**Chelom Eastwood Leavitt**

Curriculum vitae

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# **Education**

## Ph.D. Department of Human Development & Family Studies, The Pennsylvania State University, University Park, 2017

M.S. Department of Marriage, Family and Human Development, Brigham Young University, Provo, 2010

## J. D. J. Rueben Clark Law School, Brigham Young University, Provo, 1992

# B. S. Department of Economics, Brigham Young University, 1988

# **Experience**

# 2017-present Assistant Professor

# School of Family Life

# Brigham Young University

2010-2011 Fulbright Fellow United States State Department

Teaching/ Research

2005-2013 Lawyer

The Leavitt Institute for International Development

# **Publications**

**Leavitt, C. E.,** Seidel, A., Yorgason, J.B., Millett\*, M., & Olsen, J. (2020). Little things mean a lot: Using the biopsychosocial model for daily reports of sexual intimacy. *Journal of Social and Personal Relationships. doi: 10.1177/0265407520977665*

Eyring\*, J. B., **Leavitt, C. E.,** Allsop\*, D. B., & Clancey\*, T. (2020). Forgiveness and Gratitude: Links Between Couples' Mindfulness and Sexual and Relational Satisfaction. *Journal of Sex and Marital Therapy*. Ahead of print <https://doi.org/10.1080/0092623X.2020.1842571>

**Leavitt, C. E.,** Leonhardt\*, N. D., Busby, D. M. & Clarke, R. W. (2020). When is enough enough?: Curvilinear associations of orgasm and relational and sexual satisfaction. *Journal of Sexual Medicine*. [doi.org/10.1016/j.jsxm.2020.10.002](https://doi.org/10.1016/j.jsxm.2020.10.002)

**Leavitt, C. E.,** Allsop\*, D. B., Clarke\*, R. W., Marks, L. D., & Dollahite, D. C. (2020). Sanctified sexual relationships in marriage: Reflections from religious wives and husbands. *Religious Research Review*.

Allsop,\* D. B., **Leavitt, C. E.,** Clarke\*, R. W., Driggs\*, S. M., Gurr\*, J. B., Marks, L. D., Dollahite, D. C. (2020). Perspectives from highly religious families on boundaries and rules about sex. *Journal of Religion and Health.*

Seidel, A. J., **Leavitt, C. E.,** Muller, E., & Gill, S., (2020). Mindfulness, diet and partner quality. *Research in Human Development.* Online ahead of print. https://www.tandfonline.com/doi/full/10.1080/15427609.2020.1816128

Allsop\*, D. B., **Leavitt, C. E.,** & Timmons\*, J. E., Carroll, J. S. (2020). Sex and marital competencies: A more holistic approach to sexual satisfaction in committed relationships. *Journal of Social and Personal Relationships.*

Price\*, A. A., **Leavitt, C. E.,** & Allsop\*, D. B. (2020). Men’s and women’s emotional stability and its connection to relational and sexual satisfaction and sexual desire. Journal of Sex and Marital Therapy. DOI: 10.1080/0092623X.2020.1800541

Leonhardt\*, N. D., Busby, D. M., Hanna-Walker\*, V., & **Leavitt, C. E.** (2020). Sanctification or inhibition: Religious dualities and sexual satisfaction. *Social Psychological and Personality Science.* DOI: [10.1037/fam0000796](https://doi.org/10.1037/fam0000796)

Allsop\*, D. B., Wang\*, Y. W., Dew, J. P., Holmes, E. K., Hill, E. J., **Leavitt, C. E**. (2020). The influence of the parental materialism on child well-being.

Wikle, J. S., **Leavitt, C. E.,** Yorgason, J. B., Dew, J. & Johnson, H. (2020). Talking it out: How communication mediates the association between sex and money​. Journal of Family and Economic Issues, 42(1).

**Leavitt, C. E.,** Allsop,\* D. B., Busby, D. M., Driggs\*, S. M., Johnson\*, H. M., & Saxey\*, M. T. (2020). Associations of mindfulness with adolescent outcomes and sexuality. *Journal of Adolescence*, *81*, 73-86.

**Leavitt, C. E.,** Whiting, J. B., & Hawkins, A. J. (2020). The sexual mindfulness project: A pilot study on the sexual and relational effects of sexual mindfulness. *Journal of Couple and Relationship Therapy.*

Busby, D. M., Hanna-Walker, V., & **Leavitt, C. E.** (2020). A kiss is not just a kiss: Kissing frequency, sexual quality, attachment, and sexual and relationship satisfaction. *Sexual and Relationship Therapy*. [doi.org/10.1080/14681994.2020.1717460](https://doi.org/10.1080/14681994.2020.1717460)

Busby, D. M., Leonhardt, N., **Leavitt, C. E**. & Hanna-Walker, V., (2020). Challenging the standard model of sexual response: Evidence of a variable male sexual response cycle. *Journal of Sex Research*. [doi.org/10.1080/00224499.2019.1705960](https://doi.org/10.1080/00224499.2019.1705960)

**Leavitt, C. E.,** Lefkowitz, E. S., Akyil, Y., & Serduk, K. (2020). A cross-cultural study of midlife relational and sexual health: Comparing Ukraine to the U.S. and Turkey. *Sexuality and Culture, 24,* 249-670. oi.org/10.1007/s12119-019-09654-y

This journal has an h-index of 26. I couldn’t find the typical impact factor.

**Leavitt, C. E.,** Leonhardt\*, N. D., & Busby, D. M. (2019). Different ways to get there: Evidence of a variable female sexual response cycle. *The Journal of Sex Research*, 56, 899-912.

**Leavitt, C. E.,** Lefkowitz, E. S., & Waterman, E. A. (2019). The role of sexual mindfulness in sexual, relational, and individual wellbeing*. Journal of Sex and Marital Therapy, 45,* 497-509.

**Leavitt, C. E.,** Dew, J. P., Allsop\*, D. B., Runyan\*, S. D., & Hill, E. J. (2019). Relational and sexual costs of materialism in couple relationships: An actor–partner longitudinal study. *Journal of Family and Economic Issues*, *40,* 438-454.

Waterman, E. A., Wesche, R., **Leavitt, C. E.,** & Lefkowitz, E. S. (2019). Fraternity membership, traditional masculinity ideologies, and impersonal sex: Selection and socialization effects. *Psychology of Men & Masculinities*, *online publication* [http://dx.doi.org/10.1037/men0000209](https://psycnet.apa.org/doi/10.1037/men0000209)

Lefkowitz, E. S., Wesche, R., & **Leavitt, C. E.** (2018). Never been kissed: Correlates of lifetime kissing status in U.S. university students. *Archives of Sexual Behavior*, *47*, 1293-1293.

# **Leavitt, C. E.,** McDaniel, B. K., Maas, M. K., & Feinberg, M. E. (2017). Parenting stress & sexual satisfaction among first-time parents: A dyadic approach. *Sex Roles, 76,* 346-356.

# Waterman, E. A., Wesche, R., **Leavitt, C. E.,** Jones, D. E., & Lefkowitz, E. S. (2017). Long-distance dating relationships, relationship dissolution, and college adjustment. *Emerging Adulthood*, *5*, 268-279.

Le, Y.,McDaniel, B. K., **Leavitt, C. E.,** & Feinberg, M. E. (2016) Longitudinal associations between relationship quality and coparenting across the transition to parenthood: A dyadic perspective. *Journal of Family Psychology, 30,* 918-926*.*

Lefkowitz, E. S., Vasilenko, S. A., & **Leavitt, C. E.** (2016). Oral vs. vaginal sex experiences and consequences among first year college students*.* *Archives of Sexual Behavior, 45*, 329-337.

**Leavitt, C. E.,** & Willoughby, B. J. (2015). Associations between attempts at physical intimacy and relational outcomes among cohabiting and married couples. *Journal of Social and Personal Relationships,* *32*, 241-262.

**Leavitt, C. E.,** Nelson, D. A., Coyne, S. M., & Hart, C. H. (2013). Adolescent disclosure and concealment: Longitudinal and concurrent associations with aggression. *Aggressive Behaviour, 39,* 335-345.

**Invited Chapters**

Whiting, J. B., **Leavitt, C. E.**, & Boden, J. S. (2020). Strengthening Emotional and Physical Intimacy: Creating a Mindful Marriage. In P. R. Steffen (Ed.) *Mindfulness for Everyday Living* (pp. 91-103). Augusta, GA.: Springer.

**Leavitt, C. E.,** Clarke, R., Butzer, B., Dvorakova, K., (2020).Intentional solitude and mindfulness: The benefits of being alone. In R. J. Coplan, J.C. Bowker, & L. J. Nelson (Eds.) *Handbook of Solitude.* West Sussex, U.K.:Willey-Blackwell

# **Leavitt, C. E**. & Lefkowitz, E. S. (2017). Midlife sexual development and erectile dysfunction. In M. H. Bornstein (Ed.) *Encyclopedia of lifespan human development.* Thousand Oaks, CA: Sage Publications.

# **Public Scholarship**

Clarke\* R. & Leavitt C. E.

Eyre\* J. B. & Leavitt C. E. *Kissing in a Pandemic: Weighing the Risks and Rewards.* Institute of Family Studies <https://ifstudies.org/blog/kissing-during-a-pandemic-weighing-the-risks-and-rewards>

Leavitt, C. E. (2020). *Conversations about intimacy and sex that can prepare you for marriage.* Ensign. <https://www.churchofjesuschrist.org/study/ensign/2020/08/young-adults/conversations-about-intimacy-and-sex-that-can-prepare-you-for-marriage?lang=eng>

Winward\* E. & **Leavitt** **C. E.** (2020). *The Essence of Being: Using Mindfulness to Enhance Romantic Relationships*. The Healthy Human Project. <https://www.healthyhumansproject.com/the-essence-of-being-using-mindfulness-to-enhance-romantic-relationships/>

**Leavitt** **C. E.** & Winward\* E. (2020). *Does mindfulness heighten marital connection?* Institute of Family Studies. <https://ifstudies.org/blog/does-mindfulness-heighten-marital-connection->

**Leavitt** **C. E.** & McQuivey\* J. (2020). Can mindful sex help you navigate the pandemic? Public Square. <https://publicsquaremag.org/editorials/can-mindful-sex-help-you-navigate-the-pandemic/>

Wendt\* K. & **Leavitt** **C. E.** (2020). *Is Anxiety Ruining the Mood In Your Sex Life?*

Utah Marriage Commission. <https://strongermarriage.org/blog/f/is-anxiety-ruining-the-mood-in-your-sex-life>

Thorpe\* M. & **Leavitt** **C. E.** (2020). *Why sharing your sexual preferences may improve your marriage.* Utah Marriage Commission*.* <https://strongermarriage.org/blog/f/why-sharing-your-sexual-preferences-may-improve-your-marriage?blogcategory=Sex>

Graff\* D. (2020). [*Is Equality the Answer to Better Sex?*](https://scholarsarchive.byu.edu/familyperspectives/vol1/iss2/13)Family Perspectives.  <https://scholarsarchive.byu.edu/familyperspectives/vol1/iss2/1>

# **Revise and Resubmit**

Smedley, D. K., Leavitt, C. E., & Allsop, D. B. Conflict Conflict Resolution and Mindfulness. Target Journal: *Journal of Sex and Marital Therapy*

Allsop\*, D. B., **Leavitt, C. E.,** Price\*, A. A., Hanna-Walker\*, V. R., Driggs\*, S. M., Milius\*, E. Standing together or standing on my own two feet? A simultaneous examination of the influence of attachment and differentiation on couple sexual and relational outcomes.

Leavitt, C. E., Maurer, T. F., Clyde, T. L., Clarke, R. W., Busby, D. M., Yorgason, J. B., Holmes, E. K., & James, S. Linking Sexual Mindfulness to Couple Relational Flourishing, Sexual Harmony, and Orgasm. Target journal: *Archives of Sexual Behavior.*

**Leavitt, C. E.,** Allsop\*, D. B., Price\*, A., Marks, L. D., & Dollahite, D. C. (2020). Gender and Religion *Religious Research Review*.

# **Manuscripts Submitted**

Leavitt, C. E., Allsop, D. B., Gurr, J., Fawcett, E., Boden, J., Driggs, S., & Hawkins A. J. *A Couples Relationship Education Intervention Comparing Sexual Mindfulness and Trait Mindfulness.* Target Journal: *Journal of Family Psychology*.

Busby, D. M., **Leavitt, C. E.,** Yorgason, J. B., Richardson\*, S., Allsop\*, D., B. Health, depression, and marital processes as they relate to sexual satisfaction and harmonious sexual passion: A biopsychosocial model. Target journal: *Family Issues.*

**Manuscripts in Preparation**

**Leavitt, C. E.,** Leonhardt\*, N. D., & Busby, D. M. The sexual trifecta: The associations of orgasm, relational and sexual satisfaction. Target journal: *Journal of Sexual Medicine*.

Allsop\*, D. B., **Leavitt, C. E.,** Price\*, A. A., Clarke\*, R. W. The trajectories of sexual and relational satisfaction in newly married couples experiencing infertility and loss of pregnancy: A growth mixture model.

**Leavitt, C. E.,** Wickle, J., … Mindfulness and the Transition to Parenthood. Target journal: *Sex Roles*

**Leavitt, C.E.,** . . . . Mindful Parents and Adolescent Discussions on Sex. Target journal: *Journal of Adolescents*

\*Student author

# **Conference Presentations**

Paper presentations

Leonhardt\*, N. D., Busby, D. M., Clarke\*, R. W., **Leavitt, C. E.,** & Impett, E. A. (2020, November). *Flourishing and sanctification: Sexual sanctification is a stronger predictor of sexual flourishing than sexual satisfaction*. Brief communication accepted for presentation at the Society for the Scientific Study of Sexuality, New Orleans, LA.

**Leavitt, C. E.,** Whiting, J. B., & Hawkins, A. J. (November, 2019). The sexual mindfulness project: A pilot study on the sexual and relational effects of sexual mindfulness. In Kristen Anders (Chair), *Let’s Talk about Sex!* National Council of Family Relations (NCFR). Fort Worth, Texas.

**Leavitt, C. E.**, \*Clarke, R., \*Allsop, D. A., \*Price, A., (June, 2019). *May you be mindful and feel sexual desire and satisfaction: A biopsychosocial model approach*. International Association of Romantic Relationships (IARR). Carlston, Canada.

**Leavitt, C. E**., Dew, J. P., Allsop, D., Runyan, S., & Hill, E. J., (2018, November). The high cost of materialism. In E. Parrot (Chair), *Finances and Romantic Relationships*,*.* Paper to be presented at the National Conference on Family Relations, San Diego, CA.

**Leavitt, C. E**., Yorgason, J. B., Seidel, A. J., & Millet, M., (2018, July). Little things mean a lot. In **C. E. Leavitt (Chair),** *The Intertwined Associations of Health and Relationships.* Paper to be presented at the International Association of Romantic Relationship, Fort Collins, CO.

**Leavitt, C. E**., (2018, May). *The Importance of Sexual Mindfulness in Sexual Satisfaction.* International Congress on Acceptance and Rejection, Athens, Greece.

**Leavitt, C. E**. & Lefkowitz, E. S. (2017, November). *A cross cultural study of mid-life relational and sexual health.* National Conference on Family Relations, Orlando, FL.

Lefkowitz, E. S., Waterman, E., **Leavitt, C. E.,** & Carvalheiro, D. L. (2017, November). Changes in college students’ sexual behaviors and motivations based on transitioning off campus. In B. W. Scroggs (Chair), *A contextual view of sexuality, health, and well-being in emerging adulthood.* Paper to be presented at the Society for the Study of Emerging Adulthood, Washington, D.C.

**Leavitt, C. E.** & Lefkowitz, E. S. (2017, May). *How mindfulness moderates the association between desire discrepancy and satisfaction*. Society for Prevention Research, Washington, D.C.

Seidel, A. J., **Leavitt, C. E.,** Muller, E., & Gill, S., (2016, November). *Mindfulness, diet and partner quality.* National Conference on Family Relations, Minneapolis, MN.

**Leavitt, C. E**. Lefkowitz, E. S. & Waterman, E. A., (2016, October).  *Measuring sexual mindfulness in a U.S. adult sample of. men and women*. International Society for Contemplative Studies, San Diego, CA.

**Leavitt, C. E**., McDaniel, B. T., Maas, M. K., & Feinberg, M. E. (2015, November). *Parenting stress and sexual satisfaction among first time parents: A dyadic approach.* National Conference on Family Relations, British Columbia, Canada.

**Leavitt, C. E**. (2015, October).  *Sexual Mindfulness Measure (SMM): Validation of a measure*. Brigham Young University Women in Academia Conference, Provo, UT.

**Leavitt, C. E.** & Lefkowitz, E. S. (2015, October). Sexual motivations for intimacy and pleasure across college years. In E. A. Waterman (Chair), *Navigating sexual messages from peers, partners, and media: The role of emerging adults’ own sexual values, communication, and behaviors.* Society for the Study of Emerging Adulthood, Miami, FL.

**Leavitt C. E.** & Willoughby B. J. (2012, October). *“Want to mess around?” Associations between sexual attempt and relational outcomes.* National Council on Family Relations, Phoenix, AZ.

**Leavitt, C. E.,** Nelson D. A., Coyne S. M., & Hart C. H. (2012, July). *Adolescent disclosure and concealment: Forms of preschool aggression as early indicators.* International Society for Research on Aggression XXth World Meeting, Luxembourg.

**Leavitt, C. E.,** Nelson D. A., Coyne S. M., Robinson, C., & Hart C. H. (2010, July). *A closer look at monitoring: Adolescent disclosure and concealment.*International Society for Interpersonal Acceptance and Rejection, Padua, Italy.

Posters

**Leavitt, C. E.,** Allsop\*, D. B., Gurr\*, J., Fawcett, E., Boden, J., Driggs\*, S., & Hawkins A. J. (November, 2020). *A Couples’ Relationship Education Intervention Comparing Sexual Mindfulness and Trait Mindfulness.* Mind and Life Virtual Conference.

Smedley\*, D. K., **Leavitt, C. E.,** Allsop\*, D. B., Nance\*, M., James, S. L., & Holmes, E. K. (November, 2020). *Mindfulness and sexual mindfulness as moderators between conflict resolution and sexual and relational satisfaction*. Mind and Life Virtual Conference.

**Leavitt, C. E.,** Leonhardt, N. D., & Busby, D. M. (April, 2019). Different ways to get there: Evidence of a variable female sexual response cycle. Scientific Society for the Study of Sex (SSSS) Spring Symposium. Indiana University, IN.

**Leavitt, C. E.** & Lefkowitz, E, A., (2017, November). A cross cultural study of relational and sexual health. National Council on Family Relations (NCFR), Orlando, FL.

**Leavitt, C. E.** & Lefkowitz, E, A., (2016, November). Measuring sexual mindfulness among a U.S. sample of men and women. International Conference of Contemplative Studies, San Diego, CA.

Waterman, E. A., **Leavitt, C. E.,** & Lefkowitz, E. S. (2014, November). Gender differences in the link between religiosity and transition to penetrative sex in emerging adulthood.Society for the Scientific Study of Sexuality, Omaha, NE.

**Leavitt, C. E.** & Willoughby B. J. (2013, November). Sexual TV content associations with adult sexual frequency.National Council on Family Relations, San Antonio, TX.

**Leavitt, C. E**., & Yorgason, J. B. (2012, April). The influence of Ukrainian family traditions on marital satisfaction and child outcomes.Mary-Lou Fulton Conference, Provo, UT.

Keister E., **Leavitt, C. E.,** & Hart, C. H. (2009, March). Paternal parenting practices in Japan: Linkages to young children's behavioral adjustment. Society for Research in Child Development, Denver, CO.

Student Presentations

Allsop, D. B\*.,**Leavitt, C. E.,** Driggs, S., Clarke, R., Marks, L. D., & Dollahite, D. C. (2019, November). *Religion and Sex: Family Perspectives on the Connection between Sexual Relations and Religious Faith*. Paper presented at the meeting of the Society for the Scientific Study of Sexuality (SSSS), Denver, CO.

Price\*, A. A., **Leavitt, C. E.,** Allsop\*, D. B. (2019, March). *Does Greater Emotional Control Increase Couple Satisfaction?* Paper presentation at the meeting of the Utah Council on Family Relations, Orem, UT.

Allsop\*, D. B., **Leavitt, C. E.,** Driggs\*, S., Clarke\*, R., Marks, L. D., & Dollahite, D. C. (2019, November). *Religion and Sex: Family Perspectives on the Connection between Sexual Relations and Religious Faith*. Poster to be presented at the meeting of the Society for the Scientific Study of Sexuality (SSSS), Denver, CO.

Allsop\*, D. B., **Leavitt, C. E.,** Timmons\*, J. E., Carroll, J. S. (2019, June). *Sex and Marital Competencies: A More Holistic View of Sexual Satisfaction*. Poster presented at the meeting of the International Association for Relationship Research, Ottowa, ON, CA.

Driggs\*, S., Milius\*, E., Gurr\*, J., Allsop\*, D. B., & **Leavitt, C. E.** (2019, April). *Standing together or standing on my own two feet? A simultaneous examination of the influence of attachment and differentiation on couple sexual and relational outcomes.* Poster presented at the meeting of the Mary Lou Fulton Mentored Student Research Conference, Provo, UT.

Allsop\*, D. B., **Leavitt, C. E.,** Timmons\*, J. E., Carroll, J. S. (2019, April). *Marital competencies and sexual satisfaction: A more complete view.* Poster presented at the meeting of the Mary Lou Fulton Mentored Student Research Conference, Provo, UT.

Allsop\*, D. B., **Leavitt, C. E.,** Driggs\*, S., Clarke\*, R., Marks, L. D., & Dollahite, D. C., (2019, March). *A qualitative investigation of religion and sexual belief and practice: Family perspectives*. Paper presentation at the meeting of the Utah Council on Family Relations, Orem, UT.

Allsop\*, D. B., **Leavitt, C. E.,** Hill, E. J., LeBaron\*, A. B., & Bean, R. A. (2017, November). *Sex and Money: Exploring How Sexuality, Finances and Stressors Influence Marital Stability for Men and Women*. Poster presentation at the meeting of the National Council on Family Relations, Orlando, FL.

\*Student author

General Audience Books

Walker, L. Busby, D. M., **Leavitt, C. E.,** Carroll, J. (2018). *A better way to teach your kids about sex*. Salt Lake City, UT: Deseret Book.

Busby, D. M., Carroll, J. & **Leavitt, C. E.** (2013). *Sexual wholeness in marriage.* Brigham City, Utah: Brigham Publishing.

# **Teaching Experience/ Courses Taught**

2017-present Instructor

Marital Relations (SFL 325)

Brigham Young University

2018-present Instructor

Healthy Sexuality in Marriage (SFL 376)

Brigham Young University

2016 Co-Instructor

Introduction to Human Development (HDFS 101)

The Pennsylvania State University

# **Awards**

2019 Accommodation for top 5% of JSPR reviewers

2018/19 Nelson Weaver Galbraith Faculty Development Award

# **Funding**

2019 MEG grant funding for undergraduate research ($12,800)

2018 Emmeline Wells Grant ($21,974)

2015 Penn State College of Health and Human Development Limited

Endowment, Dissertation Support ($1,000)

2010-2011 U.S. State Department Fulbright Fellowship ($22,000; Ukraine)

**Interventions**

*The Sexual Relationship Project* funded in part by the BYU Women’s Study Center Emmeline Wells Grant.

Pilot study (May 2018: 5 couples). Two session intervention on sexual mindfulness and relationships. Quantitative pre/post survey and qualitative follow up interview.

Main intervention (September 2018-March 2019: 80 couples)

Facilitators taught 6, 2-session, classes on mindfulness and relationships (treatment 1) or sexual mindfulness and relationships (treatment 2). Participants provided pre/post data and follow-up survey data at 1 week, 3, and 6 months after intervention.

**Mindfulness training**

2018 Soundstrue Mindfulness Based Stress Reduction (online course)

2017 Waldhaus Zentrum (Lūtzelflūh, Switzerland)

2015 Waldhaus Zentrum (Lūtzelflūh, Switzerland)

# 2014 Mind and Life Institute (Garrison, NY)

# **Department Service**

2017-2020 Marriage, Family, and Human Development Graduate Admissions Committee

2017-2020 School of Family Life Senior Academy Admissions Committee

2017-2020 Department 3-minute thesis judge

# **College Service**

2018-2019 Civic Engagement Advisory Board

2018-2019 Civic Engagement Moderator

2019 Undergraduate judge for the Family Home and Social Sciences Fulton poster competition

**University Service**

2016-2019 J. Reuben Clark Law School Board of Visitors

# **Professional Service**

Peer Review/Professional

2019—present Editorial Board for the Journal of Social and Personal Relationships

2018 Reviewer for SPR conference proposals

2016 Reviewer for NCFR Conference proposals

Reviewer *Frontiers* (1)

Reviewer *Journal of Sex Research* (2)

Reviewer *Emerging Adulthood* (1)

Reviewer *Journal of Gender Studies* (1)

Reviewer *Journal of Social and Personal Relationships* (4)

Reviewer *Stress and Health* (1)

Reviewer *Health Psychology* (1)

Reviewer *Journal of Health Psychology* (1)

Reviewer *Sex Roles* (3)

Reviewer *Mindfulness* (1)

Reviewer *Archives of Sexual Behavior* (1)

2016 Co-chair for Society for Research on Adolescence (SRA) Romantic Relationships Pre-conference

**Community Teaching Service**

2020-present Blogger for *Psychology Today*

2019 Mindful Sexuality: BYU Continuing education

Healthy Marriages: Utah Marriage Celebration Conference

2018 Mindful Sexuality: Esalen Institute

Healthy Sexuality: Iron County Sexual Assault and Violence Coalition/School District

2016-2018 Healthy Sexuality Seminars: U.S., Lithuania, Latvia, Moldova, Russia, and Ukraine

2015-17 Mindful Sexuality: Addiction Recovery (ADDO) classes Orem, Utah