



## Number 31 KU Clinical Psychology News Fall 2016

### *The Hawklne*

#### **FROM THE DIRECTOR**

I hope the end of 2016 finds all of you well and in good health. It has been an interesting year, capped by some challenging conversations we've had in the wake of the recent presidential election. No matter what anyone's political leanings, these conversations have reinforced for me that we have smart and compassionate students who really look out for each other. I also believe that you cannot find a more supportive group of people anywhere than our clinical faculty members.

I have been digging a bit more into our program's history. Our program was officially accredited by the American Psychological Association in 1949. The inaugural class of the "Menninger Foundation - University of Kansas - Veterans Administration School of Clinical Psychology" started in February of 1947. The program's first graduate was, I believe, Henry Remple in 1950. Some of us old timers remember Henry as a clinical supervisor. I am certain that joining Henry in that first class were Philip Holzman, Herbert Schlesinger and Milton Horowitz, and I believe Kermit Phelps who was, according to some reports, the first African-American granted a Ph.D. from the University. All of these graduates went on to distinguished careers. I am certain that there were others in this class - if any readers have additional information about this early class please let me know. During those early days coursework was taken at the University and clinical training took place in Topeka at the Menninger Foundation and the VA.

The Boulder Conference, which officially endorsed the Scientist-practitioner model of training, did not take place until 1949 but drafts of that model had been circulating for some time before. Accordingly the APA was emphasizing that clinical training programs should provide a greater emphasis on academic coursework and research than was occurring in the Menninger - KU program. The program thus transitioned to a more in-house curriculum in which

clinical students took many of the same courses as other doctoral students, along with additional clinical training. Erik Wright was brought in to direct the program and oversaw its next accreditation in 1952.

As you can see, our program has a long and distinguished history, and a long list of distinguished graduates. It is not possible to honor all of them, but we are fortunate to be able to honor at least some. Last April we were pleased to bestow the 1949 Distinguished Alumnus Award to Tim Smith. Tim is a 1982 graduate of the program and is a Distinguished Professor at the University of Utah. Tim gave two outstanding talks; one to a more general audience and one to our clinical students. They were both truly inspiring. I, along with Doug Denney and Ray Higgins, really enjoyed visiting with him, and introducing him to the John Brown Underground. It was a lovely couple of days.

The 2017 distinguished alumnus is Dr. Edward Dreyfus. Dr. Dreyfus has been a successful practitioner in the Los Angeles-Santa Monica area for over 40 years. In addition to his successful practice, Dr. Dreyfus has authored a number of books. Not surprisingly, psychologists write books about psychology, which Dr. Dreyfus has done, but he has also delved into fiction, including one book for children. If that was not notable enough, Dr. Dreyfus donates the proceeds from his books to charity (see <http://www.docdreyfus.com/books>), and has generously endowed a scholarship in clinical psychology at KU. The combination of successful psychologist along with a community-minded spirit is why we are pleased to honor Dr. Dreyfus with the 1949 Award.

And speaking of alumni, we are in the contemplation phase for our 70th anniversary reunion in 2019. Last year we were in the pre-contemplation stage and we are hoping to move soon to the preparation stage. No definite plans have been made yet, but we have

tentatively been thinking about a Friday Saturday and Sunday affair with Friday possibly featuring some workshops and posters (hello education and tax deductible trip!) and more social events on Saturday and Sunday. We are also contemplating an April event as we did in 1993 (lovely weather usually) or an early summer event (less lovely weather but perhaps fewer obstacles to attending). If any of y'all have thoughts or ideas about anything reunion related please let me know.

I am going to close with several technology related items. As mentioned last year we have a new and improved website, which features among other things a link to PDF copies of past Hawklines. I was able to track down a number of past copies, including the first edition in 1985 but there are some gaps (1987, 1991 and 92, 1994, 97, 98 and 99 and 2002 and 2003.). If any if you have any of these editions we would love to complete the set. Second, we have a new and improved Facebook site. If you would like to search for the page it is cleverly titled "KU Clinical Psychology". We had a previous site but I set that up in such a way that anyone off the street could join it. The new site, however, is a closed group only for clinical psychology students, graduates and faculty. I have already added some people and will be happy to approve all requests. And finally, we are able to include some pictures for readers of the electronically distributed Hawklines. Some are our award winners and some are those submitted by alumni.

Here's hoping for a great 2017. Happy Holidays!  
Rick Ingram

#### **CLINICAL PROGRAM STUDENT AWARDS**



#### **Schulman Award for Excellence in Clinical Psychology**

**Christina Khou** received her B.A. in Psychology (with honors) with a concentration in Neuroscience from Grinnell College in 2011. She completed her MA degree at KU in 2015 under the mentorship of Nancy Hamilton. She also works with Amber Watts investigating the use of sleep diaries and actigraphy monitors in measuring sleep in older adults with and without Alzheimer's disease. Currently, Christina is completing a neurorehabilitation psychology

practicum at the University of Kansas Medical Center under the supervision of Monica Kurylo.



**Christina**

#### **C. R. SNYDER AWARD FOR RESEARCH ACHIEVEMENT**

**Kelsey Hagan** graduated with a B.A. in psychology and Spanish from Emory University in Atlanta, GA. Prior to coming to KU, Kelsey worked on a deep-brain stimulation for treatment-resistant depression study headed by Drs. Helen Mayberg and Paul Holtzheimer at Emory University. Kelsey completed her master's thesis on mood-congruent attentional biases in depression under the mentorship of Rick Ingram. Kelsey also works under the mentorship of Kelsie Forbush. Kelsey's research interests include elucidating the mechanisms of eating disorders and her past work has specifically focused on dietary restraint, weight suppression, and negative affect as mechanisms of disordered eating. Currently, Kelsey is working on her dissertation, a project that will examine the role of reward-processing and inhibition in bulimia nervosa (BN). Clinically, Kelsey has gained extensive experience with the assessment of disordered eating behaviors through a specialty disordered eating assessment practicum and is a practicum student at Bert Nash Community Mental Health Center in Lawrence, KS, where she is gaining experience in Dialectical Behavior Therapy. Finally, Kelsey also enjoys teaching and won the 2016 University of Kansas Carlin Graduating Teaching Assistant Award.



**Kelsey**

#### **B. KENT HOUSTON AWARD IN HEALTH PSYCHOLOGY**

Ali Calkins graduated with her B.S. from The University of Tulsa in 2011 majoring in Psychology with minors in Biology and Early Intervention. She received her M.A. in 2015 from KU under the

mentorship of Michael Rapoff. Ali's clinical and research interests are both in the area of pediatric psychology. Specific areas of interest include adherence to pediatric medical regimens, pediatric chronic pain, and adjustment to chronic pediatric conditions. Ali hopes to defend her dissertation in the Spring of 2017, which is titled, "Adherence Behaviors in Youth Following the Completion of an Intensive Interdisciplinary Pain Rehabilitation Program." Ali is currently completing a pediatric pain practicum at Children's Mercy Hospital and is a graduate research assistant (GRA) at the Center for Children's Health Lifestyles and Nutrition working with Dr. Susana Patton.



**Ali**

#### **MITCH HANDELSMAN/LORI IRVING TEACHING AWARD**

**Ron Freche** received his B.A. in Psychology from California State University, Long Beach in 2009 and completed his MA in Psychological Statistics and Research at CSULB in 2012. Dr. Nancy Hamilton has mentored Ron during his time at KU, incorporating his interests in sleep, coping, chronic illness, and psychoneuroendocrinology with the research of the Hamilton Health Lab. He hopes that his findings from the analysis of his dissertation data, "Inflammation and Distress: Mediators of the Relationship between Body-Mass Index and Twelve-Month Mortality in Breast and Lung Cancer Patients" will contribute to the understanding of the needs of cancer patients receiving chemotherapy and radiation treatments. Ron's clinical work has included practicum experiences at KUMC's Cancer Center and JayDoc clinics. He is currently completing a clinical practicum working with primary care patients in integrated primary care at the KU Medical Center's Interprofessional Therapy Clinic under the supervision of Dr. Wendi Born. He is applying for internship this fall and hopes to match at a site that will further his research and clinical interests in onco-psychology and integrated primary care.

#### **Clinical and Professional Skills Award**

CO-WINNERS WERE KATE ESTERLINE AND TERESA PAN

**Kate Esterline** received her B.A. in Psychology from Johns Hopkins University in 2011. She then completed her M.A. degree at KU in December 2014 under the mentorship of Dr. Charlene Muehlenhard. Kate is in the process of analyzing data for her dissertation, which will be about how non-heterosexual and heterosexual participants conceptualize outness about sexual orientation. She is participating in a practicum in the Family Medicine department of the KU Medical Center, and is applying to internship this year.



**Kate**

**Teresa Pan** received her B.S. degree in Physiology/Neuroscience and B.A. degree in Psychology from the University of California, San Diego in 2009, and received her M.A. in Clinical Psychology at KU in 2014. She defended her dissertation in October 2016, and will earn her Ph.D. in 2017 upon completion of her internship at the Palo Alto VA Health Care System. Teresa has clinical interests in underserved, minority populations, and is especially interested in working in integrated primary care settings. Her primary research interests are in common comorbidities that occur with obesity, such as depression, and in quality improvement measures integrating clinical psychology into primary care systems and in developing interprofessional education. Teresa serves as the student/trainee representative for the Association of Psychologists in Academic Health Centers (APA Div 12, Sec 8) and the student representative for APA Division 12's Education and Training Committee.

#### **Don Hutchings Memorial Award**

CO-WINNERS WERE AILI BREDA, ALI CALKINS & KELSEY HAGAN (SEE KELSEY'S AND ALI'S BIOS UNDER OTHER AWARDS)

**Aili Breda** received her B.S. in Psychology, Summa Cum Laude, from California Lutheran University in Thousand Oaks, CA, in 2013 with a major in Psychology and a minor in Biology. She earned her M.A. in 2015 from KU under the mentorship of Dr.

Amber Watts. Her research interests include aging, cognitive decline, health behaviors in older adult populations, and Alzheimer's disease and dementia prevention strategies, with a current focus on how expectations regarding aging influence health behaviors and outcomes. Aili is currently completing a practicum at Turning Point in KC, which is a facility that offers free research-based support programs to individuals living with chronic illness.



**AILI**

**SANDY DINOFF MEMORIAL HEALTH PSYCHOLOGY RESEARCH AWARD**

**Michael Namekata** received his B.S. in Biochemistry and Molecular Biology from the University of California, Davis. He is currently completing his thesis under the mentorship of Dr. Stephen Ilardi. Together, they are examining differential adherence to either high intensity interval training or steady state exercise in individuals with elevated levels of depression symptomatology. Michael is also currently involved in a practicum at Health Care Access where he is providing services to the uninsured.

**CURRENT STUDENT PRESENTATIONS & PUBLICATIONS:**

The following is a *partial* list of publications and presentations from the past year *involving clinical graduate students*. It should give you a sense of the range of things our current students are involved with. Names of students currently enrolled in the program are in **bold**.

**Adams, N., Hamilton, N., Boddy, L. E., & Khou, C. S.** (2016). *Emerging Adults: Individual Differences in Stress Exposure*. Poster presented at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.

Hamilton, N., **Boddy, L. E., Adams, N., Khou, C., Khan, A., & Hawley, P.** (2016). *Social Relationships and the Freshman 15*. Poster presented at the 37th Annual Meeting &

Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.

**Balderas, J. C. Harper, K. L., Ingram, R. E. Atchley, R.A., Bistricky, S. L.** (2016). *Affective memory in dysphoric individuals with or without past depression history*. Presented at meeting of the Association for Behavioral and Cognitive Therapies, New York.

**Benau, E.M., Jenkins, A.J., & Conner, B.T.** (in press) Perceived parental monitoring and sexual orientation moderate lifetime acts of non-suicidal self-injury. *Archives of Suicide Research*.

**Benau, E.M., & Moelter, S.T.** (2016) Content of lexical stimuli and self-reported physiological state modulate the amplitude of the Error-Related Negativity. *Physiology and Behavior*. 163 (1) 43-50.

Fennel, A., **Benau, E.M., Atchley, R.A.,** (2016) A single session of meditation reduces physiological indices of anger in both experienced and novice meditators. *Consciousness and Cognition*. 40. 54-66  
10.1016/j.concog.2015.12.010

Balass, M., Halderman, L.K., **Benau, E.M., & Perfetti, C.A.** (2016) Semantic processes and individual differences detected through error-related negativities. *Journal of Neurolinguistics* 37. 82-97. doi: 10.1016/j.jneuroling.2015.08.002

**Benau, E.M., Liese, B.S., Atchley, P., Becirevic, A., Kaplan, B.A.** (2016) Construct validity of a texting dependence scale that predicts motor vehicle accidents and moving violations. *Addictive Behaviors Special Interest Group Poster, 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies*. New York City, NY.

**Benau, E.M. O'Hare, A.J., Ilardi, S.S., Atchley, R.A.** (2016) Major Depressive Disorder reduces attentional allocation to word stimuli involving people as indexed by the P3b. *56<sup>th</sup> Annual Meeting of the Society for Psychophysiological Research*. Minneapolis, MN.

- Benau, E.M., Svancara, A.M., Parrish, B.A., Atchley, R.A.** (2016) Some insults are more heartfelt: The role of cardiac perception in the processing of insults and compliments using EEG. *Ninth Annual Meeting of the Social and Affective Neuroscience Society*. New York City, NY.
- Bevan, A., Breda, A., & Watts, A.** (2016). *Cardiorespiratory Fitness and Perceived Exertion in Older Adults With and Without Alzheimer's Disease*. Paper presented at the annual meeting of the Gerontological Society of America, New Orleans, LA.
- Chapa, D. A., Bohrer, B. K., & Forbush, K. T.** Should the Diagnostic Threshold Be Lowered For Bulimia Nervosa? Towards DSM- 5.1 (2016) Presentation at the University of Kansas Graduate Student Research Competition, Lawrence, KS.
- Chapa, D. A., Bohrer, B. K., & Forbush, K. T.** Should the Diagnostic Threshold Be Lowered For Bulimia Nervosa? Towards DSM- 5.1 (2016). Poster presentation at the 2016 International Conference For Eating Disorders, San Francisco, CA.
- Esterline, K. M., & Muehlenhard, C. L.** (in press). Wanting to be seen: Young people's experiences of performative making out. *Journal of Sex Research*.
- Kramer, N.M.** (2016). *The Interaction of co-rumination, coping strategies, and stress in predicting depression and anxiety*. Poster presented at the Association for Behavioral and Cognitive Therapies Conference, New York, NY.
- Atakere, D.K., Baker, T.A., **Kramer, N.M., Whiteside, P.A., Johnson, S.N., Coleman, D.K., Nordhem, L.E., & McCray, L.** (2016). *Chronic Disease intervention programs for Black men: What works?* Poster presented at See/Saw Festival and Research Conference, University of Kansas, Lawrence, KS.
- Kramer, N.M., Baker, T.A., Atakere, D.K., Whiteside, P.A., Johnson, S.N., Coleman, D.K., Nordhem, L.E., & McCray, L.** (2016). *Depression, active coping, and health management among Black men*. Poster presented at Xavier University of Louisiana College of Pharmacy's 9th Annual Health Disparities conference, New Orleans, LA.
- Atakere, D.K., Baker, T.A., **Kramer, N.M., Whiteside, P.A., Johnson, S.N., Coleman, D.K., Nordhem, L.E., & McCray, L.** (2016). *Chronic Disease intervention programs for Black men: What works?* Poster presented at Xavier University of Louisiana College of Pharmacy's 9th Annual Health Disparities conference, New Orleans, LA.
- Mitchell, R. C. & Galupo, M. P.** (2016). The role of forensic factors and potential harm to the child in the decision not to act among men sexually attracted to children. *Journal of Interpersonal Violence*. Advance online publication. Galupo, M. P., Lomash, E., & **Mitchell, R C.** (2016). "All of my lovers fit into this scale": Sexual minority responses to two novel measures of sexual orientation. *Journal of Homosexuality*. Advance online publication.
- Mitchell, R. C., & Galupo, M. P.** (2016). Interest in child molestation among a community sample of men sexually attracted to children. *Journal of Sexual Aggression*, 22(2), 224-232.
- Mitchell, R. C., & Muehlenhard, C.** (2016). Consent is not simple: How college students communicated consent in real-life sexual encounters. Society for the Scientific Study of Sexuality, Phoenix, AZ.
- Mitchell, R. C., & Galupo, M.P.** ( 2016). Narrative themes of hypothetical child molestation scenarios among women sexually attracted to children. Association for the Treatment of Sexual Abusers, Orlando, FL.
- Bravo, A., **Mitchell, R. C., & Galupo, M. P.** (2016). Sexual desire among community men sexually attracted to children: Differences across age and gender of minor attraction. Moore Center for the Prevention of Child Sexual Abuse, Baltimore, MD.
- Khou, C., Rendzia, B., & Watts, A.** (2016). *Comparing Actigraphic and Self-Reported Sleep Measures in Older Adults with and without Alzheimer's Disease*. Paper presented at the annual meeting of the Gerontological Society of America, New Orleans, LA.

Liese, B. S., & Reis, D. J. (2016). "Failing to diagnose and failing to treat an addicted client: Two potentially life-threatening clinical errors." *Psychotherapy (Chic)*, 53(3), 342-346.

**Rigby, T.**, Ashwill, R., Mulhall, S., Johnson, D. K., & Galvin, J.E. (2016). Caregiver experience of burden, grief and quality of life in Dementia with Lewy Bodies, Parkinson's Disease with Dementia, and Alzheimer's Disease. Poster presented at the annual KU Graduate Research Competition, Lawrence, KS

#### NESTLING HAWKS: 2016 ENTERING CLASS



#### **Jessica Balderas**

B.A. University of Houston  
M.A. University of Houston – Clear Lake  
Jessica is working with Rick Ingram

#### **Araba Koufie** (Health)

B.A. University of Missouri, Kansas City  
Araba is working with Tamara Baker

#### **Alex Laffer** (Health)

B.S. Tufts University  
Alex is working with Amber Watts

#### **Victoria Perko**

B.A. Trinity University  
Victoria is working with Kelsie Forbush

#### **Stephanie Punt** (Health)

B.A. & B.S. University of Washington  
Stephanie is working with Christy Befort.

#### **Nicolette Robbins**

B.A. Bates College  
Nicolette is working with Charlene Muehlenhard

#### **Westley Youngren**

B.A. University of Tulsa  
Westley is working with Nancy Hamilton

#### FLEDGLING HAWKS: ON INTERNSHIP



#### **Ashley DeMarco**

VA Eastern Kansas Healthcare System – Topeka  
Topeka, Kansas

#### **Libby Harfmann**

Edward Hines, Jr. VA Hospital  
Hines, Illinois

#### **Adijat Mustapha**

VA Eastern Kansas Healthcare System – Topeka  
Topeka, Kansas

#### **Teresa Pan**

Veterans Affairs Palo Alto Health Care System  
Palo Alto, California

#### **Alex Roth**

Henry Ford Health Sciences Center  
Detroit, Michigan

#### PSYCHOLOGICAL CLINIC

The clinic has faced some tough times this year due to budgetary constraints but that does not stop clients from coming in our doors. We are working together to maintain excellent service within our bounds.

**Bonnie Schafer** has moved to her country home near Overbrook, KS and thankfully is still making the trek every day! **Aili Breda** is this year's student coordinator and has signed up for a second term (precedents are in place **Lorie Ritschel, Phuong Chau, Katie Keil**)! We also have a familiar face gracing the halls. **Alex Williams** has returned as a post-doctoral provider for the 2016-17 year while acting as the new Program Director in Psychology at the Edwards Campus in Kansas City and is a huge help with our wait list.

We welcomed **Mitch Handelsman 81'** back for the KU Clinical Psychology Program Ethics Workshop and I am so looking forward to using his book *Ethical Dilemmas in Psychotherapy: Positive Approaches to Decision Making* (APA, 2015; with Samuel Knapp and Michael Gottlieb) in teaching my History and Ethics Course this spring.

I took on some additional work this year as co-director of the new Graduate Certificate in Clinical Health

Psychology with Nancy Hamilton and have dived into online course construction. I am trying to stay with the times and admittedly am wistful for the past and that large table in 327 and the good times we had discussing, presenting, and serving up practical jokes (can we really do that online?). I LOVE to hear from folks far and near, current and past so please don't hesitate to send me an update or come for a tour anytime. If you let me know you are coming I will make myself available.

Best,  
Sarah Kirk [skirk@ku.edu](mailto:skirk@ku.edu)

### **Faculty Sampler**

**Meagan Dwyer** This was a BIG year of growth both professionally and personally. At the KU Cancer Center we have expanded our Onco-Psychology Program, and welcomed 3 new faculty psychologists – Dr. Elizabeth Muenks, Dr. Heather Kruse, and Dr. Marcus Alt. In addition, we continue to improve and expand our clinical training, and are working towards APA Accreditation for our Post-Doctoral Fellowship. I was also elected to Faculty Council for the School of Medicine, and began my term in October. At home, my husband Seann and I welcomed our twins, Connor & Harper, into the world in early February. They have introduced us to the chaos and joy of parenthood – what an adventure it is!

**Kelsie Forbush** Things have continued to go extremely well in my eating-disorders research lab this year! Some of this year's highlights include three of my graduate students winning KU-wide or departmental awards (see earlier section of Hawklane for more information) and several students presenting or publishing their work. My research team is almost finished with the baseline data collection for a large longitudinal study of 250 persons with eating disorders. We aim to continue to apply for extramural research grants so that we can continue to follow our participants over a three-year period. Another exciting project that my graduate students and I are preparing to analyze (which we affectionately refer to as the "data explosion") is a study of 30,000 persons with eating disorders who used the Recovery Record, Inc. mobile phone application. The Recovery Record study offers new opportunities to look at longitudinal change patterns in people with eating disorders, gender differences in eating-disorder symptom expression, and much more! Stay tuned for some exciting updates from my research team in the next year. For more updates on our current projects and findings, feel free to check out our lab webpage at:

[care.drupal.ku.edu](http://care.drupal.ku.edu). My lab regularly creates newsletters so that our participants are up-to-date on our recent work. Our newsletters are a great way for alumni to follow along with our research progress, too! Finally, I want to conclude by taking this opportunity to express my sincere gratitude for funding from the M. Erik Wright Endowment, which has provided my research team with resources to help defray the cost of carrying out our exciting work.

**Nancy Hamilton** This has been an interesting year. Professionally, I have been elected to the board of directors of the Council of Clinical Health Psychology (CCHTP) training programs. I am excited to begin my term next year. The Hamilton Lab has finally finished analyzing data on sleep and test anxiety. Our results show a reciprocal relationship with anxiety that significantly affects student's ability to perform on Statistics Exams. On a personal level, I am now 30% fluent in French (thanks Duolingo!). Thus, when we visit France next summer I will be able to say "Je suis desole. Je n'ai pas vote pour Donald Trump. Ce n'est pas ma faute." But, perhaps the most exciting event this year was our recent trip to NYC to see Hamilton (the Musical, not myself). I am not even a little bit ashamed to say that I was a 50 year old fan-girl by proxy when Chris Jackson (George Washington) posed for a picture with Zanna and signed her program. For those of you who know the music from the sound-track, you will understand why I now sign all of my informal correspondence as N.Ham.

**David Johnson** continues his research grant on traumatic brain injury and its relationship to premature aging, exercise, and adherence to intensive cardiorespiratory exercise. He enjoys going to central Kansas to work with the active duty service members of the 1st Infantry division at Ft Riley. His exercise program has been embedded into several clinics at the Irwin Army Community Hospital. David also travels to Costa Rica several times a year to work with University of Costa Rica colleagues on the 3rd wave of a longitudinal program of healthy aging in the developing world. When he is in Lawrence he is busy attending soccer, baseball, wrestling, and gymnastic matches for his two kids.

**Charlene Muehlenhard** Sex Lab news: New Clinical grad student Nicolette Zangari and Social student Justin Preddie joined Sex Lab. Clinical student Adijat Mustapha went on internship at the Topeka VA, Social student Claire Gravelin graduated and joined the faculty at SUNY Geneseo, and undergraduate Val Kutcho started a joint

Psychology and Women's Studies PhD program at the U of Michigan. Ongoing members are Clinical students Kate Esterline and Renae Mitchell, Social student Natasha Bharj, and me.

**Cyd Schnacke** and I had several adventures this year: In July, Cyd and I and 2 friends (including Clinical grad **Kathryn Minick**) visited another friend in Colorado; the 5 of us built a wooden quilt rack for displaying an antique quilt. In October, we went to a conference at Indiana University and saw Clinical grad **Zoë Peterson**. In November, Cyd and I did a half marathon; to my surprise, I won an award (including a plaque) for finishing 3<sup>rd</sup> in my age group (OK, 3<sup>rd</sup> of 3, meaning that I was also *last* in my age group, 1½ hours behind the 2<sup>nd</sup> place finisher; Cyd and I took more than twice as long as Clinical students **Danielle Chapa** and **Kelsey Hagan**, but the plaque doesn't mention those details—haha). In May, Cyd and I learned about “escape rooms”; we've now done four, and we were finally able to escape from one of them! Happy 2017, Everyone!

**Amber Watts** 2016 has been a productive year for me and the BRANCH Lab (Behavioral Research in Aging, Neuroscience, Cognition, & Health). We began a collaboration with a community education program called Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) to educate people about ways to reduce risk of Alzheimer's disease. The lab published several papers on physical activity in older adults with Alzheimer's disease using accelerometry and chaired a symposium featuring four of our papers at the annual meeting of the Gerontological Society of America. BRANCH lab's grad students are essential to our work. **Aili Breda**, **Andrea Bevan**, and **Alex Laffer** have all worked on an intervention to reduce sitting time in people with mild cognitive impairment. International collaborations with colleagues in Australia and Costa Rica are under review and should hit the presses sometime in the next year!

**Mike Rapoff** I am pleased to report that we have 3 chapters that are due to be published soon. I am very proud to have done these with current and former graduate students:

Rapoff, M.A. & Freche, R. (in press). Hope and children's health. In S. Lopez & M. Gallagher (Eds.) *The Oxford Handbook of Hope*. New York: Oxford University Press.

Rapoff, M.A., Lindsley, C.B., & Karlson, C. (in press). Medical and psychosocial aspects of juvenile idiopathic arthritis. In M.C. Roberts & R. Steele

(Eds.) *Handbook of pediatric psychology*, 5th ed. New York: Guilford.

Rapoff, M.A. & Calkins, A. (in press). Enhancing treatment adherence in young people with chronic disease. In A. Hadler, L. Osterberg, & Sutton, S. (Eds.). *The Wiley handbook of patient engagement in healthcare treatment: Theory, research, and clinical practice*. Hoboken, NJ: John Wiley & Sons.

My online course on chronic pain I am developing is due to be done by the end of the year and hopefully offered in the Spring. **Natasia Adams** is my GTA on this course and has been very helpful.

On a personal note, my wife Kim and I are delighted with our two grandchildren, Harrison (Sonny) and Elliot (Elli) Rapoff who are 3 and 2 years old, respectfully. Along with my Son and Daughter-in-Law, we took them trick or treating on Halloween and we came to one house and Sonny said “trick or treat” and Elli finished with “smell my feet”. Our neighbor got a big kick out of that.

I have also made the decision to retire effective **January 1, 2018**. We will stay in the area until July 2018 when we plan to move to Sarasota, Florida for our retirement. I will likely do some clinical work and maybe teaching (yet to be worked out) after I retire and until we move to Florida. In Florida, I plan to get my psychologists' license and do some clinical work and consulting (I can't fly fish all the time). After 37 years of service as a Professor at KU Medical Center, I thought it was time to move on. I will miss all of my colleagues and having graduate students from the Clinical Psychology program. I want to thank my current and former colleagues and students for being supportive of me over the years and giving me the pleasure of being a teacher, researcher, and mentor.

### Retired Faculty Sampler

#### **Doug Denney** Wooly Bear

Early last spring, Jacquelyn and I visited the Blue Ridge Mountains - our first post-retirement trip. After a little fly fishing on the Watauga River, we explored many of the small towns in the mountains around Boone, North Carolina. One of our favorites was Banner Elk, home to the annual Wooly Worm Festival.

The wooly worm isn't really a worm; it's a caterpillar, the larval form of the Isabella tiger moth (*Pyrrharctia isabella*). Most of the country with the exception of the South calls it the wooly bear caterpillar, and I



suspect all of my readers are familiar with this benign little creature often seen crossing streets and sidewalks during the fall. The 13 segments composing the caterpillar's body are covered with bristles, black ones covering the head and tail, reddish brown ones in the middle. The woolly bear enjoys a unique reputation in the world of entomology: the width of the reddish brown stripe in the middle (or more accurately, the number of segments that are expressing reddish brown bristles) is said to predict the severity of the approaching winter. For those unfamiliar with this hypothesis, it's an inverse relationship: the wider the reddish brown stripe, the milder the winter. (Interestingly, I discovered the people of Banner Elk are not particularly comfortable with inverse relationships. They much prefer adding the widths of the two black sections to obtain a direct index of how harsh the winter will be. It's merely a regional variation in the woolly bear hypothesis, akin to the different terms used in various parts of the country to refer to soft drinks -- curious, but wholly without consequence.)

Empirical tests of the woolly bear hypothesis began in 1956 when Dr. C. H. Curran, an entomologist at the American Museum for Natural History reported his findings from a study of 8-years duration in an article that appeared in the *New York Herald Tribune*. In addition to numerous subsequent studies by entomologists, the hypothesis is featured in one of the most frequently exhibited projects in school science fairs throughout the land. And what about the results of all this strenuous scientific effort? Inconclusive. Some studies support the assertion, some fail to do so, and some show the width of the middle stripe to be inversely related to the severity of the previous winter!

If we cannot determine the veracity of the woolly bear hypothesis through such zealous investigation, how much hope should we place in the eventual solutions emanating from social science? Furthermore, even were we to succeed in demonstrating the hypothesis to be unequivocally false, I suspect people would still often pause to inspect a woolly bear crossing their patio, mentally assess the width of its middle stripe, and briefly turn their thoughts to the approaching winter. In the composition of our private reveries, folkways hold the more exalted position over facts. Here we cherish narratives as fanciful as the stories read to us as children.

A few days following our return from North Carolina, Justin Trudeau was elected prime minister of Canada, and at present I'm writing this on the eve of our own presidential election. The Canadian people were

greatly discomfited by their election, not by its outcome, but by its unseemly duration. At 7 weeks, it was the longest electoral campaign in their country's history. To our much admired neighbors to the north, we can only shake our heads with amused bewilderment, and, recounting the opening line of their national anthem, exclaim: "Oh Canada!"

### Hawks in Flight



**Melinda Gaddy ('13)** I am currently in my fourth year of working for the Addiction Treatment Program at the VA in Leavenworth, KS. I love my position because my time is nearly evenly split between clinical work, supervision of interns, research-related activities (including QI/QA efforts and my role as alternate chair of the hospital's Research and Development Committee), and my work as a consultant with the VA's CBT for Substance Use Disorder (CBT-SUD) national roll-out efforts. With my initiation of CBT-SUD as well as Contingency Management for stimulant cessation, I have doubled the number of individual evidence-based therapies offered in my clinic. Finally, I was accepted to the fiscal year '17 cohort of my VA regions leadership development program (VISN LEAD Program) which is an honor and further contributes to the variety in my work.

Oh, and Art and I are still going strong! Other than the recent election, things have been going smoothly. Tell everyone there hello for me, and I hope things at KU are going well!

**Irene Elkins ('93)** I am still at the Minnesota Center for Twin and Family Research at the University of Minnesota. Recently, I became the principal investigator on the following NIH grant: "ADHD and Substance Problems in Adolescence: Specificity, Mechanisms, and Gender". My husband, David, and I are empty nesters now that our daughter, Janet, is away, majoring in medical anthropology at Case Western Reserve University in Cleveland.

I have been terrible about staying in touch but have been thinking recently about some of my former KU mentors who may have retired recently - Ray Higgins and Doug Denney. I sure hope both are doing well!

**Pat Harney ('93)** I'm a graduate of the clinical program (87-93). I continue as a Director of Psychology Internship Training at Cambridge

Health Alliance/Harvard Medical School, a public sector city hospital that provides care for a multicultural and traditionally underserved patient population. I'm very lucky to have fellow Hawks **Linda and Tony Bram** among my faculty. I welcome a heads up about any interested applicants to our internship program. On the personal side, my sons are looking toward flying from the nest themselves, as one is a high school senior (and the other a sophomore). **Jan Huntoon** and I connect whenever possible (but never often enough!) and I welcome contact from any psychology Jayhawks, old friends or new, when you may pass through the Boston area. I hope 2017 is a good one for all and that our fears of what a Trump administration might mean do not come to pass.

**Susan E. Hickman** ('97) I was introduced to geropsychology by Suzanne Norman, PhD, who generously offered a clinical practicum at the Kansas City VA during my third year. This led me to a gerofocused internship and geropsychology fellowship at the Portland VA Medical Center, followed by a position at Oregon Health & Science University. I am now a tenured Professor in the Indiana University School of Nursing in Indianapolis, where I conduct research on ethical issues in end-of-life decision-making with older adults and teach clinical ethics. I currently have funding from the National Institute of Nursing Research and the Retirement Research Foundation to study the quality of advance care planning decisions in the nursing facility setting. Additionally, I am part of a CMS funded demonstration project to improve the quality of nursing facility care by reducing potentially avoidable hospitalizations--I lead the palliative care core. My training as a clinical psychologist has proven invaluable in my interdisciplinary work to improve communication near the end of life and I use the research skills I acquired from my mentor Charlene Muehlenhard, PhD, on a daily basis. (Thanks, Charlene!!!) On a personal note, my husband Dane and I just celebrated our 20th wedding anniversary. We have a 10 year old daughter, Amelia, plus 2 dogs and one cat.

**Tom Plante** ('87) Lori and I (who met as classmates in Fraser Hall at KU in 1982) just celebrated our 28th wedding anniversary just yesterday. Our son, Zach, is a college junior at Dartmouth but we often tell him that he should cheer enthusiastically for the Jayhawks since if it wasn't for KU he wouldn't exist!

We just returned from sabbatical during the spring term at Dartmouth's Ethics Institute where we did a book project together on ethics development in college students (Plante, T. G., & Plante, L. G. (2017). *Graduating with Honor: Best Practices to Promote Ethics Development in College Students*. Santa Barbara, CA: Praeger/ABC-CLIO). Details are at <http://www.abc-clio.com/ABC-CLIOCorporate/product.aspx?pc=A4963C>. It was great to be there with our son and attend all of his track meets as well (he's a 200m and 400m guy). Lori continues in full time practice while I'm in my 23rd year as a psychology professor at Santa Clara University.

I have had the great pleasure of seeing fellow Jayhawker, Mary Fristad ('86) of late as we are both on APA's Council of Representatives now. We laugh, we cry, we reminisce, and we commiserate.

**Carla Berg** ('07) is currently an Associate Professor in the Department of Behavioral Sciences and Health Education in the Rollins School of Public Health and the Associate Director of Population Sciences at the Winship Cancer Institute at Emory University. She lives in Atlanta, GA with her husband Todd Latourette, her son Knox (1 year old), her step-daughter Kate (11 years old), and her pups George and Ally.

**Annette Stanton** I was honored to return for a research talk at Psychology's Centennial Celebration in April 2016. Having time with good friends on the faculty, former Ph.D. students, and current grad students was great fun. At UCLA, I'm on sabbatical this year, which translates into time to focus on research and travel (several states and Japan, New Zealand, Australia, Canada). Husband Eric, dog Gracie, and family/friends also keep me happy, as do emails from KU Ph.D.s and friends.

**Michael Danovsky** ('94) I have now been at my first and only job after my Internship and Postdoc (Brown University/RI Hospital) at Valley Children's Hospital in Madera, CA for 20 years. I never saw myself as becoming a Californian ever, especially not living in one of the hottest areas of CA (Fresno), given my frozen Minnesota roots. I think often of my KU/KUMC mentors (Rapoff, Barnard, Houston, Snyder, among others), the other professors, staff, and the other grad students who were there at the same time. KU provided an excellent education in a very supportive environment. I am proud to have been a

Jayhawk, and wear my Jayhawk pin (thanks to Michael Roberts) everyday on my badge!

**Nate Regier** ('97), CEO and co-founding owner of Next Element Consulting, has published his second book, *Conflict Without Casualties: A Field Guide for Leading With Compassionate Accountability* (Berrett-Koehler Publishers), coming out in Spring, 2017. His company specializes in leadership training, consulting and trainer certification to build cultures of compassionate accountability. [www.next-element.com](http://www.next-element.com)

**Amber Gum** ('02) lives in Tampa, Florida, with her husband Robb and two young children (Roark, 4; Brynhild, 2). She works as an Associate Professor at the University of South Florida (<http://mhlp.fmhi.usf.edu/facultyStaff/pfocus.cfm?focuserid=376>). Amber's highlight of 2016 was living in Tel Aviv, Israel, with her family for 4 months – thanks to a Fulbright Core Scholar Award to collaborate with a dear friend and colleague at Bar-Ilan University. The entire family had a wonderful experience and began planning the next adventure before arriving home. Still influenced by Rick Snyder after all these years, Amber had a hope-filled year, collaborating on hope research with Israeli colleagues, and being one of several KU alumni to contribute a chapter to the upcoming Oxford Handbook of Hope, about hope in older adults. Amber is trying to apply the lessons learned about hope, fostering healthy practices for her family and fostering a hopeful outlook about growing older.

**Jerry Sattler** ('59) published his 12th book this spring on the WISC-V and WPPSI-IV. He continues to be associated with San Diego State University where he has been since 1965. He started the program at KU in 1952 and had Professors Heider, Scheerer, Chotlos, Smith, and Wike as mentors.

**GraceAnn Robertson** ('94) have transitioned over the years from working in a large psychiatric hospital/outpatient clinic setting, to a smaller group practice, to now an entirely solo practice in a collective of clinicians. Over the years I have done some adjunct teaching, at Grand Valley State University and Western Michigan University, and of late have limited my teaching to some guest lecturing at Calvin College. Also last year I began contracting with Spectrum Health's pediatrics department, working in conjunction with outpatient pediatricians in their offices assessing patients, providing short-term intervention, and making appropriate referrals to

mental health resources in the community. Pretty much, I am having a great time professionally!

Personally Paul and I will be married 30 years this January, and he is still the best choice I could have ever made. Our two boys Drew and Alex, who were born when we were at KU, are now amazing adult men on their own, with careers, and in Alex's case, a wife. No grandchildren yet, but a thoroughly engaging and exceptionally intelligent granddog named Hedwige! We came to Grand Rapids for internship, with the goal of eventually moving back to the East Coast. We still haven't left Michigan, although now as we move toward retirement age, we have made some progress, having just purchased 12 1/3 acres outside Portland ME on which we will build our retirement home. We expect that retirement will be a combination of part time practice for me, engineering/computer consulting for Paul, and running a small farm/B&B for both of us. Paul says we needed all that land to manage the rescue dogs that keep showing up at our house; we are currently up to four (German Shepherd, Rottweiler, and two mastiffs) and probably have pushed the limits of our current space in accommodating dog mass! All the best to my fellow Jayhawks!

**Lorraine Mangione's** ('84) book *Daughters, Dads, and the Path through Grief: Tales from Italian America*, written with Dr. Donna DiCello and based on interviews, was published last year (Impact/New Harbinger Publishers). She also received a special recognition award from the Massachusetts Psychological Association for "Exceptional Dedication to Teaching and Training in Psychology" which she credits to her mentors at KU, particularly Frank Shontz, Rick Snyder, and Tom Reilly.

**Solange Cook-Darzens** ('75) As an old "hawk in flight", I receive the KU Clinical Psychology Newsletter and was very sad to read about Franklin Shontz' death. I came to KU on a scholarship from France in 1965 and after several meanders got my Ph.D. in 1974. Dr Shontz was my Master's thesis and Ph.D. thesis supervisor, and his influence was determinant in my professional life. I owe a lot to him and have quoted him in the acknowledgments of all the books I wrote. I attempted to contact him in 2014 through Allan Hanson from the Anthropology Department, without success. When I arrived at KU, I barely spoke English and had a hard time with course requirements. From the start, Dr Shontz was attentive to me and very supportive. From him, I learned methodological rigour, the relativity of personality

development theories (coming from a country where Psychoanalysis was “the truth”, it was a real discovery), a deep interest in research, and many other things which pervaded my whole career and which I also transmitted to the next generation. After a clinical and academic career in Hawaii, then in Paris, I retired 4 years ago but still coach Ph.D. students and do training, consultation and supervision. Frank Shontz is alive in everything I do professionally.

**Tami Bryan** (’01) I’m now in Austin! I miss NYC, but I’m enjoying the Austin vibe. I am the director of the Austin Center for CBT, where I specialize in anxiety disorder treatment as well as couples and sex therapy. I have a two daughters (ages 9 and 6) who love to dance and play piano/guitar. In October, Laura Yamhure Thompson and I had lots of fun catching up while attending an Integrative Behavioral Couple Therapy workshop.

**Katie Sharp** (’15) finished internship, started a job in Dallas, passed the EPPP and married Steven Rogers aka Captain America. Can anyone top that!

**Abbey Hughes** (’14) and **Eugene Botanov** (’14) had a big year. They welcomed their daughter, Lorena Frances, in June, made a cross-country move to Maryland in July, and started faculty positions in August. Abbey is on faculty at the Johns Hopkins School of Medicine and Eugene is on faculty at Millersville University. Their dog, Fraser, is coping accordingly.

**Becky Hunter** (’15) joined our considerable Chicago contingent and became a faculty member in psycho-oncology at Rush in Chicago, IL.

**Michelle Kanga** (’15) and her husband welcomed Rose who was born on April 18, 2016.

**Tara Kraft** (’14) and her husband Blake Feil are expecting their first child (a little girl) this January 2017. They are very excited :)

**Natalie Stroupe** (’14) accepted a position as the newest staff psychologist at the Portland DBT Institute in September 2016. She is excited, a little nervous, and sad to leave the friends in SoCal. However, Natalie is excited about the new work. She will be on the trauma team, doing DBT-PE and the clinic is looking to add in CPT lines as well. They’re also open to adding additional programming per therapist interests, so she might be able to develop and

facilitate some LGBT specific groups and a healthy trauma after sexuality group.

Christy Olson 13’ and her husband welcomed Jack who was born September 19, 2016.

**Natalie Stevens** (’11) and Carolan welcomed twins Elizabeth and Kit September 19th (same day as Christy Olson (’13) and Kevin welcomed their baby boy!

**Andy** (’09) and **Brenda Lehman** (’09) also part of our Chicago contingent added Leena who is now 18 months to the family and Mia her big sister is loving the new addition!

**Olivia Chang** (’09) made a cross-country move and took a position at the Martinez VAMC CBOC in their outpatient PTSD clinic. Olivia will be closer to my family in Southern CA and her mother. Olivia will be in the Bay Area and doing what she loves – PTSD treatment with veterans. Olivia is also an avid runner and has completed numerous marathons this year!

### PASSINGS:

**Jeff Crowson** (’97 ) (1954-2014)

Jeff graduated from KU in 1997 and passed away in late 2014. Jeff’s first career was in graphic arts, a field in which he worked for several years. But Jeff found an interest in psychology and enrolled at San Diego State, where I met him during my time on the faculty there. He took an advanced lab that I offered and later worked with me as a research assistant. When he applied to graduate school I urged him to consider KU and was thrilled when he was accepted. During his time in Lawrence, and mine in San Diego, we kept in touch, and he often sent me things related to KU (like the Lawrence Journals World’s annual KU edition). And as I predicted to him before he left, he would become an avid KU basketball fan. Before moving to his job working for the Army at the Presidio in Monterey, CA, Jeff did a post-doc at Mizzou and even attended baseball games there. But he told me that this was only because he could see KU basketball there - he remained a true KU fan. The last I heard from Jeff was in 2012 when he made a donation to the Clinical Development Fund.

During his time at KU Jeff worked with Rue Cromwell and was a prominent member of Rue’s Crew”. Rue recalls that despite some anxiety Jeff was filled with a zest for life. He was such a passionate basketball fan that he often invited his brother, overseas guests, and out-of-town guests to attend basketball games. For many years after he

left KU he would write to Rue to discuss each year's basketball season prospects. Another source of joy for Jeff was the portrayal of skits at the annual Christmas party. He relished picking up the mannerisms of faculty such as Charlie Neuringer and portraying them. Often claimed to be the greatest skit of all time, Jeff and program mate Nate Regier scripted and played the roles of Rick Snyder and Ray Higgins sitting behind adjacent toilet stall doors in the Fraser third floor men's room. All the audience could see was their shoes with their trousers pulled down as they conducted their dialogue. The laughter was so loud that James Juola could hear it in his lab on a higher floor.

**Rick Ingram** (Editor's note I borrowed much of this from a very extensive history of Jeff's life that Rue Cromwell wrote – if anyone would like a copy please let me know and I'll send in on)

**Ben Marz ('93) (1952-2014)**

Ben passed away on December 29, 2014 after losing his battle with cancer. Ben graduated from Highland Park High School in St. Paul, MN class of 1970. He went on to receive a Bachelor of Arts degree from the University of Colorado, before entering KU for his MA and Ph.D. degrees. Ben returned to St. Paul before moving to Austin Texas in 1984. Ben will always be remembered for his deeply positive spirit, his commitment to friends and family, and for his remarkable ability to connect deeply with others. He was a lover of life, and possessed a sense of humor and appreciation for life that enriched and inspired everyone around him.

**Rick Ingram** (Ben's obituary can be found at [www.legacy.com/obituaries/statesman/obituary.aspx?pid=173657578#sthash.EO6GFBjg.dpuf](http://www.legacy.com/obituaries/statesman/obituary.aspx?pid=173657578#sthash.EO6GFBjg.dpuf))

**CLINICAL PROGRAM CONTRIBUTIONS:**

We are greatly appreciative of those who have contributed to the Clinical Program this past year. (Very recent contributions that have not been reported to us in time for this issue of the *Hawklined* will be reported next year.)

**Beatrice A. Wright Scholarship Fund**

Coleen Wright Rand & Kenneth H. Rand, Dennis Swiercinsky

**B. Kent Houston Award in Health Psychology Fund**

Carol R. Lowery, Michael Babyak & Beverly Brummett

**Clinical Psychology Development Fund**

Rick E. Ingram & Nancy A. Hamilton, David J Lutz & Ellen Scott McLean, Mary McCartney Keil, Robin J. Lewis-Schoner & Arthur M. Schoner, Daniel L. Larsen, Sarah Kirk & Thomas Hutton, Deborah Taylor, Paula Drumwright & John A. Seikel, Michael Frisch, Claire Selzer Whiteman & Charles Whiteman, Keri Kinnaird, Lorraine Mangione, Louis Gamino, Lori McAllister

**Sandy Dinoff Memorial Scholarship**

Beth Dinoff

**C.R. Snyder Memorial Fund**

Keith M. Halperin

**M. Erik Wright Faculty Scholar Fund**

Coleen Wright Rand & Kenneth H. Rand

Contributions to the Clinical Program Development Fund (or any specific award fund) can be sent to Rick Ingram, Psychology Department, 426 Fraser Hall, 1415 Jayhawk Blvd, Lawrence, KS 66045 or to the KU Endowment Association, Youngberg Hall, Campus West, Lawrence, KS 66045. Please note the specific fund on your check or contribution. You also may make on-line contributions via the Endowment Association: <http://www.kuendowment.org/> and there is a link on our website: <http://clinical.drupal.ku.edu/giving>.

**STAY IN TOUCH** -Your million-mile warranty continues to be honored here!

Rick Ingram: [reingram@ku.edu](mailto:reingram@ku.edu)

Sarah Kirk: [skirk@ku.edu](mailto:skirk@ku.edu)

**Alumni Submitted Pictures** *(New; Including many Future Jayhawks!)*



Baby Lorenna – Abby Hughes and Eugene Botanov



Elizabeth (L) and Kit (R) - Natalie Stevens and Carolan



Jack – Christy Olson



Katie Sharp and Stevem Rogers



Mia & Leena – Brenda and Andy Lehman



Michelle Kanga and Rose



Nancy Hamilton and Zanna Ingram



Teresa Pan and Ben