

# Curriculum Vitae

## Benjamin D. Jeppsen

### Personal Information

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Associate Professor of Psychology  
Department of Psychology  
Augustana University  
2001 S. Summit Ave.  
Sioux Falls, SD, 57197

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### Educational Information

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**Doctor of Philosophy, Counseling Psychology** August 2015  
University of Louisville, Louisville, Kentucky  
Dissertation title: *Relational Processes in Prayer: A Reflection of the Effects of Culture on Religious Experience*  
Chair: Dr. Mark M. Leach  
Comprehensive examinations passed with honors

**Master of Education, Counseling Psychology** August 2012  
University of Louisville, Louisville, Kentucky

**Bachelor of Science, Psychology** December 2007  
Brigham Young University  
Minor: Statistics  
Minor: Logic

### Research Publications

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#### Journal Articles

- Pössel, P., Bjerg, A., Winkeljohn Black, S., & **Jeppsen, B.**, (2018). Does rumination mediate the association of private prayer with depression? A cross-sectional study. *Psychological Studies*, 63(4), 1-12.
- Winkeljohn Black, S., Pössel, P., Rosmarin, D., Tariq, A., & **Jeppsen, B.** (2017). Prayer type, disclosure, and mental health across religious groups. *Counseling and Values*, 62, 216-234.
- Jeppsen, B.**, Pössel, P., Winkeljohn Black, S., Bjerg, A., & Wooldridge, D. (2015). Closeness and control: exploring the relationship between prayer and mental health. *Counseling and Values*, 60, 164-182.
- Winkeljohn Black, S. W., Pössel, P., & **Jeppsen, B.**, Tariq, A., & Rosmarin, D. (2015) Poloma and Pendleton's (1989) prayer types scale in Christian, Jewish, and Muslim praying adults: one scale or a family of scales? *Psychology of Religion and Spirituality*, 7(3), 205-216.
- Winkeljohn Black, S. W., Pössel, P., **Jeppsen, B. D.**, Bjerg, A. C., & Wooldridge, D. T. (2015). Disclosure during private prayer as a mediator between prayer type and mental health in an adult Christian sample. *Journal of religion and health*, 54(2), 540-553.
- Richardson, G., Hardesty, P. & **Jeppsen, B.** (2015). Family idealization explains the effect between family religiousness and youth psychological functioning. *Journal of Child and Family Studies*, 24(5), 1243-1255.
- Pössel, P., Winkeljohn Black, S., Bjerg, A., **Jeppsen, B.**, & Wooldridge, D. (2014). Do trust-based beliefs mediate the associations of frequency of prayer with mental health and well-being? *Journal of Religion and Health*, 52(3), 904-916.

## Book Chapters

Leach, M.M., **Jeppsen, B.**, & Discont, S.D. (2012). The search for common standards: A case of research standards. In M.M. Leach, M.J. Stevens, A. Ferrero, Y. Korkut, & G. Lindsay (Eds.), *Oxford handbook of international psychological ethics*. Oxford University Press.

## Manuscripts in Review & Revision

**Jeppsen, B.**, Pössel, P., Winklejohn Black, S., Tariq, A. & Rosmarin, D. (in review) *Does closeness to God mediate the relationship between prayer and mental health in Christian, Jewish, and Muslim samples?* Augustana University, Sioux Falls, SD.

Sell, A., **Jeppsen, B.**, Pössel, P., & Winklejohn Black, S. (in revision) *Prayer Experience Moderates the Relationship between Private Prayer and Rumination*. Augustana University, Sioux Falls, SD.

## Professional Presentations

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### Oral Presentations

**Jeppsen, B.**, Pössel, P., Winklejohn Black, S., (2019). *Prayer and Closeness to God in Three Different Religious Samples*. Presentation at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

**Jeppsen, B.**, Pössel, P., Bjerg, A., Winklejohn Black, S., & Wooldridge, D. (2012). *The Power of Prayer: Forming Divine Relationships*. Presentation at the Annual American Psychological Association National Convention, Orlando, FL.

Winklejohn Black, S., Pössel, P., **Jeppsen, B.**, Bjerg, A. & Wooldridge, D. (2012). *The Relationship Between Prayer Type and Psychological Well-Being, As Mediated By Distress Disclosure*. Presentation at the Annual American Psychological Association National Convention, Orlando, FL.

Pössel, P., Winklejohn Black, S., Bjerg, A., **Jeppsen, B.**, & Wooldridge, D. (2012). *Do Trust Beliefs Mediate the Associations of Frequency of Prayer with Mental Health and Well-Being?* Presentation at the Annual American Psychological Association National Convention, Orlando, FL.

Bjerg, A., Pössel, P., Winklejohn Black, S., **Jeppsen, B.**, & Wooldridge, D. (2012). *Response Styles, Depression, and Prayer: Exploring the Mediating Effects*. Presentation at the Annual American Psychological Association National Convention, Orlando, FL.

Sandhu, D. & **Jeppsen, B.** (2012). *The Internationalization of Counseling*. Presentation at the Kentucky Counseling Association Conference, Louisville, KY.

Bowman, R.C., Smith, T.B., Hamm, S., **Jeppsen, B.**, & Duke, A. (2008). *The Effects of Client-Therapist Racial Matching: A Meta-Analytic Review of Empirical Research*. Presentation at the Rocky Mountain Psychological Association Convention, Boise, ID

Hamm, S., Smith, T.B., **Jeppsen, B.**, Duke, A., Medina, E., & Cooper, H. (2008). *Retention of Clients of Color in Psychotherapy: A Comparative Analysis*. Presentation at the Rocky Mountain Psychological Association Convention, Boise, ID

Duke, A., Smith, T.B., Hamm, S., **Jeppsen, B.**, & Medina, E. (2008). *Multicultural Competence and Its Association with Client Variables and Outcomes in Psychotherapy*. Presentation at the Rocky Mountain Psychological Association Convention, Boise, ID

## Poster Presentations

Nold, H. & **Jeppsen, B.** (2021, April). *Perceptions of University Mental Health Resources*. Virtual poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Alexander, O., Pössel, P. & Winklejohn Black, S., & **Jeppsen, B.** (2021, March). *The Impact of Gender and Prayer Frequency on Mental Health*. Poster session presented at the University of Louisville College of Education and Human Development Spring Research Conference, Louisville, KY.

Masterson, K., Oberg, M., Grace, P., Nicholson, M., Nold, H., Mettler, S., Demissie, C., Olson, A., & **Jeppsen, B.** (2020, April) *Mental Health Self-Efficacy in One's Perceived Relationship to God*. Poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Nold, H., Mettler, S., Oberg, M., Grace, P., Nicholson, M., Olson, A., Masterson, K., Demissie, C., & **Jeppsen, B.** (2020, April) *Measuring Closeness in One's Perceived Relationship to God*. Poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Norris, S., **Jeppsen, B.**, Pössel, P. & Winklejohn Black, S., (2018, April) *Impact of Stress on Relationship to God and Mental Health*. Poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Rust, N., Wisner, R., Jones, P., **Jeppsen, B.**, Pössel, P. & Winklejohn Black, S., (2018, April) *Prayer and Mental Health in Christian, Jewish, and Muslim Samples*. Poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Steffen, M., **Jeppsen, B.**, Farnum, C., Sell, A., Pössel, P. & Winklejohn Black, S., (2017, April) *Divine Support not Religious Support: Faith Maturity and Mental Health*. Poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Farnum, C., **Jeppsen, B.**, Sell, A., Steffen, M., Winklejohn Black, S., & Pössel, P. (2017, April) *Closeness to God and the Effectiveness of Self-Disclosure*. Poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Sell, A., **Jeppsen, B.**, Steffen, M., Farnum, C., Pössel, P., & Winklejohn Black, S. (2017, April) *Prayer Experience Moderates the Relationship between Private Prayer and Rumination*. Poster session presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Hardesty, P. H., Discont, S., Ferris, L. A., Greenwell, W. L., & **Jeppsen, B. D.** (2010). *Who are the Directors of Campus Career Services?* Poster presented at the Annual American Psychological Association National Convention, San Diego, CA.

## Panel Presentations

**Jeppsen, B.** (2019, September). *Batman's Oath: The Applied Psychology of the Dark Knight*. Presentation given at FanX Comic Convention, Salt Lake City, UT.

**Jeppsen, B.**, & Johns, D. (2020, September) *Batman's Social Support Team*. Presentation to be given at FanX Comic Convention, Salt Lake City, UT. (Cancelled due to COVID-19 Pandemic)

**Jeppsen, B.**, & Johns, S. (2021, September) *Batman's Place in the Justice League: Dealing With Impostor Syndrome*. Presentation given at FanX Comic Convention, Salt Lake City, UT.

## Manuscript Review

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### Ad hoc Reviewer

Psychology of Religion and Spirituality

## Teaching Experience

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<b>Associate Professor</b> Aug 2021 – Present	PSYC 210 Lifespan Human Development PSYC 232 Abnormal Psychology	Aug 2015 - Present
<b>Assistant Professor</b> Aug 2015 – July 2021 Augustana University	PSYC 235 Introduction to Counseling and Psychotherapy PSYC 270 Statistics (cross-listed ECON 270) PSYC 305 Psychology and Christianity PSYC 305 Psychology and Religion (revised course 2020) PSYC 307 Sport Psychology PSYC 335 Helping Skills PSYC 391 Practicum in Psychology -Practicum Coordinator SAL 645 Applied Sport Psychology FYS 111 First Year Seminar – Applied Batman Psychology	
<b>Adjunct Lecturer</b> University of Louisville	ECPY 507/607 Learning Theory and Human Growth and Development ECPY 540 Evaluation and Measurement in Education	Aug 2013 – Apr 2014
<b>Graduate Instructor</b> Teaching Assistantship University of Louisville	ECPY 507/607 Learning Theory and Human Growth and Development EDTP 107 Human Development and Learning	Aug 2011-May 2013
<b>Graduate Teaching Assistant</b> University of Louisville	ECPY 765 Hierarchical Linear Modeling	Jan 2013 – May 2013 Instructor: Dr. Jill Adelson

## Clinical Experience

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**Examination for Professional Practice in Psychology: Passed – Doctoral Level** (October 10, 2013)

**Licensed Psychological Associate in Kentucky** Oct 2013 - Oct 2016

**Doctoral Psychology Intern** University of Tennessee Student Counseling Center Knoxville, TN Aug 2014 – Aug 2015

Provided Cognitive-Interpersonal Therapy  
Maintained a caseload of 15-20 clients (college students attending University of Tennessee) with a variety of mood, anxiety, and behavioral disorders.  
Conducted walk-in triage assessments and make appropriate referrals  
Co-led interpersonal process group for graduate students  
Perform outreach programming to classes and organizations  
Provide individual clinical supervision for practicum trainees

**Stress Management Clinic Coordinator** University of Tennessee Student Counseling Center Knoxville, TN Dec 2015 – Aug 2015

Trained and supervised practicum students in leading stress management workshop  
Coordinated self-care initiatives for counseling center staff  
Planned and scheduled workshop times and leaders  
Prepared and maintained workshop materials

<b>Therapist</b>	<u>Associates in Counseling and Psychotherapy</u> New Albany, IN	May 2013 – July 2014
	<p>Provided Cognitive-Interpersonal Therapy  Maintained a caseload of 15-20 clients (children, adolescent and adult) from diverse backgrounds with a variety of mood, anxiety, and behavioral disorders.  Conducted intake interviews and clinical assessment interviews  Conducted psychological assessments using cognitive, personality and symptom inventories  Collaborate and coordinate care with agency staff</p>	
<b>Clinical Supervisor</b>	<u>University of Louisville – Counseling Psychology Program</u> Louisville, KY	Summer 2012, Spring 2013
	<p>As part of coursework, provided clinical supervision for masters-level practicum students across two semesters.  Used formal assessment to track therapist improvement  Evaluated taped sessions of therapist both individually and with the therapists</p>	
<b>Counseling Intern</b>	<u>Spalding University Counseling Center</u> Louisville, KY	Aug 2012 – May 2013
	<p>Provided individual counseling utilizing cognitive-behavioral, interpersonal, and psychodynamic techniques  Maintained a caseload of 6-8 adult students living on and off campus from diverse backgrounds with a variety of mood, anxiety and personality disorders  Conducted intake interviews and clinical assessment interviews  Referred students to appropriate university and community resources  Performed outreach programming to classes and organizations</p>	
<b>Counseling Intern</b>	<u>Indiana University-Southeast, Personal Counseling Center</u> New Albany, IN	Aug 2011 – Aug 2012 Supervisor: Dr. Day
	<p>Provided individual counseling utilizing cognitive-behavioral, interpersonal, and psychodynamic techniques  Maintained a caseload of 5-7 adult students living on and off campus with a variety of mood, anxiety and personality disorders  Administered psychodiagnostic assessment and interpretation  Conducted intake interviews and clinical assessment interviews  Co-led a group using Dialectical Behavioral Therapy for students dealing with anxiety  Co-led a psychoeducational/support group for students struggling with test anxiety  Referred students to appropriate university and community resources  Performed outreach programming to classes and organizations</p>	
<b>Assessment Intern</b>	<u>Louisville Veterans Affairs Hospital, Neuropsychology</u> Louisville, KY	May 2011 – Aug 2011 Supervisor: Dr. Bennett
	<p>Conducted neuropsychological assessment batteries to veterans at the Louisville VA.  Became proficient at independently administering a wide variety of neuropsychological, cognitive, and personality assessments  Participated in the selection, administration, and scoring of psychological assessments  Completed four integrated psychological reports</p>	

Discussed cases with VA staff, and made clinical recommendations

**Counseling Intern**      Fort Knox Department of Behavioral Health      May 2010-April 2011  
Fort Knox, KY      Supervisor: Dr. Thomas

Provided individual psychotherapy with currently enlisted soldiers of the U.S. Army, utilizing cognitive-behavioral and psychodynamic techniques  
Maintained a caseload of 4-6 soldiers primarily presenting with mood, anxiety, relational, or trauma-related symptoms  
Co-led readjustment and wellness psychotherapy group for post-deployment soldiers  
Completed intake assessments and individualized treatment plans  
Observed pre- and post-deployment health, PTSD, and TBI assessments  
Conducted fit-for-duty assessments and mental status examinations  
Participated in professional trainings pertaining to Army culture, suicide, and PTSD

### **Professional Committee Memberships**

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<b>Augustana Research Institute</b> Augustana University	<b>Advisory Board Member</b>	Jan 2016-Present
<b>Institutional Review Board</b> Augustana University	<b>Chair</b> <b>Interim Chair</b> <b>Board Member</b>	August 2019 - Present May 2018 – August 2019 May 2017 – Present
<b>Midwestern Psychological Assoc.</b> Augustana University	<b>Local Representative</b>	Oct 2018 – Present
<b>Civitas Committee</b> Augustana University	<b>Committee Member</b>	May 2016 - May 2017
<b>Doctoral Student Organization</b> College of Educational and Counseling Psychology University of Louisville	<b>Several Leadership Positions</b> President Vice President Secretary	Aug 2009 - May 2013
<b>Diversity Committee</b> University of Louisville	<b>Member</b>	Aug 2009 - Aug 2011