



Number 27 KU Clinical Psychology News Fall 2012

The Hawkl ine

FROM THE DIRECTOR

Assuming the DCT role has afforded me the opportunity to think some about the history of the program. An obvious question about our history is when did the program officially begin? The question is obvious but the answer is less so. The History link on the Department of Psychology's website (<http://psych.ku.edu/about/history>) shows the first hiring of clinical psychologists in 1946, but they disappeared two years later. Most likely they were Menninger's psychologists who assisted with the training of clinical psychologists in the wake of World War II. The next notable clinical faculty hire appeared to be Martin Scheer (Ph.D, 1931, University of Hamburg) who joined the faculty in 1948. In 1949 Scheer represented Kansas at the Boulder Conference; APA had already begin to accredit clinical training programs and perhaps psychologists thought it might be a good idea to figure out how they should be trained. As for when KU was accredited, there are some conflicting dates but the APA website lists January 9, 1949 as our accreditation date. This puts us among the first wave of clinical programs to be accredited, and as such, a case can be made that early 1949 marks the start date of the program as we know it. It is also unclear who, or if anyone, directed the program in its nascent days, but the history link shows that Erik Wright, M.D. was hired in 1951, almost assuredly to direct the program. Dr. Wright served in this capacity for over 20 years and I thus believe that he earns the "official" distinction of being the program's first DCT.

The next DCT was Kent Houston who served very briefly in the role. Rick Snyder followed, and if Kent's tenure was short, Rick's was very long; he directed the program for 27 years. Ray Higgins followed and directed the program for 11 years. That means that I am only the fifth DCT in the over 60 year history of the program, which instills in me not only a humility about

the role, but also a deep and abiding desire not to mess this thing up.

One more thing about prior DCTs is important to mention. Ray Higgins has done everything one could ask, and more, to make the transition as seamless and easy as possible. I continue to rely on Ray's advice and wisdom as I am learning the ropes, and I am sure I will continue to do so in the years to come. I do have to confess, however, that Ray did not tell me before I took the job is that the DCT is **expected** to embarrass himself at the annual holiday skits. So, this year I had the opportunity, along with Nancy Hamilton, Charlene Muehlenhard, and Sarah Kirk of dancing "Gangnam Style" for the students (look it up on YouTube if you don't know what that is).

Although calling the DCT job "exciting" would be an over-stretch (or downright delusional), there are several things that I am excited about. First, the clinical program now has a Facebook page; find us at "University of Kansas Clinical Psychology". For those of you on Facebook, this will be a great way to stay in touch and to hear about what we have been up to over the year. So please find us and "like" us.

I have been thinking for some time about how to honor the legacy of people who have been so important to the program, and to do so in a lasting way. Toward that end, we will soon dedicate two of our rooms on the third floor to Rick Snyder and Kent Houston. In particular, my plan is to dedicate Fraser 327 as the "Rick Snyder Positive Psychology" room and Fraser 317 as the "B. Kent Houston Health Psychology Lab". We plan the dedication ceremonies in the spring semester. And of course, more details will be announced on our Facebook page.

Rick and Kent were key figures in the program starting in the 1970s, but as I have noted, Kansas history goes back much further. Another way to recognize our history and to honor the legacy of our program is via the creation of a Distinguished Alumnus Award. This award will recognize the contributions that our graduates have made to the science and practice of clinical psychology. Our thinking at this point is to make this an annual award which recognizes and celebrates the contributions of one of our alumni. As of now I am thinking of calling this "The 1949 Award" in recognition of the year our program was first accredited, the program's place in the history of clinical psychology, and the role of our graduates in shaping some of that history. We are in the process of deciding who will be the first recipient. Look for more details on (of course) our Facebook page. On the faculty front there is both good news and sad news. The good news is that we are delighted that Amber Watts has now officially joined our faculty. As Ray noted last year, Amber is trained in Gerontology from the Davis School of Gerontology at the University of Southern California. Together with David Johnson, the program has developed a real strength in the study of the psychological issues associated with aging. On the sad news end of things, Sarah Pressman is leaving us. Her husband was made an offer he couldn't refuse from Google in Los Angeles, and since the Kansas-LA commute was not going to work, Sarah accepted a job at the University of California - Irvine. We will miss you Sarah as well as "your" psychology that made us all feel more positive. But remember that even though you won't be with us, you are still welcome to make a contribution to the Clinical Psychology Development Fund.

Which brings me to a special note about contributions. As the University and Psychology Department continue to suffer from unprecedented budget cuts from the state, everyone who contributes to one of our funds makes a difference for students. This helps us accomplish things that we could not otherwise do (e.g., travel funds to help offset costs for presenting research at conferences). We very much appreciate each and every contribution, but I want to especially thank our faculty members who contribute to the Clinical Psychology Development Fund - Nancy Hamilton, Sarah Kirk, Ray Higgins, and Doug Denney. John Colombo, one of our cognitive/developmental colleagues, is also a regular contributor. And an even bigger thanks go to Doug

Denney, Edward Dreyfus, Jane Schelly, and Lorraine Mangione for their very, very generous contributions (four figures or more!) this year. But, as I said, all contributions help us out, and all our deeply appreciated. That's it for me. Please let me know how you are doing and please pass on any news for next year's Hawkline.

CLINICAL PROGRAM STUDENT AWARDS



SCHULMAN AWARD FOR EXCELLENCE IN CLINICAL PSYCHOLOGY & C. R. SNYDER AWARD FOR RESEARCH ACHIEVEMENT

This year we are pleased to have co-winners for **both** the Schulman and Snyder Awards:

Tara Kraft received her BA, Summa Cum Laude, from the Catholic University of America in 2009. Tara is currently working with Dr. Sarah Pressman to examine resilience to minor and major stressors and how positive psychological factors may help. Her MA thesis, recently published in *Psychological Science*, was the first study to show that smiling through brief stressful experiences may help "undo" the harmful effects of the body's stress response by speeding cardiovascular recovery. Tara is now continuing to work with facial expression via electromyography (EMG) by examining automatic and effortful facial expression mimicry in individuals with and without dysphoric mood. Tara also works clinically with veterans diagnosed with Posttraumatic Stress Disorder (PTSD) and is actively teaching courses related to stress management and emotion regulation in a residential PTSD treatment program. She plans to continue to examine stress and the experience and expression of positive emotion in the future.

Abbey Hughes graduated from Texas A&M University in 2009. She has worked with Doug Denney and the KUMC MS Research Group examining cognitive deficits occurring in conjunction with multiple sclerosis. Her dissertation uses neuropsychological assessment and MR techniques to assess the relationship between brain atrophy, cerebral neurochemistry, and cognitive impairment in MS. Her clinical interests span neuropsychology, rehabilitation psychology, and health psychology.

B. KENT HOUSTON AWARD IN HEALTH PSYCHOLOGY

Becky (Clausius) Hunter received her BS Magna Cum Laude in Psychology from the University of Iowa in 2008. Her MA thesis was completed under the supervision of Sarah Pressman and was entitled, "The Relationship Between Pain and Mood: Does Mood

Predict Pain Reports in a Healthy Sample?" Her clinical and research interests include survivorship issues in cancer patients, with additional interests in grief and palliative care. She has been acting as a student therapist at Turning Point in Leawood, KS for over a year, and currently has an additional practicum placement at KU Cancer Center. Becky is working with Christie Befort at KU Medical Center as a GRA on her grant, "Rural Women Connecting for Better Health," a weight loss and weight maintenance intervention for overweight and obese rural breast cancer survivors. She is currently working on her task, which reviews breast cancer treatment effects on body image and sexuality in survivors, and hopes to expand upon this work with her dissertation.

MITCH HANDELSMAN/LORI IRVING TEACHING AWARD

Basak Efe graduated with an MA degree in Clinical Psychology from Bogazici University, Istanbul, Turkey. She completed her second MA degree at KU and conducted her thesis under Charlene Muehlenhard investigating the reasons why men and women give in to sexual intercourse without a condom even though they wanted to use one. She continues to work with Charlene on her dissertation, which focuses on the attitudes towards transgender individuals who do and do not fit the gender binaries. In addition to research, she very much enjoys clinical work and has had a practicum experience at Bert Nash CMHC besides KUPC. In her spare time, she loves to cook, play the drum set on the Rock Band, and spend time with her kitties.

CLINICAL AND PROFESSIONAL SKILLS AWARD

Catrina Lootens received her BS in Psychology, Magna Cum Laude, from Western Michigan University in 2007. She is a trainee in the Health Specialty within our clinical program. Catrina has had practicum experiences at Children's Mercy Hospitals and Clinics, Health Care Access Clinic, KU Medical Center, Center for Psychoeducational Services, and the KU Psychological Clinic. Her research interests are in pediatric psychology. Catrina's dissertation, "Predictors of Initiating and Adhering to Medication for Attention-Deficit/Hyperactivity Disorder in Children," is being completed under the direction of Mike Rapoff at the KU Medical Center. Catrina is currently applying to internship sites that offer experiences in pediatrics and integrated primary care. She is grateful for the diverse training opportunities available at KU.

SANDY DINOFF MEMORIAL HEALTH PSYCHOLOGY RESEARCH AWARD

Alexandra Roth received her B.S. in Psychology, Summa Cum Laude, from Drake University in Des Moines, IA in 2011. Alex works with Doug Denney to

investigate the effects of multiple sclerosis (MS) on cognitive processes, including information processing speed and attention. She is planning to complete her MA thesis this spring. Her current research involves distinguishing between attention and processing speed deficits in individuals with MS and assessing the validity of neuropsychological instruments measuring these constructs. Alex's goal is to practice clinical neuropsychology in a hospital setting, with special interests in traumatic brain injury, stroke, and neurodegenerative diseases. Alex will be presenting the results of her MA thesis this spring as part of the Clinical Program's Proseminar series.

DON HUTCHINGS MEMORIAL AWARD

Katie Keil is the inaugural recipient of the Don Hutchings memorial Award. Katie received her BS. in Psychology from the University of Illinois in 2009. She completed her Master's thesis with Steve Ilardi and is working on her dissertation, which will explore the experience of awe in those with depressive symptoms. Katie has also enjoyed serving as the student coordinator for the KU Psychological Clinic and working with a variety of clients at the Dwight D. Eisenhower VA Medical Center. She hopes to one day have a career in the VA system. In her free time, Katie enjoys baking and spending time with friends and family.

OTHER STUDENT AWARDS

Abbey Hughes was awarded Dissertation Awards from APA and from the APA Division on Rehabilitation Psychology. Her work focuses on glutathione as a index of oxidative stress and its relationship to cognitive impairment occurring in conjunction with multiple sclerosis. She has collected all of her data for the MS patients and is now completing the control subjects. She will be finished with this dissertation by the time she goes on internship this summer/fall. Abbey was also awarded a KU Summer Research Fellowship and a KU Psychology Strategic Initiatives Grant.

CURRENT STUDENT PRESENTATIONS & PUBLICATIONS:

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

Atchley, R.A., Ilardi, S., Young, K.M., **Stroupe, N.**, O'Hare, A., Bistricky, S., Collison, E., Gibson, L., & Schuster, J. (in press). Depression Reduces Perceptual Sensitivity for Positive Words and Pictures, *Cognition and Emotion*.

Lepping, R. J., Atchley, R. A., Martin, L. E., **Patrician, T. M., Stroupe, N.**, Brooks, W. M., Chrysikou, E., Claire, A. A., Ingram, R., Breslin, F. J., Powell, J., & Savage, C. R. (2012). *Limbic responses to positive and negative emotionally evocative music: An fMRI study*. Presented at the Annual Meeting of the Society for Neuroscience, New Orleans.

Denney, D. R., **Hughes, A. J.**, Owens, E. M., & Lynch, S. G. (2012). Deficits in planning time but not performance in patients with multiple sclerosis. *Archives of Clinical Neuropsychology*, 27, 148-158.

Hughes, A. J., Denney, D. R., Choi, I-Y., Lee, P., & Lynch, S. G. (2012). *Cognitive impairment and involvement of oxidative stress in multiple sclerosis*. 1st Annual Meeting of the International Congress on Cognition in Multiple Sclerosis (IMSCOGS). Bordeaux, France.

Hughes, A. J. (2012). *Neuropsychological testing and research update: Information processing speed and beyond*. Oral presentation at the National Multiple Sclerosis Society Mid-America Chapter Technology Research Education Networking and Discovery (TREND) Symposium, July, Olathe, KS.

Hamilton, N. A., **Pressman, M., Lillis, T.**, Atchley, R., Karlson, C. and Stevens N. (in press). Evaluating evidence for the role of sleep in fibromyalgia: A Test of the sleep and pain diathesis model. *Cognitive Therapy and Research*.

Lillis, T., Hamilton, N., **Bowlin, S., Pressman, M.**, Karlson, C., Stevens, N., & **Olson, C.** (2012). *I'm depressed and I can't sleep: The relationship between objective sleep parameters and subjective sleep quality in depressed and non-depressed college-aged adults*. Presented at the 26th Annual Associated Professional Sleep Societies Conference, LLC (APSS), Boston, MA.

Olson, C.A., Hamilton, N., Somers, V. (2012). *REM sleep and metabolic satiety pathways*. Presented at the

SLEEP 26th Annual meeting of the Associated Professional Sleep Societies, Boston, MA.

Hamilton, N. A., **Lillis, T., Pressman, M.** (in press). Sleep and wellbeing. *Encyclopedia of Quality of Life Research*.

Karlson, C. W., Gallagher, M. W., **Olson, C. A.**, & Hamilton, N. A. (in press). Insomnia and wellbeing: Longitudinal follow-up. *Health Psychology*.

Lillis, T., Pressman, M., Hamilton, N., Stevens, N., Karlson, C, Taylor, D., & Atchley, R. (2012). *Sleep and fibromyalgia*. Presented at the 46th Annual Society of Behavioral Medicine Conference, New Orleans, LA.

Botanov, Y., Keil, K., Sharp, K. L., Scheller, V., & Ilardi, S.S. (2012). *Successful Treatment of Depression via Therapeutic Lifestyle Change: Preliminary Controlled-Trial Results*. To be presented at the annual meeting of the Association for Psychological Science, Chicago.

Sharp, K. L., Williams, A., Rhyner, K., & Ilardi, S.S. (2012). The clinical interview. In K. Geisinger (Ed.), *APA Handbook of Testing and Assessment in Psychology*. New York: American Psychological Association Books.

Meites, T. M., Ingram, R. E., & Siegle, G. J. (2012). Unique and shared aspects of affective symptomatology: The role of parental bonding in depression and anxiety symptom profiles. *Cognitive Therapy and Research*, 36, 173-181.

Williams, C., Meites, T., Katie Sharp, K., Harfmann, E., Gaddy, M. & Ingram, R. (2012). *The effect of parental bonding and rumination on depression and anxiety*. Presented at the meeting of the Association for Psychological Science, Chicago.

Kroska, E., **Kraft, T.**, & Pressman, S.D. (2012). *The Role of Perceived Stress in the Resilient Individual*. Southwestern Psychological Association, Oklahoma City, OK.

Pressman, S.D. & **Kraft, T.** (in press). Heart Rate Alterations in Response to Positive Psychology Interventions. *The Positive Psychology Workbook*.

Pressman, S. D., **Kraft, T., & Bowlin, S.** (in press). Emotional, Social and Physical Well-Being. *The Encyclopedia of Behavioral Medicine.*

Kraft, T. & Pressman, S. D. (in press). Grin and bear it: The influence of manipulated positive facial expression on the stress response. *Psychological Science.*

Pressman, S.D., & **Black, L.** (in press). Short Term Positive Emotion and the Immune Response. *The Oxford Handbook of Psychoneuroimmunology.* Oxford Press.

Rapoff, M.A., **Looten, C.C., Lindsley, C. B., Tsai, M. S., Williams, A. J.** & Wright, S. (2012). *Adherence strong for juvenile arthritis.* Poster presentation at the Midwest Regional Conference on Pediatric Psychology, Milwaukee, WI.

Rapoff, M.A., Karlson, C. W., **Lootens, C. C., Williams, A. J.,** Lindsley, C. B., Belmont, J.M., & Lovell, D. Joinstrong (2012). *Pilot study: A cognitive-behavioral CD-ROM intervention for juvenile arthritis.* Poster presentation at the Midwest Regional Conference on Pediatric Psychology, Milwaukee, WI.

Rapoff, M.A., **Lootens, C. C., & Tsai, M. S.** (2012). Assessing adherence and barriers to adherence in pediatric asthma. *Respiratory Drug Delivery*, pp. 1-12.

Nollen, N. L., **Hutcheson, T,** Carlson, S, Rapoff, M., Goggin, K., Mayfield, C., & Ellerbeck, E. (2012). Development and functionality of a handheld computer program to improve fruit and vegetable intake among low income youth. *Health Education Research.*

NESTLING HAWKS: 2012 ENTERING CLASS



Ron Freche (Health Specialty), BA - California State University, Long Beach. Ron is working with Nancy Hamilton.

Kate Esterline (General Program), BA - Johns Hopkins University, Baltimore, MD. Kate is working with Charlene Muehlenhard.

Kelsey Hagan (General Program), BA - Emory University, Atlanta, GA. Kelsey is working with Rick Ingram.

Nicole Kramer (General Program), BA - University of Akron, Akron, OH. Nicole is working with Rick Ingram.

FLEDGLING HAWKS: ON INTERNSHIP



Melinda Gaddy (General Program): VA Eastern Kansas Healthcare system – Leavenworth, Kansas

Danya Goodman (General Program): VA Medical Center – Northport, New York.

Tiffany Meites (General Program): University of Oklahoma Health Sciences Center, VA Medical Center, Oklahoma City, Oklahoma.

Christy Olson (Health Specialty): Hennepin County Medical Center, Minneapolis, Minnesota.

PSYCHOLOGICAL CLINIC

The KU Psychological Clinic continues to blaze ahead with our embrace of technology. We now have digital recording in the majority of therapy rooms. We are also moving forward with installation of *Titanium* an electronic medical records software program. *Titanium* will allow us to document our work, bill and schedule all within one platform. We are quickly becoming relatively paperless! **Bonnie Schafer** and **Alex Williams** are part of the Fraser Hall sustainability task force better known as the Green Team. We have decreased our use of lighting and/or switched to more efficient lighting, increased our recycling efforts and will be getting feedback on our efforts in 2013.

Katie Keil has served as a SUPER Student Coordinator for the clinic and will be serving a second term with us! **Ray Higgins** explained to me that Katie is likely to be our first legacy graduate (mom = **Mary (McCartney) Keil**. Katie has been instrumental in the training of students and personnel during our *Titanium* transition. She also bakes the best cupcakes I have every tasted! We have had the great fortune to hire **Libby Harfmann** and **Valerie Scheller** as our student hourlies and they have done a tremendous amount of work with **Bonnie Schafer** to transition our medical records.



All of you know that **Bonnie Schafer** is an employee to be treasured, praised and rewarded. The University of Kansas recognized her June 2012 with the university wide Employee of the Month! We always knew she is the best and now the whole KU campus does!

I have kept busy this year with lots of work around the clinic, teaching and supervising, and chasing, my now 3 year-old daughter, Sam. I always enjoy getting emails or calls from past supervisors, and friends and classmates. We welcome visitors to the clinic anytime!

Best,
Sarah Kirk skirk@ku.edu

Faculty Sampler

Ray Higgins Two things dominate my memories of this past year: Passing the DCT torch to Rick Ingram and my health. Although there were many things I loved about my time as DCT (primarily the interaction with current and past students), stepping down has had me “silently” celebrating (Rick keeps commenting about the Cheshire Cat smile I sport whenever the topic arises). In the meantime, my health has had me working single-mindedly on several clock construction projects to keep me focused on something positive in my spare time. In September I sacrificed a kidney to the cancer that has dogged me for the past 5 years. Hopefully the cancer gods are appeased because I’m running out of wall space! In any event, I’ve discovered the value of good colleagues and the warm feeling that comes from knowing that former friends and students still care enough to send their regards and well wishes. Here’s right back at you.....

Sarah Pressman After this edition of Hawklane, I will be saying goodbye to KU and moving on to a new faculty position at the University of California, Irvine. It is with a heavy heart that I leave. KU has been a very special place for me and I will never forget the wonderful faculty, staff, students & traditions (e.g., my face still hurts from too much smiling and laughing as a result of this year’s set of holiday skits!).

Despite my leaving, we also have happy news. The Pressman lab has had a wonderful and productive year with my students completing major milestones like defending Masters’ theses, proposing Dissertation topics, completing tasks, and interviewing for Internships. I know they will continue to shine and blossom as they wrap up their final projects! Our research continues to explore the interconnections between positive psychological factors and physical well-being with studies assessing facial expressions, mindfulness, emotional expression in writing, stress, heart function, and even vaccinations. For example, we’ve had some great media coverage this year for one

study by **Tara Kraft, M.A.** & myself showing that smiling, especially really big and sincere smiles, reduces heart rate following stress. Some good advice is therefore to “Grin & Bear It!” when things go wrong – it’s good for you and it might help you with any holiday stress! Other publications tackle a range of topics from the influence of positive emotions on how long we live, to broader issues such as whether happiness matters to health in third world countries (spoiler alert: It does matter!). We’ve also had **over 20** conference presentations completed by our lab this year ranging from smaller venues like the Southwestern Psychological Association all the way up to major international conferences like the Society for Personality and Social Psychology or the Society for Behavioral Medicine. Thus, congratulations are warranted for all of the hard working undergraduates and the wonderful grad students who guide them. With that, I bid you adieu – I will miss you all so very much and root for KU basketball forever!

Amber Watts I have been pleased to join the clinical faculty this year. My lab assistants and I have been playing around with the new physical activity monitors we bought and finding out just how sedentary we really are! Next I plan to try out the standing desk (though I’m not nearly ready for the treadmill desk, yet.) I am looking forward to recruiting graduate students for next fall to get involved in my research on physical activity and cognitive function in older adults with and without Alzheimer’s disease. An exciting upcoming collaboration involves Keith Diaz-Moore from the Architecture department to find out how neighborhood and home design impact physical activity and sedentary behaviors in older adults.

Nancy Hamilton Rick and I moved to Lawrence in July of 2004, and are thus midway through our eighth year in Lawrence. This is clearly our home for the long haul. Our daughter, Zanna is almost 10 and is finishing off 2012 dancing in the Lawrence Nutcracker (she is in the Mother Ginger scene).

On the professional side, my research team will be finishing up Project FAST (Fibromyalgia and Sleep Treatment) sometime next summer. It has only taken us 5 years to complete this 3-year, RO3 project. Although I don’t have treatment data to report, I can say that we have been successful at developing selection criteria that

predict whether our FM patients also have a comorbid respiratory related sleep disorder (like Sleep Apnea). These data should have utility for anyone who is treating this challenging patient population.

On the program-professional side, this year the Health Psychology sub specialty was accepted as a member of the Council of Clinical Health Psychology Training Programs (CCHTP). The application process was painless, but the first question was difficult to answer. "In what year, did the first clinical health psychology trainee complete your program?" Our response was as follows

"This question is somewhat difficult to answer. The current "Health Psychology Specialty" at the University of Kansas began as the Rehabilitation Training Program in 1960, under the direction of Beatrice Wright. In 1977, this program became a specialty within the Clinical Psychology Program, and in 1985 became the *Health* and Rehabilitation Specialty. Our first documented record of a student specifically from the "Health and Rehabilitation Specialty" was in 1994. However, the program had health faculty and were graduating "Health Psychologists" many year prior to 1994. For example, **Tim Smith** is a noted health psychologist and graduated from the University of Kansas Clinical Program in 1982. Thus, we graduated our first clinical health psychology trainee as early as 1982 or as late as 1994. " If anyone can add to our historical archive please contact me nancyh@ku.edu

Charlene Muehlenhard In May at the Society for the Scientific Study of Sexuality (SSSS) conference at Indiana University, I received the Kinsey Award. My partner **Cyd Schnacke**, former KU student **Zoë Peterson**, and current KU student **John Sakaluk** were there, making it even more special. I got to meet one of the Kinseys' daughters and granddaughters. The Director of the Kinsey Institute Archives said that they would like to have my papers for their archives, which I agreed to. In Women, Gender, and Sexuality Studies (my other department) Dept Chair John Younger and I submitted a proposal for a new major in Human Sexuality. It is working its way through the bureaucracy; it *could* be approved by the Board of Regents in the spring of 2013. In Cincinnati this summer, my 92-year-old uncle, my sister, and I hiked into Mt. Airy Forest and found the foundation of my great-grandparents' house, where my grandfather was

born in 1898! The renovations on my own house are continuing, room by room. Happy holidays, everyone!

Mike Rapoff We continue to have weekly and lively lab meetings on Friday and as you can see below, we have been a productive group. I am very proud of Catrina, Michele, and Alex on their hard work in the lab and their extraordinary productivity while still graduate students.

On a personal note, our son Nathan and daughter-in-law Lori have started new positions in Tulsa, Oklahoma with Nate working for a welding company as a regional salesman and Lori as a cardiac nurse. Our daughter Lindsey remains in town and we now have four dogs in the family, two with Nate and Lori, our dog, and Lindsey's new dog which has the distinct name of Todd which makes for an interesting holiday times at our house. Mike has also been active with students and productive as ever as ever – see his publications with students in the publication section.

Stinson, J.N., Connelly, M., Jibb, L.A., Schanberg, L.E., Walco, G., Spiegel, L.R., Tse, S.M.L., Chalom, E.C., Chira, P., & **Rapoff, M.** (2012). Developing a standardized approach to the assessment of pain in children and youth presenting to pediatric rheumatology providers: A Delphi survey and consensus conference process followed by feasibility testing. *Pediatrics Rheumatology*, 10: 7 (online journal).

Rapoff, M.A. Assessing adherence and barriers to adherence in pediatric asthma. Platform presentation at the 2012 Arizona Respiratory Drug Delivery Conference, May 16, 2012, Phoenix, AZ.

Rapoff, M.A. Assessment, intervention, and dissemination in pediatric medical regimen adherence: Where have we been and where might we be going? Platform presentation at the 2012 Annual Convention of the American Psychological Association, August 4, 2012, Orlando, FL.

Rapoff, M.A. e- Health interventions in pediatrics. Clinical and Translational Research Seminar, University of Kansas Medical Center, February 23, 2012.

Rapoff, M.A. Keynote address: "Evidence based interventions for pediatric medical treatment adherence" and 3-hour workshop: "Enhancing adherence to pediatric medical regimens: Primary and secondary approaches" at Florida International University, Center for Children and Families, Miami, FL, October 5, 2012.

Doug Denney *A Different Way to Work*

After three years, the new section of Highway 59 linking Baldwin to Lawrence finally opened about a month ago and I found myself with a different way to work, passing through a valley formerly seen from a distance -- but now with its hillsides in their full splendor of fall arrayed along both sides of my pickup. New roads open new vistas. These occurred randomly to me along the way. Perhaps they shed some light on my recent life and as such are suitable for this year's *Hawklime*.

- If you pass a house with a sign in front that says "Eggs for sale," stop and buy some. They're better than any you'll ever get at the store and the farmer's wife could probably use the money.
- Growing old is a sneaky process, advanced by neglect -- like waking up to discover you can no longer turn a cartwheel.
- All soap is antibacterial and purchasing the brand with this term on the label is a sign of either serious germophobia or mindless gullibility.
- A child makes a good sailing companion, but the same is not usually true for the child's cat.
- Never hold a raffle at a 50th high school reunion by having everyone throw his name tag into a bucket and then drawing out the winner. From then on, no one at the reunion knows anybody else's name.
- Laughter is actually not the best medicine. The best medicine is quite often the least medicine. That said, one of the best things you can do for your future well-being is to get a shingles shot.
- Sometimes our political system works even better than a football game and the winner isn't the one who wants it the most, but rather the one who deserves it the most.
- If you want something done right, do it yourself -- unless it involves wood working, in which case, you're better off having Ray Higgins do it.
- People who eat five servings of fruits and vegetables every day don't appear to be any healthier than the rest of us, but I have found them to be somewhat better liars.

Hawks in Flight



Jim Clopton ('74) has been a faculty member in the Clinical Psychology Program at Texas Tech University for the past 35 years. Last year, a book was published that Jim edited with two colleagues (K. L. Goodheart, J. R. Clopton, and J. J. Robert-McComb (Eds.). *Eating disorders in women and children: Prevention, stress management, and treatment* (2nd ed.). Boca Raton, FL: CRC Press). Nancy Clopton has retired from the faculty of the Physical Therapy Program at the Texas

Tech University Health Sciences Center, and she is now the (volunteer) executive director of the Hope Community of Shalom.

<http://www.depts.ttu.edu/psy/people/jclopton.php>;
<http://www.hopeshalom.org/>

Mary Fristad ('87) had two clinical trials funded this past year (NIMH-R34s) examining individual-family psychoeducational psychotherapy (IF-PEP) and omega-3 fatty acids for children with depression or bipolar disorder. Mary also wrote that her youngest child was receiving college acceptances and the nest would soon be empty. Mary's oldest will be finishing college and considering the Peace Corp afterward.

Scott Michael ('02) I am doing well at the Seattle VA. I just passed my 9-year anniversary here. Isn't that a kick? I am doing quite a bit of supervision and training. I've become a Prolonged Exposure trainer and consultant as part of the large-scale effort the VA has made to train clinicians in evidence-based therapies. I also supervise psychology interns and psychiatry residents. I still ask myself sometimes "what would Ray do" in this case.

Jane Quam Warren ('76) wrote that she has worked in private practice most of her years since graduation and for the past 14 years in Bellevue, Nebraska. She does some online teaching for a private college.

Kelly Champion ('97 1st Clinical Child Graduate!) is in the Boston area working as the Training Coordinator at Mass. General Hospital for Children North Shore Medical Center and as a psychologist at Harvard Vanguard Medical Associates. She lives in Arlington with her husband. Her husband has two adult children attending Northeastern University and Kelly's girls; Dana and Rene, live with Kelly and her husband. They also have a 5 year-old greyhound rescue dog who keeps them busy!

Mike Frisch ('82) paid us a visit from Department of Psychology and Neuroscience Baylor University Waco, TX. He delivered a very helpful training session and proseminar on Quality of Life assessment and treatment this fall semester and shared his recent publications to include:

Frisch, Michael B. (2009). *The Quality of Life Inventory (QOLI) Handbook: A Practical Guide for Laypersons, Clients, and Coaches*. Minneapolis, Minnesota: Pearson Assessments.

Miller, C.A. and **Frisch, M.B.** (2009). *Creating Your Best Life: The Ultimate Life List Guide*. New York: Sterling Publishing

Angela Banitt Duncan ('12) and her husband Bryan welcomed Bienna Duncan. She was born 2/28/12, and is now 9 months old. She recently started crawling and loving her new independence! Angela is a senior research associate for the Center for Telemedicine and Telehealth and postdoctoral fellow in pediatrics and integrative medicine at KUMC.

PASSINGS:

Howard Gudman ('58) (1927-2009). After graduating from KU, Howard took a job as a clinical psychologist in the psychology service at the Hawaii State Hospital at Kaneohe on the island of Oahu, and later became the hospital director. He was very active in research and had a number of publications. (Editor's note: thanks to **Don Spiegel ('58)** for passing this on).

John Anderson ('88) (1953-2012) passed away on September 17, 2012. John was born in St. Clairsville Ohio and graduated from Southern Methodist University before coming to Kansas. After graduating, John worked at the American Psychological Association and in 1994 was named the Director of APA's Office on AIDS. John is survived by his wife Claudia Menashe and children Leah, Ben, and Erika. Contributions in honor of John can be made to the West Virginia Land Trust at <http://www.wvlandtrust.org/index.html>. (Editor's note: I was a third year student when John arrived at KU. I knew him a bit and always thought that he was a really good guy).

CLINICAL PROGRAM CONTRIBUTIONS:

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

Beatrice A. Wright Faculty Scholar in Health and Rehabilitation Fund

Colleen Wright Rand & Kenneth Rand

Beatrice A. Wright Scholarship Fund

Allen Heineman, Dennis Swiercinsky

B. Kent Houston Award in Health Psychology Fund

Jane Warren & Daniel Warren

Clinical Psychology Development Fund

Jeff Crowson, John Colombo & Dale Walker, Doug Denney, Beth Dinoff, Jane Finn (& matching contribution by the Ernst and Young Foundation), Nancy Hamilton, Susan Hickman & Dana O Roberts, Rick Ingram, Mary Seedorff Kesler, Keri Kinnard, Sarah Kirk & Tom Hutton, Daniel Larsen, Robin Lewis-Schoner & Arthur Schoner, Greg Long, David Lutz & Ellen McLean, Marc Quillen & Marilyn Harp, Tim Sippola & Shari Sippola, Rusty Sullivan, Debra Taylor, Virginia Whitener, Laura Yamhure & Trevor Thompson

C.R. Snyder Memorial Fund

Michael Babyak & Beverly Brummett, Keith Halperin, Barbara Loring

Don Hutchings Memorial Fund

Doug Denney, Ray Higgins & Sarah Higgins, Lorraine Magione, Jane Schelly

Edward Dreyfus Endowment

Edward Dreyfus

M. Erik Wright Faculty Scholar Fund

Allen Heineman, Stephen Werbel & Eugenie Werbel, Colleen Wright Rand & Kenneth Rand

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

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