

## **The *Hawkl*ine**

### **KU Clinical Psychology News**

**Number 25**

**Fall 2009**

#### **FROM THE DIRECTOR**

This is the 25<sup>th</sup> edition of *Hawkl*ine, a full quarter century of program and alumni news! All free and with no advertising—if you overlook the shameless soliciting (see below).

Looking back over my eight previous versions of “From the Director” makes me feel a bit like Chicken Little, always raising the alarm about one thing or another. Fortunately, the firmament is still firmly fixed, and Kansas is unlikely to suffer surging sea levels. We have, however, recently been re-learning a few things about taking a hit and rolling with the blows. To date, the most visible loss to the program in the wake of the current economic woes in Kansas and beyond has been our ½-time clinic receptionist. Fortunately, with beefed-up help from our students and above-and-beyond contributions from Sarah Kirk and Bonnie Schafer (Clinic Admin. Assistant), I doubt that our clinic clientele notice much difference. Another casualty of the University hiring cuts is that our plan to recruit a new faculty member is on hold. Theoretically, the clinical program is next in line to hire, but when I think of this I’m reminded of a sign that used to hang in the check-out area of a local department store. The sign boastfully proclaimed “Our policy is that you are always next in line.” Somehow, now as then, that bit of reassurance is not entirely comforting. One would like eventually to cross the threshold!

Aside from personnel matters where we are entirely dependent upon state funds and, therefore, vulnerable to fickle fiscal fortunes and legislative legerdemain, there are a couple of things that have served to buffer the clinic and program from the current economic downturn. One is the fact that the clinic, because of its fees, is self-supporting. Through years of judicious planning and strategic parsimony, and now with the excellent leadership of Sarah Kirk, the clinic has always been able to provide for its own operating expenses as well as to make important investments in infrastructure maintenance and improvements (e.g., therapy room decor, student computer resources, updated testing supplies) and educational experiences (e.g., semi-annual ethics workshops and occasional speakers). A second major buffer has been the ongoing generosity of our alumni and friends. The great majority if those listed below in the “Program Contributions” section are “repeat offenders.” They (you) make it possible for us to provide scholarship support to students, help students with travel expenses to conferences, provide cash awards for recipients of our various program awards, help students with the expenses associated with their MA and Dissertation research, pay for the substantial annual expenses associated with recruiting new students, etc. All of these are big difference makers.

As I survey the past year it is difficult to point to dramatic developments for the clinical program. Our newest junior members (Sarah Pressman & David Johnson) have hit the ground running and are excelling (see their comments in the Faculty Sampler). We were pleased when our newest senior member, Ruth Ann Atchley, became the department chairperson. Being a member of both the clinical and cognitive programs, Ruth Ann has a balanced perspective on the department’s needs, and she has found many creative ways to trim the department’s budget without adversely affecting our training and research missions. Ruth Ann also was honored by receipt of a “Kemper Award” for her outstanding teaching. Once again, our program is ranked in the top 25 (actually #18) of US News & World Reports ratings of clinical programs. Once again our intern applicants are securing highly desirable internships and receiving outstanding ratings from their internship directors. Once again our faculty and students have “walked the walk” by contributing actively to the professional literature (see the list of student publications below). All-in-all, it’s been an ordinarily successful year.

I hope you enjoy this edition of *Hawkl*ine. If possible, it may be even more full of useful information than usual. Where else, for example, can you learn about the cognitive abilities of dead Atlantic salmon and find evidence-based rationales for taking it easy and giving yourself more vacation time? Not many places I’ll wager.

Please treat yourself to a guilt-free and terrific Holiday season!

Ray Higgins

## **CLINICAL PROGRAM STUDENT AWARDS**

### **SCHULMAN AWARD FOR EXCELLENCE IN CLINICAL PSYCHOLOGY**

**Natalie Stroupe** graduated with honors with an AB in Psychology from the U. of Chicago in 2002. She was a Research Specialist at Shriners Hospital for Children in Lexington, Ky before coming to KU in 2006. She worked with Charlene Muehlenhard on her MA thesis, examining women's perceptions of their experience with orgasm. She also has studied EEG measures of depression with Ruth Ann Atchley and Steve Ilardi. For her dissertation, Natalie will study the links between cognitive responses to sleep-related stimuli and quality of sleep, via EEG and self-report. She currently serves as the Clinic Systems Coordinator and hopes to combine her interests in psychotherapy, assessment, research and teaching into a smorgasbord of a career. In her free time, Natalie rocks the airwaves as a DJ for KJHK, KU's student-run radio.

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

**Natalie Stevens** received her BA in Psychology, Magna Cum Laude, from Randolph-Macon Woman's College in 2004. Natalie's MA thesis, "Measuring Desire for Control of the Childbirth Environment" was completed with Honors under Nancy Hamilton. Natalie's Dissertation continues with the development of postnatal measures of perceived control of the birth environment and maternal satisfaction with the childbirth experience. Her Dissertation is being funded by an APA Division 38 Student Research Grant. Preliminary findings from an online pilot study will be presented at the North American Society for Psychosocial Obstetrics and Gynecology and at the Society for Behavioral Medicine in 2010. Natalie's graduate work has focused on predictors of positive childbirth experiences and, following graduation, she hopes to continue this work by exploring the effects of the childbirth experience on postpartum health.

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

**Thao Bui** received her BA from the U. of Texas. Her dissertation, with Lisa Hale and Eve-Lynn Nelson ('02), compares face-to-face and videoconferencing administrations of the Children's Yale-Brown Obsessive Compulsive Scale. Thao's clinical interests focus on disseminating empirically supported treatments to underserved populations through technology and education. Thao is currently applying for internship.

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

**Steve Bistricky & Christy (Nelson) Olson** were co-recipients.

**Steve Bistricky** graduated Magna Cum Laude with a BA in Communication from the U. of Arizona in 2000. He worked as a lead research assistant at UC San Francisco before coming to KU in 2005. He completed his MA thesis, "Reaction Time and Pupillary Dilation Measures of Emotional Information Processing in Dysphoria," with Rick Ingram. Now he works with both Rick and Ruth Ann Atchley for his dissertation, studying selective attention to affective facial stimuli in depression-prone individuals using behavioral and psychophysiological (e.g., ERP) measures. In addition, we just learned that Steve's dissertation will be partially supported by a Scott Mesh Honorary Scholarship for Research in Psychology from APA's Graduate Student division (APAGS). Steve aspires to an academic career and plans to continue studying vulnerability to psychopathology.

**Christy Olson** received her BA from Luther College in Decorah, IA. Prior to coming to KU, she worked at the Mayo Clinic in Cardiovascular Research. Christy's MA thesis, under the direction of Nancy Hamilton and Cary Savage, was entitled "Source Memory in Individuals with Obsessive-Compulsive Symptoms."

Her dissertation will utilize functional magnetic imaging to further this research and will examine memory and neural correlates of memory in individuals with OCD. Christy's career goal is to work in a medical center where she can be active in both research and clinical work.

#### **CLINICAL AND PROFESSIONAL SKILLS AWARD**

**Christy Olson & Jennifer Prohaska** were co-recipients.

**Christy Olson** was a "double winner" this year. See her autobiographical sketch under the C. R. Snyder Award for Research Achievement.

**Jennifer Prohaska** received her BA from the KU in 2001. She completed her masters on "Omega-3 Fatty Acid Supplementation and Sleep" with Steve Ilardi and is working on her dissertation with Dr. Patricia Hawley (Social & Developmental programs) on "Relational Aggression and Disordered Eating Behaviors". Jenny is currently applying for internship and intends to pursue a career in inpatient mental health services.

#### **SANDY DINOFF MEMORIAL HEALTH PSYCHOLOGY RESEARCH AWARD**

**Cynthia Karlson** received her BS in psychology from the U. of Florida in 2003. She worked as a Research Director at UF until coming to KU in 2004. Cynthia's graduate work has focused primarily on rheumatologic pain conditions in both children and adults. She completed her master's thesis, entitled "Effects of Parental Massage on Children with Juvenile Rheumatoid Arthritis," under the direction of Nancy Hamilton and Mike Rapoff. Her thesis was honored with an APA Division 38 Student Research Grant. Cynthia's dissertation, "Massage and the Gate Control Model" will further her MA thesis research examining massage as a pain intervention. Her dissertation is being funded by the International SPA Association Foundation Ruth Stricker Spa & Wellness Award. After KU, Cynthia hopes to continue her research and clinical work with chronic pain conditions. Cynthia welcomed her first child Ainsley Anne to her family on June 16, 2009 and is looking toward internship next year.

#### **CURRENT STUDENT PRESENTATIONS & PUBLICATIONS:**

The following is a partial list of publications and presentations from the past year involving clinical graduate students. Student names are in **bold**. (Poster presentations, "in press" items, and faculty publications not involving student co-authors are not included for space considerations.)

- Aupperle, R. A.,** Hale, L. R., Chambers, R. J., Cain, S. E., Barth, F. X., Sharp, S. C., Denney, D. R., Savage, C. R. (2009). An fMRI study examining effects of acute d-cycloserine during symptoms provocation in spider phobia. *CNS Spectrums*, *14*, 556-571.
- Bistricky, S.L.** (2009). The Dysfunctional Attitudes Scale. In R.E. Ingram (Ed.) *International Encyclopedia of Depression*. New York: Springer Publishing Company.
- Bistricky, S.L.,** Klein, J. (2009). Minor depression. In R.E. Ingram (Ed.) *International Encyclopedia of Depression*. New York: Springer Publishing Company.
- Bodling, A. M.,** Denney, D. R., & Lynch, S. G. (2009). Cognitive aging in patients with multiple sclerosis: A cross-sectional analysis of speeded processing. *Archives of Clinical Neuropsychology*, *24* (8), 761-767.
- Brian, L.N.,** & Muehlenhard, C.L. (2009, November). Do men ever say no to sex? Questioning stereotypes about sexual gatekeeping. Presentation at the annual meeting of the Society for the Scientific Study of Sexuality, Puerto Vallarta, Mexico.
- Bronars, C.A.,** & Saul, J. (2009). Increasing Reach of Tobacco Cessation Quitlines: A Review of the Literature and Promising Practices. North American Quitline Consortium (NAQC) Issue Paper, 1-18.
- Bronars, C.,** Cox, L.S., Mayo, M.S., Choi, W.S., Snow, T.M., Okuyemi, K.S., & Ahluwalia, J.S. Baseline characteristics of African American light smokers enrolled in a clinical trial: Kick it at Swope III. The Society of Research on Nicotine and Tobacco for the February, 2009 Annual Meeting.
- Efe, B.** & Muehlenhard, C. (2009). Men's and Women's Reasons for Giving in to Sexual Intercourse Without a Condom Even Though They Wanted to Use One. Presented at The Society for the Scientific Study of

Sexuality Conference, Puerto Vallarta, Mexico.

- Ely, A. C., Befort, C., **Banitt, A. A.**, Gibson, C., & Sullivan, D. (2009). A qualitative assessment of weight control among rural Kansas women. *Journal of Nutrition Education and Behavior*, *41*, 207-211.
- Gaddy, M.** (2009). Anger. In R. E. Ingram. *International Encyclopedia of Depression*. New York: Springer.
- Gaddy, M.** (2009). Endogenous vs. Reactive Depression. In R. E. Ingram. *International Encyclopedia of Depression*. New York: Springer.
- Gaddy, M.** (2009). Global Burden of Depression entries in R. E. Ingram. *International Encyclopedia of Depression*. New York: Springer.
- Gallagher, M. W.** (2009). Well-being. In S.J. Lopez (Ed.) *The Encyclopedia of Positive Psychology* (Vol 2. pp. 1030-1033). Malden, MA: Wiley-Blackwell.
- Gallagher, M. W.**, & Lopez, S. J. (2009). Positive expectancies and mental health: Identifying the unique effects of hope and optimism. *Journal of Positive Psychology*, *4*, 548-556.
- Gallagher, M. W.**, Lopez, S. J., & Preacher, K. J. (2009). The hierarchical structure of well-being. *Journal of Personality*, *77*, 1025-1050.
- Hamilton, N. A., Karoly, P., **Gallagher, M.**, **Stevens, N.**, **Karlson, C.**, **McCurdy, D.** (2009). The assessment of emotion regulation in cognitive context: The emotion amplification and reduction scales. *Cognitive Therapy and Research*, *33*, 255-263.
- Hammen, C., **Bistricky, S.L.**, Ingram, R.E. (2009). Vulnerability to Depression in Adulthood. In R. Ingram & J. Price (Eds.), *Handbook of Vulnerability to Psychopathology: Risk Across the Lifespan*, 2nd Edition. New York: Guilford.
- Higgins, R. L. & **Gallagher, M. W.** (2009). Reality negotiation. In S. J. Lopez, & C. R. Snyder (Eds.). *Handbook of Positive Psychology* (2<sup>nd</sup> ed., pp. 475-482). New York: Oxford University Press
- Ingram, R. E. & **Gallagher, M. W.** (2009). The nature of adult vulnerability: History and definitions. In R. E. Ingram & J. M. Price (Eds). *Vulnerability to Psychopathology: Risk Across the Lifespan* 2<sup>nd</sup> ed., pp. 3-6). New York: Guilford.
- Karlson, C. W. & Rapoff, M. A. (2009, October). Jointstrong intervention for children with juvenile arthritis. Symposium presentation at the annual meeting of the American College of Rheumatology/Association of Rheumatology Health Professionals, Philadelphia, PA.
- Kashdan, T. B., **Gallagher, M. W.**, Silvia, P., Winterstein, B. Breen, W. E., Terhar, D., & Steger, M. F. (2009). The Curiosity and Exploration Inventory-II: Development, Factor Structure, and Initial Psychometrics. *Journal of Research in Personality*, *43*, 987-998.
- Lopez, S. J. & **Gallagher, M. W.** (2009). A Case for Positive Psychology. In S. J. Lopez, & C. R. Snyder (Eds.). *Handbook of Positive Psychology* (2<sup>nd</sup> ed., pp. 3-6). New York: Oxford University Press
- Mujica-Parodi, L.R., Strey, H. H., Frederick, B., Savoy, R., Cox, D., **Botanov, Y.**, Tolkunov, D., Weber, J. (2009). Chemosensory cues to conspecific emotional stress activate amygdala in humans. *PLoS One*, *4*(7), e6415.
- Nollen, N.L., **Bronars, C.**, Lipari, J., Cox, L.S., Thomas, J., & Ahluwalia, J.S. Smoking-related weight concerns among obese African American (AA) light smokers enrolled in a double-blind, placebo-controlled randomized trial. The Society of Research on Nicotine and Tobacco for the February, 2009 Annual Meeting.
- Rapoff, M. A., Lindsley, C. B., & **Karlson, C.** (2009). Medical and psychosocial aspects of juvenile rheumatoid arthritis. In W. O'Donohue & L. Tolle (Eds.). *Behavioral approaches to chronic disease in adolescents*.
- Stevens, N.** (2009). Postpartum depression. In R. E. Ingram (Ed.), *International encyclopedia of depression*. (pp. 438-444). New York: Springer.
- Stevens, N.**, Hamilton, N.A., Preacher, K., Wallston, K., & Staecker, D. (2009). The Desire for Control in

Childbirth Behavior Scale. Poster session at the Society for Behavioral Medicine Annual Conference, Montreal.

Thomas, J.L., **Bronars, C.A.**, Stewart, D.W., Befort, C.A., Nazir, N., Mayo, M.S., Okuyemi, K.S., Jeffries, S., & Ahluwalia, J.S. (2009). Psychometric properties of a brief smoking consequences questionnaire for adults (SCQ-A) among African American light smokers. *Substance Abuse*, 30, 14-25.

**Wright, E. J.** (2009). Adjustment disorder. In R. E. Ingram (Ed.), *The International Encyclopedia of Depression*. New York: Springer.

**Wright, E. J.** (2009). Cyclothymia. In R. E. Ingram (Ed.), *The International Encyclopedia of Depression*. New York: Springer.

**Wright, E. J.**, & Muehlenhard, C. L. (2009). Sexual-Enhancement Drug Use in College-Age Men. Paper presented at the Eastern & Midcontinent Region Joint Meeting of the Society for the Scientific Study of Sexuality, St. Petersburg, FL.

**Wright, E. J.**, & Muehlenhard, C. L. (2009). The Use of Sexual-Enhancement Drugs and Other Substances by College Men: Who, What, and Why? Paper presented at the Society for the Scientific Study of Sexuality 50th Annual Meeting, Puerto Vallarta, MX.

### SCHOLARSHIP RECIPIENTS

#### Beatrice A. Wright Scholarships

**Yevgeny (Eugene) Botanov** (General Program), BA—SUNY Stony Brook (2004). MA—Columbia University Teachers College (2005). Yevgeny works with Steve Ilardi.

**Rebecca Clausius** (Health Specialty), BS—University of Iowa (2008). Rebecca works with Nancy Hamilton.

**Michelle Kanga** (General Program), BA—Bucknell (2008). Michelle works with Charlene Muehlenhard.

**Jessica Negley** (Health Specialty), BA—St. Louis University (2008). Jessica works with David Johnson.

**Mindy Pressman** (Health Specialty), BA—University of San Diego (2008). Mindy works with Nancy Hamilton.

#### Doris Sheets Scholarship

**Cynthia Karlson** (Health Specialty), BS—University of Florida. (1994). Cynthia works with Mike Rapoff.

### NESTLING HAWKS: 2009 ENTERING CLASS

**Lora Black** (Health Specialty), BA—Texas A&M Univ. Lora plans to work with Sarah Pressman.

**Abbey Hughes** (Health Specialty), BS—Texas A&M Univ. Abbey plans to work with Doug Denney.

**Katie Keil** (General Program), BA—Univ. of Illinois. Katie plans to work with Steve Ilardi. To our knowledge, Katie is the first “legacy” student in the clinical program. Her mother, Mary (McCartney) Keil graduated in 1980.

**Tara Kraft** (Health Specialty), BA—Catholic Univ. of America. Tara plans to work with Sarah Pressman.

**Clarice Wang** (Health Specialty), BA—Wash. Univ., St. Louis. Clarice plans to work with David Johnson.

**Christina Williams** (General Program), BA—Univ. of Kansas. Christina plans to work with Rick Ingram

### FLEDGLING HAWKS: ON INTERNSHIP

**Angela Banitt** (Health Specialty): U. of Mississippi Medical Center/VA Jackson, Jackson, MS.

**Angela Bodling** (Health Specialty): Missouri Health Science/Truman Memorial VA, Columbia, MO.

**Puong Chau** (Health Specialty): U. of Arizona College of Medicine, Tucson, AZ.

**Amy Hirani** (General Program): VA Pacific Islands Health Care System, Honolulu, HI

**Danyale McCurdy** (Health Specialty): UCLA-Semel Institute for Neuroscience, Los Angeles, CA.

**Yngve Monsson** (General Program): VA Eastern Kansas HealthCare System, Leavenworth, KS.

**Dana Steidtmann** (General Program): VA Palo Alto Health Care System, Palo Alto, CA.

## **Hawks in Flight**

### **1960's**

**Oren Glick ('63)** wrote in response to last year's *Hawkline* announcement that the program had recruited a social psychologist, Dr. Sarah Pressman, to join the program – “My congratulations to both Dr. Pressman and the clinical program! I consider it a milestone of progress long overdue! I entered the KU Psychology department in the fall of 1958 intending to pursue a doctorate in clinical psychology. Two years later I found myself attracted to incorporating an emphasis in social psychology in my program, prompted in large part by classes I was taking with Prof. Jay Jackson who had recently arrived to head up a new program in social psychology. I talked to him about pursuing a joint degree in social and clinical and he immediately warmed to the idea. But when I approached the head of the clinical program about the idea, he wouldn't hear of it: I must pursue an exclusively clinical program if I wanted a degree in clinical. I was puzzled and disappointed but the fork in the road could not be budged. The dilemma I faced was itself a significant factor in my choosing to pursue a degree in social psychology.

I am now retired, following an interesting and diverse life and career that started with about twelve years of social research that segued into computer software development focusing initially on providing computer software and services to nonprofit organizations. I left academia and incorporated my own small business of which I sold off a portion and closed down the rest a few years ago but from which I continue to support a group of my software users across the country - basically a nice hobby in retirement. I'm pleased to walk away from the challenges and demands of operating a small business. And what better place to have lived for 40 years than in the beautiful Pacific Northwest and to retire in the socially, politically and environmentally progressive city of Portland, Oregon! While my graduate studies took a different course than I had expected, I never regretted the choice. I remember the KU years as among the most enjoyable in my life, stimulating and formative, and the brush with clinical must have left an impression because I always peruse the newsy "*Hawkline*" with interest even though it contains a continually diminishing number of names that I recognize!

### **1970's**

**Norman Freed ('74)** visited us in November for purposes of presenting his ideas about improving the efficiency and effectiveness of psychotherapy to our clinical program proseminar. His presentation was a distillation of his recent book: *Analytic construction with moderate and severe disturbance: Philosophy and science frame patient gain*, (2008). It was a great pleasure to visit with Norm about his ideas and to reminisce about “old times.” Norm currently is in private practice in Palo Alto, CA and is adjunct clinical instructor in the Psychiatry Department, Stanford University.

### **1980's**

**Mike Frisch ('82)** recently wrote to alert us to a local (Texas) TV video highlighting his work in the field of positive psychology and promoting his new book with C. A. Miller, *Creating your Best Life: The Ultimate Life List Guide*. The book has received excellent reviews. The video is available at:

<http://ww2.kwtx.com/global/video/flash/popupplayer.asp?clipId1=3615422&at1=News&vt1=v&h1=10+On+Your+Side%3A+Creating+Your+Best+Life&d1=200400&redirUrl=www.kwtx.com&activePane=info&LaunchPageAdTag=homepage&clipFormat=flv&rnd=76961428>

Mike remains at Baylor University, Waco, TX where he is a professor in the Department of Psychology and Neuroscience.

**Glenn Hirsch ('81)** continues as interim director of the University of Minnesota Counseling Center and reports that his private practice continues to go well despite the economy. This year his son got married. In 2010, his daughter will graduate from U of Oregon and Glenn will marry to his partner of 5 years. Best wishes, Glenn!

**Allen W. Heinemann ('83)** wrote to share his contact information with fellow flown-the-coop 'Hawks:  
Professor, Physical Medicine and Rehabilitation, NU Feinberg School of Medicine &

Director, Center for Rehabilitation Outcomes Research, RIC  
345 E Superior Street, Chicago, IL 60611  
NU+1.312.238.2802

**Lorraine Mangione** ('84) wrote - I am in my 20th year of working at Antioch University, New England in the Department of Clinical Psychology, and love doctoral level education of clinical psychologists. (My recent publications) reflect ... on-going areas of interest that many of my cohort will recognize from early days in Kansas: creativity, art, Bruce Springsteen, psychological transformation, suffering and growth, clinical training, systemic and organizational issues, political issues and training, endings, loss, ethics, and group therapy. So much of what I learned and have gone on to use and develop really started in those great classes at KU with such stellar teachers, and the just as important Blues parties, poetry readings, costume parties, dancing, etc. I reference Rick Snyder and Hope theory in my (work), and find myself talking about Hope and Rick often in my supervision, clinical work and coursework. In fact a colleague and I are about to start a positive psychology group for older clients. My marriage is also happily in its 20th year, I have a beautiful 15 year-old blonde daughter who has a much lighter disposition than I, and we try to go to Italy as much as possible for the restoration of the soul. [lmangione@antiochne.edu](mailto:lmangione@antiochne.edu)

**Tim Boaz** ('87) wrote to share information on recent tenure track positions available at the Univ. of South Florida and shared he and **Amber Gum** ('02) (also at South Florida) were eagerly awaiting the upcoming Jayhawk basketball season. They would love to have another Jayhawk to work with them.

**Elisabeth Dykens** ('86) was named the permanent director of Vanderbilt's Kennedy Center. Elisabeth is Professor of Psychology in Vanderbilt's Peabody College. She previously served as interim director of VKC, and guided the Center through its NIH renewal earlier this year. Elisabeth is a leader in research focusing on the mental health challenges and strengths of persons with such genetic syndromes as Prader-Willi syndrome, Williams syndrome, and Down syndrome. She has played a major leadership role in developing the Center's wide range of partnerships and community service activities, now widely viewed as the most comprehensive in the nation.

**Louis A. Gamino** ('81) now lives in Temple, Texas and is first author of a new textbook, *Ethical Practice in Grief Counseling*, released in April 2009. The book deals with such topics as ethical decision-making, death competence, dilemmas at end of life, multiple relationships, Internet counseling, public service, expert witness, moving or closing a practice and reporting a colleague or facing a complaint. The work is based on his interest in dying, death and bereavement. Louis will conduct a 1-day workshop on "Ethical Practice in Grief Counseling" on Wednesday, April 7, 2010 in Kansas City, MO at the Hyatt Regency Crown Center. Information about registration can be found through the Association for Death Education and Counseling (at [www.adec.org](http://www.adec.org)). It will be nice to have Louis back in the area, even if only briefly.

#### 1990's

**Lisa Temple** ('99) dropped us a line from Concord, Massachusetts and reports that she is doing well.

#### The 2000's

**Robin Aupperle** ('09) is currently on post-doc in San Diego and is working with Drs. Murry Stein and Martin Paulus.

**Diane Brandmiller** ('00) reports "After nine years in prison (as a psychologist, not an inmate), I decided to switch gears last year. I am now doing disability evaluations in Oklahoma and nursing home work in Arkansas with my faithful therapy dog, Path. I am also winding down the semester at the University of Arkansas after completing an Equine Behavior and Training course and Horse Barn Internship this fall. My project horse was a six-month old filly named Hurricane, and she lived up to her name."

**Olivia Chang** ('09) took a staff psychologist position at the Salem VA after "loving internship" there and doing a lot of work with PTSD.

**Yasuko Yamamoto-Landrum ('07)** wrote that she finished her post-doc at the KU Medical Center, and has moved to Tacoma, WA to start her new job at the Madigan Army Medical Center where she will work in the family and child clinic. Yasuko also gave birth to a baby boy, Blake. She reported that she and her husband are very happy parents, even though her sleep schedule "...is a mess right now :)"

**Rocio Munoz ('00)** reports that life in Chicago continues to be very, very good: "In the past couple of years my private practice has grown and thrived; in addition to psychotherapy I continue to mediate family matters and have expanded options to include parenting coordination and collaborative divorce services. Thankfully, I am still able to schedule my work around family and fun; Gabriel has just turned 10 and 4<sup>th</sup> grade is shaping up to be a very busy year for him. I supported the adding of carpooling and juggling of activities to the list of official Olympic sports but sadly it looks like it's not going to happen. My Wonderful Husband Dave (he is so good, he deserves caps) recently started a new job in Chicago; this is extra-awesome because his previous company was based in St. Louis and his commute was less-than-ideal. A couple of years ago we expanded the family to include our lovely dog T. Rex, the goldenest retriever, whose hair adorns our every possession and household surface. We still enjoy travelling to various sun-filled and fruity-drink purveying destinations, especially during the loooooong Chicago winters. No plans for this winter yet, but last year Dave earned life-long-guaranteed marital tenure status after taking me to Maui for a month. It's going to be difficult to top that one, but hey, I'm game if he wants to try.

"Don't think that I am being coddled all the time, though. Some of you might remember that I had taken up Karate a few years back with Gabriel. Well, a couple of years ago we started competing in tournaments for the heck of it. One thing led to another, and we both qualified for the 2009 National Karate Championship in Florida, which took place in July. Gabriel performed beautifully and walked away with tons of experience. Amazingly, I (insert drum roll here) won the silver medal for my division in the Kumite (sparring) modality, AND (I still have difficulty believing this myself) in Kata (ritual combat) I won the gold and became National Champion. If Ray includes the picture I sent him (available from Ray on request), you may see me after the last match, and notice my snazzy K.U. equipment bag which gets me recognized by fellow Jayhawks everywhere. Sadly, Gabriel is only marginally impressed by my medals and is much more focused on his hair (he does have great hair) and various other priorities much more relevant to the 10-year-old crowd. And Wonderful Husband Dave claims I was already besting him through my use of "sneaky psychological techniques", so this karate thingy was just par for the course. Luckily, Wonderful Ex-Husband James has attended some of the competitions and now he doesn't interrupt me nearly as often as he used to; so far this is turning out to be an awesome fringe benefit and totally worth the trouble and the bruising (mine, not his).

'With all of these shenanigans I have been less than conscientious about keeping in touch with fellow KU folks, but I think of many of you quite often and fondly. It might be time to start thinking about a program reunion!! In the meantime, I hope all of you are well and happy.'

**Charlotte Collins ('02)** wrote from Lewisburg, PA to say that she and her family are doing well, that her son, Brian, is planning to marry next June and that her position with Geisinger Medical Center is a "perfect fit." She also would like to see more of our health specialty students seek internship training at Geisinger. She should be pleased that one of our current internship applicants is scheduled to interview at Geisinger.

**Adam Buhman-Wiggs ('02)** presented his work with Emotion Focused Therapy to the clinical program's proseminar this October. He also reported that Benedictine College (Atchison, KS) "...has been a sound choice for me and the family. Can't beat 100 days off a year. Of course we both know that's illusory, but it makes me feel better.... I'm beginning year five this fall and applying for tenure next fall.... Therapeutically, I continue training in Emotion Focused Therapy... with Les Greenberg. I think this will make me one of the (if not *the*) most thoroughly trained EFT folks in the region, so let me know if you might like a guest lecture/presentation on the subject sometime. I'd be delighted to give back to the program, and I work dirt cheap." As noted above, we did just that! Adam also was recently elected as KPA Member-At-Large, Academic and Research Representative rep to the Board of Governors for the Kansas Psychological Association.



**April (Minatrea) Lok ('06)** sent a Howdy! from Texas and reported that she started her solo practice in January, is now completely on her own and has never been happier.

**Elisa (King/Brun/VanDorp) O'Donnell ('05)** wrote to tell us "I'm really enjoying my position at FCI-Tallahassee, Florida and recently received a promotion. I'm now the Resolve Program Coordinator (a program for female inmates who have experienced past trauma). Our pre-doctoral program here is really strong, so I encourage you to pass this on to future applicants! :)

"Other news: I'm happily married to Tony O'Donnell, and have a fabulous 7 year-old step daughter, Sophie. (I got it right this time! ha ha.) I also recently published my first book (mystery thriller: 'Deliberate Vengeance' under the pen name "E. Ann". I'm hoping to make writing my second career! I'm also enjoying serving as the 'Correctional Expert/Consultant' on the Florida State University's IRB. Of course there have been 'bumps' the past few years, too, but these updates are the things that are rather wonderful and keep me on the sunny side of life."

**Brett Parmenter ('04)** reports "**Doug (Lane -'01)** and I now live in Tacoma, WA. We left Washington State University because we were VERY unimpressed with the politics. But we wanted to stay near family, so we both found jobs in Tacoma. Doug is the psychologist for the Long Term Care/Dementia Unit at the Tacoma/American Lake VA and I'm the neuropsychologist at Western State Hospital. We're both really enjoying our jobs."

**Sharon Sears ('03)** wrote in April that she was the 2008-2009 recipient of the New Faculty Teaching Award at Fort Lewis College (Durango, CO). The New Faculty Teaching Award is given to the non-tenured faculty member who exemplifies excellence in various aspects of teaching. Sharon also gave birth to Cypress Diana Schaff on 1/31/09, 5lb, 7oz., 18 1/2 in. Sharon reported that "Cypress had a rough start in the neonatal ICU for a few days, but is doing better. Baby, Sharon, and Cody are home now. We are fumbling through the first days of parenthood."

### **PSYCHOLOGICAL CLINIC**

The KU Psychological Clinic continues to see near record levels of clients with fewer therapists on board. I give all the credit to a wonderful Clinic Coordinator **Natalie Stroupe**. Every year we seem to implement more procedures to increase our efficiency. We now have digital cameras placed in two rooms for greater ease of taping sessions for supervision in addition to our Handycams. We completed a security audit with Information Technology Security Office. We received very positive feedback and were given resources to create a new system for students to store confidential data on a secure server at the computer center. We continue to update materials and resources for our students to utilize optimal digital features while always being mindful of security. Speaking of Mindfulness...**Danya Goodman** led a group of students and collaborated with Sarah Kirk and Doug Witt to start 4-week Mindfulness training groups in the clinic. We have had a lot of fun and students really enjoy having the opportunity to lead a group. We have more groups planned and **Natalie Stroupe** will be starting a clinical Therapeutic Lifestyle Change (TLC) group in 2010.

I hope to have visitors in 2010. You are always welcome. Drop me a line if you have updates or ideas you would like to pass along. **Bonnie Schafer** loves to see former students as much as I do.

Sarah Kirk

### **FACULTY SAMPLER**

**Ruth Ann Atchley** was named interim chair of the Psychology Department when Greg Simpson was appointed to serve as interim Dean of the College of Liberal Arts and Sciences. Ruth Ann was subsequently nominated and elected to be permanent Chair of the Psychology Department. We are thrilled to have such a talented member of the clinical and cognitive psychology program serving as the chair of the department.

**Rick Ingram ('84)** reports that “It has been another good year. On the productive side, I finished editing the “International Encyclopedia of Depression” and the second edition of “Vulnerability to Psychopathology”. I am also enjoying collaborating with Ruth Ann Atchley on a book that explores cognitive and cognitive neuroscience vulnerability to depression.

“As usual, I also learned a number of things this year. With this in mind, the top five things I learned this year are:

1. I learned that Doug Denney loves the action potential.
2. I learned from Cary Savage that you can order beavers over the internet.
3. I learned that it would be great if someone would do something.
4. I learned from Ray about noodling and ear candles.
5. I learned that the Christmas skits are still funny, but not as funny without Brenda Sampat, Dana Steidtmann, and Steve Bistricky. I understand now why some clinical programs “allow” their students to remain in the program for many many years.”

**Steve Ilardi** Published a book targeting individuals suffering from depression. *The Depression Cure* focuses on the causes of depression and the Therapeutic Lifestyle Change (TLC) approach to treating it. The book gives a step-by-step approach to treating depression by getting activated/exercise, seeking social support, exposing oneself to sunlight or other forms of UV light, eating right and taking fish oil, stopping rumination, and getting adequate sleep. Dr. Ilardi generously donated some copies to the KU Psychological Clinic for therapist and client use and we already have found the books to be tremendously helpful. Steve continues to work with a dedicated group of graduate and undergraduate students to develop and refine TLC for major depression, and have plans to adapt the TLC protocol for use with those suffering from ADHD.

**Charlene Muehlenhard** wrote – “In August, Cyd and I got to see Adam Lambert in concert! In September I went to my 40<sup>th</sup> high school reunion (Colerain High School, Class of '69). It was great to see old friends and to be less nerdy than I was 40 years ago; I love being an adult! The school also celebrated 75 years of football at Colerain. They invited the captains of all the football teams to appear on the field at half time. My dad was on the field representing the 1935 team—the first football team at Colerain. In November I went to a Society for the Scientific Study of Sexuality (SSSS) meeting in Mexico. I tried to learn a little Spanish before I went. It never came in handy to be able to say, “El perro blanco corre” (The white dog runs), but “¿Donde baño?” (Where bathroom?) was useful. In December I will be traveling to Cincinnati to celebrate my dad’s 90<sup>th</sup> birthday. Happy holidays to everyone!”

**Sarah Pressman** wrote – “I foolishly thought that my second year would be calmer than my first year as a faculty member at KU. I couldn’t have been more wrong! Things remain hectic, but productive and often fun. The Pressman lab has blossomed to about 20-some members with 15 undergraduates, three wonderful graduate students of my own, and a few other fantastic grads that are working on exciting projects. We have a lot of active data collection going on for projects looking at various factors that might buffer the negative effects of stress such as positive emotions, social relationships, facial expressions, touch, and simulated sunlight. Hopefully some of these findings will help out the *Hawklime* readers in their future stressful times! The Pressman lab has also gotten some good press this year. For example, some of the work that Matt Gallagher, Shane Lopez & I did on happiness, health and optimism around the world with Gallup caught the attention of the media as we presented our work in progress at the American Psychosomatic Society & the American Psychological Association meetings. Thankfully I’ve also had a few publications come out this year. One of note examined the impact of enjoyable leisure activities (e.g., spending time in nature, taking vacations, spending time with family and friends, hobbies) on health and well-being and showed that people who do more of these fun activities more often not only feel better, but also have lower stress hormones and blood pressure. This paper is a good excuse to take some time off to relax and do something that you enjoy over the holidays...it’s for your physical health!

“On a more personal note, my husband Brian (an assistant professor in Computer Science) and I are settling in to Lawrence well. We bought a happy Havanese puppy named Milo last winter (same Breed as Steve Ilardi’s dog) and moved into a cute little house of our own in Old West Lawrence.”

**Mike Rapoff** wrote – “After coming back from a six-month sabbatical in January 2009, I have focused more on administrative duties in the department of pediatrics (Vice-Chair for Research and Coordinator of the Pediatrics Mentoring program). Martye Barnard took over as Division Chief of Behavioral Pediatrics and Chair of the Faculty Development Committee, which has freed up time for me. I have two current NIH-funded studies running with **Cindy Karlson** and **Catrina Lootens** as my Research Assistants. I am also serving as a graduate school advisor for Cindy and Catrina and am enjoying working with these talented graduate students. On a more personal note, our son Nathan married last December and took a firefighters job in Rawlins, Wyoming and his wife Lori is a nurse. My wife Kim and I have enjoyed several trips to Rawlins and Nate and Lori have taken us to some nice fly-fishing streams. Our daughter Lindsey is in town as a senior media analyst for a marketing firm and we enjoy having Sunday dinners with her quite often at our house.”

**Doug Denney** reports that “It is probably good advice to tread lightly around the gods who granted King Midas’ wish for a golden touch. To those whom the gods would make crazy, they grant wishes. Thirty years ago, my wish was to have the field of psychology become more closely aligned with the dramatic advances occurring in the biological sciences. The realization of that wish came about in large measure through the development of technologies that permit us to image the functioning of the brain in conjunction with various psychological states and operations. These technologies combine tomographic algorithms and blazingly fast online computers with radioactive labels and electromagnetic markers of the raw materials that fuel brain metabolism. But there is an axiom of science stating that the significance of any scientific advance is effectively modeled by the proportion of lunatics it attracts. For an achievement as marvelous as functional brain imaging, we may be approaching the tipping point where the inmates are running the asylum. This was my thought when I learned in a faculty meeting earlier this semester that the Economics Department was seeking a special exemption from the hiring freeze at KU because they had a chance (albeit a very thin one unless the College were willing to sell the farm) of actually succeeding in hiring ..... a ‘neuro-economist!’ If, like me, you’re wondering what a neuro-economist does, apparently he/she studies the impact of economically relevant variables on brain functioning. Which subcortical areas light up when you are presented with a highly desired item *at a bargain price*? How do various areas of the neocortex respond differentially to the profit and loss sections of a corporate balance sheet? What is the metabolic signature of human greed? That sort of thing. We’re told only a handful of scholars are pursuing this new field; KU will have to do some pretty fancy negotiating to land one of these pioneering investigators; and we’d be wise to get this accomplished before the inauguration of the *Journal of Neuro-Economics*.

“I should never quit my day job to become a professional poker player. My face gives away so much of the ebb and flow of my momentary feelings that even graduate students are able to ‘read my hand.’ The morning after the meeting, I received an email from one of our esteemed second-year students, Eugene Botanov, directing me to a web site concerning the findings of a neuroscientist at Dartmouth. Craig Bennett was trying to work out some of the methods for a study he was planning and needed to put something in the fMRI scanner. So he went out and purchased a freshly harvested Atlantic salmon from a local fish market and collected a series of scans while the salmon was presented with “photographs depicting human individuals in social situations.” A few areas of the salmon’s brain were found to respond to the photographs thereby indicating that even a dead salmon can respond to portrayals of human emotion. Don’t believe it? Check it out!  
<http://www.wired.com/wiredscience/2009/09/fmrisalmon/>

“In view of the salmon’s achievement, perhaps I gave Eugene too much credit in the preceding paragraph. But nevertheless, thank you, Eugene. Like an excellent graduate student, you not only accurately discerned my displeasure, you trumped my example.”

**David Johnson** writes “The Neuropsychology and Aging Laboratory (NAL) focuses on clinical research that identifies cognitive and emotional processes that characterize healthy aging and dementia. Although some age-related change may be part of healthy aging processes, there are certain changes in memory and cognition that are early markers of dementia pathology leading to profound intellectual decrements in individuals with dementia. Collaboratively, we investigate neuropsychological changes in aging and how these changes impact both the thinking and emotional wellbeing of our participants. In a multidisciplinary partnership with the Alzheimer and Memory Program at KU Medical Center, the Gerontology Center in Life Span Institute, the Department of Psychology in the College of Liberal Arts and Sciences and the Heart of America Chapter of the Alzheimer’s Association, NAL helps to understand what makes good clinical practice in Alzheimer’s Care and how to best deliver that care. Specifically, we focus on understanding diverse and dissociable brain changes in healthy aging and dementia and how they affect cognition. We grapple with the complex problems resulting for brain aging and disease by bring methodological expertise to the clinically focused research. In the past year we have enjoyed a string of funding success. This multidisciplinary team received two research grants from the National Institute on Aging that examine the efficacy of aerobic exercise as intervention for cognitive decline among both patients with Alzheimer’s disease as well as our healthy seniors who interested in maintaining function and vitality in late life. We were also awarded a third grant from the Department of Health and Human Services through the Kansas Department on Aging to examine the determinants of geriatric mental health crises on Eastern Kansas. In this last project NAL partnered with the Alzheimer Association to examine the treatment outcomes of geriatric and dementia crises in 5 target communities.”

**Monica Kurylo ('97)** was recently elected to serve as a member of the APA’s Committee for the Advancement of Professional Practice. She will serve in this position from 2010-2012. In August she began serving on the psychologists and social workers division of the Academy of Spinal Cord Injury Professionals’ Clinical Practice Committee.

**Doug Witt ('77)** writes “**Sandi (Shaw, '70)** and I have spent the year living with Cancer treatment. We are focusing on health eating, exercise, and travel and fun when we can fit it in around medical appointments. My daughter, Laura, is pregnant with my second grand child. I am very proud of the grad student success in getting the mindfulness group program going so successfully”

**PASSINGS:** We have received no reports of deaths among our graduates or former faculty this year. Perhaps we were lucky (Jayhawks do lead charmed lives!), but we would sincerely appreciate your notifying us if you have news of lost friends and colleagues.

### **CLINICAL PROGRAM CONTRIBUTIONS:**

We are greatly appreciative of those who have contributed to the Clinical Program this past year (12/16/2008-12/15/2009). We would like to extend a special “Thank You!” to Edward A. Dreyfus ('64) who has established a new endowment that will provide a source of unrestricted funds for the program for many years to come. Perhaps you will also keep us in mind as a possible tax deduction this year! (*Very recent contributions may not have been reported to us in time for this issue of the Hawklime. If so, they will be reported next year.*)

### **CLINICAL PROGRAM DEVELOPMENT FUND:**

Joseph Colletti ('95) & Rhonda Reinholtz ('97), John Colombo & Dale Walker, Jeff Crowson ('97), Doug Denney, Janet Endelman ('80), Jane Finn ('77) & Ernst and Young Foundation, Bette Fletcher ('84), Michael Frisch ('82), Peggy Froehlich ('92), Louis Gamino ('81), Nancy Hamilton, Ray & Sarah Higgins, Glenn Hirsch ('81), Rick Ingram ('84), Mary Kesler ('78) & David Kesler ('76), Keri Kinnaird ('87), Sarah Kirk ('98) & Thomas Hutton, Daniel Larsen ('78), Robin Lewis-Schoner ('85) & Arthur Schoner, Barbara (Storkamp) Loring ('98) & Fredrick Loring, David Lutz ('80) & Ellen McLean, Lorraine Mangione ('84), Charlene Muehlenhard, Marc Quillen ('79) & Marilyn Harp, Dana Roberts & Susan Hickman ('98) & Eli Lilly & Co., Sharon Sears ('04), Brett Steenbarger ('82), Deborah Taylor ('88), Laura Yamhure Thompson ('03) & Trevor Thompson, Virginia Whitener ('71).

### **C. R. SNYDER MEMORIAL FUND:**

Tyrone Borders, Christine Cameron ('99), Keith Halperin ('77), Henry Remple ('50)

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

Christine Cameron ('99) & Joseph Bellman

**SANDY DINOFF MEMORIAL AWARD FUND**

Beth Dinoff ('02)

**EDWARD A. DREYFUS ENDOWMENT:**

Edward A. Dreyfus ('64)

**STEPHEN JEROME LEONARD SCHOLARSHIP FUND**

Alice E. Leonard

**BEATRICE A. WRIGHT SCHOLARSHIP FUND**

Bette L. Fletcher ('84) & Randal W. Fletcher

**BEATRICE A. WRIGHT FACULTY SCHOLAR IN HEALTH & REHABILITATION FUND**

Colleen Wright Rand & Kenneth Rand, Allen Heinemann ('82)

**M. ERIK WRIGHT FACULTY SCHOLAR FUND**

Colleen Wright Rand & Kenneth Rand, Stephen Werbel ('68) & Eugenie Werbel

Contributions to the Clinical Program Development Fund (or any specific award fund) can be sent to Ray Higgins, 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. You also may make on-line contributions via the Endowment Association's web site: <http://www.kuendowment.org/>. The Clinical Psychology Development Fund is always an excellent default selection!

**DROP US A LINE** to let us know where you are and what you are doing. We would love to include your news in next year's *Hawkl*ine. In the meantime, please have a prosperous and healthy 2010!

Ray Higgins [rhiggins@ku.edu](mailto:rhiggins@ku.edu)

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