

BRIAN T. GILLIS, LMFT
Curriculum Vitae

Last updated February 2024

EDUCATION

2023 Ph.D., Human Development & Family Science, Auburn University
2016 M.F.T., Southern Connecticut State University
2009 M.Div., Yale University
2005 B.A., *summa cum laude*, English, Auburn University

PROFESSIONAL CREDENTIALS

Licensed Marriage and Family Therapist (Alabama L528, Utah 13391831-3902)
Approved Supervisor, American Association for Marriage and Family Therapy (AAMFT)
Certified Member, World Professional Association for Transgender Health (WPATH)

EMPLOYMENT

2023–present Assistant Professor of Marriage and Family Therapy, Human Development & Family Science, Auburn University
2017–2023 Graduate Research Assistant, Child Sleep, Health, and Development Lab, Auburn University
2013–2016 Development Coordinator, Yale School of the Environment
2012–2013 Grant Writer, New Haven Works
2010–2012 Assistant to the Director, Yale National Initiative
2009–2010 Research Associate, Yale National Initiative
2006–2009 Research Assistant, Yale-New Haven Teachers Institute

PUBLICATIONS

Peer-Reviewed

Gonzales Real, A., **Gillis, B. T.**, Gower, A. L., Eisenberg, M. E., Parchem, B., Lawrence, S. E., Russell, S. T. (2024). 99. Sleep deprivation among adolescents at the intersection of multiply marginalized social positions. *Journal of Adolescent Health, 74*(3), S53. <https://doi.org/10.1016/j.jadohealth.2023.11.297>

Kelly, R. J., **Gillis, B. T.**, & El-Sheikh, M. (2024). Longitudinal relations between interpartner aggression and internalizing symptoms among couples: The moderating role of sleep. *Journal of Sleep Research, 33*(1), e14013. <https://doi.org/10.1111/jsr.14013>

Gillis, B. T., McWood, L. M., Brigham, E. F., Hinnant, J. B., & El-Sheikh, M. (2023). Family income as a moderator of relations between sleep and physical health during adolescence. *Sleep Health, 9*(6), 868-875. <https://doi.org/10.1016/j.sleh.2023.09.009>

- Hinnant, J. B., Buckhalt, J. A., Brigham, E. F., **Gillis, B. T.**, El-Sheikh, M. (2023). Socioeconomic disparities, nighttime bedroom temperature, and children's sleep. *Journal of Applied Developmental Psychology*, *86*, 101530. <https://doi.org/10.1016/j.appdev.2023.101530>
- Gillis, B. T.**, Hinnant, J. B., Erath, S. A., El-Sheikh, M. (2023). Relationship between family income and trajectories of adjustment in adolescence: Sleep and physical activity as moderators. *Journal of Adolescence*, *95*(3), 494–508. <https://doi.org/10.1002/jad.12131>
- El-Sheikh, M., **Gillis, B. T.**, Saini, E. K., Erath, S. A., & Buckhalt, J. A. (2022). Sleep and disparities in child and adolescent development. *Child Development Perspectives*, *16*(4), 200–207. <https://doi.org/10.1111/cdep.12465>
- Novak, J. R. & **Gillis, B. T.** (2022). A primer on sleep for MFTs: Implications and practical considerations. *Journal of Marital and Family Therapy*, *48*(2), 543–559. <https://doi.org/10.1111/jmft.12528>
Received 2022 AAMFT Foundation Outstanding Research Publication Award
- Hinnant, J. B., **Gillis, B. T.**, Erath, S. A., El-Sheikh, M. (2022). Onset of substance use: Deviant peer, sex, and sympathetic nervous system predictors. *Development and Psychopathology*, *34*(4), 1506–1515. <https://doi.org/10.1017/S0954579421000158>
- Gillis, B. T.**, Shimizu, M., Philbrook, L. E., & El-Sheikh, M. (2021). Racial disparities in sleep duration: Physical activity as an attenuating factor. *Cultural Diversity & Ethnic Minority Psychology*, *27*(1), 118–122. <https://doi.org/10.1037/cdp0000422>
- Saini, E. K., **Gillis, B. T.**, Elmore-Staton, L., Buckhalt, J. A., El-Sheikh, M. (2021). Longitudinal influences of sleep and self-esteem on cognitive functioning in children. *Journal of Sleep Research*, *30*(3), e13209. <https://doi.org/10.1111/jsr.13209>
- Shimizu, M., **Gillis, B. T.**, Buckhalt, J. A. & El-Sheikh, M. (2020). Linear and nonlinear associations between sleep and adjustment in adolescence. *Behavioral Sleep Medicine*, *18*(5), 690–704. <https://doi.org/10.1080/15402002.2019.1665049>
- Gillis, B. T.**, & El-Sheikh, M. (2019). Sleep and adjustment in adolescence: Physical activity as a moderator of risk. *Sleep Health*, *5*(3), 266–272. <https://doi.org/10.1016/j.sleh.2019.02.001>
- El-Sheikh, M., Saini, E. K., **Gillis, B. T.**, & Kelly, R. J. (2019). Interactions between sleep duration and quality as predictors of adolescents' adjustment. *Sleep Health*, *5*(2), 180–186. <https://doi.org/10.1016/j.sleh.2018.11.004>

Book Sections

- Gillis, B. T.**, & Saini, E. K. (in press). Sleep. In W. Troop-Gordon & E. W. Neblett (Eds.), *Encyclopedia of Adolescence* (2nd ed, Vol. 1). Elsevier.

RESEARCH SUPPORTContributions to Ongoing Funded Research

Title: *Good Nights Sleep Intervention: Pilot of a Randomized Clinical Trial to Improve Child and Family Sleep*
 Agency: Auburn University Alabama Agriculture Experiment Station
 Co-PIs: Dr. J. Benjamin Hinnant, Dr. Stephan Erath, Dr. Brian Gillis
 Direct Costs: \$50,000
 Period: 2024–2025
 Role: Co-Principal Investigator
 Contributions: Designed intervention, selected measures, and recruited research assistants; will recruit families, administer surveys, facilitate feedback sessions for families, monitor participant compliance to research tasks, clean data, analyze data for publication.

Contributions to Prior Funded Research

Title: *Predicting Young Adult Health: Family Aggression and Bioregulatory Pathways*
 Agency: National Institute of Child Health and Human Development
 Number: R01-HD 046795
 PI: Dr. Mona El-Sheikh
 Direct Costs: \$2,120,545
 Period: 2019–2023
 Role: Trainee/Graduate Research Assistant
 Contributions: Drafted and edited sections of research strategy, including significance, innovation and potential impact, and approach; assisted in measurement selection and met with co-PIs to ensure cohesion between measures and aims; completed analyses for preliminary findings; reviewed procedures; trained undergraduate and graduate research assistants; collected data using psychophysiology, cognitive assessment, and surveys; cleaned and coded data from three psychophysiological systems

Title: *Child Sleep as a Mechanism and Moderator in the Development of Health Disparities*
 Agency: National Heart, Lung, and Blood Institute
 Number: R01-HL136752
 PI: Dr. Mona El-Sheikh
 Direct Costs: \$1,865,868
 Period: 2017–2021
 Role: Trainee/Graduate Research Assistant
 Contributions: Selected measures; helped to prepare documents for IRB; assisted in analyses for preliminary findings; reviewed procedures; trained undergraduate and graduate research assistants; recruited participants; collected data using psychophysiology, cognitive assessment, and surveys; cleaned and coded psychophysiological data; analyzed data and wrote papers corresponding to grant aims; drafted progress report

Participation in Research Trainings

2024	Raising a Resilient Scientist Series, National Institutes of Health
2022	Graduate Certificate, Advanced Research Methods for Human Sciences, Auburn University
2022	Latent Profile Analysis, Stats Camp
2022	Best Practices for Research Excellence, College of Human Sciences, Auburn University
2016–2025	Responsible Conduct of Research, Collaborative Institutional Training Initiative

PRESENTATIONSPeer-Reviewed Conference Presentations

*Trainee

Gillis, B. T., VanAntwerp, J. R.*, Scott, E. R.*, & Peltz, J. (June, 2024). *TikTok Made Me Do It: An Analysis of the Scientific Evidence Supporting TikTok's Recommendations for Better Sleep*. Abstract accepted for poster presentation at SLEEP 2024, the Associated Professional Sleep Societies Annual Meeting, Houston, TX.

Gillis, B. T., & Ketring, S. A. (April, 2024). *Does Family Conflict Affect LGBTQ+ Youth Differently Than Their Siblings? A Multilevel Model Examining Differential Relations Between Family Conflict and Youth Mental Health*. Abstract accepted for paper presentation at Society for Research on Adolescence Annual Meeting, Chicago, IL.

Gillis, B. T. (March, 2024). *Does Family Conflict Affect LGBTQ+ Youth Differently Than Their Siblings? A Between- and Within-Family Model for Examining Differential Relations Between Family Conflict & Youth Mental Health*. Abstract accepted for poster presentation at Adolescent Brain Cognitive Development (ABCD) Insights & Innovations Meeting, National Institutes of Health, Bethesda, MD.

Gonzales Real, A., **Gillis, B. T.**, Gower, A. L., Eisenberg, M. E., Parchem, B., Lawrence, S. E., & Russell, S. T. *Sleep Deprivation Among Adolescents at the Intersection of Multiply Marginalized Social Positions*. (March, 2024). Abstract accepted for poster presentation at Society for Adolescent Health and Medicine Annual Meeting, San Diego, CA.

VanAntwerp, J. R.*, Scott, E. R.*, & **Gillis, B. T.** (March, 2024). *Social Media – A Reliable Place for Sleep Advice? Evidence for the Accuracy of Sleep Tips from Content Creators*. Abstract accepted for poster presentation at Auburn Research Symposium, Auburn, AL.

Gillis, B. T., Thompson, M. J., Hinnant, J. B., Erath, S. A., Buckhalt, J. A., & El-Sheikh, M. (November, 2023). *A Dual-Growth Model for Examining Relations Among Sleep Duration, Quality, Regularity, and Mental Health from Childhood to Adolescence*. Oral presentation at Pediatric Sleep Medicine Biennial Meeting, Hilton Head Island, SC.

Whittington, P. B., Ketring, S. A. **Gillis, B. T.**, & Benson, M.R. (November, 2023). *The Sexual and Relationship Satisfaction for Those Attending Couples Therapy: Mediated and Moderated by Perceptions of Relational Power*. Poster presentation at National Council on Family Relations Annual Conference, Orlando, FL.

Gillis, B. T., McWood, L. M., Brigham, E. F., Saini, E. K., & El-Sheikh, M. (March, 2023). *Benefits of Sleep Health for Physical Wellbeing Among Low-SES Youth*. Poster presentation at Society for Research in Child Development Biennial Meeting, Salt Lake City, UT.

Ketring, S. A., **Gillis, B. T.**, Jackson, G. I., Bamigbola, H. O. (November, 2022). *The Relationship Between Therapist Within-Session Behaviors and Client Outcomes*. Poster presentation at National Council on Family Relations Annual Conference, Minneapolis, MN.

Gillis, B. T., Whittington, P. B., Ketring, S. A. (October, 2022). *Relations Between Therapist Behaviors and Client Perceptions of Therapeutic Alliance*. Poster presentation at American Association for Marriage and Family Therapy Intervention Research in Systemic Family Therapy Annual Conference, East Lansing, MI.

Gillis, B. T., Saini, E. K., El-Sheikh, M. (March, 2022). *Sleep Is My Superpower: Sleep Quality as a Protective Factor against Behavioral Problems for Sexual-Minority Youth Facing Discrimination*. Data blitz presentation and session co-moderator at Society for Research on Adolescence Biennial Meeting, New Orleans, LA.

Gillis, B. T. (November, 2021). *Physical Activity as a Protective Factor Against Sleep Health Disparities for Gender-Diverse Youth*. Poster presentation at United States Professional Association for Transgender Health Scientific Symposium (virtual).

Gillis, B. T. (November, 2021). *Bioregulatory and Behavioral Protective Factors for Sexual-Minority and Gender-Diverse Youth*. Auburn University Health Disparities Research Initiative Virtual Symposium.

Warren, K. E., **Gillis, B. T.**, Ketring, S. A. (November, 2021). *TGCSQ Coding of Therapist Behaviors and Client Alliance*. Poster presentation at National Council on Family Relations Annual Conference (virtual).

Gillis, B. T., Warren, K. E., Smith, N. P., Ketring, S. A. (August, 2021). *Cross-sectional and Longitudinal Relations between Therapist Behaviors and Client Outcomes*. Poster presentation at American Association for Marriage and Family Therapy Intervention Research in Systemic Family Therapy Annual Conference (virtual).

Gillis, B. T., Shimizu, M., & El-Sheikh, M. (April, 2021). *What Keeps Night Owls Well During the Week? Circadian Preference, Sleep Timing, and Adolescent Wellbeing*. Flash talk at Society for Research in Child Development Biennial Meeting (virtual).

Warren, K., **Gillis, B.**, Ketring, S., Benson, M., Ding, R., Fawley, M. (November, 2020). *Evaluating Therapist Behaviors Related to Couple Therapy Alliance*. Abstract accepted

for poster presentation at American Association for Marriage and Family Therapy Conference [virtual; poster presentations canceled].

Gillis, B. T., & El-Sheikh, M. (March, 2020). *Bioregulatory, Behavioral, and Environmental Influences on Adjustment in Late Adolescence: A Longitudinal Analysis*. Abstract accepted for poster presentation at Society for Research on Adolescence Biennial Meeting, San Diego, CA [meeting postponed and poster not presented].

Shimizu, M., **Gillis, B. T.**, Buckhalt, J. A. & El-Sheikh, M. (March, 2020). *Linear and Quadratic Associations Between Sleep and Adjustment in Adolescence*. Abstract accepted for poster presentation at Society for Research on Adolescence Biennial Meeting, San Diego, CA [meeting postponed and poster not presented].

Gillis, B. T., & El-Sheikh, M. (March, 2020). *Longitudinal Relations Between Family SES and Adolescent Adjustment: Sleep and Physical Activity as Moderators*. Abstract accepted for oral presentation at Auburn Research: Student Symposium, Auburn, AL [canceled].

Gillis, B. T., Shimizu, M., & El-Sheikh, M. (March, 2019). *Physical Activity as an Attenuator of Racial Disparities in Sleep Duration*. Poster presentation at Society for Research in Child Development Biennial Meeting, Baltimore, MD.

Gillis, B. T., & El-Sheikh, M. (April, 2018). *Conjoint Influences of Sleep and Physical Activity on Adolescent Well-being*. Poster presentation at Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.

Gillis, B. T., & El-Sheikh, M. (March, 2018). *The Association Between Sleep and Adjustment in Adolescence: Physical Activity as a Moderator of Risk*. Oral presentation at This Is Research: Student Symposium, Auburn, AL.

Gillis, B. T., Saini, E. K., & El-Sheikh, M. (November, 2017). *Longitudinal Influences of Sleep and Self-Esteem on Children's Cognitive Functioning*. Poster presentation at Pediatric Sleep Medicine Biennial Conference, Amelia Island, FL.

Gillis, B. T., Saini, E. K., Buckhalt, J. A., & El-Sheikh, M. (April, 2017). *Longitudinal Influences of Positive Adaptation and Sleep on Internalizing Symptoms in Children*. Poster presentation at This Is Research: Student Symposium, Auburn, AL.

Gillis, B. T. (February, 2017). *Optimism, Sleep, and Youth Psychopathology: A Roundtable Discussion on the Use of Positive Measures*. Roundtable discussion at the Southeastern Symposium on Child and Family Development, Auburn, AL.

Invited Presentations

Gillis, B. T. (March, 2024). *Sleep and Mental Health*. Clinical Psychology Lunch and Learn Colloquium Series, Auburn, AL.

Gillis, B. T. (November, 2023). *Marriage and Family Therapy*. Human Development & Family Science Professional Club, Auburn, AL.

Ketring, S. A., Livingston, R., & **Gillis, B. T.** (May, 2023). *Stronger Together: Processing Trauma and Grief*. Tallassee City Schools, Tallassee, AL.

Gillis, B. T. (March, 2023). *The ABCs of LGBT*. Invited webinar for private practice, Huntsville, AL.

Gillis, B. T. (November, 2022). *Sleep from A to Zzz*. Health Outcomes Research and Policy Departmental Seminar, Harrison College of Pharmacy, Auburn University, Auburn, AL.

Burke, L., & **Gillis, B. T.** (February, 2022). *Mindful Couple Relationships*. Eaglecast Webinar, Office of Professional & Continuing Education, Auburn University, Auburn, AL.

Other Presentations

Gillis, B. T. (March, 2023). *Who Can Afford to Sleep Poorly? Socioeconomic Status as a Moderator of Relations Between Sleep and Physical Health*. Poster presentation at Auburn University College of Human Sciences Graduate Student Research Symposium, Auburn, AL.

Gillis, B. T., Shimizu, M., Buckhalt, J. A., & El-Sheikh, M. (March, 2021). *What Keeps Night Owls Well During the Week? Protective Effects of Consistent Bed Times for Adolescent Wellbeing*. Oral presentation at Auburn University College of Human Sciences Graduate Student Research Symposium.

Gillis, B. T., & El-Sheikh, M. (March, 2018). *Sleep, Physical Activity, and Adjustment in Adolescence*. Oral presentation at Auburn University College of Human Sciences Graduate Student Research Symposium, Auburn, AL.

Gillis, B. T., Saini, E. K., Buckhalt, J. A., & El-Sheikh, M. (April, 2017). *Longitudinal Influences of Positive Adaptation and Sleep on Internalizing Symptoms in Children*. Poster presentation at Auburn University College of Human Sciences Graduate Student Research Symposium, Auburn, AL.

TEACHING

Instructor of Record

Spring 2024	HDFS 7680 – Systemic Assessment, Diagnosis, & Treatment of Psychopathology
Fall 2023	HDFS 7680 – Systemic Assessment, Diagnosis, & Treatment of Psychopathology
Fall 2017	HDFS 3060 – Patterns of Family Interaction
Summer 2017	HDFS 3060 – Patterns of Family Interaction

Co-Instructor of Record

Summer 2021 HDFS 7920 – MFT Internship

Teaching Assistant

Spring 2017 STAT 2010 – Statistics for Social & Behavior Sciences
Fall 2016 STAT 2010 – Statistics for Social & Behavior Sciences

Guest Lecturer

Fall 2023 PAOH 2100 – Introduction to Public Health
Spring 2023 HDFS 7620 – MFT Clinical Issues I: Family Systems
Spring 2023 HDFS 7650 – MFT Ethical and Legal Issues
Fall 2022 HDFS 2010 – Lifespan Development
Spring 2022 HDFS 7650 – MFT Ethical and Legal Issues
Fall 2021 HDFS 7650 – MFT Ethical and Legal Issues
Spring 2020 HDFS 7620 – MFT Clinical Issues I: Family Systems
Fall 2018 HDFS 4950 – Sleep, Health, and Development
Spring 2018 HDFS 7620 – MFT Clinical Issues I: Family Systems
Fall 2017 HDFS 7640 – MFT Clinical Issues III: Couples

Extension Activities

2021–2022 Co-facilitator, “Elevate: Taking Your Relationship to the Next Level” (four cycles of six-session community program), Alabama Healthy Relationship and Marriage Education Initiative, Auburn University (PI: Dr. Francesca Adler-Baeder)

Participation in Teaching Activities

2022 Global Leadership Training, Joseph S. Bruno Auburn Abroad in Italy
2014 Evidence-Based Practices in Marriage and Family Therapy, Wheeler Clinic and Southern Connecticut State University
2013–2015 Advanced Gestalt Therapy Training, Southern Connecticut State University

CLINICAL EXPERIENCE

2021–present Clinical Supervisor, independent practice, Auburn, AL
2020–present Family Therapist, independent practice, Auburn, AL
2020–2021 Supervisor Candidate, Auburn University Marriage and Family Therapy Center
2017–2020 Therapist, Family and Children’s Services, East Alabama Mental Health Center
2015–2016 MFT Intern, Child & Adolescent Behavioral Health, Waterbury Hospital, CT
2014–2016 MFT Practicum/Intern, Southern Connecticut State University Family Clinic

SERVICEAd-Hoc Reviewer

Emerging Adulthood
Health Education & Behavior
Journal of Adolescence
Psychosomatic Medicine
Sleep Medicine

Book Chapter Reviewer

2019 SAGE Publishing

Conference Abstract Reviewer

2023 Society for Research in Child Development Anti-Racist Developmental Science Summit
 2023 National Council on Family Relations Annual Conference and Family Therapy Section Awards
 2022 National Council on Family Relations Annual Conference
 2019 Auburn Student Research Symposium, Auburn University
 2017 American Association for Marriage and Family Therapy Annual Conference

National Service

2023–present Student/Early Career Representative, Steering Committee, Sexual Orientation and Gender Identity/Expression (SOGIE) Caucus, Society for Research in Child Development
 2023–present Co-Chair, Finance Committee, SOGIE Caucus, Society for Research in Child Development
 2017 Foundation Development Committee, American Association for Marriage and Family Therapy

University Service

2022 Moderator, Auburn Student Research Symposium, Auburn University
 2020–2022 Action Committee Co-Leader, LGBTQ+ Counseling & Health and Campus Safety Committee, Campus Pride Index, Auburn University
 2016–2019 Student Advisory Board, Student Counseling and Psychological Services, Auburn University
 2015–2016 Patient and Family Council, Yale Health
 2014–2015 United Way Fundraising Campaign Committee, Yale University

College/School Service

2022 Mentor, First Year Experiences, Auburn University Graduate Student Council

- 2018–2019 Dean Search Committee, College of Human Sciences, Auburn University
 2020–2021 Judge, College of Sciences and Mathematics Undergraduate Research Poster Session, Auburn University
 2014–2016 Committee on Diversity and Inclusion, Yale School of the Environment
 2014–2016 Student Internship and Research Funding Committee, Yale School of the Environment
 2005 College of Liberal Arts Sub-Committee of 19, World Food Programme Partnership, Auburn University

Departmental Service

- 2022–present Anti-Racism, Equity, and Inclusion Committee, Department of Human Development & Family Science, Auburn University
 2018–2019 Marriage and Family Therapy Faculty Search Committee, Department of Human Development & Family Studies, Auburn University
 2016–2017 HDFS Undergraduate Mentoring Program for Graduate School, Department of Human Development & Family Studies, Auburn University
 2016 Student Representative, Commission on Accreditation for Marriage and Family Therapy Reaccreditation, Marriage and Family Therapy Program, Southern Connecticut State University

Community Service

- 2023–present Parish Pastoral Council, St. Michael the Archangel Parish
 2023–present Chair, Communications Committee, Auburn Public Library Foundation

HONORS AND AWARDS

- 2023 Excellence in Diversity, Equity and Inclusion Award, College of Human Sciences, Auburn University (awarded to Department of Human Development & Family Science Anti-Racism, Equity, and Inclusion Committee)
 2023 Outstanding Doctoral Student Award, Graduate School, Auburn University
 2022 AAMFT Foundation Outstanding Research Publication Award with Dr. Joshua R. Novak
 2022 Global Perspectives on Teaching & Research Fellowship, College of Human Sciences, Auburn University
 2022 Beth Stukes Emerging Leaders Fund Scholarship, College of Human Sciences, Auburn University
 2020 Nominee, Harry Merriwether Fellowship, Auburn University Graduate School
 2018 1st Place Oral Presentation in Social Science and Creative Scholarship in Design, Arts, and Humanities, Auburn University This Is Research: Student Symposium
 2018 1st Place Human Development & Family Studies Three-Minute Thesis, Auburn University College of Human Sciences Graduate Student Research Symposium
 2017 HDFS Top Poster Research Presentation Award, Auburn University College of Human Sciences Graduate Student Research Symposium
 2005 Undergraduate Research Fellowship, Auburn University

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

American Association for Marriage and Family Therapy
GLMA: Health Professionals Advancing LGBT Equality
National Council on Family Relations
Society for Research in Child Development
Society for Research on Adolescence
World Professional Association for Transgender Health