



Number 26

KU Clinical Psychology News

Fall 2010

FROM THE DIRECTOR

Kansas windmills still churn to fill livestock tanks, but increasingly the prairie breezes are cranking turbines to reinvigorate our nation's energy economy. The "winds" of change are also whipping up a flurry of calls for new ways of training PhD clinical psychologists to reinvigorate our field. There always have been calls from advocates for one interest or another to add this or that element to training curricula. (But never to subtract them!). Only the issues vary and a few are, in a word, jejune (don't you just *love* some words?). The more interesting voices in the wind are those advocating a re-shaped landscape of professional psychology.

Partly in response to concerns about the rising number of graduates of for-profit PsyD programs entering the internship, postdoc and professional job markets, calls have been raised for the APA to strengthen its accreditation standards, for PsyD programs to limit their enrollments and raise admission standards, for ceilings to be placed on the number of students who can enter the internship market from any given program in any given year, for the internship to be made a post-doctoral rather than a pre-doctoral requirement, and for state licensing boards to eliminate a year of postdoctoral supervised practice as a licensure requirement. The future outcome of these initiatives is uncertain, if not doubtful, because they require action by others in some instances and, in others, they invite the certainty of legal opposition.

Yet other voices are advocating more revolutionary change. Responding to the perceived failure of advances in clinical science to be reflected in clinical practice, including among PhD practitioners, a growing cadre is taking matters into its own hands. The Association for Psychological Science (APS), a science-oriented alternative to the increasingly practice-oriented APA, was an early manifestation.

Similarly, the 1990's emergence of the Academy of Psychological Clinical Science (APCS), currently a 50+

member association of high-profile clinical programs advocating a rigorously *scientific* clinical psychology, is serving as a counterpoint to more traditional clinical training. Most recently, and perhaps most intriguingly, we have seen the emergence of the Psychological Clinical Science Accreditation System (PCSAS; www.pcsas.org). The PCSAS clearly reflects a growing disenchantment with APA accreditation among clinical science oriented programs as well as, I suspect, a disbelief that the APA is capable of mustering the political will to tighten its accreditation reins even if it wanted to. With only three programs currently listed as accredited by it, it is doubtful that the PCSAS will supplant the firmly entrenched APA accreditation system anytime soon. Nevertheless, it may emerge over time as a useful, supplementary credential for programs wanting to clearly align themselves publically with the clinical science movement.

Our program has long prided itself on providing balanced training with the flexibility to prepare students for both academic/research and clinical/applied careers. Along with other "scientist-practitioner" programs cut from the "Boulder Model," our objective has been to advance science and practice hand-in-hand. That remains a laudable goal, and one I believe we will continue to aspire to as our program adapts to the evolving world of clinical psychology in the midst of what appears to be a growing polarization within our profession. One thing is certain: these are interesting times to be in the "training business." Please consider contributing to the cause!

Here's hoping that this 26th edition of *The Hawkline* finds you prospering and in good health. This is, perhaps, a trite sentiment during the holiday season, but for me it is an increasingly heartfelt one with rising personal gravitas that is, perhaps, inversely proportional to my slumping center of gravity! Peace be with you.

Ray Higgins

CLINICAL PROGRAM STUDENT AWARDS



SCHULMAN AWARD FOR EXCELLENCE IN CLINICAL PSYCHOLOGY

Tiffany Meites graduated cum laude with an AB in psychology from Harvard University in 2007. Her research focuses on exploring the relation between implicit biases and cognitive vulnerability to depression. Tiffany's MA thesis, completed with Rick Ingram, on parental bonding and implicit self-esteem in individuals with and without a parental history of depression was presented as a poster at the annual conference for the Association of Behavioral and Cognitive Therapies. When not working in the lab or otherwise academically engaged, Tiffany can be found entertaining her Papillon, knitting, baking, or competing in horse shows.

B. KENT HOUSTON AWARD IN HEALTH PSYCHOLOGY

Carrie Bronars & Katie Steiger were co-recipients.

Carrie Bronars (Carrie was a double-winner this year. See her bio below under "C. R. Snyder Award...")

Katie (Steiger) Gallagher graduated Summa Cum Laude with a BA in Psychology from McKendree University in 2006, where she also played on the women's soccer team. She entered the KU Clinical Health Psychology program in fall of 2006, and worked with Doug Denney on a Master's Thesis that examined the speed of information processing in persons with multiple sclerosis. Shortly thereafter, Katie began working in both clinical and research capacities on family-focused pediatric obesity interventions with Ann McGrath Davis at KUMed. Under the guidance of Dr. Davis, Katie's dissertation examined the influence of affective response to exercise on physical activity among children who are obese. Katie also got married shortly after her dissertation defense and before beginning her clinical internship at the Menninger Department of Psychiatry at Baylor College of Medicine in Houston.

MITCH HANDELSMAN/LORI IRVING TEACHING AWARD

Steve Bistricky & Natalie Stevens were co-recipients.

Steve Bistricky graduated Magna Cum Laude from the U. of Arizona and worked as a research assistant at UC San Francisco before coming to KU in 2005. He has worked with Rick Ingram and Ruth Ann Atchley on his

MA thesis and dissertation, both of which have examined emotional information processing in groups at risk for depression. Steve's dissertation examined selective attention to facial affect in depression-prone individuals using behavioral and psychophysiological measures. This past summer, he returned to UC San Francisco to complete his internship and a subsequent research/clinical post-doctoral fellowship. Steve aspires to a career that combines clinical research with instructional or clinical duties.

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 as well as maternal satisfaction with the childbirth experience. Her Dissertation is being funded by an APA Division 38 Student Research Grant. Preliminary findings were 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.

C. R. SNYDER AWARD FOR RESEARCH ACHIEVEMENT

Carrie Bronars received her bachelor of arts from Winona State University and her master's degree from Minnesota State University, Mankato. Her interests lie in the area of health psychology as it relates to the development of assessment and intervention strategies for promoting behavior change among underserved populations. Her research focuses on identifying characteristics associated with light smoking in minority populations. Her goal is to develop novel interventions to promote cessation and prevent relapse. Her dissertation focuses on validating a measure of nicotine dependence, the Wisconsin Inventory of Smoking Motives (WISDM-30), in a sample of African American light smokers. Long term, Carrie would like a position that incorporates both research and clinical practice in an academic or VA medical center.

CLINICAL AND PROFESSIONAL SKILLS AWARD

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. Natalie's research interests span sexuality, sleep, depression, and cognitive neuroscience. 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 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.

SANDY DINOFF MEMORIAL HEALTH PSYCHOLOGY RESEARCH AWARD

Abbey Hughes received her BS in Psychology, Summa Cum Laude, from Texas A&M University in 2009. Abbey has worked with Doug Denney, examining the relative efficacy of various measures of processing speed in patients with Multiple Sclerosis (MS). Her MA thesis, was entitled "Measuring Processing Speed Deficits in Multiple Sclerosis: A Comparison of Reaction Time and Rapid Serial Processing." Abbey continues to work with Doug, studying cognitive deficits occurring in conjunction with MS, and will soon be utilizing magnetic resonance imaging to further her research. As part of her receipt of the Sandy Dinoff Memorial Award, Abbey will present data related to her thesis and follow-up research to the Clinical Program and Psychology Department at the May 6, 2011 meeting of the Clinical Program's Proseminar series.

OTHER STUDENT AWARDS

Abbey Hughes won a Young Investigator Award from the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) for her MA research under the direction of Doug Denney. That award provided her with financial assistance to attend the ECTRIMS annual meeting in Gothenburg, Sweden in October 2010.

Cynthia Karlson received the 2010 Office of Graduate Studies Distinguished Service Award. The award recognizes "exemplary service" while completing one's graduate degree.

Christy Olson, was awarded a Ruth L. Kirschstein National Research Service Award for Individual Predoctoral Fellows (F31). These awards are made to promising applicants with the potential to become productive, independent investigators in their scientific mission area. In Christy's case, the award was for training in neuroscience and in support of her dissertation study, "An fMRI Investigation of Source Memory in Obsessive-Compulsive Disorder." The award provides \$50,224 over a period of one year and eight months. Cary Savage, Director of the Center for Health Behavior Neuroscience is Christy's sponsor. The award provides a stipend, tuition, discretionary allowance, and funds to attend workshops and conferences, including a five-day Visiting Fellows functional MRI course.

John Sakaluk won the Outstanding Student Ambassador Award from the Society for the Scientific Study of Sexuality (SSSS) in November. The criteria included giving a presentation at the SSSS Annual Meeting and demonstrating excellence in comparison with peers. John also recently won an award for giving the best student presentation at the September 2010 Canadian Sex Research Forum (<http://csrf.ca/students.html>). John works with Charlene Muehlenhard.

Clarice Wang was awarded the "Friends of the Life Span Institute Graduate Research Award" for her MA research with David Johnson. Clarice's thesis examined "Neurocognitive Differences in Prose Comprehension Between Older Adults With and Without Alzheimer's Disease." She used functional magnetic resonance imaging to study 30 adults listening to and remembering short stories in the scanner. She found stark differences in brain activity associated with the disease. Not only did older adults with AD remember less, but the activity associated with listening to the stories was significantly lower than expected. There are hopes of develop this test to become an early diagnostic marker for impending Alzheimer type changes in cognition.

CURRENT STUDENT PRESENTATIONS & PUBLICATIONS:

The following is a partial list of publications 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. Student names are in **bold**. (Unfortunately, we could not include Poster Presentations due to limited space. Faculty publications not involving student co-authors also are not included.)

Baumbauer, K. M., Puga, D. A., Lee, K. H., Woller, S. A., **Hughes, A. J.**, & Grau, J. W. (2010). Regularly spaced low frequency electrical stimulation dampens tactile reactivity and attenuates capsaicin-induced allodynia." Presentation at the annual Society for Neuroscience meeting, San Diego, California.

Bistricky, S.L., Mackin, R.S., Chu, J., & Areán, P.A. (2010). Recruitment of older African Americans and Asians with late life depression and mild cognitive impairment. *American Journal of Geriatric Psychiatry*

Bodling, A. M., Denney, D. R., & Lynch, S. G. (October 2010). Variability in speed of information processing: a new measure of cognitive impairment in multiple sclerosis. 26th Annual Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), Gothenburg, Sweden.

Bronars, C.A., Cox, L.S., Krebill, R., Mayo, M.S., & Snow, T.M. (February, 2010). Correlates of craving among African-American light smokers. The Society of Research on Nicotine and Tobacco.

Chau, P. M., Lyons, K. E., Denney, D. R., Pahwa, R., & Hanna-Pladdy, B. (August 2010). Motor symptom progression and memory deficits in Parkinson's disease. 118th Annual Convention of the American Psychological Association, San Diego, CA.

Cox, L.S., **Bronars, C.A.**, Mayo, M.S., Krebill, R., Kolawole, Okuyemi, K.S., & Ahluwalia, J.S. (February, 2010). Nicotine dependence among African American light smokers: Evaluation of the Wisconsin Inventory of Smoking Dependence Motives (WISDM-30). The Society of Research on Nicotine and Tobacco.
Cox, L.S., Choi, W.S., Mayo, M.S., Krebill, R.,

Bronars, C.A., & Ahluwalia, J. S. (February, 2010). Assessment of depression among African-American light smokers. Annual Meeting of The Society of Research on Nicotine and Tobacco.

Efe, Basak, & Muehlenhard, Charlene L. (2010, November). *Men and women's reasons for not bringing up their wish to use a condom*. Paper presented at the Annual Meeting of the Society for the Scientific Study of Sexuality, Las Vegas, NV.

Hay, T., Chambers, R.J., Savage, C.R., & Hamilton, N.A. (April 2010). "Emotion regulation modulates brain response to food images." Rapid Communication Poster, Society of Behavioral Medicine, Seattle, WA.

Hughes, A. J., Denney, D. R., & Lynch, S. G. (October, 2010). Evaluating deficits in processing speed in patients with multiple sclerosis with reaction time and rapid serial processing tests. 26th Annual Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), Gothenburg, Sweden.

Hughes, A. J., Denney, D. R., Lynch, S. G. (November 2010). A comparison of two neuropsychological tests evaluating deficits in processing speed in patients with multiple sclerosis. 40th Annual Meeting of the Society for Neuroscience, San Diego, CA.

Kanga, Michelle R., & Muehlenhard, Charlene L. (2010, November). *What were they thinking? College men's thoughts associated with sexual coercion*. Paper presented at the Annual Meeting of the Society for the Scientific Study of Sexuality, Las Vegas, NV.

Karlson, C., Hamilton, N., Pressman, S., **Lootens, C.**,

& **Clausius, B.** (2010, April). Affective response to experimental pain during massage intervention. Paper presented at the annual meeting of the Society for Behavioral Medicine. Seattle, Washington.

Karlson, C. Stevens, N., Olson, C., & Hamilton, N. Depression, fatigue, and pre-sleep arousal: A mediational model. (2010). *Journal of College Student Psychotherapy*, 24, 307-327.

Kinman, C. R., Beacham, A. O., Payne-Murphy, J., **Lillis, T. A.**, & Brown, D. (November 2010). Should We Tailor Chronic Pain Intervention Foci and Components According to Baseline Levels of Acceptance and Experiential Avoidance? Presentation at the 44th Annual Association for Behavioral and Cognitive Therapies Conference, San Francisco, CA.

Kraft, T. L., Jobes, D. A., Lineberry, T. W., Conrad, A., & Kung, S. (2010). Brief report: Why suicide? Perceptions of suicidal inpatients and reflections of clinical researchers. *Archives of Suicide Research*, 14, 375-382.

Kurylo, M., & **Hay, T.** (2011). Multiaxial assessment. In J. S. Kreutzer, J. DeLuca, & B. Caplan (Eds.). *Encyclopedia of Clinical Neuropsychology*. New York, NY: Springer.

Lachowsky, N., **Sakaluk, J. K.**, & Milhausen, R. R. (September, 2010). *Gay and heterosexual male sexual scripts: Comparisons of two focus group studies*. Paper presented at the Canadian Sex Research Forum, Toronto, Ontario.

Lepping, R. J., Atchley, R. A., **Stroupe, N.**, Young, K. M., Gibson, L., Schuster, J., Ilardi, S. (2010). Emotional Sentence Processing in Major Depressive Disorder. Psychonomic Society, St. Louis, Missouri.

Lillis, T. A., Beacham, A. O., Herbst, A. G., Kinman, C., Thomas, A., & Katsikas, S. L. (April 2010). Accuracy of Perceptions of "Good" versus "Poor" Sleep in an Online Chronic Pain Support Group Sample. Presentation at the Society of Behavioral Medicine 2010 Conference, Seattle, WA.

Martin, L.E., Bruce, J.M., Lepping, R.J., Bruce, A.S., **Patrician, T.M.**, Breslin, F.J., Simmons, W.K., Donnelly, J.E., & Savage, C.R. (November 2010). "Functional connectivity and obesity: Changes after a behavioral weight loss intervention." Poster, Society for Neuroscience, San Diego, CA.

Patrician, T.M., Lepping, R.J., Breslin, F.J., Martin, L.E., Bruce, A.S., Donnelly, J.E., Savage, C.R., &

Hamilton, N.A. (October 2010). "Emotion regulation in obesity predicts inhibitory food-related brain activity." Paper, Obesity Society Annual Meeting, San Diego, CA.

Payne-Murphy, J., **Lillis, T. A.**, Brown, D., & Beacham, A. (November 2010). Revisiting Chronic Pain "Adaptive Coping" and "Dysfunctional" Clinical Profiles: Can Acceptance and Experiential Avoidance Better Inform Effective Interventions? Presentation at the 44th Annual Association for Behavioral and Cognitive Therapies Conference, San Francisco, CA.

Rapoff, M. A., & **Lootens, C. C.** (2010, October). *Jointstrong Intervention for Juvenile Arthritis*. Paper presented at meeting of pediatric staff of University of Kansas Medical Center, Kansas City, KS.

Sakaluk, J. K., Ip, T., Noble, S., Sagle, T., Lachowsky, N., Lamoureux, M., Spencer, C., Gain, K., & the Undergraduate Research Group in Sexuality. (November, 2010). *Development and validation of a new sexual script endorsement scale*. Paper presented at the Society for the Scientific Study of Sexuality Annual Meeting, Las Vegas, Nevada.

Sakaluk, J. K., & Milhausen, R. R. (September, 2010). *Factors influencing students' implicit and explicit attitudes towards the sexual double standard*. Paper presented at the Canadian Sex Research Forum, Toronto, Ontario.

Williams, R.H., & **Williams, A.J.** (April 2010), "One for All and All for One: Building Cooperative Attitudes and Behaviors in a Middle Eastern Scenario with Simulation Games and Multiple Identification Theory." *Simulation & Gaming: An Interdisciplinary Journal of Theory, Practice and Research*, 41(2): 187-207.

SCHOLARSHIP & FELLOWSHIP RECIPIENTS

Beatrice A. Wright Scholarships

Clarice Wang (Health Specialty), BA—Wash. Univ., St. Louis. Clarice works with David Johnson.

Christina Williams (General Program), BA—Univ. of Kansas. Christina works with Rick Ingram.

Helga Vigliano Scholarships

Lora Black (Health Specialty), BA—Texas A&M Univ. Lora works with Sarah Pressman.

Abbey Hughes (Health Specialty), BS—Texas A&M Univ. Abbey works with Doug Denney.

Katie Keil (General Program), BA—Univ. of Illinois. Katie plans to work with Steve Ilardi. To our

Tara Kraft (Health Specialty), BA—Catholic Univ. of America. Tara works with Sarah Pressman.

Graduate Fellowship for Diversity

Michelle Tsai (Health Specialty) received a Graduate Fellowship for Diversity for her first year in our graduate program. The Fellowship provides both a stipend and tuition.



NESTLING HAWKS: 2010 ENTERING CLASS

Stephanie Bowlin, (Health Specialty), BA—Univ. of Kentucky. Stephanie is working with Sarah Pressman.

Teresa Lillis (Health Specialty), BA—Gonzaga, MA—Univ. Colorado, Denver. Teresa works with Nancy Hamilton.

Tyler Owens (Health Specialty), BS & MS—Brigham Young University. Ty works with David Johnson.

Kathleen Rhyner (General Program), BA—College of William & Mary. Kathleen is working with Steve Ilardi.

John Sakaluk (General Program), BA—Univ. of Guelph. John works with Charlene Muehlenhard.

Katie Sharp (General Program), BA—Univ. of Nebraska, Omaha. Katie works with Rick Ingram.

Michelle Tsai (Health Specialty), BA—Washington Univ., St. Louis. Michelle is working with Mike Rapoff.

Alex Williams (Health Specialty), BA—William Jewel College, Liberty, MO. MA in Political Science- Univ. of Kansas, Alex is working with Mike Rapoff

FLEDGLING HAWKS: ON INTERNSHIP



Steve Bistricky (General Program): Univ. of California-San Francisco, San Francisco, CA.

Carrie Bronars (Health Specialty): VA Palo Alto Health Care System, Palo Alto, CA.

Thu-Thao Bui (General Program): VA Medical Center, Minneapolis, MN.

Matthew Gallagher (General Program): Boston Consortium in Clinical Psych., Boston, MA.

Cynthia Karlson (Health Specialty): Univ. of Mississippi Medical School/VA, Jackson, MS

Jennifer Prohaska (General Program): Univ. of Kansas Medical School, Kansas City, KS.

Katherine Steiger (Health Specialty): Baylor College of Medicine, Houston, TX.

Natalie Stevens (Health Specialty): Rush University Medical Center, Chicago, IL.

PSYCHOLOGICAL CLINIC

The KU Psychological Clinic continues to grow and develop. This year we have continued our Mindfulness group success with additional groups and student leadership from **Basak Efe** and **Michelle Kanga**.

Natalie Stroupe started a clinical Therapeutic Lifestyle Change (TLC) group in 2010 and it has been very well received with **Trisha Patrician** agreeing to take the helm in 2011. Given our interest in and prosperity with running groups and doing more assessments than ever, we plan to convert a room into additional group/assessment space in 2011, and hope to share it with our colleagues conducting clinical research.

We have had the great fortune of having a wonderful Administrative Associate **Paris Matthews** join our team. Additionally, **Basak Efe** and **Lauren Brian** have been outstanding Student Clinic Coordinators.

On a personal note, Tom and I have had a great deal of joy and fun raising our daughter, Samantha Hutton who turned 1 year-old on Nov. 19th 2010. She has very much enjoyed coming to visit Bonnie and the clinic.

I hope to have visitors in 2011. You are always welcome. Drop me a line if you have updates or ideas you would like to pass along.

Sarah Kirk

FACULTY SAMPLER

Charlene Muehlenhard. This has been an eventful year. My mother died in February, and my father died in August. In addition to emotional issues, my sister, brother, and I had to deal with practical issues like deciding what to do with their belongings and their house. I made several trips back to Cincinnati to help handle these issues. We had a huge auction in October.

I had to give five talks at the Society for the Scientific Study of Sexuality (SSSS) meeting in November. My students and I had submitted proposals for four talks, but the fifth was unexpected. I had to give a one-hour plenary talk because I won SSSS's Distinguished Scientific Achievement Award—an exciting honor, though it was stressful to add a plenary talk to everything else I had to do.

My house is being renovated. It started with an energy audit. Blower-door tests revealed drafts coming from several ceilings (those ugly suspended ceilings, like in Fraser Hall). After the ceilings were removed and insulation was added, however, I needed new ceilings.

This led to renovating several rooms. Almost every room in my house has been torn up since June 22. I've been living with demolition dust, with some rooms emptied and others jammed full of stuff from the now-empty rooms, and with workers in my house most days. I had to move out of my bedroom into a small room that used to be an office, so I spent the summer with an ironing board as my bedside table and my underwear in a file drawer.

On the fun side, Cyd and I got to see shows by Adam Lambert and Craig Ferguson in Kansas City. I am taking Spanish classes from Lawrence Parks and Recreation. Thanksgiving was wonderful, with good friends, good food, and lots of games. In many ways, it has been a good year. Happy holidays, everyone!

[Editor] In November, Charlene received the Distinguished Scientific Achievement Award, presented annually by the Society for the Scientific Study of Sexuality (SSSS). It was presented in Las Vegas at the annual SSSS meeting. The award "recognizes professionals who have made outstanding contributions to the field of sexology." Past winners include Albert Ellis, William and Virginia Johnson Masters, Harry Harlow, and John Money and Anke Ehrhardt.
http://www.sexscience.org/awards/index.php?category_id=429

Mike Rapoff. Our Behavioral Pediatrics Lab has continued to thrive with two new graduate students added this year, Michele Tsai and Alex Williams with Catrina Lootens now the senior graduate student. We have two NIH-funded projects we are working on: "Jointstrong" a CD-ROM-based cognitive-behavioral pain management program for children with juvenile arthritis and "Adherence-strong" a soon to be web-based program for parents of young children with juvenile arthritis that is intended to help parents help their children be consistent in following their prescribed medical treatments. We are also wrapping up the final analyses on Headstrong, a CD-ROM-based cognitive-behavioral pain management program for children with headaches. Headstrong was funded by NIH and included Children's Mercy and Cincinnati Children's Hospital Medical Center as the other sites. Catrina is also working on an adherence assessment study comparing self-report, 24 hour recall, and electronic monitoring of adherence to inhaled steroids for children with asthma. Michele is working on revising barriers to adherence measure for children with asthma and their parents and comparing different measures of barriers to adherence in the literature. Alex is helping with any and all projects but is the main research assistant for Jointstrong. We have weekly lab meetings and I am thrilled to have this very talented group of graduate students.

On a personal note, my daughter Lindsey just got a promotion as a supervisor in the marketing and advertising firm, Platform, in Lenexa, Kansas and joins us most Sundays for family dinners. Our son Nathan and his wife Lori moved back to the Kansas City area from Rawlins, Wyoming. Lori is a nurse for pediatric cardiology in our department and Nathan is working construction and applying for positions. He eventually wants to find another firefighter job but these are a bit scarce at this time with the economy struggling. Sunday dinners now include all the kids, which is no burden on me as Kim does all the cooking. The greatest news we received is that Nathan and Lori will be making Kim and me grandparents early next May. We are very excited to have a grandchild to spoil. We also had a wonderful family trip to Greece in late May and early June 2010 and one of the highlights was visiting the village in northern Greece (the Macedonian area) where my grandparents immigrated from in 1920. We met relatives from my grandfather's and grandmother's side of the family and fortunately had my cousin, Tom, along who speaks fluent Macedonian.

Doug Denney spins a tale... *Memories of Blackberries and Rice*: Planaria are a type of flatworm (Platyhelminthes) with a voracious appetite for other planaria. Back in the 60's, a psychologist named James McConnell trained a bunch of planaria to swim down the arm of a water maze and then turn either left, right, toward light, or toward dark. He then fed each trained planaria to an untrained, cannibal planaria and tested the cannibal in the water maze. He found a statistically significant tendency for the cannibal to turn the same way as the trained planaria it had consumed. His discovery was one of the original bases for the protein-based model of memory, as well as the study that launched the most cleverly titled psychology journal of them all, *The Worm Runner's Digest*. (get it?)

On the morning before Thanksgiving, my Blackberry decided to take a swim in a sink full of water. I had heard you might be able to salvage a cell phone by drying it off as much as possible, removing everything removable from inside the device, and dropping it all into a baggie of rice to act as a desiccant. I was pretty worried because it's been a while since I backed up my Blackberry and of course I have every name, address, phone number, password, and locker combination composing my familiar universe stored in the device. So naturally I was hoping the rice would do the trick, and it did – sort of.

After 24 hours, I retrieved the Blackberry from the baggie, reassembled it, and tried powering up. No dice; the Blackberry was now Blackberry toast. So I headed down to my T Mobile store to be regaled by some 19-year-old whiz kid intent upon selling me half the Silicon

Valley gross national product (complete with “data plan”). But, of course, it's Thanksgiving, so they're closed.

When I got home, Jacquelyn was in the midst of preparing the Thanksgiving meal and asked me about the baggie of rice left on her counter, so I explained the situation. In her caring way, she said, “Well, I hope it's ok because I used the rice in my Louisiana Rice Bread.” In my patronizing way, I just patted her on the head and said, “No one will ever know.”

Thanksgiving was great (the Louisiana Rice Bread was a real hit), and as we were having our coffee, I told the story of my Blackberry's baptism and my frantic efforts to retrieve the stored information like the passcode to the copy machine in the Department of Neurology, the phone number for my plumber, the password for TIAA-CREF, and the locker combination at my health club. As I reeled off each example, people around the table said things like, “Oh I think I know that one. Isn't it X911?” or “Well, that's area code 785-594-2448.” or simply, “Ed Aberger? He lives at 17 Bryant Street in Cranston, Rhode Island, 02910.”

It seems everyone had acquired portions of the information stored in the Blackberry, and in fact a simple study we later conducted showed that the amount of memory each family member had assimilated was nicely correlated with the number of portions of Louisiana Rice Bread they had consumed ($R=.59$, $p < .004$). Apparently the patterns of electrons that constitute the solid state flash memory in a Blackberry that has been immersed in water for about 780 milliseconds will imprint themselves onto rice dust, which, if properly prepared according to Jacquelyn's family recipe for Louisiana Rice Bread, can be effectively imparted through ingestion. (Bet you'd like *that* recipe, wouldn't you?) Further research is underway, but I'm thinking this may be a very useful intervention for Alzheimer's disease.

Speaking of Alzheimer's.....

David Johnson, Assistant Professor and Director of the Neuropsychology and Aging Laboratory, investigates the differences between healthy and pathological aging processes. David has a joint appointment in both psychology and gerontology, and has evidence that Aerobic exercise may protect the brain from Alzheimer's disease. In collaboration with Dr. Jeffrey Burns, a Kansas University Medical Center Neurologist, David is investigating how this may work.

Their data show that an inexpensive behavioral intervention can produce benefits that can be detected using state-of-the-art neuroimaging techniques as well as more standard neuropsychological memory tasks. It is becoming clear that increasing doses of exercise

positively affect memory and thinking skills, fitness levels and physical functioning at all ages. One of the most exciting findings is that even light to moderate exercise confers significant cognitive benefits to aging seniors. This is encouraging because seniors with physical limitations that prevent them from more vigorous exercise can still help themselves with the exercises they can do. Over the past 5 years, researchers have studied 150 seniors between the ages of 65 and 95. This groundbreaking research has received national and international accolades, including being awarded 3 research-one grants funded by the National Institute of Health and Department of Health and Human Services.

David has now expanded the research to include people with dementia and is concurrently working with the National Hospital of Costa Rica to implement a similar research protocol in Latin America. Current clinical students working with David on his projects include **Jessica Wilson, Clarice Wang, and Ty Owens.**

Ruth Ann Atchley

Lepping, R. J., Atchley, R. A., Stroupe, N., Young, K. M., Gibson, L., Schuster, J., Ilardi, S. (2010). Emotional Sentence Processing in Major Depressive Disorder. Psychonomic Society, St. Louis, Missouri.

Young, K., Stroupe, N., Fitts, A., Ilardi, S. Collison, E., O'Hare, A., Bistricky, S. & Atchley, R. (2009). The Influence of Depression on the Detection of Affect in Pictures and Words. TENNET, Montreal, Canada.

Ruth Ann has begun a five-year term as the Chair of the Department. She reports that the Chair's duties have not slowed down the research in her Neuropsychology lab. Collaborating with Dr. Omri Gillath from the Social Psychology program and Dr. Mohamed El-Hodiri from the Economics department, she has won a grant titled "The Relationship between Attachment and Generosity". She and her team have also gotten out six new publications that are currently under review and three manuscripts that are published or in press. Also the book project (Vulnerability to Depression: From Cognitive Neuroscience to Clinical Strategies) with Rick Ingram is now complete and will be published by Guilford sometime this year.

Rick Ingram writes, "Each year as I sit down to write my *Hawklime* entry, I try to reflect on the memorable moments over the past year. The year is usually memorable because of the great students with whom I am blessed to work (thanks Tiffany, Melinda, Christina and Katy). Sometimes they are memorable because I have finished a big task. This year, for example, I finished the last of three books I agreed to do: "Vulnerability to Depression: From Cognitive Neuroscience to Prevention and Treatment" (with

Ruthann Atchley and Zindel Segal). But since my time here, what is always the most memorable is what I learn at lunch train. With that, I give you the top things I learned at lunch train."

- I learned that we've cornered the market on beavers.
- I learned that we need men and that Sarah Pressman has a girly lab.
- I learned that Ray is an infant critic.
- I learned that "when you try to drink it, a celery goes up your nose".



Hawks in Flight

Rocio Muñoz (2000) "Hello fellow Jayhawks. It's been another great year in Chicago. We are happy and healthy and continue to strive for that elusive balance between work and play. Despite my almost-phobic approach to technology I managed to finally put together a website (www.rociomunozphd.com) without sprouting too many new gray hairs. In case you are wondering, yes, husband Dave did most of the work, and Gabriel (now age 11) kept us on our toes with his computer savvyness. Gabriel's excellent hair and phenomenal coolness factor (did I mention he is only 11?) now results in my having to spend significant chunks of time screening giggling phone and house calls (The girls are 11 too! What the fiddle!). We have expanded our family sports ventures to include long distance bike riding; I am in charge of bringing up the rear and securing cookies, both of which I do excellently. Karate continues to be very fun; Gabriel and I had a very successful spring tournament season and State championship to add to the bling collection. But, when it came time to plan the trip to this year's nationals, we decided to take the summer off from training and instead do our sweating on lounge chairs with fruity drinks nearby. Which worked fabulously well, and will be a huge part of our approach to the holidays this year. Best wishes to you and yours."

Sheila Ribordy (1975) a professor in the DePaul University psychology department was featured in a January 2010 news release extolling the activities of the DePaul Family and Community Services (DFCS) center which she has directed since 1996. "We're unique. Centers that train graduate students in clinical psychology are typically funded by a university whose faculty provides supervision. Eighty percent of our funding comes from the state, and our staff includes social workers, a psychiatrist, and psychologists as well as DePaul clinical faculty. Our students receive

outstanding training because they're working in the real world every day."

In 2005, Sheila's DFCS received APA's Harry V. McNeill Memorial Award for Innovative Community Mental Health. That same year, Sheila received the Cortelyou-Lowery Award for Excellence.

Susan Reneau Rathmell (2007) "As some of you know, I recently published my first book, *From His Hands to Mine: Leaning on God through the First Year of Motherhood*....

"Although there is a distributor working to promote and circulate the book, as a first-time author, a lot of responsibility falls to me to get the word out about the book and get the ball rolling with sales. This seems more than a little daunting to me. If you are willing, then I definitely need your help! If you have ideas for book promotion or connections you're willing to share that could help me, please feel free to pass them along! If there are people in your life who could help me with book promotion (e.g., businesses that might be willing to stock the book for sales or people who could provide opportunities for advertising, exposure, or book signings), then by all means, pass this email along to them or let me know how to get in touch with them.

The book is available directly from the publisher's website: <http://bit.ly/cvYIF6> and through Amazon. Susan is a staff psychologist at the Birmingham, AL VA.

Henry McCarthy (1977) alerted us that a recently released instructional film package on Beatrice Wright and her work is available as a free download from the National Clearinghouse on Rehabilitation Training Materials (NCRTM) at Utah State University. Hard copies of each component of the package are also available for the cost of reproducing and shipping them: <http://ncrtm.org/course/view.php?id=200>

Aubrey Enloe (2004) now a Psychology & Clinical Therapy Supervisor at Rainbow Mental Health Facility in Kansas City, Kansas wrote to tell us that she has new little boy, Brendan.

Glenn Hirsh (1981) was named Director of the University of Minnesota Counseling & Consulting Services center this year. Glen reports that he continues to have a private practice and currently chairs the Ethics Consultation Committee of the Minnesota Psychological Association.

Brett Parmenter (2004), now at Western State Hospital in Tacoma, WA writes that she and **Doug Lane ('01)** are doing well and had a baby girl named Natalie Susan Lane on July 14th. brett.parmenter@gmail.com

Beth McGilley (1988) is coming to do a workshop for the clinical psychology program on Jan. 21st from 1-4 in the Jayhawk Room of the Kansas Union. Beth has recently released a book with the Academic Press: *Treating of Eating Disorders Bridging the Research-Practice Gap*. The book is available from your favorite online bookseller. Beth is Clinical Associate Professor, University of Kansas School of Medicine-Wichita; President of the Healing Path Foundation, and Director of Outpatient Clinical Services, The Renfrew Center. Beth also is past President of the National Eating Disorders Association, and is a member of the Managed Care Task Force of the Academy of Eating disorders. bmcgilley@psychology.kascoxmail.com

Rick Ingram (1981) writes
CALLING ALL KU BLUES PARTY ALUMNI—
1975ish-1982ish!!!

Where were you on a typical Saturday night during your KU years? Studying hard (no!), writing up assessment reports (no!), rewriting that lit review for B. Kent for the hundredth time (well, maybe yes!), or were you at the Blues Party on Sunset St., dancing and singing and playing your heart out? Were you with Koko and the Bluesettes and the Mojo Man and Stormy Monday? IF you answered yes to any of the non-academic choices, WE WANT YOU! And even if you didn't answer yes, it is not too late to trade in the psych journals for some dancin' and wailin'.

We will hold a KU Blues Party Reunion the weekend of June 11th, in our beloved Lawrence, Kansas, and want anyone and everyone who was at KU during those glory days to mark it on their calendars now and plan to come. Details are still being worked out, but we know there will be a Blues Party on Saturday night, June 11th. Who knows what else--a tanathon, a bit of pub crawling, a Psychobats game, dinner on Friday night, the sky's the limit.

LET'S DO IT!

Contact Lorraine Mangione lmangione@antioch.edu
Laura Stephenson laura.stephenson@washburn.edu or
Rick Ingram reingram@ku.edu for more information and to get on the list.

Zoë Peterson (2005) won the 2010 Early Professional Award, awarded by the Society for the Scientific Study of Sexuality. Zoë is Assistant Professor of psychology at the University of Missouri-St. Louis.

PASSINGS:

Henry Remple ('50) (11/25/1908- 5/9/2010) died Friday, April 9, 2010 in his Lawrence home. At over 101 years of age, Henry was our oldest known surviving graduate. As a child in Alexanderwohl, Ukraine, Henry witnessed WWI, the Bolshevik Revolution, and the Russian Civil War before he and the surviving members

of his family emigrated to the US in 1923. Henry was a true gentleman and a great friend of the program throughout his professional career, including serving as a supervisor in the KU Psychological clinic from 1967-1980. As Director of the KU Psychological Clinic when Henry retired from his supervisor position, Ray Higgins recalls giving him a retirement gift of two very nice wool blankets specifically for Henry and his wife, Mariana, to use on their beloved canoe camping trips. Those wanting to know more about Henry and his inspiring, nearly Forest Gump-like life, can find a very nice obituary at:

<http://www2.ljworld.com/obituaries/2010/apr/12/henry-remple/>

Sandra Jane Shaw ('70) (6/22/1941-11/6/2010) died Saturday, November 13, 2010 following a lengthy battle with cancer. Active and professionally engaged until the very end, as late as October Sandy was still attending professional conferences where she could be seen greeting and cheering the many friends and colleagues who had come to love and admire her for the person she was and for her many years of service to the Lawrence community. That service included 31 years at Lawrence's Bert Nash Community Mental Health Center, from 1971-1979 as Director of Children's Services, and from 1979-2001 as Chief Executive Officer. Sandy's surviving spouse, **Doug Witt ('77)** is also a graduate of our program and a current supervisor for students in practicum training in the KU Psychological Clinic. A lovely obituary to Sandy can be found at:

<http://www2.ljworld.com/obituaries/2010/nov/10/sandra-shaw/>

CLINICAL PROGRAM CONTRIBUTIONS:

We are greatly appreciative of those who have contributed to the Clinical Program this past year (12/16/2009-12/15/2010). Perhaps you will 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 Hawklane. If so, they will be reported next year.)

CLINICAL PROGRAM DEVELOPMENT FUND:

Lois Allen ('71), Tim Boaz ('87), Doug Denney, Janet Endelman ('80), Jane Finn ('77) & Ernst and Young Foundation, Bette Fletcher ('84) & Randall Fletcher, Louis Gamino ('81), Nancy Hamilton, Mack Harnden ('78) & Chris Harnden, Ray & Sarah Higgins, Glenn Hirsch ('81), Rick Ingram ('84), Mary Kesler ('78) & David Kesler ('76), Mary McCartney Keil, ('80), Keri Kinnaird ('87), Monica Kurylo ('98), Sarah Kirk ('98) & Thomas Hutton, Daniel Larsen ('78), Robin Lewis-Schoner ('85) & Arthur Schoner, Greg Long ('86), Barbara (Storkamp) Loring ('98) & Fredrick Loring,

David Lutz ('80) & Ellen McLean, Charlene Muehlenhard, Dorothy McCall ('78), Susan Paolo ('90) and Anthony Paolo, Marc Quillen ('79) & Marilyn Harp, Brett Steenbarger ('82), Bernard (Rusty) Sullivan ('77), Deborah Taylor ('88).

C. R. SNYDER MEMORIAL FUND:

Keith Halperin ('77), Monica Kurylo ('98).

B. KENT HOUSTON AWARD IN HEALTH PSYCHOLOGY FUND

Michael Babyak ('96) & Beverly Brummett, Randy Frost ('77), Monica Kurylo ('98), Carol Lowery ('77)

SANDY DINOFF MEMORIAL AWARD FUND

Beth Dinoff ('01)

EDWARD A. DREYFUS ENDOWMENT:

Edward A. Dreyfus ('64)

BEATRICE A. WRIGHT SCHOLARSHIP FUND

Monica Kurylo ('98)

BEATRICE A. WRIGHT FACULTY SCHOLAR IN HEALTH & REHABILITATION FUND

Colleen Wright Rand & Kenneth Rand

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!

STAY IN TOUCH to let us know where you are and what you are doing. It brightens our day to hear from you—even if it's because you need something. Your million-mile warranty is honored here!

Ray Higgins rhiggins@ku.edu

Sarah Kirk skirk@ku.edu