

Miriam Liss

Professor of Psychology at University of Mary Washington

Fredericksburg, VA, US

Dr. Liss is internationally known expert on parenting and work-family balance issues.

Description

Can we really have it all? It's a question many of us ponder while trying to manage a relationship, parenthood and a career. University of Mary Washington Professor Miriam Liss addresses this notion in the 2014 book "Balancing the Big Stuff: Finding Happiness in Work, Family, and Life," which she co-authors with UMW Professor Holly Schiffrin. The internationally known expert on parenting, division of labor and work-family balance issues argues that "having it all" isn't a matter of having more. It comes from achieving a balance in life. She contends that men and women need to examine what they want from themselves, their families, their relationships and their jobs and work toward those goals within their current circumstances.

A licensed clinical psychologist, Dr. Liss has conducted extensive research on intensive and attachment parenting, sensory processing sensitivity, self-injurious behaviors, feminist identity and body image.

Her articles have been published in numerous journals including the Sex Roles, Psychology of Women Quarterly, Personality and Social Psychology Bulletin, Journal of Personality and Individual Differences, and Journal of Child Psychology and Psychiatry and Allied Disciplines. She also regularly presents at national conferences.

Dr. Liss is recipient of the 2015 Outstanding Faculty Award from the State Council of Higher Education of Virginia, the commonwealth's highest honor for faculty at Virginia's public and private colleges and universities, recognizing superior accomplishments in teaching, research and public service. She also has been named one of the Princeton Review's Best 300 Professors and received the 2005 University's Outstanding Young Faculty Award.

Industry Expertise

Education/Learning, Mental Health Care, Program Development, Research, Training and Development

Topics

Work-Life Balance, Parenting, Feminism, Autism, Developmental Disorders

Affiliations

Education

University of Connecticut
Ph.D. Psychology

University of Connecticut
M.A. Psychology

Wesleyan University
B.A. (Honors) Psychology

Accomplishments

2015 Outstanding Faculty Award

Miriam Liss, professor of psychology at the University of Mary Washington, has received a "2015 Outstanding Faculty Award" from the State Council of Higher Education of Virginia.

Liss joined the UMW faculty in 2001 and is a clinical psychologist.

Recently, Liss released a book with fellow UMW psychology professor Holly Schiffrin called "Balancing the Big Stuff: Finding Happiness in Work, Family and Life"...

Best 300 Professors

Named to list of top 300 professors by Princeton Review.

Outstanding Young Faculty Member

Awarded by the University of Mary Washington.

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