



Number 24

KU CLINICAL PSYCHOLOGY NEWS

Fall 2008

From The Director

“May you live in interesting times.” Ostensibly an ancient Chinese curse, “interesting times” certainly describes the present. But, the present times are not all bad. The value of the program's endowment accounts have certainly taken a big hit, along with the rest of the world, and the university is coping with drastic budget cuts with prospects of more to come. In many other regards, however, the program has had a successful year, one marked by milestones and achievement.

The “achievements” category is documented throughout this *Hawklime*, so I won't reprise them here. In the “milestones” category, however, I count the fact that we received word last May from APA's Commission on Accreditation that the program has been re-accredited for the maximum 7 years and won't be site visited again until 2014. This was personally very gratifying. It also was a fitting reward for all of the effort that our faculty and students have expended over the years in making this a special program. In yet another milestone of sorts, we succeeded in recruiting Sarah Pressman to join the program as our new Beatrice A. Wright Scholar and Assistant Professor

(http://www.psych.ku.edu/psych_people/faculty_Sarah_Pressman.shtml). I say “milestone” because Sarah is the first social psychologist to be hired into the program. She does health research that is a great fit for our health specialty. She is a very positive individual and, fittingly enough, seems destined to carry forward the emphasis on positive psychology that Rick Snyder initiated with his work on Hope.

Hiring Prof. Pressman was one indication of how interdisciplinary clinical psychology research has become. Similarly reflective of this trend was Ruth Ann Atchley's acceptance of our invitation for her to affiliate with the clinical program. Ruth Ann (http://www.psych.ku.edu/psych_people/faculty_Ruth_Ann_Atchley.shtml) is an Associate Professor in the psychology department's cognitive program. But, as a cognitive neuroscientist, Ruth Ann has trained a number of our students and has extensive collaborations with several clinical faculty. Despite the daunting prospect of having to endure yet another program's faculty meetings, Ruth Ann seemed as pleased with our invitation as we have been with her acceptance. As part of

their initiation (hazing?) into the “inner sanctum,” both Sarah and Ruth Ann experienced their first annual clinical program X-Mas luncheon and skits on Dec. 12. In what surely is a good sign, Sarah later complained that her cheeks still hurt from laughing so much. Be sure to check out both Sarah and Ruth Ann in the [Faculty Sampler](#).

Each year, working on the *Hawklime* makes me nostalgic as I reflect on the past. So, I've been thinking about how much I appreciate the many things I can count on. Among others, I can always count on Doug Denney to tell teaching stories and, if the stories are true, so much the better! I can count on Sarah Kirk to keep an eye on me to make sure I take care of business. I certainly can count on our students to let me know when my sartorial selections (white socks with sandals) offend their fashion sensibilities, and I can count on our annual X-Mas skits to be darn funny (our students are nothing if not clever, creative and talented). I can count on Charlene Muehlenhard to get lots of graduate students and scores of undergraduates interested in studying their sexuality (tough one that!), and I can count on Rick Ingram to be patient with me when I occasionally don't “get it.” That's really quite a lot to appreciate. But, the main point, and the real reason the *Hawklime* is in its 24th edition, is that I can count on our remarkably loyal graduates and friends to care.

So, thank YOU for your address updates, your personal news items, and your financial contributions. Keep them coming and you can count on us to be back next year. May your new year be fulfilling -- and interesting.

Ray Higgins

Clinical Program Student Awards



SCHULMAN AWARD FOR EXCELLENCE IN CLINICAL PSYCHOLOGY

Steve Bistricky graduated Magna Cum Laude with a BA in Communication from the U. of Arizona in 2000. He worked as a head research assistant at U. Cal., 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 and, for his dissertation, plans to study selective attention in depression-prone individuals using behavioral and neuroelectric (e.g., ERP) measures. Steve aspires to an academic career and plans to continue studying vulnerability to psychopathology.

B. KENT HOUSTON AWARD IN HEALTH PSYCHOLOGY

Angela Bodling received her BS in Psychology and her BA in biology in 2004, both Summa Cum Laude and both from Drake University. Angela's MA thesis, "Multiple Sclerosis and the Role of Dysarthria and Nystagmus in Speed of Information Processing," was with Doug Denney. Her thesis presentation received the "Student Presentation Award" at the 10th Annual (2008) Rehabilitation Psychology Conference in Tucson, AZ., and she received a Travel Grant for Scientific Excellence to present at the 22nd Congress of the European Committee for Treatment and Research in Multiple Sclerosis in Madrid, Spain. Angela's Dissertation will evaluate speeded processing in individuals with multiple sclerosis and the sensitivity of variability measures to overall cognitive dysfunction.

MITCH HANDELSMAN/LORI IRVING TEACHING AWARD

Phuong Chau and **Dana Steidtmann** were co-winners.

Phuong Chau received her BA from the U. of Cal. at Berkeley in 2001, and her MA from the U. of Hartford in 2004. Phuong's interests focus on clinical neuropsychology, particularly for neurodegenerative disorders. Her dissertation, with Doug Denney and Brenda Hanna-Pladdy, examines how motor symptom asymmetry in Parkinson's disease relates to cognitive profiles across stages of the disease. A 2008 KU Summer Research Award helped fund her dissertation. Phuong wants to combine her passion for clinical work with her experience in neuropsychology to do research on clinical and support interventions for neuropsychological and caregiver populations. Her career goal is a medical center setting where she can be active in clinical, research, and teaching activities. She currently is applying for internship.

Dana Steidtmann received her BA from the U. of Wyoming where she became interested in risk factors for depression. Her dissertation, under Rick Ingram and Steve Ilardi, is entitled "What I Don't Know Can't Hurt Me: Cognitive Avoidance in Adults At Risk for Depression." Dana is also

teaching Introductory Psychology and enjoys sparking students' interest. Her ultimate goal is a position in which she can integrate clinical work and research, as well as teach and mentor students. Dana is currently applying for internship.

C. R. SNYDER AWARD FOR RESEARCH IN POSITIVE PSYCHOLOGY

Robin Aupperle & Cynthia Karlson were co-winners.

Robin Aupperle received her BA from Oklahoma State and joined KU in 2002. Her MA thesis, under Doug Denney, was entitled "Omega-3 fatty acids and multiple sclerosis: Relationship to diet, disability, and depression" and received the college's outstanding thesis prize. Today, Robin's research interests are in the neurobiological and cognitive aspects of psychological disorders. Her dissertation, is an fMRI (functional magnetic resonance imaging) study of the effects of D-cycloserine on brain activation and cognitive functioning in individuals with and without spider phobia. She hopes to focus her future research on the neurobiological aspects of psychological disorders (anxiety in particular) and how cognition and learning can be targeted to enhance the effectiveness of clinical interventions. Robin currently is completing her internship at the U. of Cal, San Diego/VA consortium.

Cynthia Karlson received her BS from the U. of Florida in 2003 and worked as a Research Director there until coming to KU in 2004. Cynthia's MA thesis, under Nancy Hamilton and Mike Rapoff, was funded by an APA Division 38 Student Research Grant and was entitled "Effects of Parental Massage on Children with Juvenile Rheumatoid Arthritis." Her dissertation, "Massage and the Gate Control Model" will further her research examining massage as a pain intervention. Cynthia's graduate work has focused on rheumatologic pain conditions in both children and adults and hopes to continue her work with chronic pain conditions following graduation.

CLINICAL AND PROFESSIONAL SKILLS AWARD (THE INAUGURAL PRESENTATION)

Phuong Chau & Yngve Monsson were co-winners.

Phuong Chau was a "double winner" this year. See her autobiographical sketch under the Mitch Handelsman/Lori Irving Teaching Award.

Yngve Monsson, our in-house Viking (a native of Norway), landed on these shores in the summer of 2000. He received his BA (with honors) from the U. of Cal. at Santa Barbara in 2004. He came to KU to work with Rick Snyder, but was forced by Rick's death to complete his MA thesis, "The Relationship between Impulsivity and Hope," under the direction of Ray Higgins. His dissertation, under Dennis Karpowitz, explores the effect of hope on coping in parents of children with Autism Spectrum Disorder. Yngve currently is the student clinic coordinator for the KU Psychological clinic and is applying for internships.

SANDY DINOFF MEMORIAL HEALTH PSYCHOLOGY RESEARCH AWARD

Tresza Hutcheson is a project director and behavioral health counselor at the University of Kansas Medical Center. She also is working on her dissertation, a study to develop an electronic system for dietary self-monitoring for young girls, with Mike Rapoff. In addition to her work at the Medical Center, Tresza enjoys being a mom and volunteering as a counselor for a pediatric weight loss program. Her main interests involve nutrition, weight loss and health promotion for children and adolescents, and she is specifically interested in interventions targeting underserved and high-risk populations.

OTHER STUDENT AWARDS, HONORS, PRESENTATIONS and PUBLICATIONS:

What follows is a partial list of publications and presentations from the past year involving students who were enrolled during 2008. The publications/presentations are ordered alphabetically by the first authors' names, with the student names in **bold**. (Poster presentations and (in press) items are not included for space considerations)

Upperle, R. L., Denney, D. R., Lynch, S. G., Carlson, S. S., & Sullivan, D. K. (2008). Omega-3 fatty acids and multiple sclerosis: Relationship to depression. *Journal of Behavioral Medicine*, *31*, 127-135.

Upperle, R. L., Hale, L. R., Chambers, R. J., Cain, S. E., Barth, F. X., Sharp, S. C., Denney, D. R., & Savage, C. R. (2008). An fMRI investigation of D-cycloserine and symptom provocation in spider phobia. Annual meeting of the Society of Biological Psychiatry, Washington D.C.

Bodling, A. M., Denney, D. R., & Lynch, S. G. (2008). Rapid serial processing in patients with multiple sclerosis: The role of peripheral deficits. *Journal of the International Neuropsychological Society*, *14*, 646-650.

Bodling, A. M., Denney, D. R., & Lynch, S. G. (2008). Cognitive aging in multiple sclerosis: A cross-sectional analysis of speeded processing. Annual meeting of the American Psychological Association: Rehabilitation Psychology Division, Tucson, AZ.

Bodling, A. M., Denney, D. R., & Lynch, S. G. (2008). Cognitive aging in patients with multiple sclerosis: An analysis of processing speed. World Congress on Treatment and Research in Multiple Sclerosis, Montreal, Canada.

Bronars, C.A., Faseru, B., Cox, L.S., Opole, I., Reed, G., Mayo, M.S., Ahluwalia, J.S., & Okuyemi, K.S. (2008). Paper presented at the annual meeting of *The Society of Research on Nicotine and Tobacco*.

Chau, P. M., Denney, D. R., & Burns, J. M. (2008). Factor structure of a neuropsychological test battery in older adults with Alzheimer's disease and healthy controls. 116th Annual Convention of the American Psychological Association, Boston, MA.

Denney, D. R., Lynch, S. G., & **Parmenter, B. A.** (2008). A 3-year longitudinal study of cognitive impairment in patients with primary progressive multiple sclerosis: Speed matters. *Journal of the Neurological Sciences*, *267*, 129-136.

Faseru, B., **Bronars, C.A.**, Cox, S.A., Opole, I., Reed, G., Mayo, M.S., Ahluwalia, J.S., & Okuyemi, K.S. (2008). Medication adherence and smoking topography among

African American smokers in a pharmacokinetics study. Paper presented at annual meeting of *The Society of Research on Nicotine and Tobacco*.

Fitts, A., **Stroupe, N.**, Young, K., Schuster, J., Lovseth, K., Atchley, R. (2008). The influence of negative mood on memory performance for sentences with affective content. The Psychonomic Society 49th Annual Meeting in Chicago, IL.

Gallagher, M. W. (2008). *Broadening the Role of Positive Emotions within Hope Theory: A Meta-Analytic Review*. Presented at the American Psychological Association 116th Annual Convention, Boston, MA.

Gallagher, M. W., & Lopez, S. J. (2008). Positive Psychology. In S. Davis & B. Buskist & (Eds.), *21st Century Psychology: A Reference Handbook* (pp 202-209). Thousand Oaks, CA: Sage Publications.

Goodman, D., & Muehlenhard, C. L. (2008). *Wanting to be wanted: Self-esteem and acquiescing to unwanted sexual activity*. Paper presented at the Midcontinent Region-Eastern Region Conference of the Society for the Scientific Study of Sexuality, Cleveland, OH.

Goodman, D., & Muehlenhard, C. L. (2008). *The predictors of giving-in: A prospective study of self-esteem and acquiescing to unwanted sexual activity*. Paper presented at the Midcontinent Region-Eastern Region Conference of the Society for the Scientific Study of Sexuality, San Juan, PR.

Hamilton, N. A., Affleck, G., Tennen, H., **Karlson, C.**, **Luxton, D.**, Preacher, K.J., & Templin, J. L. (2008). Fibromyalgia: The role of sleep on affect, negative event reactivity, and recovery. *Health Psychology*, *27*, 490-497.

Ingram, R.E., **Steidtmann, D.**, & **Bistricky, S.B.** (2008). Information processing, attention and memory. In K. Dobson & D. Dozois (Eds.), *Risk Factors for Depression*, pp. 145-170. New York: Elsevier Press.

Karlson, C. & Rapoff, M. (2008). Attrition in Randomized Controlled Trials for Pediatric Chronic Conditions. *Journal of Pediatric Psychology*, 1-12.

Karlson, C. W., **Stevens, N. R.**, Hamilton, N. A., & **Nelson, C. A.** (2008). *Fatigue, depression and pre-sleep arousal: A mediation model*. Paper presented at the annual meeting of the Society for Behavioral Medicine. San Diego: CA.

Karlson, C., **Stevens, N.**, **Nelson, C.**, Hamilton, N. (2008). *Fatigue, depression and pre-sleep arousal: A mediation model*. Paper presented at the Annual Society for Behavioral Medicine (SBM), San Diego, CA.

McCurdy, D., Martin, L., Lundgren, J., Chambers, R., Mandal, K., & Savage, C. (2008). Binge Eating Disorder: An fMRI Investigation of Reward Processing in Obese Groups With and Without Binge Eating Disorder. Paper presented at the International Conference on Eating Disorders, Cancun, Mexico.

Meites, T.M., Deveney, C.M., Steele, K.T., Holmes, A.J., & Pizzagalli, D.A. (2008). Implicit depression and hopelessness in remitted depressed individuals. *Behavior Research and Therapy*, *46*, 1078-1084.

Nelson, E., & **Bui, T.** (2008). TeleHelp. In D. L. Spangler (Chair), *Technology and treatment: New directions in the delivery of cognitive-behavioral therapy*. Symposium at the annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

- Olson, C. A., Hale, L., Aupperle, R., Hamilton, N.A., Savage, C.R.** (2008). Organizational strategies and memory in individuals with subclinical obsessive-compulsive symptoms. Poster presented at the 42nd Annual Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL.
- Rasmussen, H. & **Wallio, S.** (2008). The health benefits of optimism. In S. Lopez (Ed.), *Positive Psychology: The Science of Human Flourishing (Vol. 1: Discovering Human Strengths)*. Praeger Perspectives: Westport, CT.
- Santesso, D., Steele, K.T., Bogdan, R., Holmes, A.J., Deveney, C.M., **Meites, T.M.**, & Pizzagalli, D.A. (2008). Enhanced negative feedback responses in remitted depression. *NeuroReport*, 19, 1045-1048.
- Steiger, K. A., Denney, D. R., & Lynch, S. G.** (2008). Information processing in multiple sclerosis: Accuracy versus speed. Paper presented at the World Congress on Treatment and Research in Multiple Sclerosis, Montreal, Canada.
- Stroupe, N. & Muehlenhard, C.** (2008). Women's Experiences with Orgasm: What Qualifies as Anorgasmic? Paper presented to the Society for the Scientific Study of Sexuality, Cleveland, OH.
- Stroupe, N. N., & Muehlenhard, C. L.** (2008). *Women's attitudes toward masturbation, sexual histories, and experiences with orgasm during masturbation and partnered sex.* Paper presented at the Midcontinent Region-Eastern Region Conference of the Society for the Scientific Study of Sexuality, Cleveland, OH.
- Stroupe, N. N., & Muehlenhard, C. L.** (2008). What's thought got to do with it? *Relationships between women's attitudes toward masturbation and experience with orgasm.* Paper presented at the Midcontinent Region-Eastern Region Conference of the Society for the Scientific Study of Sexuality, San Juan, PR.
- Thomas, J.L., Guo, H., Lynam, I.M., Powell, J.N., Okuyemi, K., **Bronars, C.A., & Ahluwalia, J.S.** (2008). The impact of perceived treatment assignment on smoking cessation outcomes among African American smokers. *Journal of General Internal Medicine*, 9, 1361-1366.
- Wallio, S., Counts, J., Buffington, E., Chang-Rios, K., & Rasmussen, H.** (2008). *Caregiver Stress and Depression Related to Child Maltreatment Prevention.* Paper presented at the Midwestern Psychological Association (MPA) Conference, Chicago, IL.

SCHOLARSHIP RECIPIENTS

Beatrice A. Wright Scholarships

- Lauren Brian** (General Program), BA—Bucknell (2007). Lauren works with Charlene Muehlenhard.
- Basak Efe** (General Program), BA—Istanbul Bogazici Univ. (2000). Basak works with Charlene Muehlenhard.
- Trisha Hay** (Health Specialty), BS—Lemoyne College (2003). Trisha works with Nancy Hamilton.
- Catrina Lootens** (Health Specialty), BS—Western Michigan (2007). Catrina works with Mike Rapoff.
- Tiffany Meites** (General Program), BA—Harvard/Radcliffe (2007). Tiffany works with Rick Ingram.

Helga Vigliano Scholarship

Eddie Wright (General Program), BA--Rice University (2006). Eddie works with Charlene Muehlenhard.

Doris Sheets Scholarship

Jill Nesbitt-Daly (General Program), BA—Indiana U. (1994). Jill works with Steve Ilardi.

Nestling Hawks: 2008 Entering Class



- Eugene Botanov** (General Program), BA--SUNY Stony Brook, MA--Columbia Univ. Teachers College. Eugene plans to work with Steve Ilardi.
- Rebecca Clausius** (Health Specialty), BS—University of Iowa. Rebecca plans to work with Nancy Hamilton.
- Michelle Kanga** (General Program), BA--Bucknell. Michelle plans to work with Charlene Muehlenhard.
- Jessica Negley** (Health Specialty), BA—St. Louis U. Jessica plans to work with David Johnson.
- Mindy Pressman** (Health Specialty), BA—U. of San Diego. Mindy plans to work with Nancy Hamilton.

Fledgling Hawks: On Internship



- Robin Aupperle** (Health Specialty): U. of California-San Diego--Consortium/VA Med
- Olivia Chang** (Health Specialty): VA Medical Center -- Salem, Virginia
- Kenneth (Andy) Lehman** (General Program): VA Medical Center, Hines, IL
- Brenda Sampat** (General Program): VA Medical Center, Hines, IL
- Stephanie Wallio** (General Program): VA Connecticut HealthCare System, West Haven, CT
- Chantal Young** (General Program): Kaiser-Permanente - Los Angeles, CA

Hawks in Flight



THE 1950's

Henry Remple ('50) turned 100 years old this year. An article in the *Lawrence Journal World* described his life and current activities. Please enjoy the article and wish Henry a very happy 101st this coming year!

<http://www2.ljworld.com/news/2008/nov/23/widower-celebrate-100-years-young/>

1970's

Randy Frost ('77), the Harold & Elsa Israel Professor of Psychology at Smith College in Northampton, MA, was in Kansas City in August to present a workshop titled "Buried in Treasures:

Understanding Compulsive Hoarding.” The workshop was hosted by the Foundation on Aging/Kansas City Partnership for Caregivers in collaboration with the Johnson County health Dept. and Mental Health Association of the Heartland. Randy is an internationally recognized expert on obsessive-compulsive disorder, especially compulsive hoarding. His presentation was very well received.

Mack Harnden ('78) became interested in forgiveness and in organizing forgiveness seminars in 1984. He subsequently organized the First National Conference on Forgiveness in Kansas City in 1993 and the First International Conference on Forgiveness in December 1999 in Amman, Jordan and Jerusalem. Mack shared much of his story about recognizing the power of forgiveness in the healing/reconciling process in a proseminar for the clinical program this fall. It was great to have Mack back on campus and to hear of his experiences.

1990's

Art Satterfield ('95) has built upon his experience as a member of the Fraser Crane softball team (from his days at KU) by playing in the gay league for the past 3 years. His team was undefeated last year and attended the gay softball world series where they finished 15th out of 34 teams. Art currently is working at the Seattle Veterans Center where he works with vets who have either served in a combat zone or experienced military sexual trauma. Art is both the clinical and homeless coordinator for the Vet Center. He also serves on the Homeless Vet Working group and educates staff about how to work with homeless vets. Last November Art went to D.C. and learned about APA's HOPE program. While there, he met **John Anderson ('88)**, who was a primary instructor and trainer for the HOPE program. Art currently lives in Western Seattle with his dog and cat. His cat has miraculously survived being run over twice and is still kicking at age 15. Art's dog gets to go to work with him every day. Art (and his dog?) send their best wishes.

Kenneth Sewell ('91) still is on faculty at the University of North Texas and has accepted the position of Associate Vice President for Research. His new role will have him developing research and raising creative productivity throughout the social sciences, humanities, and arts. He continues his own teaching and research, but has stepped down as Director of Clinical Training and has relinquished the reins as Chair of UNT's Institutional Review Board. Ken is tremendously enthused about his new position and we wish him well.

The 2000's

Rocio Munoz ('00) sent a Happy New Year's card our way last year from what appeared to be a lovely vacation in Mexico. She wrote that she and her family (husband Dave and son Gabriel) have finally found the cure for Chicago winters, Mexico. All is going well with her practice and she claims to be “ridiculously happy.” Funny, that's how we've always remembered Rocio!

Andrea (Thronson) Lovett ('02) wrote to share some lovely pictures of her son Robert William (born 10/16/07) and her husband, Eric Lovett. Andrea thoroughly enjoys parenthood. She continues to do forensic work and is now doing so in

private practice, working with several counties in the Minneapolis, MN area. Eric and Andrea enjoyed remodeling their home and have some high quality changes to enjoy.

Sharon Sears ('03) wrote to report that she is enjoying her work on the faculty of Fort Lewis College and the beautiful surroundings in Durango, CO. She is expecting her first baby in February of '08. You go, girl!

Julia (Taylor) Woodward ('04) wrote this summer to tell us that Marshall Emerson Woodward was born on 7/7/08 and measured in at 10 lbs. 7 oz. and 22.5 inches long. Graham just turned 3 and alternates between giving his new brother butterfly kisses and karate chops. Mike and Julia are finding a family rhythm and this fall Julia returned to her part-time position as Director of the Psychological Services Program for the Duke Fertility Center and as Assistant Professor in the Department of Psychiatry and Behavioral Sciences.

Kristin Kahle-Wroblewski ('05) came all the way from Indianapolis in November '08 to speak to our Clinical and Health Psychology Proseminar about careers in the pharmaceutical industry. Kristin is a research scientist for Eli Lilly and coordinates Lilly's research on Alzheimer's treatments. It was a lot of fun to see Kristin again and she reported enjoying occasional lunches with her KU sidekick, **Kevin Rand ('06)** who is now on faculty at IUPUI. Kris was as fun as ever and our students appreciated learning about career opportunities in industry.

Brian Russell ('05) came across town to speak at our Clinical and Health Psychology Proseminar in September. He took time out from his busy schedule practicing psychology and law, teaching in the KU business school, and frequently appearing on national TV programs (mostly Fox) to discuss issues in psychology and forensic psychology. It was interesting to hear about Brian's work in all of these areas.

Zoë Peterson ('05) has had a great year. We just learned that the publication based on her dissertation (Peterson, Z. D., & Muehlenhard, C. L. (2007). Conceptualizing the wantedness of women's consensual and nonconsensual sexual experiences. *Journal of Sex Research*, 44, 72-88.) won the **Hugo G. Beigel Research Award** for the best article published in the *Journal of Sex Research* during the previous year. Zoë's paper also was a finalist for the **Ira and Harriet Reiss Theory Award**, an award that highlights and supports theoretical advances in the field of sexual science. Based on being a finalist for this award, Zoë and Charlene presented an invited "Distinguished Theoretical Paper" at the Annual Meeting of the Society for the Scientific Study of Sexuality in San Juan, Puerto Rico in November 2008. Zoë is an Assistant Professor in the Department of Psychology and the Institute for Women and Gender Studies at the University of Missouri-St. Louis.

Susan (Reneau) Rathmell ('07) wrote to let us know that she delivered a baby, John Marshall Rathmell, on Thanksgiving Day, 2008. Our congratulations and well wishes go out to Susan who currently is on staff at the Birmingham, Alabama VA Medical Center.

Elizabeth Torres ('07), her husband, Victor, their parrots and Spike are now living in El Paso, TX, where Victor took a job similar to the one he had in Lawrence. Now that they are getting settled in, Elizabeth is working on getting licensed in Texas and exploring job prospects.

Psychological Clinic

The KU Psychological Clinic is as busy as ever. We continue to update our assessments and clinic library and appreciate the many suggestions we receive from current and former students, so don't hesitate to contact me. We organized two major training events this year, including the biannual KU Ethics Workshop that featured our very own **Thomas Plante ('87)** and recently sponsored a Wechsler Adult Intelligence Scale – IV workshop that was attended by students, faculty, and several area providers, including many KU grads.

Our student clinic coordinator, **Yngve Monsson**, has done a tremendous job keeping our waiting list to the shortest length possible, and we have been thrilled with his work. We also have a new face around the office: **Bethany Goodman** is our new administrative assistant and we are delighted to have her working with us.

I hope to have visitors in 2009. 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 earned her Ph.D. in cognitive psychology in 1997 from the University of California-Riverside and is engaged in both psychophysiological and behavioral research designed to test neurolinguistic theories of language comprehension. Her work addresses issues of word comprehension, discourse comprehension, individual differences in language processing, and verbal creativity. Clinical extensions of her research include the study of language processing in individuals with ongoing or remitted Clinical Depression and the study of adults with a history of Developmental Language Disability. Ruth Ann is able to use data from these patient populations as a tool for understanding the representation of phonology, semantics, and emotional information in the lexicon of the two cerebral hemispheres.

Martha Barnard received the Chancellor's Distinguished Teaching Award at commencement this year. Chet Johnson, M.D., Professor and Chair of Pediatrics, noted that Martye has made a positive difference to the lives of countless children, families, and learners, and many have greatly benefited from her sincerity, kindness, wisdom, and friendship. Count us among them!

Nancy Hamilton writes “2007-2008 was a banner year for our family and KU. We celebrated with the rest of the university when our football team went to the Orange Bowl and our basketball team won the NCAA Tournament. In addition, our family celebrated when I got tenure (we get to keep the house, Yeeaah!) and I celebrated my first small grant to test a sleep intervention for patients with Fibromyalgia (NIH RO3).

“Along with tenure has come the freedom to take a little time off. Our family took its first road trip vacation this summer. We traveled to the Twin Cities in Minnesota, the Black Hills in

South Dakota, and Denver Colorado-all for the low, low price of \$4.00 x gallon of gas. Do we have good timing or what? In addition, we took a brief trip to NYC this fall. It is hard to believe that Rick and I (and Suzanna) have been here for four years. To paraphrase Joe Walsh, 'Life has been good to us so far.'”

Rick Ingram ('84) writes “I would like to tell you that it was another productive year, but in reality I spent the better part of the fall checking the presidential polls. It probably cost me a publication or two, but in the end it worked out pretty well. (By the way, I recommend www.fivethirtyeight.com.) While I enjoy teaching and doing research, the favorite part of my day is usually lunch, because I hear the most interesting things. For example, this year I heard “I have all the cheerleader suits I need” from Ray Higgins. I heard Greg Simpson say to Doug Denney, “so you are saying that your head is half the size of your neck?” I heard Doug Denney tell us that he couldn't keep his pole up (allegedly for his Purple Martin house). I also heard come out of my own mouth “There goes another bus full of empty people” and “I am the best Amish boxer around”. Of course, these statements need no explanation. Of the many positive things I have experienced since returning to KU, at the top of the list are the students. I have been truly blessed with a tremendous group of graduate students. The only downside to having great students is that they leave. We lost **Brenda Sampat** to internship this year, and will be losing **Dana Steidtmann** next year. Moving on is great for them of course, but a real bummer for me.”

Rick received a College Graduate Mentor Award this year. This award honors faculty in the College of Liberal Arts and Sciences who demonstrate exceptional effort, care and guidance in the advisement of graduate students. Congratulations, Rick!

Steve Iardi says it's been a year of transition in the Therapeutic Lifestyle Change (TLC) lab, as they've bid a wistful *bon voyage* to **Andy Lehman**, **Chantal Young**, **Amyn Hirani**, and **Brenda Sampat** (all now either on or applying for internship) and **Brian Stites** who is now working at the Johnson County Mental Health Center. But, they've been pleased to welcome first-year grad student **Eugene Botanov** (by way of Stony Brook), and continue developing and disseminating the TLC protocol for depression through the exceptional efforts of **Dana Steidtmann**, **Natalie Stroupe** and **Matt Gallagher**. On an exciting new front, the lab is partnering with Dr. Lou Bruno, a psychiatrist in Denver, CO, to implement a TLC-based day-treatment program that is set to launch next March. Steve has also worked with **Ruth Ann Atchley** to complete their NIMH-funded study of cerebral hemispheric lateralization of information processing in depression, and he has a self-help book for depression scheduled for publication with *Da Capo Lifelong Books* (a division of Perseus Books) in May.

Ann McGrath Davis reports still “plugging away” at KUMC in Behavioral Pediatrics. She continues work on her obesity grants and had a paper published this year in *Obesity*. She is starting some new work helping children who must be fed by tube to learn to eat by mouth. This has been exciting and rewarding. Her team has grown such that lab meetings are now overflowing, but the good news is that this has inspired a lab holiday party – they're all going bowling. Ann's son, Owen, is now 3 and her son, Eli, is now 2, so things continue to be active

around the house. Ann's husband still works for the KCMO Fire Department and is stationed at 99th and Holmes in a brand new firehouse. The kitchen remodel she mentioned in last year's *Hawklines* is still underway. ("I'm not sure we've made any progress at all since I last wrote?!? Perhaps that's why most people don't do it themselves?") "I'd like to wish everyone a very happy and safe 2009!"

Charlene Muehlenhard writes The highlights of my year: January: One of my cats, Bailey, was diagnosed with diabetes. Twice-daily insulin injections have helped him a lot, although some days he seems better than others. May: SSSS Midcontinent-Eastern Region Conference in Cleveland: Sounds unexciting but was wonderful! Excellent conference! We toured the Rock-and-Roll Hall of Fame, the Steamship *William G. Mather* Museum, and a trolley museum with a guide who loved trolleys. Great trip! November: The Annual Meeting of the Society for the Scientific Study of Sexuality in San Juan, PR. Sounds fun but wasn't. I could go on and on, but my grad students have already incorporated my griping into a skit, so I'll stop. The November 4, 2008, election outcome!!!! December: Clinic skits and celebrating the end of the semester with wonderful colleagues! Just superb!! Today, Lawrence is a winter wonderland! Happy Holidays!!

Sarah Pressman, the newest addition to our faculty, provided the following bio: "The impact of negative emotions and stress on physiology and health has been well studied. However, research examining the extent that positive emotions benefit our health and operate as a stress-buffer to protect us from the harmful effects of anxiety and negative life events has been relatively neglected. My research explores the different types of positive emotions and traits that might benefit our health, with a focus on figuring out what the 'active ingredients' are for well-being. I have an interest in how these factors 'get under our skin' to change our physiology and how they interact with social processes like relationships and perceptions of support."

On a more personal note, Sarah observed that, "While this term has been hectic with teaching and getting the lab set up, I believe that by next term we will be collecting some interesting data exploring some of the above questions. I look forward to sharing some of the (hopefully) exciting findings with you in future *Hawklines*. Also, thanks to all of the faculty, staff and students for being so warm and welcoming so far!! You have all been wonderful."

Mike Rapoff has been on sabbatical since July 1, beginning with several weeks of vacation doing some fly fishing with his wife and friends. He then spent 6 weeks spread out over 3 months at Cincinnati Children's Hospital Medical Center with some top researchers in pediatric psychology developing collaborative research projects on pain management and promoting adherence to medical regimens. He is finishing his last two months of sabbatical revising his book on adherence to pediatric medical regimens. Mike recommends that all faculty members take advantage of the sabbatical experience to re-stoke the fires and not wait nearly 28 years like he did. Here are some of his recent accomplishments:

Publications

Rapoff, M.A. & Stark, L. (2008). *Journal of Pediatric Psychology* Statement of Purpose: Section on single-subject

studies. *Journal of Pediatric Psychology*, 33, 16-21. Quittner, A.L., Modi, A.C., Lemanek, K.L., Ievers-Landis, C., & Rapoff, M.A. (2008). Evidence-based assessment of adherence to medical treatments in pediatric psychology. *Journal of Pediatric Psychology*, 33, 916-936.

Rapoff, M.A. Adherence issues among adolescents with chronic diseases. In S.A. Schmaker, J.K. Ockene, & K.A. Riekert (Eds.), *The handbook of health behavior change*, 3rd ed (pp. 545-588). New York: Springer.

Presentations

Rapoff, M.A. Improving adherence to pediatric medical regimens: An update and recommendations for clinicians. Grand Rounds, Department of Pediatrics, KU Medical Center, April 4, 2008.

Rapoff, M.A. Developing adherence among children with chronic health conditions. Invited presentation at the 34th Annual Convention of the Association for Behavior Analysis International, May 25, 2008, Chicago, IL.

Rapoff, M.A. Improving adherence in pediatric regimens for juvenile rheumatoid arthritis. Center for the Promotion of Treatment Adherence and Self-Management, Cincinnati Children's Hospital Medical Center, Cincinnati, OH, September 15, 2008.

Rapoff, M.A. Served as moderator and speaker and gave talk: "Top 10 ways of improving research on adherence", Non-adherence in adolescents with chronic illness; conference sponsored by National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD, September 22-23, 2008

Grants

Michael Rapoff, Ph.D (PI), Jennifer Bickel, M.D. and John Belmont, Ph.D. (co-investigators), Catrina Lootens (RA), Headstrong intervention for recurrent pediatric headache, R01, NIH: National Institute of Neurological Disorders and Stroke (NS046641), \$150,000 for Year One, 8/1/04 – 4/30/09

Michael Rapoff, Ph.D. (PI), Carol Lindsley, M.D. and John Belmont, Ph.D. (co-investigators), Cindy Karlson (RA), Jointstrong intervention for juvenile arthritis, R-21, NIH, National Institute of Arthritis and Musculoskeletal and Skin Disease (AR055183), \$100,000 for Year One, 4/1/08 – 3/31/10

Doug Denney writes "The famous Henry G. Molaison died today at his nursing home in Connecticut. He was 82. You probably knew him as H.M., the patient who had both of his temporal lobes surgically ablated in 1953 to arrest his epileptic seizures. The surgery was successful in this regard, but H.M. lost his ability to consolidate new semantic memories as a result of the bilateral damage to the underlying hippocampal areas of his brain. Henry taught neuropsychology a great deal about the different types of memory and the way these are processed in the brain. Ironically, he was never able to retain an appreciation for the important contributions he had made to our field.

"Jacquelyn's grandmother Lola died earlier this year. She was 98. I remember her talking to us about all the wondrous inventions that had occurred over the course of her long life. One of the most vivid things she remembered was when they finally got electricity in her house out on the Oklahoma prairie. And, of course, she remembered the Depression and, like so many of her generation, was indelibly affected by the hardship

of those times.

“My favorite story is when Lola was visiting Jacquelyn's sister, Jan, and her husband, Randy. Two things you need to know: Randy is a big guy - 6'2”, 240 lbs, a star lineman and state wrestling champion back in high school; Lola was a small, elderly woman, probably in her mid-seventies at the time. They were watching television in the living room, and Jan got up to let in the cat. Trixie entered carrying a large field rat that she had decided to bring inside for some rough and tumble play. As soon as they saw it, both Jan and Randy (!) were standing on chairs, but Lola just looked at them with just a little bit of exasperation and then started taking control of the situation. She managed to get Randy to abandon his chair and get her a broom. She used the broom to sweep the rat into the corner and trap it there against the wall. Then she told Randy to go get her something to put the rat in. In his panic stricken state, he ran to the kitchen and came back with a coffee can only a few inches larger than the rat. Then, as Jan loved to tell the story, “Granny looked at the can, then at Randy, then at the can, and finally at the rat, and said, 'Well, I'll try.’” This is the kind of legacy left by the hard times that Lola lived through, and the legacy she left for all the members of her family. I may have told this story in a former edition of the *Hawkline*. If so, I apologize. I don't remember.”

David Johnson. The first thing one might notice during a visit to David's office is the collection of human brains floating inside glass jars. But David is no “mad” scientist. Rather, he is an expert on cognition in seniors, a research field that includes Alzheimer's disease — the most prevalent form of dementia. The jars hold examples of brains that aged normally and brains ravaged by memory loss. During the past year, David has been encouraged by his research showing that aerobic exercise can stave off the devastating effects of Alzheimer's. Over the past year, he has participated in neuroimaging studies performed by the Alzheimer's and Memory Project at the KU Medical Center and the Neuropsychology and Aging Laboratory in Lawrence. The work, which has been funded by the National Institutes of Aging, clearly demonstrates the positive effects of aerobic workouts in seniors, whether or not they are affected by cognitive disorder. While promising, research tying cardiovascular health to cognitive function is still in its early stages. In a new clinical trial, David hopes to establish a more exact understanding of “dose response.” He aims to determine what forms of aerobic exercise are best for seniors, how much exercise is most helpful, and if there is a point of diminishing returns for an exercise prescription. We (especially Ray Higgins & Doug Denney) look forward to the results!

PASSINGS

We have received no reports of deaths among our graduates or former faculty this year.

CLINICAL PROGRAM CONTRIBUTIONS:

Of course we are greatly appreciative of and want to recognize those who have contributed financially to the Clinical Program this past year (12/16/2007-12/15/2008). And, we hope 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 Hawkline. If so, they will be reported in next year's edition.*)

CLINICAL PROGRAM DEVELOPMENT FUND:

Tim Boaz ('87), Ann Branstetter ('02), Joseph Colletti ('95) & Rhonda Reinholtz ('97), John Colombo & Dale Walker, Doug Denney, Edward Dreyfus, Janet Endelman ('80), Jane Finn ('77) & Ernst and Young Foundation, Louis Gamino ('81), Nancy Hamilton, Ray Higgins, Glenn Hirsch ('81), Rick Ingram ('84), Mary S. Kesler ('78) & David Kesler ('76), Keri Kinnaird ('87), Sarah Kirk ('98) and Thomas Hutton, Daniel Larsen ('78), Robin Lewis ('85) & Arthur Schoner, Greg Long ('86), Barbara (Storkamp) Loring ('98) & Fredrick T. Loring, David Lutz ('80) & Ellen McLean, Lorraine Mangione ('84), Charlene Muehlenhard, A. Om Prakash, Marc Quillen ('79) & Marilyn Harp, Rhonda Reinholtz ('97), Sharon Sears ('04), Ken Sewell ('91), Brett Steenbarger ('82), Bernard Sullivan ('77), Virginia Whitener ('71).

C. R. SNYDER MEMORIAL FUND:

Michael Babyak ('96) and Beverly H. Brummett, Sharon Brehm, Keith Halperin ('77), Kevin Rand ('07), Julia Taylor Woodward ('05)

B. KENT HOUSTON AWARD IN HEALTH PSYCHOLOGY FUND

Michael Babyak ('96), Monica Kurylo ('99) & Peter Osborne

SANDY DINOFF AWARD FUND

Beth Dinoff ('02)

STEPHEN JEROME LEONARD SCHOLARSHIP FUND

Alice E. Leonard ('39). Mrs. Leonard has graciously established a new scholarship fund, specifically for the clinical psychology program, in honor of her deceased son. We are, needless to say, extremely grateful and pleased to honor her son's memory.

BEATRICE A. WRIGHT SCHOLARSHIP FUND

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

M. ERIK WRIGHT PROFESSORSHIP FUND

Edward Dreyfus ('64)

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. 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 *Hawkline*. In the meantime, please have a prosperous and healthy 2009!

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Sarah Kirk skirk@ku.edu