

Aynsley Scheffert, PhD, LICSW

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EDUCATION

- 2022 **Doctor of Philosophy in Social Work**
Diana Garland School of Social Work
Baylor University
- Dissertation Title: The Impacts of the COVID-19 Pandemic on Social Work Students Experiences of Stress and Loss in the United States
Dissertation Chair: Danielle E. Parrish
GPA: 4.0
- 2015 **Master of Social Work**
University of Saint Thomas/Saint Catherine University, St. Paul, MN
GPA: 4.0
- 2007 **Bachelor of Arts**
Northwestern College, Orange City, IA
GPA: 3.66

ACADEMIC APPOINTMENTS

- 2024-present **Assistant Professor**
University of Iowa, Iowa City, IA
- 2021-2024 **BSW Program Director and Assistant Professor**
Bethel University, St. Paul, MN
- 2022-2024 **Adjunct Faculty**
University of St. Thomas, St. Paul, MN

PUBLICATIONS

1. **Scheffert, A.** (2024). Setting considerations for group-based cognitive behavior therapy for children and adolescents. In Handbook of Cognitive-behavior Group Therapy with Children and Adolescents: Specific settings and presenting problems (2nd ed.) (Eds. R. W. Christner, J. Stewart, & C. Mulligan): Routledge. Routledge. <https://doi.org/10.4324/9781351213073>
2. Dunlop, C. E., **Scheffert, A. H.**, Cowling, A., Kohavi, M., Benjamins, L. J., & Parish, D. (2024). Perceptions of Substance Use and Sexual Risk Behaviors Among Adolescent Females Involved in Juvenile Justice. Journal of Correctional Health Care. <https://doi.org/10.1089/jchc.24.01.0004>

3. Shypulski, E., **Scheffert, A. H. M., Smart, S., Kirk, M., & Kruger, T.** (2024). Justice Views in Social Work Project: Examining Views on Race and Justice. *Journal of Teaching in Social Work*, 44(2), 224–241. <https://doi.org/10.1080/08841233.2024.2316355>
4. **Scheffert, A. H., Harper, A. W., & Yancey, G.** (2023). Coping Behavior Changes in Christian Congregations in the United States: A National Survey. *Social Work and Christianity*, 50(3), 218-238.
5. **Scheffert, A., & Parrish, D** (2023). Social work students' experiences of grief, loss and stress during the COVID-19 pandemic: A mixed methods survey. *Journal of the Society for Social Work and Research*, 14 (1), 29-52.
6. Parrish, D., **Scheffert, A., & Crouch, C.** (2022). “I’ve always been discounted, and I don’t feel discounted here”: A mixed methods study of a restorative community program for previously homeless individuals. *Journal of Poverty*. DOI: 10.1080/10875549.2022.2128978
7. **Scheffert, A. & Ellor, J.** (2022). Addressing the inequality of disasters: The role of faith-based organizations in disaster response and recovery. *Social Work and Christianity*, 49 (4).
8. **Scheffert, A.** (2022). The soul of the helper: seven stages to seeing the sacred within yourself so you can see it in others: A book review. *Journal of Religion & Spirituality in Social Work: Social Thought*, DOI: [10.1080/15426432.2022.2084877](https://doi.org/10.1080/15426432.2022.2084877)
9. **Scheffert, A., Parrish, D. & Harris, H.** (2021) Factors associated with social work students’ academic stress during the COVID-19 pandemic: A national survey, *Journal of Social Work Education*, 57:sup1, 182-193, DOI: 10.1080/10437797.2021.1914253
10. Parrish, D., Springer, D., **Scheffert, A.** Franklin, C. (2021). Standardized assessment measures and computer-assisted technologies for evidence-based practice. In *Clinical Assessment for Social Workers: Quantitative and Qualitative Methods* (5th ed.) (Eds. C.J. Jordan & Franklin, C.). New York: Oxford University Press.
11. **Scheffert, A.** (2020). Spiritual art therapy: An alternate path: A book review. *Journal of Religion, Spirituality & Aging*, 32 (1), 114-115.

MANUSCRIPTS UNDER REVIEW

1. **Scheffert, A., Harris, H. & Parrish, D.** (2023). Alone, apart and together: A qualitative analysis of social work student experiences during the COVID-19 pandemic. Manuscript submitted for publication.
2. Kirk, M., **Scheffert, A. & Smart, S.** (2023). Advancing equity and justice in social work education. Manuscript submitted for publication.
3. **Scheffert, A. & Pooler, D.** (2023). Burnout and secondary trauma among trauma-focused therapists following the COVID-19 pandemic. Manuscript submitted for publication.
4. Cartagena-Marz, R.* & **Scheffert, A.** (2023). Social work school-based practice with high conflict divorce. Manuscript submitted for publication.

* Denotes mentored student authors

MANUSCRIPTS IN PROGRESS

1. **Scheffert, A.** & Timbers, V. (in progress). Examining the impacts of legislative restrictions on burnout and mental health of gender affirming care providers in the United States. Manuscript in preparation.
2. Timbers, V. & **Scheffert, A.** (in progress). The impacts of legislative restrictions on practice for gender affirming care in the United States; A qualitative analysis. Manuscript in preparation.
3. **Scheffert, A.** Timbers, V. (in progress). Organizational supports and worker health of gender affirming care providers in the United States. Manuscript in preparation.
4. **Scheffert, A.**, Landers, J., & Ziemet, N. (in progress). Best practices of organizational support for mental health workers behavioral health: A scoping review. Manuscript in preparation.
5. Parrish, D. & **Scheffert, A.**, Zhao, Q., Landers, J., & von Sternberg, K. (in progress). Engaging adolescents involved in juvenile justice using telehealth: Lessons Learned. Manuscript in preparation.
6. **Scheffert, A.**, & Wilson Harper, A. (in progress). The impact of social distancing and other COVID-19 precautions on congregational engagement. Manuscript in preparation.
7. **Scheffert, A.** & Wilson Harper, A. (in progress). Pervasive loss experiences of social work students during the COVID-19 pandemic: A grounded theory analysis. Manuscript in preparation.
8. **Scheffert, A.**, Timbers, V. (in progress). Coping and resilience following loss during the COVID-19 pandemic: A mixed methods analysis. Manuscript in preparation.
9. **Scheffert, A.**, Kirk, M. & Smart, S. (in progress). Examining differences social work students' views of justice in public vs. private social work educational settings. Manuscript in preparation.
10. Timbers, V. & **Scheffert, A.** (in progress). Examining practice behaviors of mental health professionals in Appalachia working with transgender individuals. Manuscript in preparation.

ORAL PRESENTATIONS

1. **Scheffert, A.** & Timbers, V. (2024, September 26-30). The impact of legislative restrictions on gender affirming care providers in the United States: A Mixed methods study [Oral paper presentation]. World Professional Association for Transgender Health (WPATH) Conference. Lisbon, Portugal.
2. **Scheffert, A.** & Pooler, D. (2023, November 9-12). *Examining burnout and secondary traumatic stress in TF-CBT therapists* [Oral presentation]. NACSW 73rd Annual Convention, Pittsburg, PA, United States.
3. Wilson-Harper, A. & **Scheffert, A.** (2023, November 9-12). *Bridging differences with congregational social justice engagement* [Oral presentation]. NACSW 73rd Annual Convention, Pittsburg, PA, United States.

4. **Scheffert, A.** & Wilson-Harper, A. (2023, November 9-12). *A grounded theory analysis of students' experience of post-loss growth and resilience during the COVID-19 pandemic* [Oral presentation]. NACSW 73rd Annual Convention, Pittsburg, PA, United States.
5. **Scheffert, A.** & Wilson-Harper, A. (2023, October 26-29). *Students' experiences from loss to resilience during the COVID-19 pandemic* [Oral presentation]. CSWE 69th Annual Program Meeting. Atlanta, GA, United States.
6. **Scheffert, A.,** Parrish, D., Harris, H. (2023, January 11-15). *Student experiences of loss during the COVID-19 pandemic: A mixed methods study* [Oral presentation]. Society for Social Work and Research (SSWR) 27th Annual Conference. Phoenix, AZ, United States.
7. **Scheffert, A.** & Wilson-Harper, A. (2022, November 11-13). *Coping behavior changes in congregations in the United States: A national survey* [Oral presentation]. Society for the Scientific Study of Religion (SSSR) Annual Meeting. Baltimore, MD, United States.
8. **Scheffert, A.,** Parrish, D. & Harris, H. (2022, November 10-13). *The impact of the COVID-19 pandemic on social work student stress* [Oral presentation]. CSWE 68th Annual Program Meeting. Anaheim, CA, United States.
9. **Scheffert, A.,** Harris, H. & Parrish, D. (2022, November 10-13). *Student experiences of loss during the COVID-19 pandemic: A mixed methods study* [Oral presentation]. CSWE 68th Annual Program Meeting. Anaheim, CA, United States.
10. **Scheffert, A.** & Wilson-Harper, A. (2022, October 27-30). *The impact of social distancing on congregations in the United States: A mixed methods study* [Oral presentation]. NACSW 72nd Annual Convention, Oakbrook, IL, United States.
11. **Scheffert, A.** & Wilson-Harper, A. (2022, October 27-30). *Coping behavior changes in congregations in the United States: A national survey* [Oral presentation]. NACSW 72nd Annual Convention, Oakbrook, IL, United States.
12. **Scheffert, A.,** Parrish, D. & Harris, H. (2022, January 12-16). *The impact of the COVID-19 pandemic on social work student stress* [Oral presentation]. Society for Social Work and Research (SSWR) 26th Annual Conference. Washington D.C., United States
13. Shypulski, E., **Scheffert, A.** & Smart, S. (2021, November 4-7). *Justice views in social work project: examining views on race and justice* [Oral presentation]. CSWE 67th Annual Program Meeting. Orlando, FL, United States.
14. Shypulski, E., **Scheffert, A.** & Smart, S. (2021, November 18-21). *Examining views on race, policing, BLM protests and Justice in social work* [Oral presentation]. NACSW 71st Annual Convention. Los Angeles, CA, United States.

15. **Scheffert, A.** & Furlong, W. (2021, November 18-21). *The impacts of authoritative parenting on adolescent depression and chemical use in a national sample* [Oral presentation]. NACSW 71st Annual Convention. Los Angeles, CA, United States.
16. **Scheffert, A.** (2019, August 23-24). *Childhood PTSD: The complex world of childhood trauma* [Invited Workshop Presentation]. Region 10 IHE Conference. Rochester, MN, United States.
17. **Scheffert, A.** (2018, October 12). *ADHD, executive functioning, and mindfulness interventions* [Oral presentation]. 3rd Annual Turn on the Light: National Conference on the Wellbeing of Children & Families. West Palm Beach, FL
18. **Scheffert, A.** (2017, October 14). *Living with ADHD: Practical strategies to improve communication, organization, and reduce stress* [Oral presentation]. Community Education Programming. Rochester, MN, United States.
19. **Scheffert, A.** & Jett, J. (2017, April 10). *Childhood anxiety* [Oral presentation]. Voices for Children April Child Abuse Prevention Brown Bag Seminar. Rochester, MN, United States.

POSTER PRESENTATIONS

1. **Scheffert, A.** & Pooler, D. (2024, January 10-14). *Examining burnout, secondary traumatic stress, and compassion satisfaction in an international sample of TF-CBT providers during the COVID-19 pandemic* [Poster presentation]. Society for Social Work and Research (SSWR) 28th Annual Conference. Washington D.C., United States.
2. **Scheffert, A.** & Harris, H. (2023, January 11-13). *Social work student experiences of change and loss during the COVID-19 pandemic: A qualitative analysis* [Poster presentation]. Society for Social Work and Research (SSWR) 27th Annual Conference. Phoenix, AZ, United States.
3. Parrish, D., Von Sternberg, K. & **Scheffert, A.** (2022, January 12-16). *Telehealth services for adolescent women involved in juvenile justice: A pilot study during COVID-19* [Poster presentation]. Society for Social Work and Research (SSWR) 26th Annual Conference. Washington D.C., United States.

SELECTED HONORS, FUNDING AWARDS, & FELLOWSHIPS

2022	Garland School of Social Work Baylor University Social Science Outstanding Dissertation Award Nominee
2022	Baylor Graduate School Research Presentation Travel Award
2021	Baylor Graduate School Research Presentation Travel Award
2021	Baylor Data Scholars Fellowship
2019-2020	Garland School of Social Work Competitive Doctoral Fellowship

RESEARCH EXPERIENCE

- 2023-present **Principal Investigator**
Occupational Supports to Reduce Burnout, Compassion Fatigue, and Secondary Trauma in Mental and Behavioral Health Workers Toolkit
- Assists in developing study matrix and key search terms for scoping review
 - Co-develops study protocols submitted to the Institutional Review Board
 - Trains and supervises research assistants on search and data entry
 - Conducts data analysis and co-authors manuscripts
 - Co-authors toolkit best practices for occupational supports to improve mental and behavioral health in mental and behavioral health practitioners and professionals
- 2021-present **Principal Investigator**
Student Experiences of Loss, Stress, and Resilience During the COVID-19 Pandemic
- Developed interview schedule and study protocols submitted to the Institutional Review Board
 - Recruited participants and conducted qualitative interviews
 - Conducts data analysis and co-authors manuscripts
- 2021-present **Principal Investigator**
Measuring Burnout in Trauma-Focused CBT Providers in North America
- Collected data internationally on impacts of the COVID-19 pandemic on TF-CBT certified mental health care providers
 - Conducts data analysis and co-authors manuscripts
 - Trains and supervises research assistants on data entry tasks
 - Authored study protocols submitted to the Institutional Review Board.
 - Developed the assessment tool that includes standardized measures to assess mental health, resilient coping behaviors, burnout, compassion fatigue, and secondary trauma
- 2021-present **Co-Investigator**
Justice Views in Social Work Project
Principal Investigator: Eydie Shypulski
- Assists with data management and data analytic tasks for manuscript development using quantitative and qualitative data.
 - Analyzes qualitative and quantitative data to support the development and dissemination of presentations and manuscripts.
 - Co-author on manuscripts from three data sources
- 2020-present **Principal Investigator**
The Impact of the COVID-19 Pandemic on Coping Behaviors in Congregations in the United States
- Successfully applied for Baylor Religion Study's national representative sample database
 - Authored study protocols submitted to the Institutional Review Board.
 - Developed survey including standardized measures to assess coping
 - Collected national survey data on impacts of the COVID-19 pandemic on coping behaviors in religious communities
 - Conducts data analysis and co-authors manuscripts

- 2020-present **Co-Principal Investigator**
SEM Analysis of Adolescent Depression and Chemical Use: NSDUH
Co-investigator: J. Wesley Furlong
- Authored study protocols submitted to the Institutional Review Board.
 - Conducted structural equation modeling based on NSDUH dataset
 - Co-authors presentations and manuscripts
- 2020-2022 **Principal Investigator**
The Impact of COVID-19 on Social Work Students: A National Survey (Dissertation Study)
- Collected data on impacts of the COVID-19 pandemic on social work students in the United States through survey methods
 - Conducted data analysis and co-authored manuscripts
 - Authored study protocols submitted to the Institutional Review Board.
 - Developed the assessment tool that includes standardized measures to assess mental health, stress, and resilience
- 2022-present **Faculty Affiliate**
Baylor IMPACT (Interdisciplinary, Multilevel Prevention and Clinical Translation) Research Lab- Houston, TX
Co-Directors: Drs. Danielle E. Parrish & Qianwei Zhao
- Assists with data management and data analytic tasks for manuscript development using quantitative and qualitative data.
 - Analyzes qualitative and quantitative data to support the development and dissemination of presentations and manuscripts.
- 2021-2022 **Doctoral Research Assistant**
Choices-TEEN NIH NIDA Randomized Controlled Trial (1R01DA050670-01A1)
Baylor University- Dr. Danielle Parrish- Principal Investigator
- Provided data management and logistical support for a randomized clinical trial designed to prevent substance-exposed pregnancy.
 - Supported the development and delivery of presentations and manuscripts.
 - Managed and analyzed data and assists with manuscript preparation for the NIH-funded Project Choices-TEEN randomized clinical trial.
- 2020-2021 **Doctoral Research Assistant**
Baylor University- Dr. Danielle Parrish
- Collaborated on a pilot study that tested the feasibility and acceptability of the Choices intervention for adolescent females involved in the juvenile justice system
 - Provided study coordination and recruited pilot study participants
 - Served as a liaison for intervention specialists and study participants
 - Co-authored study protocols submitted to the Institutional Review Board
 - Assisted with data management and data analytic tasks for manuscript development using quantitative and qualitative data.
 - Co-authored presentations and manuscripts
 - Assisted with grant writing and submission activities
- 2019-2020 **Doctoral Research Fellow**
Diana Garland School of Social Work Baylor University
Supervised by Dr. Danielle Parrish

- Assisted with program evaluation with SEARCH Homeless Services (Houston, TX)
- Conducted qualitative and quantitative data analysis and co-authored evaluation reports
- Trained and supervised research assistants on participant recruitment protocols and data entry tasks.
- Aided the development and dissemination of project deliverables
- Co-authored presentations and manuscripts

2013-2014 **Research Practicum Student**

School of Social Work
University of St. Thomas

- Evaluated Mayo Clinic's EMERALD Adolescent Depression Program
- Conducted analysis of five years of evaluation data on pediatric providers' satisfaction with the EMERALD program
- Conducted interviews with pediatric providers regarding their experiences with the EMERALD program
- First author of the evaluative report regarding providers' satisfaction with the EMERALD Adolescent Depression Program

FUNDED RESEARCH

Baylor University, Diana Garland School of Social Work. Protective Factors Impacting Adolescent Substance Use. PI: Aynsley Scheffert and Wesley Furlong

Awarded: \$3,000

Role: Co-investigator

OTHER RESEARCH ACTIVITIES

2023-(projected 2027) **External Grant Evaluator**
OT MHSP Project
U.S. Department of Education Grant
St. Scholastica University

2022-(projected 2026) **External Grant Evaluator**
ROBUST 2.0 Project
HRSA 4-year Grant
St. Scholastica University

ADVANCED METHODOLOGICAL TRAINING

2021 *Structural Equation Modeling*, UT Summer Statistics Institute, Austin, TX (2021).

2021 *Non-parametric Statistical Methods*, UT Summer Statistics Institute, Austin, TX (2021).

ACADEMIC SERVICE

2022-present Associate Editor

Journal of Justice-Informed Social Work Research and Practice

- 2022-2024 Institutional Review Board
Bethel University
- 2021-2023 Committee of Academic Affairs
Bethel University
- 2021-2023 Advisory Committee Member
Frogtown/University/Summit Bethel Partnership
- 2021-2022 Student Success Committee
Bethel University

CURRICULUM DEVELOPMENT

Master of Social Work Courses

- 2021 Advanced Social Work Practice III: Clinical Evaluation (Asynchronous)
Bethel University MSW Core Curriculum
- 2021 Advanced Social Work Practice II: Groups and Communities (Asynchronous)
Bethel University MSW Core Curriculum
- 2021 Social Work Research Methods and Design I; Evaluating Research
Bethel University MSW Core Curriculum
- 2021 Social Work Research Methods and Design II: Justice-Informed Research
Bethel University MSW Core Curriculum
- 2021 Social Work Research Methods and Design III: Applied Justice-Informed Research
Bethel University MSW Core Curriculum

Bachelor of Social Work Courses

- 2023 Social Work Practice with Families and Groups (Asynchronous)
Bethel University BSW Online Curriculum
- 2021 Applied Social Research I (Asynchronous)
Bethel University BSW Online Curriculum
- 2021 Applied Social Research II (Asynchronous)
Bethel University BSW Online Curriculum

INVITED LECTURES

- June 2023 Dissertations, Mentorship, and Seeking Funding to Support Your Work
Baylor University

February 2023 The Ethics of Self Care in Social Work
San Diego State University

December 2022 Complex Trauma in Children and Adolescents
Augsburg University

June 2022 Assessment of Child and Adolescent Trauma in Clinical Social Work
Baylor University

June 2021 Mentors and Independent Research in Social Work Doctoral Education
Baylor University

November 2021 Qualitative Data Coding and Analysis
Baylor University

SOCIAL WORK PRACTICE EXPERIENCE

2015-2021 ZUMBRO VALLEY HEALTH CENTER
Psychotherapist

- Provide individual, family, and group psychotherapy to children, adolescents, and adults in an outpatient setting.
- Participate in multidisciplinary case consultation
- Work as part of an integrated health care team to provide evidence-based patient care.

2015 MAYO CLINIC
Clinical Social Worker

- Assist patients and families with psychosocial stressors related to health concerns
- Provide psychosocial support to patients and their families in acute care settings
- Assist in the continuum of care process for patients in acute care settings

PROFESSIONAL CERTIFICATIONS AND MEMBERSHIPS

2018-present Nationally Certified Trauma-Focused CBT Therapist

2021-2023 North American Association of Christian Social Workers

2021-2023 Council of Social Work Education