
Jesse Bahrke, M.S., LPC

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EDUCATION

Rosalind Franklin University of Medicine and Science, North Chicago, IL 2022 - Present
Doctor of Philosophy, PhD Clinical Psychology

Rosalind Franklin University of Medicine and Science, North Chicago, IL 2020 - 2022
Master of Science, Clinical-Counseling Psychology (Research Track)

University of Illinois, Springfield, IL 2022 - Present
Master of Science, Data Analytics

University of Illinois, Springfield, IL 2018
Bachelor of Arts, Philosophy - Focus: Logic, consciousness, ethics. Earned honorable mention.

RESEARCH EXPERIENCE

Rosalind Franklin University of Medicine and Science Aug 2020 - Present

Department of Psychology, North Chicago, IL

Lab Doctoral Student / Principal Investigator: Steven Miller, PhD

GPF Foundation Presentation on MDMA Awareness

Utilizing Machine Learning Techniques to Measure Topics During COVID-19

Lab Master's Student / Principal Investigator: Kristin Schneider, PhD

Understanding Impact of COVID-19 on Physical Activity

Measuring Impact of Web-Based Intervention on Bisexual Adolescent Sexual Health

- Completed coding and analysis of qualitative and quantitative data via SPSS, R, and Python.
- Headed coordination and execution of research studies in collaboration with multiple labs.
- Participant tracking, assignment, and screening, and document writing and data collection.
- Coordinate participant recruitment, data collection during presentations, and administered questionnaires.
- Lead meetings to discuss and review manuscripts and poster presentations for other lab members.

CURRENT RESEARCH

Masters Thesis

Mining for Diagnostic Criteria in the Social Behavior of People with ASD:

Using Machine Learning to Explore Aspects of Reddit Use

Partnership with RFU Gait Lab

Detecting differences in stride to predict self reported psychological distress

Partnership with DePaul University

Impact of daily stress on sleep and cortisol in populations with chronic physical/mental health conditions

CLINICAL TRAINING

Endeavor Health - Swedish Hospital

July 2023 - Present

Advanced Extern

Supervisor: Fyeqa I. Sheikh, Psy.D.

NorthShore University HealthSystem

June 2023 - Present

*Advanced Extern**Supervisor: Natalie P. Schmitt, Ph.D., Stephanie Anne Aylward, Ph.D.*

Rotations: Concussion Clinic / Chronic Pain / Psycho-Oncology / Weight Management

- Conduct diagnostic interviews, clinical assessments, and neurological testing for individuals with acute and chronic concussion symptoms, focusing on thorough evaluation of cognitive and emotional functioning.
- Administer individual therapy to adults in a hospital-based outpatient setting, addressing diverse conditions such as psychological aspects contributing to pain experiences, the emotional and psychological challenges associated with cancer, and weight management.
- Specialize in assessment and report writing for comprehensive clinical evaluations of patients, emphasizing a holistic approach to mental health within the hospital context.
- Collaborate with a multidisciplinary team, including medical doctors, psychiatrists, neurologists, and occupational therapists, to develop comprehensive treatment plans.
- Deliver biofeedback treatment and education to enhance pain management strategies.
- Provide psychoeducation to ensure a comprehensive understanding of the psychosocial factors influencing chronic pain and inform multidisciplinary treatment approaches.

Captain James A. Lovell Federal Health Care Center**Outpatient Mental Health Clinic**

June 2022 - June 2023

*Extern Therapist**Supervisor: Matthew Welsh, PhD*

- Provide short-term and long-term individual therapy to adult active duty and veteran service members in a hospital-based outpatient setting presenting with a wide range of conditions, including mood disorders, anxiety disorders, substance use disorders, adjustment disorders, and combat-, civilian-, or early life trauma-related disorders.
- Lead group therapy services, both process and psychoeducational, to adult active duty and veteran service members in a hospital-based outpatient setting presenting with a wide range of conditions.

Symmetry Counseling, Chicago, IL

June 2022 - Present

*Student Intern / LPC**Supervisors: Anne Brennan Malec, PsyD, LMFT*

- Provided individual therapy to address a variety of concerns including depression, anxiety, attention deficit/hyperactivity disorder, engagement in self-harm behaviors, low self-esteem, developmental disorders, and poor social skills, and offered therapy focused on skill development.
- Gained experience teaching patients ACT-related skills and information specific to depression and anxiety.
- Administered brief psychological assessments to assess for anxiety and depression.
- Responsible for writing reports and notes for insurance purposes.

Experience Wellness, Lincolnshire, IL

May 2021 - Present

*Student Intern / LPC**Supervisors: Lenel Reuther, PsyD, LPC; Dave Schaefer, LCPC*

- Conducted diagnostic interviews with outpatient children, adolescents, and adults seeking services for a wide range of presenting concerns.
- Provided individual therapy to address a variety of concerns including depression, anxiety, attention deficit/hyperactivity disorder, engagement in self-harm behaviors, low self-esteem, developmental disorders, and poor social skills, and offered therapy focused on skill development.
- Gained experience teaching patients CBT-related skills and information specific to depression and anxiety.

- Administered brief psychological assessments to assess for anxiety and depression.
- Responsible for writing reports and attending feedback sessions with supervisors, attended clinic meetings with supervisors to review cases and participated in case consultations and presentations with supervisors and other therapists.
- Promoted Experience Wellness by creating social media pages and marketing campaigns.
- Conducted individual and group therapeutic services both via in person and tele-health due to COVID-19.

Rosalind Franklin University of Medicine and Science

Interprofessional Community Clinic Initiative

Nov. 2020 – June 2022

Behavioral Health Panel, North Chicago, IL

Student Therapist

Supervisor: Kenneth Kessler, PhD

- Provided weekly and bi-weekly therapy to uninsured members of the community.
- Assisted in conducting patient intake interviews with a multidisciplinary team of students for underserved adult community members seeking services for issues including addiction, weight management, and smoking cessation, and general consults for patients endorsing symptoms of depression and/or anxiety.
- Determined if a patient required psychological services following intake interview and completion of psychological assessments, and provided psycho-education on effective weight management strategies.
- Conducted health behavior change consults for patients with health concerns, particularly related to diet, exercise, and pain management.
- Participated in interdisciplinary medical appointments with students from other disciplines.
- Performed all services via tele-health due to COVID-19.

MANUSCRIPTS

1. Kessler, L., Hopkins, A., Bahrke, J., & Kunstman, K. (2023). An Overview of Adolescent Psychostimulant Use. In *Pediatric Annals* (Vol. 52, Issue 5). SLACK, Inc. <https://doi.org/10.3928/19382359-20230307-05>
2. Feinstein, B. A., Chang, C. J., Bunting, S. R., Bahrke, J., Hazra, A., & Garber, S. S. (in press). Willingness to prescribe PrEP to bisexual men depends on the genders of their past partners: A study of medical students in the U.S. *Archives of Sexual Behavior*.

POSTER PRESENTATIONS

1. Bahrke, J., Greenley, R. N., Tran, S. T., Buscemi, J., Miller, S. A. (2023). Chronic Mental Health Conditions and Sleep Efficiency: A Variability Investigation (To be presented at the Association for Psychological Science Annual Conference May 2024).
2. Bahrke, J., Greenley, R. N., Tran, S. T., Buscemi, J., Miller, S. A. (2023). Chronic Mental Health Conditions and Sleep Fragmentation: A Variability Investigation (To be presented at the Midwestern Psychological Association Annual Conference April 2024).
3. Bate, G., Latent Variable Model Does Not Capture Actigraph-Assessed Sleep Quality Indices (2023). (To be presented at the Association for Psychological Science Annual Conference May 2024).
4. Bahrke, J., Greenley, R. N., Tran, S. T., Buscemi, J., Miller, S. A. (2022). Topics Discussed During COVID Identified by Unsupervised Machine Learning Predict Distress Levels (Presented at the Association for Psychological Science Annual Conference May 2023).
5. Bahrke, J., Greenley, R. N., Tran, S. T., Buscemi, J., Miller, S. A. (2022). Challenging Topics: Exploring Themes in Experiences During COVID-19 in Emerging Adults (Presented at the SPPAC Annual Conference 2023)

6. Bahrke, J., Schneider, K. (2022). Physical activity during COVID-19: Access to personal training, but not gyms or outdoor spaces, impacts physical activity (Presented at the Association for Psychological Science Annual Conference May 2022).

LEADERSHIP EXPERIENCE

Rosalind Franklin University of Medicine and Science

Interprofessional Community Clinic Initiative

April 2021 – June 2022

Student Trainer

- Responsible for training incoming student therapists on procedures for individual therapy, general consults, and health behavior change consults.
- Conduct biweekly training meetings with behavioral health panel regarding updated policies and procedures, as well as discuss panels patient load and assist team with treatment planning.

Rosalind Franklin University of Medicine and Science

STATS Club - Financial Officer / Consultant

- Consulted on statistical methods and procedures for individuals and organizations on and off campus.
- Responsible for the annual budget and maintaining financial records for the ASA Student Chapter.
- Assist in preparing monthly Executive Student Council reports.
- Assist Public Relations Officer in reaching out to the national ASA for funding opportunities.
- Responsible for the collection and deposit of all membership dues.
- Report all current accounts and recent transactions at each meeting.

WORKSHOP EXPERIENCE

Sam Houston State University

- *Applications of Machine Learning for Measuring and Modeling Psychological Concepts via Different Methods of Communication*
- *Using Large Language Transformer Models for Research in R: A Short Course*

PROFESSIONAL EXPERIENCE

Bahrke Wellness LLC

2010 – Present

Owner/Trainer/Coach

- Built a clientele and serviced individuals by providing consultation and planning surrounding health, fitness, and nutrition change.
- Solely responsible for creating multiple ad campaigns to build and maintain clientele, scheduling and programming for clientele, and created fitness and nutrition curriculum for coaches and trainers.
- Developed and taught seminars on structural physical strength and breath.
- Built, opened, staffed, and sold, small training studios in the Chicagoland area.
- Created, combined, sold multiple corporations.

HONORS & AWARDS

Dean's List, University of Illinois