab**

*Graduate Student*

Investigate changes in intimate relationships over time, challenges faced by couples with social and economic adversity, and the effectiveness of relationship interventions, with a particular focus on couples communication. Collaborate with peers and work independently on research projects. Participate in writing and editing of presentations and manuscripts. Contribute to NICHD and NIA grant proposals for observational studies of low-income couples.

Supervisors: Dr. Thomas Bradbury, Ph.D., and Dr. Benjamin Karney, Ph.D.

2014-2015 **Personality Processes and Outcomes Laboratory, Department of Psychology, University of Pittsburgh: Social Processes in Romantic Couples with Personality Disorders**

*Research Assistant*

Performed observational coding of moment-to-moment interpersonal processes during conflict interactions, using a novel observational coding system based on the interpersonal circumplex. Conducted literature reviews of Borderline Personality Disorder and Interpersonal Theory. Collaborated with peers on research projects. Participated in writing and editing of presentations and manuscripts.

Supervisor: Dr. Aidan Wright, Ph.D.

2012- 2015 **Carnegie Mellon University Relationships Laboratory**

*Research Assistant*

Completed data entry for a large NIH-funded study: Aging and Relationships Study. Earned undergraduate research grant for a study investigating play in adult close relationships, and conducted observational coding of couple participants’ behaviors during play interactions and conflict interactions. Coordinated recruitment, collection of data, and payment of participants. Designed original project studying associations between power and conflict in romantic relationships, and earned $1000 undergraduate research grant to compensate couple participants in this study. Developed a novel observational coding system of behaviors for conflict discussion as well as a questionnaire assessing perceived relationship power. Trained research staff on coding system and study protocol. Supervised and managed undergraduate research assistants. Conducted data entry and analysis using SPSS. Participated in writing and editing of presentations and manuscripts.

Supervisor: Dr. Brooke Feeney, Ph.D.

2013-2014 **Special Services Unit- Western Psychiatric Institute and Clinic (UPMC)**

*Student Extern*

Contributed to development of treatment manual for evidence-based treatment: Adult Family Cognitive Behavior Therapy (AF-CBT) as part of the program devoted to the development and dissemination of evidence-based practices for children and adolescents served in diverse community settings such as juvenile justice, child welfare, and mental health. Conducted literature reviews for AF-CBT.

Supervisor: Dr. David Kolko, Ph.D.

**Teaching and Mentoring Experience**

2019 **Dialectical Behavior Therapy Skills Training at *UCLA Depression Grand Challenge***

*Instructor*

Co-led a 6-hour intensive workshop for doctoral students in clinical psychology on conducting DBT with high-risk, suicidal, and multidiagnostic clients treated in an interdisciplinary mental health clinic.

2018- Present  **UCLA Marriage Lab *University of California, Los Angeles***

*Graduate Student Project Leader/Advisor*

Manage a team of 12 undergraduate research assistants. Conduct quarterly all-day trainings on a novel observational coding system and weekly hour-long meetings with didactics and video review. Hold monthly professional development seminars with discussions on relevant research papers or slides on a professional development topic elected by the group. Mentor students on honors and masters theses. Meet with RA's individually to provide coaching for CV development and interview skills. Mentor students through the process of progressing to post-bacc research positions in academic/medical settings.

Professor: Dr. Thomas Bradbury, Ph.D., Dr. Benjamin Karney, Ph.D.

2017 **Psychology Research Methods at *University of California, Los Angeles***

*Instructor*

Presented course material in two weekly lectures each week*.* Graded writing assignments.Held weekly office hours.

Professor: Dr. Amber Ankowski, Ph.D.

2017 **Conflict and Communication in Intimate Relationships at *University of California, Los Angeles***

*Guest Lecturer*

Presented guest lecture on stress and communication in intimate relationships.

Professor: Dr. Neil Malamuth, Ph.D.

2017  **Intimate Relationships at *University of California, Los Angeles***

*Teaching Assistant*

Managed course website*.* Graded examinations and writing assignments.Held weekly office hours.Conducted exam review sessions.

Professor: Dr. Thomas Bradbury, Ph.D.

2016  **Psychological Statistics at *University of California, Los Angeles***

*Teaching Assistant*

Managed course website. Graded examinations. Held weekly office hours. Presented one lecture and facilitated class discussions.

Professor: Dr. Craig Enders, Ph.D.

2014-2015  **Abnormal Psychology at *Carnegie Mellon University***

*Teaching Assistant*

Graded assignments and examinations. Held weekly office hours. Presented one lecture and facilitated class discussions.

Professor: Dr. Kasey Creswell, Ph.D.

2014 **Principles of Child Development at *Carnegie Mellon University***

*Teaching Assistant*

Graded assignments and examinations.

Professor: Dr. David Rakison, Ph.D.

# Clinical Experience

**UCLA Depression Grand Challenge**

2017- Present *Psychological Practicum Student*

* Conduct weekly psychotherapy sessions with university students with severe mood, anxiety, and trauma disorders and suicidality in the Innovative Treatment Network Clinic, using Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Dialectical Behavior Therapy (DBT) skills.
* Conduct suicide risk assessments and implement crisis interventions for participants endorsing suicidality on self-report measures administered throughout the study.
* Administer Structured Clinical Interviews for DSM-5 (SCID-5) to determine eligibility for participants in the studies that comprise UCLA’s campus-wide initiative to identify genetic, biological, cognitive, social, and environmental factors associated with depression and to implement an innovative and comprehensive treatment strategy.

Principle Investigator: Dr. Michelle G. Craske, Ph.D.

Supervisor: Dr. Kate Taylor, Ph.D.

2018- 2019 **UCLA Integrated Substance Abuse Program**

*Graduate Student Therapist*

* Delivered a manualized treatment protocol for Affect Management Training for Cannabis Use Disorder to young adults with comorbid cannabis use disorder and anxiety/mood disorders. Treatment included motivational interviewing, self-monitoring, mindfulness, cognitive reappraisal, problem-solving, and exposure.

Principle Investigator & Supervisor: Dr. Kate Taylor, Ph.D.

**UCLA Psychology Clinic**

2018- Present *Adult DBT Therapist*

* Deliver Dialectical Behavior Therapy (DBT), as part of an adherent treatment team, to adult clients diagnosed with Borderline Personality Disorder in a low-cost community clinic. Conduct individual weekly therapy sessions augmented by phone coaching sessions as needed.

Supervisor: Dr. Rachel Higier, Ph.D.

2016-2019 *Neuropsychological Assessor*

* Conducted neuropsychological assessments and wrote full neuropsychological reports for adults and children with learning, memory, and mental health difficulties.

Supervisors: Dr. Robert Kern, Ph.D., Dr. Philip Sayegh, Ph.D., M.P.H.

2017 *DBT Group Co-leader*

* Co-led DBT skills group for the treatment of clients with Borderline Personality Disorder.

Supervisor: Dr. Rachel Higier, Ph.D.

2016-2017 *CBT Therapist*

* Integrated techniques from evidence-based cognitive-behavioral therapy (CBT) and psychodynamic therapy for the treatment of anxiety, depression, and relationship problems with adult clients.

Supervisor: Dr. Laurie Astor-Dubin, Ph.D.

2016- 2017 *Couples Therapist*

* Conducted evidence-based Integrative Behavioral Couples Therapy for the treatment of relationship problems with adult couples.

Supervisor: Dr. Andrew Christensen, Ph.D.

2016- 2017 *Child Therapist*

* Trained in Managing and Adapting Practices (MAP) system. Conducted weekly individual and parent therapy sessions with child client using diverse evidence-based practices, including cognitive behavioral therapy and parent training.

Supervisor: Dr. Bruce Chorpita, Ph.D.

2016- 2017 *Intake Interviewer*

* Conducted individual diagnostic interviews for individuals ages 18 and above seeking services at a low-cost community mental health center. Adhered to ethical and legal guidelines, including making mandated reports of child abuse as necessary.

Supervisor: Dr. Danielle Keenan-Miller, Ph.D.

2017- 2018 **West Los Angeles VA Healthcare Center**

*Community Living Center (CLC)*

* Conducted brief individual psychotherapy for Veterans residing in the CLC, coping with comorbid psychopathology and health issues. Delivered cognitive behavioral and reminiscent therapies for anxiety, depression, chronic pain, and terminal illness.
* Led weekly Mindfulness groups for Veterans.
* Led weekly Emotion Regulation skills group for Veterans.
* Conducted brief neurocognitive and mood assessments to determine functioning and inform medical treatment planning for Veterans.
* Presented psychological assessment results, diagnoses, and treatment plans for Veterans in weekly interdisciplinary team meetings

Supervisors: Dr. Paul Cernin, Ph.D., Dr. Meghan Taylor-Ford, Ph.D

*Mental Health Clinic*

* + - Delivered cognitive behavioral interventions to Veterans with anxiety, depression, and PTSD.
    - Co-led weekly CBT group for depression management.
    - Conducted neuropsychological and personality assessments and prepared integrative reports for adults with attention deficits, personality pathology, and thought disorders.

Supervisor: Dr. Sara Jarvis, Ph.D.

# Clinical Supervision Experience

2019 - Present **Psychotherapy Supervisor**

*UCLA Depression Grand Challenge*

* Provide individual weekly supervision to a doctoral student in clinical psychology providing therapy to university students with severe mood and anxiety disorders and/or suicidality in the Innovative Treatment Network Clinic, using cognitive behavioral strategies integrating acceptance and mindfulness practices.

Supervisor: Dr. Kate Taylor, Ph.D.

2019 **Psychotherapy** **Intake Team Supervisor**

*UCLA Psychology Clinic*

* Supervised graduate students conducting individual diagnostic interviews for individuals age 18 and above seeking services at a low-cost community mental health center.
* Supervisor: Dr. Danielle Keenan-Miller, Ph.D.

2019 **Clinical Assessment/Research Supervisor**

*UCLA Department of Psychiatry and Biobehavioral Sciences*

* Supervised undergraduate student conducting structured diagnostic interviews using the Mini International Neuropsychiatric Interview (MINI) for individuals age 18 and above participating in a clinical pilot study testing the efficacy of a self-directed rumination-focused intervention for depression.
* Supervised undergraduate conducting suicide risk assessments and developing safety plans for suicidal study participants.
* Facilitated student with study manuscript preparation.
* Principle Investigator & Supervisor: Dr. Kate Taylor, Ph.D.