

RI APTA Annual Meeting

11/10/2022

Speaker

**Title of talk:**

Achieving Compassion Satisfaction in Health Professions: Tackling Burnout, Compassion Fatigue, and Secondary Trauma

JESSICA D. CLESS, PhD, LMFT

Dr. Jessica Cless is an Assistant Professor in the Couple and Family Therapy Program with the Department of Human Development and Family Science at the University of Rhode Island.

Dr. Cless received her Bachelor of Science in Family Studies and Human Services as well as a Master of Science and Doctor of Philosophy in Couple and Family Therapy, all from Kansas State University. Dr. Cless specializes in the treatment of complex traumatic stress working and primarily works with women and children. As a researcher, she is interested in the development of trauma-informed systems including trauma-informed pedagogy as well as the impact of exercise behaviors on recovery from traumatic experiences and the overlap of physical and mental health symptoms. Outside of work, she enjoys spending time with her family and her dogs, reading, going to cycling classes, and hiking.

