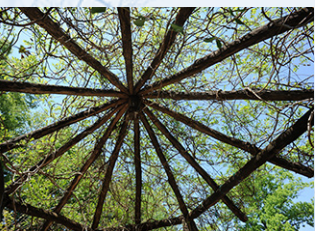


Clinically Significant @ Carolina

The University of North Carolina at Chapel Hill

Volume 2 • 2014 Edition

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Update from the Director of Clinical Psychology

Welcome to our second annual Alumni Newsletter, *Clinically Significant @ Carolina*! We received a lot of terrific feedback for our UNC Clinical Program Alumni Website (<http://clinicalpsych.unc.edu/people/alumni>), our Alumni Facebook group (<https://www.facebook.com/groups/unclinicalpsychalum/>), our Alumni listserv (now with over 300 members), and also last year's newsletter. Please feel free to pass along this information to any alum who may be interested in joining; we have a few more folks to track down and could use your help!

Thanks are due to so many of you for your generous donations! With your help, we were able to support travel for several graduate students who presented their research at national conferences. As you will read in this issue, they (and their bank accounts!) are very grateful that you made it possible for them to attend these meetings! All donations can be made by visiting: <http://clinicalpsych.unc.edu/gift/>. Last year, we initiated our Cinder Block campaign to encourage donations, and it is going well! So far, we have beautified 7 of the cinder blocks in the clinical wings of Davie Hall by hanging plaques to honor all alumni who donated over \$250 to us last year. We have a few hundred more cinder blocks to go, so please continue to donate! We would also like to honor folks who are making donations less than \$200. So this year we also will mail a beautiful Clinical Psychology Alum drawstring bag to anyone who makes a donation of \$30 or above. Thank you for anything you can donate!! If you have been following NC politics, you know that we can really use the help!

It has been a busy year for our program! Our program received a wonderful review from the APA Commission on Accreditation following our self-study and site visit; we were awarded a maximum 7 year re-accreditation. We feel very fortunate that our students have done extremely well in the increasingly difficult internship application process; for each of the last six years, 100% of our students have received good news on Match Day. Our faculty and students have been very successful in obtaining grants and national awards for their contributions to the field, and most important, we are proud to maintain our long-standing UNC tradition of excellence in the context of an exceptionally congenial, collegial, and supportive environment. Read on to hear about all of the amazing accomplishments of our students and faculty.



This issue of *Clinically Significant @ Carolina* features updates on two big events at UNC. First, in 2014 the UNC Clinical Program hosted its first Diversifying Clinical Psychology (DCP) weekend (<http://clinicalpsych.unc.edu/diversity/dcp/>). DCP weekend represents our commitment to help diversify the field of clinical psychology. For our inaugural year of DCP weekend, faculty used their own F&A funds, matched by funds from the department and Dean, to create a new resource that would

(Continued on Page Eleven)



UNC
COLLEGE OF
ARTS & SCIENCES

Clinical Faculty & Staff Updates

FACULTY UPDATES

Dr. Jon Abramowitz:



Being faculty in our Clinical Program is extremely fulfilling! I and my students have been working on projects to enhance the treatment of OCD. One study compares routine

exposure and response prevention (ERP) to ERP informed from an Acceptance and Commitment Therapy (ACT) perspective. Findings from this study will help improve OCD treatment. Our other studies focus on understanding cognitive biases (e.g., attentional biases and intolerance of uncertainty) that are involved in anxiety and OCD. My terrific graduate and undergraduate students pour their hearts and souls into these studies and we have been successful with publishing and presenting our work at professional conferences around the world. I also began my position as President of the Association for Behavioral and Cognitive Therapies in November. Finally, I am enjoying collaborating with colleagues in Norway, travelling there to train therapists in the treatment of OCD. Please visit our lab's web page: www.jonabram.web.unc.edu.

Dr. Anna Bardone-Cone:



Research-wise, we just finished year 2 of a 5-year NIH grant to study eating disorder recovery. Eating disorder history participants have expressed being happy to be part of this

research, which provides me with some immediate gratification to what we all know is the delayed gratification nature of research! We have also continued to study social media and body image, running a study of the effects of taking a break from Facebook. Teaching-wise, a highlight for me was taking my FYS (eating disorders and body image) class to see the Alvin Ailey dance company perform (to focus on body as strength and movement – not appearance) and having the students participate in a movement class led by an Ailey dancer. As part of the Diversity Committee, a group of graduate students and I developed a sequence of diversity training and contributed to the first UNC Diversifying Clinical Psychology weekend for underrepresented racial/ethnic minorities. I continue to feel fortunate to have such an amazing group of students and colleagues to work with!

Dr. Don Baucom:



Our lab's research continues to focus on couples, including basic research and treatment outcome studies. We are conducting a treatment outcome study with couples in which one partner

has anorexia nervosa, and we currently are creating interventions for couples experiencing bulimia nervosa or binge eating disorder. I am collaborating with colleagues in England, training therapists to assist couples in which one partner is depressed, evaluating whether the treatment is effective in community clinics in England. Our lab is in the early stages of collaboration with UNC colleagues

developing a treatment for former professional athletes who are depressed. My teaching at the graduate level revolves around directing the Couple Therapy Clinic, along with teaching our empirically supported interventions course for adults. The graduate students in the lab make all this go and provide wonderfully creative ideas for our next ventures. Visit our webpage at: <http://dhabucom.web.unc.edu>.

Dr. Stacey Daughters:



Hello! It has been a busy year in the Biobehavioral Research on Addiction and Emotion (BRANE) Lab! We have continued our work developing and testing effective treatments, as well as

identifying biobehavioral mechanisms underlying addiction. We concluded data collection for our grant examining the neural indices of distress tolerance among cocaine users and are busy analyzing this data. We have also spent time developing smartphone technology for our behavioral activation treatment for depression and substance use, and are just concluding a feasibility study examining the effectiveness of this technology in an inpatient substance abuse treatment center. We are very excited to be presenting this data in a technology symposium at ABCT in the fall. On a personal note, I had my third little girl in March, and she and her big sisters are doing great. Our family is really enjoying living in Chapel Hill and being part of UNC!

Dr. Karen Gil:



Karen continues to serve as the Dean of the College of Arts and Sciences at UNC. We are very grateful that one of our own clinical psychology faculty is part of the senior leadership team for our university! This year, an anonymous donation was made to the Department



of Psychology to create an undergraduate internship program. This generous gift funds students to complete academic internships related to psychology.

Dr. Andrea Hussong:



This past year, I and my colleagues at the Center for Developmental Science finished interviews and observations of 100 parents and their 6-8 year old children for the *Raising Grateful*

Children project. The goal of this study is to learn what gratitude looks like in young children and what parents do to cultivate the development of gratitude in their children. A team of undergraduate and graduate students conducted assessments with parents and their children at UNC-CH. The first presentation of our findings, led by Jordyn Druga (undergraduate student) and Drew Rothenberg (graduate student) at the North Carolina Psychological Association, showed that parents who viewed themselves as more grateful also perceived their children as more grateful. In the next year, we plan to present findings about the types of behaviors that parents engage in to teach gratitude to their children and which ones seem to be most effective.

Dr. Deborah Jones:



July 2014 marks my 10th year at UNC and we continue to be busy! My research team is in Year 1 of an NIH-funded randomized clinical trial and we are lucky to be guided in our

research by Patrick Turner, our project coordinator. In addition to providing free services to families who may not otherwise have access, this project provides the opportunity for me to do clinical supervision with graduate students, which I enjoy. With regard to teaching, I just finished offering my Maymester course on child maltreatment. I designed this

course a few years ago in response to the unfolding events at Penn State and the realization that undergraduates could likely benefit from a better understanding of the definitions of and laws regarding maltreatment and reporting. Finally, my graduate students continue to be very busy carving out their own programs of research. Michelle Gonzalez was just awarded a Diversity Supplement from NIMH and Margaret Anton just submitted an NRSA, both of which focus broadly on increasing the impact of service delivery for low income families.

Dr. Enrique Neblett:



This past year was one of the most rewarding years of my career! I was promoted to Associate Professor with tenure and won the Chapman Family Teaching Award for distinguished undergraduate teaching!

My research team continues to examine racial discrimination and African American health. We recently completed three waves of data collection in our study of socioemotional trajectories during the transition to adulthood and, in the past year, published several papers examining affective and physiological responses to racism. This fall, we will conduct a focus group study examining racial socialization practices in African American families. I taught a new first-year seminar entitled *Racism, Racial Identity, and African*

American Mental Health and served on the UNC Provost Committee on Inclusive Excellence and Diversity. I am pleased (and proud) to report that my graduate students continue to do very well, and we are looking forward to another productive and successful year!

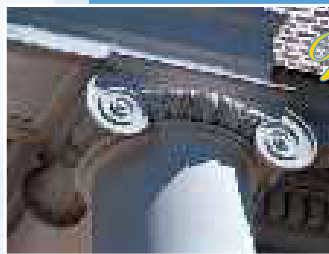
Dr. David Penn:



We currently have three grant-funded projects. One project, in collaboration with SMU (and former student, Dr. Amy Pinkham) and University of Miami,

is attempting to identify an optimal social cognition battery for use in schizophrenia treatment outcome research. Two projects are clinical trials. In collaboration with Dr. Cort Pedersen in Psychiatry, we are comparing the effects of intranasal oxytocin versus placebo on social cognition and social functioning in individuals with schizophrenia spectrum disorders. The other project, in collaboration with Drs. Diana Perkins and Piper Meyer (former research coordinator) seeks to develop a mindfulness/positive therapy based stress management treatment for individuals with first episode psychosis.

In 2013, I received the Elizabeth Hurlock Beckman Award for Graduate Student Mentoring and in 2014, I will begin a 3-year appointment as an adjunct faculty member at Australian Catholic University in Melbourne.



We need your help!!!

Help us maintain outstanding UNC training for Clinical Psychology!

Even a small donation will help our students!
Use the link at: <http://clinicalpsych.unc.edu/gift>

Dr. Mitch Prinstein:



I can't believe I have been at UNC for 10 years already! It was a great year for finishing up baseline data collection on a long-term study of adolescent girls' self-injury, and we continue to collect data in nearby school districts to understand the mechanisms and moderators of peer influence. Our lab has started to move towards understanding how adolescents' interpersonal experiences have a variety of effects on peripheral stress regulation systems including gene expression which has given me a great opportunity to learn biology for this first time since 10th grade! I am so excited for a slew of achievements and awesome employment opportunities among alumni from my lab - everyone is doing great! I continue to be very interested in professional development training and I even figured out how to join twitter (@mitchprinstein) so I can offer advice to tens of followers who care to listen! This year, I also am so grateful for whatever series of computer errors led to my appointment as a Distinguished Professor – a huge, albeit undeserved honor!

Dr. Erica Wise:



In addition to my work as director of our training clinic and faculty supervisor, I have stayed very active and engaged in professional psychology. I have just completed a term as past-president of the North Carolina Psychological Association (NCPA) and have begun a 3 year term on the APA Board of Educational Affairs. In addition, I took a leadership role on the APA working group that prepared position statements and advocacy materials related to "conscience clause" legislation. It has been a pleasure to involve current and former graduate students in professional publications and presentations on professional development topics including supervision, ethics, competence and self-care and to see them discover the benefits of social justice advocacy. In February I was honored to receive an APA Presidential Citation for my work in ethics and self-care and I was especially delighted to receive the Galinsky supervision award from the outgoing interns. If any of you are in Chapel Hill, please stop by!



Dr. Eric Youngstrom:



Hello, Alumni!

Our lab has been working on improving how to assess mood and mood disorder in children and adolescents, as well as adults. We have been making a lot of progress, including finishing two meta-analyses looking at all of the rating scales used for bipolar disorder in children and adolescents, as well as one looking at scales for adults. The

International Bipolar Foundation is partnering with us to help translate the best measures into multiple languages and make them available on the Web. We have a visiting scholar from India who is spending a year with us on a Fulbright Fellowship, and she is helping with translations also. We received a grant from the Society for a Science of Clinical Psychology to put more information about evidence based assessment onto Wikipedia. For those of you who work with kids, check out the Wikipedia pages for bipolar disorder, ADHD, depression, and some other conditions and let us know if you have suggestions for ways to make the information even more accessible to the public or useful to clinicians. Looking forward to hearing from you!

Dr. Jennifer Youngstrom:



Hello Alumni!

I greatly enjoy mentoring and supervising, and would be happy to hear an update from each of you! I am supervising the 2nd year child track therapy, as well as child and adult assessments. Overall, we've expanded our number and types of referrals as well as increasing the number of folks doing assessments (child and adult track clinical graduate students, a postdoctoral fellow, as well as me). On a personal note, our girls are now in 8th and 10th grades, and Diane got her learner's permit for driving; so we're deep into parenting teens, and Eric has no hope of growing back his hair. ψ

Where will you be on October 25, 2014?

Come join us for the first
UNC Clinical Program Alumni Reception
and also honor the amazing career
of **Dr. Joe Lowman!**

For more details, contact Don Baucom at don_baucom@unc.edu.

Introducing our New Faculty Member!

Dr. Margaret Sheridan:



I'm very much looking forward to joining the faculty at UNC in the summer of 2015! So far the highlight of my year has been getting hired as a new faculty member here. In response to this exciting professional development, my lab at Boston Children's Hospital/Harvard Medical School, has started the process of finishing up projects which have been ongoing for the last 4 years. We're collecting final data on two longitudinal studies: In one study we follow 3-7 year

old children who meet criteria for ADHD until after the age of 8 years and attempt to determine what neural correlates (EEG, fMRI, MRI) are good predictors of their continuing to meet criteria for ADHD during middle childhood. In a second study we follow adolescents, many of whom were exposed to community and family violence during childhood, as they enter emerging adulthood; in this study, we will again attempt to identify neural predictors of emerging psychopathology. The hope is that neural correlates identified in this way can ultimately serve as indices of change in future intervention and prevention studies. In both studies we have tried to measure the developmental environment in an effort to identify the impact of the environment on brain and psychopathology.

In addition to wrapping these projects up, I am busy thinking about future developments in my research program as I plan my transition to UNC. Already I've had several exchanges with fellow faculty members beginning conversations that I hope will blossom into strong collaborations. Because the students & post doc in my lab are headed off to bright futures after this year, I will join the faculty looking to build a strong new group at UNC. I've deeply enjoyed the mentoring I've done so far and I'm looking forward to extending this work to teaching at the undergraduate and graduate level at UNC. I'm delighted and proud to be welcomed into this vibrant group of scholars and I am ready to leave the long northern winters behind, Go Heels! ψ

Get a UNC Alumni Backpack!

All the cool kids are doing it!



Just donate \$30 or more to the clinical psych program and we will send you a bag like this!

Visit: <http://clinicalpsych.unc.edu/gift/>.

Come Celebrate Joe Lowman's Retirement during the First Ever Clinical Psychology Alumni Reunion!

Life is at its fullest when we adopt a "both/and" philosophy, so why not combine two winning ideas into one fun, rewarding evening? After more than 40 years at Carolina, Joe Lowman is retiring—"Say it ain't so, Joe!" So we thought about whom we should invite back to honor and celebrate Joe. Then we realized that probably more so than any faculty in the history of the clinical program, all alumni of our program are Joe's students! And if you arrived at UNC before Joe's time, you definitely need to come and share about the good old days. We have NEVER had a gathering of the graduates of our clinical psychology program, so let's do that now, as we honor Joe.

As alumni, you have told us how much you have valued that we have found a way recently to connect with you and help you connect with former classmates at UNC. So now let's do it in person, and we don't just mean people who live in the Research Triangle Area; take that plane, relax on the train, or get in your auto, and come home to the Hill! We don't do this often (as in never), so come be a part of it. We have selected a Saturday evening in the fall when hopefully we can be outside; there will be no football game traffic in the area to complicate travel; and hotel rooms should be plentiful in you book them soon (or we hereby give you permission to call that old classmate in the area and ask for a place to bunk for the evening). And if you have a partner, bring 'em; they need to meet those people you have talked about over the years. Current faculty and doctoral students will join in, and we really look forward to being with you. Here are the details:

October 25, 6:00 pm at the UNC Farm (UNC recreation area just off Highway 54) for dinner and fun.

We'll ask you to chip in on the costs because, no, the budget situation not has changed over the decades! So please join us and contact your former classmates to see if you can get the group together for an evening! More details will follow and we'll ask you to sign up ahead of time when we share those details, but please hold the date or make those reservations now. It's time for a "Joe Down!" ψ

Happy Anniversary to the Entering Classes of 1954, 1964, 1974, 1984, 1994, & 2004!

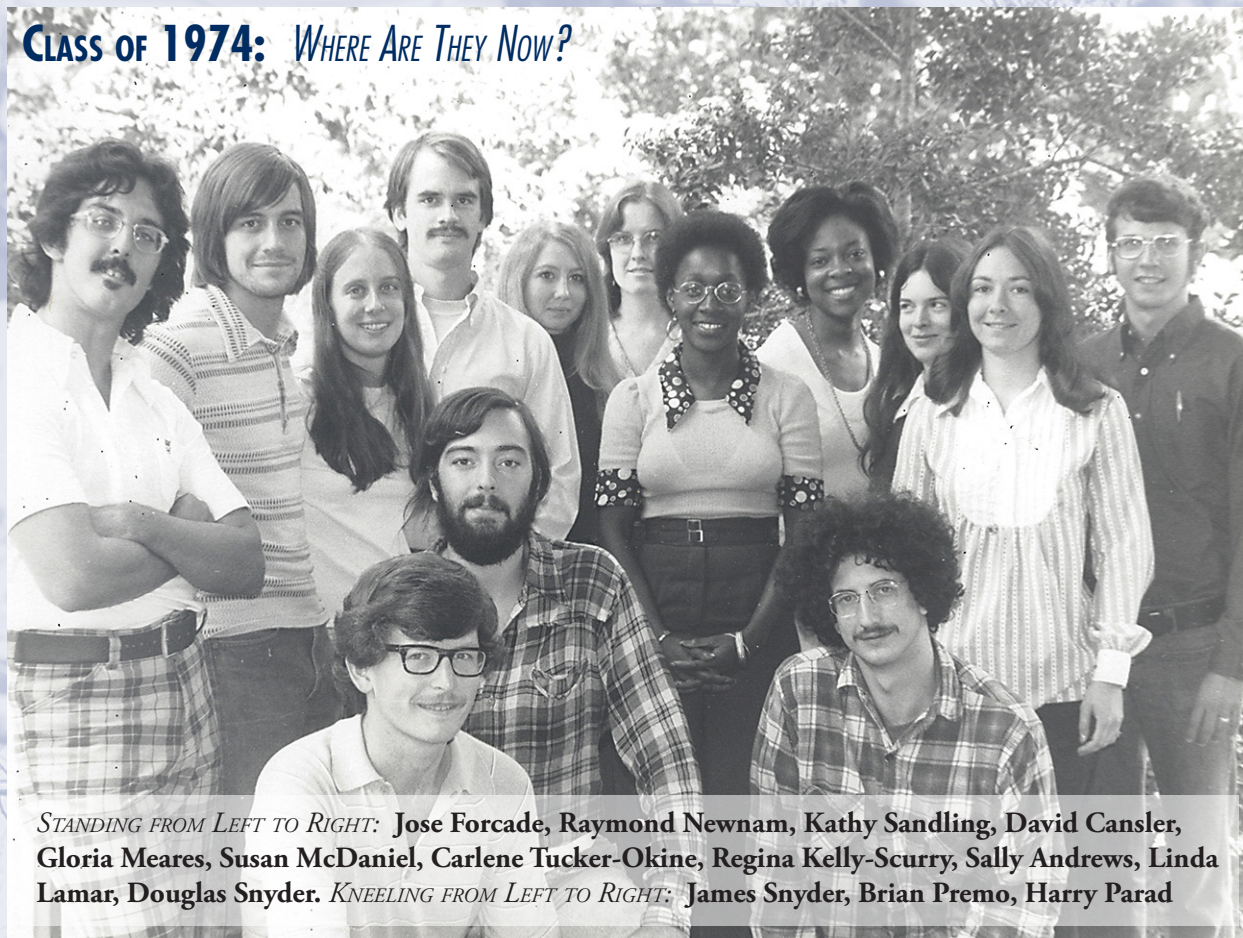
CLASS OF 1954: WHERE ARE THEY NOW?

Herbert Eber President, Psychological Resources, Atlanta, GA
Norman Kaplan Retired Psychologist
Lester Mann Deceased

CLASS OF 1964: WHERE ARE THEY NOW?

Stephen Bank Private practice, Middletown, CT
Joseph Busey Private practice, Red Bluff, CA
Dennis Kennedy Deceased
John Randolph Retired

CLASS OF 1974: WHERE ARE THEY NOW?



STANDING FROM LEFT TO RIGHT: Jose Forcade, Raymond Newnam, Kathy Sandling, David Cansler, Gloria Meares, Susan McDaniel, Carlene Tucker-Okine, Regina Kelly-Scurry, Sally Andrews, Linda Lamar, Douglas Snyder. KNEELING FROM LEFT TO RIGHT: James Snyder, Brian Premo, Harry Parad

David Cansler
Regina Rosanwalde Kelly-Scurry
Susan Holmes McDaniel

Private practice, Austin, TX
Private practice, Miami, FL
Distinguished Professor of Families and Health, Department of Psychiatry, University of Rochester; Director, Institute for the Family, Department of Psychiatry, University of Rochester; Associate Chair, Department of Family Medicine, University of Rochester
Private practice, Raleigh, NC
Senior psychologist, Whitaker Psychiatric Residential Treatment Facility, Butner, NC
Executive Director, Wediko Children's Services, Boston, MA

Gloria Meares
Raymond Newnam
Harry Parad
Brian Premo
Kathy McGuire Sandling
James Snyder
Douglas Snyder
Carlene Tucker-Okine

Private practice, Raleigh, NC
Professor, Department of Psychology, Texas A&M University
Private practice, Wilmington, DE



CLASS OF 1984: *WHERE ARE THEY NOW?*

FRONT ROW: Marilyn Minrath, Lew Abrams, Karen Stern, Russell Proops, Pilar Poal. *MIDDLE ROW:* Anita Niemi, Tamara Sher, Christena Schafale, Eve Band. *BACK ROW:* Clyde Evelyn, Patricia Clark, James Piasecki, Pete Giordano

- Lew Abrams** Private practice, Maui, HI
Eve Brotman Band Private practice, Owings Mill, MD
- Patricia Layne Clark**
Clyde Evelyn Private practice, Chapel Hill, NC
Peter Giordano Professor, Psychology Department, Belmont University, Nashville, TN
- Marilyn Minrath** Psychologist, Minrath and Thomson Forensic Evaluations, Charlottesville, VA
- Anita Marie Iverson Niemi**
James Piasecki
Pilar Cordero Poal Psychologist, Wayne Counseling Center, Wayne, PA
- Christena Margaret Durost Schafale** Director of Information Services, Resources for Seniors, Raleigh, NC
- Tamara Goldman Sher** Vice President for Research, The Family Institute, Northwestern University
- Karen Stern** Social Science Analyst, National Institute of Justice, US Department of Justice, Washington, DC



CLASS OF 1994: *WHERE ARE THEY NOW?*

FRONT ROW: Lisa Freeman, Lynelle Ragland, Elisa Bolton, Erin Armer. *BACK ROW:* Ann Brand, Jemma Grindstaff, Guy Potter, David Cranford, Elizabeth Workman, Danielle Kaplan

- Erin Gallagher Armer** Private practice, Rye, NH
Elisa Bolton Associate Lecturer, School of Education, University of Wisconsin-Stout, Menomonie, WI
Ann Brand
- David Cranford** Clinical Director, Options Public Charter School, Washington, D.C.
- Lisa Marie Yacona Freeman** Private practice, Columbia, MD
- Jemma Price Grindstaff** Psychologist, Triangle Learning Center, Raleigh, NC
- Danielle Kaplan** Director of the NYU-Bellevue Psychology Internship; Private practice, NY
- Guy Potter** Associate Professor, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center
- Lynelle Ragland** Co-Coordinator of Clinical Services, College of William and Mary Counseling Center, Williamsburg, VA
- Elizabeth Workman**

Class of 2004: *Where Are They Now?*

David Johnson

Wilderness Therapist, Second Nature Wilderness Therapy Program, Santa Clara, UT

Nicole Pukay-Martin

Clinical Psychologist, Trauma Recovery Center at the Cincinnati VAMC – Ft. Thomas Division, Cincinnati, OH

Gregory Stonerock

Clinical Associate, Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine



FROM LEFT TO RIGHT: David Johnson, Nicole Pukay-Martin, Gregory Stonerock

Donate

Sponsor a Cinder Block Campaign!

Help a graduate student,
and make Davie Hall more attractive!

Two good deeds in one!

Donations of \$250 or more will be honored with a plaque with your name and entering class year! We hope to beautify the walls of the clinical wing in Davie Hall with plaques honoring alumni donors!

Visit

<http://clinicalpsych.unc.edu/gift>

for more info!



Thanks to all of our first cinder block donors!
We still have many more blocks to fill, so please help!

Alumni Book Titles

We have very productive alumni! Congratulations to all of our alumni who published books in the past five years (and sent us this info!). Pick up a copy of them all when you can!

Bromfield, R. (2011). *Embracing Asperger's*. Philadelphia: Jessica Kingsley Publishers.

Bromfield, R. (2011). *How to cite APA [style] 6th in psychology, social work, education, and the social sciences*. Boston: Basil.

Bromfield, R. (2010). *Doing therapy with children and adolescents with Asperger syndrome*. Hoboken, NJ: Wiley.

Bromfield, R. (2010). *How to unspoil your child fast*. Naperville, IL: Sourcebooks.

Butcher, J. N. (2013). *Korea: Traces of a forgotten war*. Ashland, OR: Hellgate Press.

Butcher, J. N. (2011). *A beginner's guide to the MMPI-2* (Third Edition). Washington, DC: The American Psychological Association.

Butcher, J. N. (Ed) (2009). *Oxford handbook of personality assessment*. New York: Oxford University Press.

Butcher, J. N., & Hooley, J & Mineka, S. (2014). *Abnormal psychology and modern life* (16th edition). New York: Allyn & Bacon.

Crist, J. J. (2014). *The survival guide to making and being friends*. Minneapolis, MN: Free Spirit Publishing Inc.

Crist, J. J. (2013). *What to do when you're cranky & blue: A guide for kids*. Minneapolis, MN: Free Spirit Publishing Inc.

Crist, J. J. (2010). *Siblings: You're stuck with each other, so stick together*. Minneapolis, MN: Free Spirit Publishing Inc.

Davis, S. F., Giordano, P. J., & Licht, C. A. (Eds.). (2009). *Your career in psychology: Putting your graduate degree to work*. Malden, MA: Wiley-Blackwell.

De Puy, J., Monnier, S., & Hamby, S. (2009). *Sortir ensemble et se respecter (SEESR): Prévention des violences et promotion des compétences positives dans les relations amoureuses entre jeunes. [Dating with respect: Prevention of violence and promotion of positive skills in youth dating*

relationships]. Geneva, Switzerland: IES Éditions.

DeRosier, M. E., Bartel, C., Childress, D., Craig, A., Leary, K., McMillen, J.S., ... Thomas, J. (2014). *Social skills assessment through games: The new best practice*. Cary, NC: Interchange Press.

Diamond, G.S, Diamond, G.M., & Levy, S.A. (2013). *Attachment-based family therapy for depressed adolescents*. Washington D.C.: American Psychological Association.

Doherty, W., & McDaniel, S.H. (2009). *Family Therapy*. Washington DC: American Psychological Association Publications. Also translated into German by Ernst Reinhardt, 2012.

Eells, T.D. (forthcoming). *Integrative Evidence-Based Case Formulation in Psychotherapy*. Washington DC: APA Books.

Fritzche K., McDaniel, S.H., & Wirsching, M. (2014). *Psychosomatic Medicine: An International Primer for the Primary Care Setting*. Heidelberg Germany: Springer Publications.

Giordano, P.J., Davis, S.F., & Licht, C. A. (Eds.) (2011). *Your graduate training in psychology: Suggestions for success*. Thousand Oaks, CA: Sage.

Hamby, S. (2014). *Battered women's protective strategies: Stronger than you know*. New York: Oxford University Press.

Hamby, S., & Grych, J. (2013). *The web of violence: Exploring connections among different forms of interpersonal violence and abuse*. Dordrecht, Netherlands: Springer.

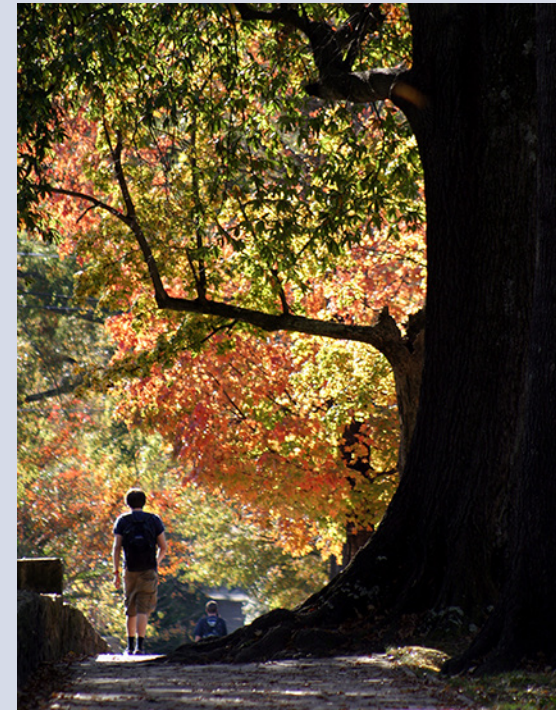
Higuchi, S. A., & Lally, S. J. (Eds.) (2014). *Parenting coordination in postseparation disputes: A comprehensive guide for practitioners*. Washington, DC: American Psychological Association.

McDaniel, S.H., Doherty, W.J., & Hepworth, J. (2014). *Medical Family Therapy and Integrated Care, 2nd Ed.* Washington DC: American Psychological Association Publications.

Monson, C. M., & Fredman, S. J. (2012). *Cognitive-behavioral conjoint therapy for*

posttraumatic stress disorder: Harnessing the healing power of relationships. New York, NY: Guilford.

Pequegnat, W., Stover, E., & Boyce, C.A. (2011). *How to write a successful research grant application: A guide for social and behavioral scientists* (2nd edition). New York: Springer Publishing.



Roberts, D. L., & Penn, D. L. (2012). *Social cognition in Schizophrenia: From evidence to treatment*. New York, NY: Oxford University Press.

Sayers, S. L. (2014). *Coming back together: A guide to successful reintegration after your partner returns from military deployment*. Oakland, CA: New Harbinger Publications.

Takane, Y. (2013). *Constrained principal component analysis*. Boca Raton, FL: Chapman and Hall/CRC Press.

Williams, C. L., & Butcher, J. N. (2011). *A beginner's guide to the MMPI-A*. Washington, DC: The American Psychological Association.

Yanai, H., Takeuchi, K., and Takane, Y. (2011). *Projection matrices, generalized inverse matrices, and singular value decomposition*. New York: Springer. ψ

Transitions

FAREWELL TO OUR OUTGOING INTERNS!

We are very excited that once again all of our internship applicants matched this year! The list below offers information about each student's internship placement, as well as a few words of wisdom for folks about to enter the UNC program.



Cara Damiano

UNC Carolina Institute for Developmental Disabilities

"My advice would be to take some time to reflect on all of the experiences you have in grad school and really think about what parts you have really enjoyed and found to be the most meaningful. Also, when I was starting my Ph.D., a post-doc that I really admired told me to remember that "it's a marathon and not a sprint" and I've used this to try to remember not to take on too much at once, pace myself, and enjoy wherever I am in the process!"



Laura Fabricant

Durham VA

"There are so many outstanding things about our program but one of the constant highlights for me has been the opportunities for collaboration and the incredibly supportive environment within our department. My advice to incoming students is to enjoy this and make the most of these opportunities. This might mean developing new research collaborations with other grad students or faculty, working with a variety of amazing clinical supervisors, or personal/professional development with the support of people across the program. Basically, just enjoy being surrounded by so many wonderful and brilliant people!"



Ashly Gaskin

Emory University School of Medicine

"Find your support systems (both inside and outside the program) as early as you can and stay connected to them for the times when you will need encouragement. Use older/more advanced students as resources because they can validate and help you navigate the many experiences you will have as a graduate student, researcher, clinician, teacher, and human being. Just make sure you do the same for younger/less advanced students as you make your way from first year student to early career psychologist!"



Christine Paprocki

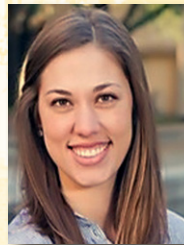
Seattle WA Puget Sound

"Welcome to UNC! You've chosen a really wonderful place for graduate school. My advice is to be really open to all the unexpected opportunities and experiences that will come your way over the next few years. Also, don't

hesitate to create your own clinical training experiences or research projects if you're looking for something that isn't already out there -- everyone here wants to support your growth, so if you need to create something outside the box, people will help you to do that! And be open to all sorts of career paths at the beginning (clinical psychology is such a great flexible degree with so many future options) -- you'll figure out what you love doing most along the way."

WELCOME TO OUR INCOMING FIRST YEAR STUDENTS!

The list below offers information about our incoming class of students!



Shannon Blakey

University of North Carolina Chapel Hill
(transfer student from the University of Wyoming Clinical Psychology Ph.D. Program)

Yun Chen

University of Michigan
Ann Arbor



Jareb Gleckel

Amherst College

Rachel Greene

University Texas Austin



Tate Halverson

Hamline University

Stephanie Salcedo

Harvard College



Jennifer Yi

Swarthmore College

CLINICAL GRADUATE STUDENT AWARDS:

- Bernard, Donte • 2014 Ford Foundation Predoctoral Fellowship • 2014
- Bernard, Donte • National Science Foundation Graduate Research Fellowship Award • 2014
- Bernard, Donte • Poster Award Winner, Third Biennial APA Division 45 (Society for the Psychological Study of Culture, Ethnicity and Race) Conference • 2014
- Calhoun, Casey • Division 12 Distinguished Student Service Award in Clinical Psychology • 2014
- Calhoun, Casey • Elected as the APAGS Member at Large, Practice Focus • 2014
- Choukas-Bradley, Sophie • American Psychological Foundation Henry David Dissertation Grant • 2014
- Fitzsimmons-Craft, Ellen • Body Image's Best Dissertation Award • 2013
- Gaskin, Ashley • Honorable Mention, 2014 Ford Foundation Dissertation Fellowship Competition • 2014
- Jenkins, Melissa • 2014 Dean's Distinguished Dissertation Award in Social Sciences • 2014
- Jenkins, Melissa • Dean's Distinguished Dissertation Award • 2014
- Ong, Mian-Li • 2014 SSCP Varda Shoham Clinical Scientist Training Initiative Program Winner • 2014

CLINICAL FACULTY AWARDS:

National Awards

- Penn, David • Elizabeth Hurlock Beckman Award • 2013
- Prinstein, Mitch • Elected President of the Society for the Science of Clinical Psychology (SSCP) • Nov. 2013
- Wise, Erica • Elected to the APA Board of Education Affairs (BEA) • Jan. 2014
- Wise, Erica • APA Presidential Citation for work on ethics and self-care • Feb. 2014
- Youngstrom, Eric • 2014 SSCP Varda Shoham Clinical Scientist Training Initiative Program Winner • 2014
- Youngstrom, Eric • Named Next President of Division 53, Society of Clinical Child and Adolescent Psychology • 2014

Departmental/UNC Awards

- Faculty Member • Award/Honor • Year Received
- Bardone-Cone, Anna • UNC William C. Friday Award for Excellence in Teaching • 2014
- Neblett, Enrique • Institute of African American Research Faculty Fellowship • 2014
- Neblett, Enrique • UNC Chapman Family Teaching Award • 2014
- Prinstein, Mitch • Named John Van Seters Distinguished Professor of Psychology at UNC • 2014

CLINICAL PROGRAM AWARDS:

- Christine Paprocki • Wallach Award Winner • Graduate student excellence • Spring 2014
- Erica Wise • David Gallinsky Award Winner • Clinical supervision excellence • Spring 2014
- Sophia Choukas-Bradley • Rosa Swanson Award Winner • Excellence promoting a collegial and friendly environment • Spring 2014
- Samantha Sifrar • Rosa Swanson Award Winner • Excellence promoting a collegial and friendly environment • Spring 2014
- Jareb Gleckel • David and Maeda Galinsky Graduate Student Fellowship • Awarded each year to an outstanding incoming student • Spring 2014 ψ



Update from the Director of Clinical Psychology

(Continued from Page One)

help underrepresented ethnic minorities learn about clinical psychology and gain admission to graduate school. We received 165 applications for DCP weekend, and thanks to the amazing work of our program's Diversity Committee, led by Dr. Anna Bardone-Cone, we were able to offer 22 students from underrepresented ethnic minority groups the opportunity to visit UNC and spend the weekend in a series of workshops and networking events. We posted all materials online, and they have been accessed over 3000 times so far. We have been very enthusiastic by the positive response to UNC's DCP Weekend, and we are actively looking for resources to make it an annual event.

Second, we want to alert all alumni to an event that will be held in honor of Joe Lowman. As you read this newsletter, Joe is teaching his last class at UNC. Please see info in this newsletter about a "Story-tellin' BBQ" to honor Joe and his amazing career. We will host this event in Chapel Hill on October 25, 2014. I suspect that every single UNC Clinical Psychology program alum has fond and grateful memories of Joe and we hope as many of you as possible will be able to attend this event to tell Joe about how you are doing.

This issue of *Clinically Significant @ Carolina* also celebrates our alumni, of course! In this year's issue (2014), we will be featuring updates from all entering classes in years that end with 4. We also are featuring UNC Clinical Psychology Program Alumni books that have been published in the past five years - a very impressive list! Enjoy this issue, and I am happy to receive any feedback you may have about ways that we can best keep you up to date on your old alma mater.

Go Heels!

Mitch Prinstein, Ph.D., ABPP

John Van Seters Distinguished Professor of Psychology
Director of Clinical Psychology ψ

Donate, Please

Use the link at: <http://clinicalpsych.unc.edu/gift>

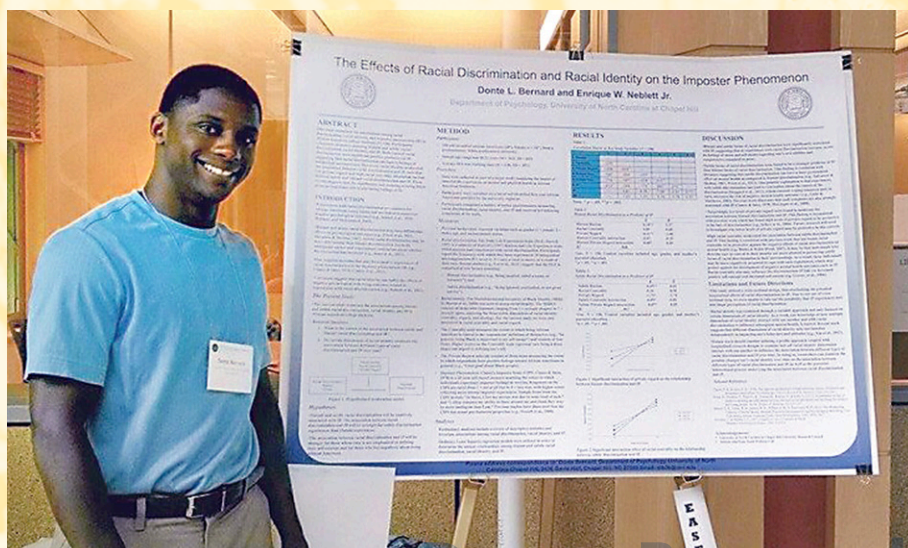
Please help graduate students in the clinical program! Donations will be used to support students' travel to conferences, or purchase other training resources.

Melanie Fischer

Dear Alumni,

Thank you for your contributions to support conference travels through the Clinical Psychology Excellence Fund. With your help, I was able to present a poster at a clinical psychology conference in Braunschweig, Germany ("32. Symposium der DGPs Fachgruppe für Klinische Psychologie und Psychotherapie"). I presented treatment outcome data from our couple-based intervention for obsessive-compulsive disorder along with recommendations for implementation within the German healthcare system. This was also a wonderful opportunity to connect with German colleagues, strengthen collaborations, and catch up on clinical psychology research in Germany. As a German native, I have tried to continue fostering these international collaborations throughout my time in graduate school, which have played an important role in my research. Thank you again for your support!

Best wishes,
Melanie Fischer



Donte Bernard

Dear Alumni,

My name is Donte Bernard and I am a graduate student attending UNC-Chapel Hill. I would like to thank you for your donation to the Clinical Psychology Excellence Fund. Your donation aided in my travels to present at the Third Biennial APA Division 45 Research Conference in Eugene, Oregon.

Presenting at this conference, was an amazing experience in which I was able to network with students, professors, and other scholars who share a passion for researching and improving mental health in racial minority populations.

Thank you again for this gracious donation, and I hope that you will continue to support our work in the future.

Best,
Donte Bernard

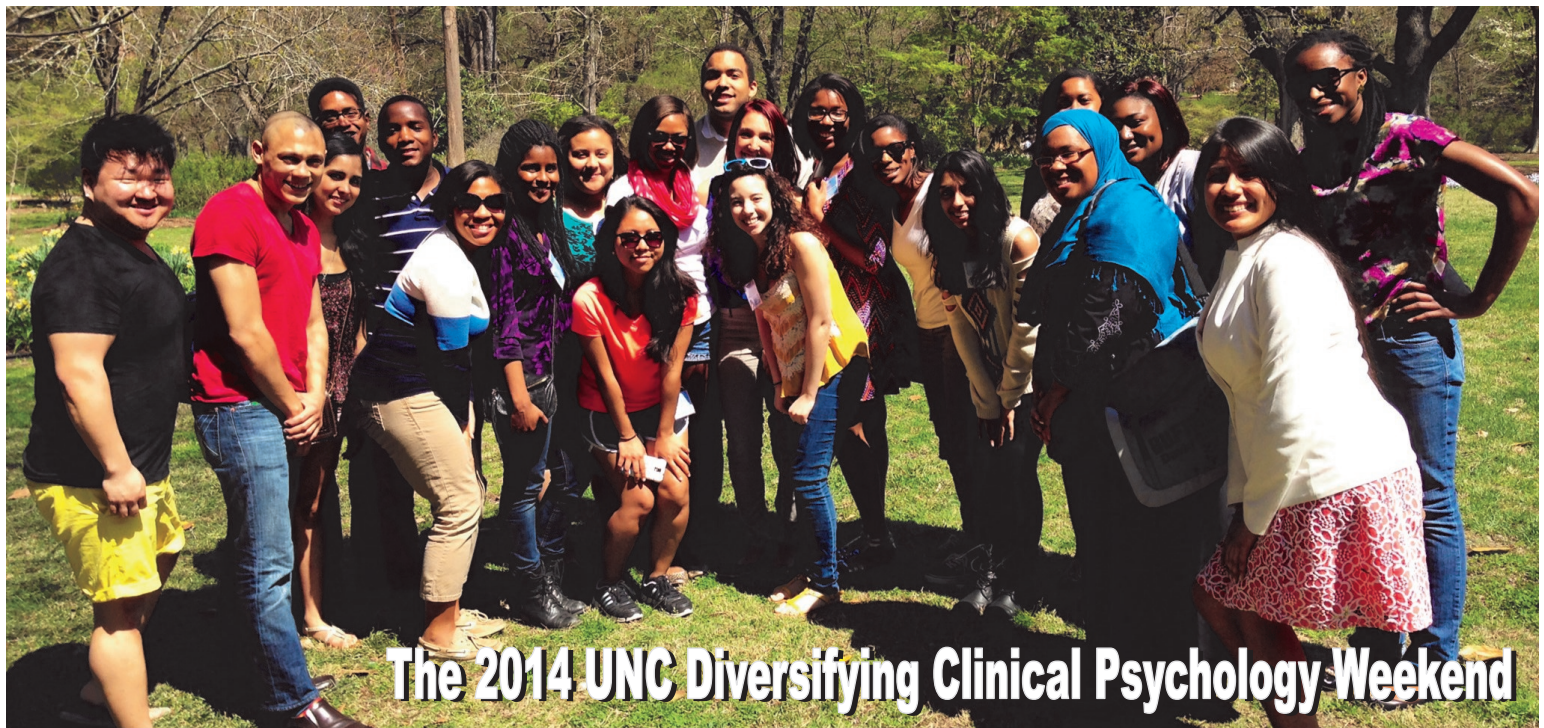
Ryan Jacoby



Dear Alumni,

Thank you so much for your generous donations to the Clinical Psychology Excellence Fund. Because of your contributions I was able to attend the annual meeting of the International Obsessive Compulsive Foundation (IOCDF) this summer, which was a valuable opportunity for furthering for my research, educational, and professional goals. My own program of research investigates improving cognitive-behavioral treatments for OCD, and this year's conference featured a variety of research symposia, clinical workshops, panel discussions, and networking opportunities that were directly relevant to my doctoral work and training. In addition to being a co-presenter on my advisor's workshop, I was the first-author and lead presenter on a workshop entitled "ACT and Exposure: Finding Common Ground and Getting the Best of Both Worlds." In this workshop, we taught attendees techniques for combining and synthesizing acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) based on a research study we are currently conducting that aims to enhance treatment compliance and outcome for OCD. The workshop provided a summary of the relevant background research on ACT and ERP, as well as numerous clinical case examples, videotapes of interventions, and treatment-relevant handouts. This was my first time leading a clinical workshop and was a valuable opportunity to communicate and disseminate our lab's treatment outcome research. Thank you so much for this opportunity!

Best,
Ryan Jacoby



The 2014 UNC Diversifying Clinical Psychology Weekend

Figure 1: Race/Ethnicity Distribution of 2014 DCP Weekend Attendees

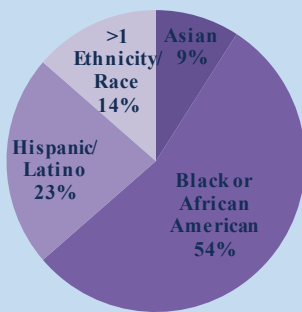
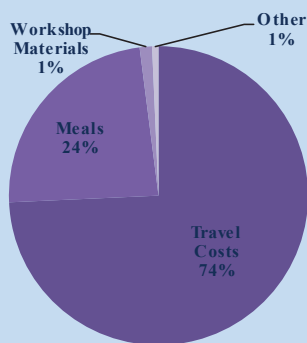


Figure 2: Distribution of 2014 DCP Weekend Costs



Despite efforts by the American Psychological Association (APA) and APA-accredited graduate programs to recruit and admit underrepresented racial/ethnic minority applicants to graduate programs in clinical psychology, these applicants still represent a remarkably low percentage of those that apply to such programs. The UNC Clinical Psychology Program, which has long recognized the need for well-trained minority professionals in psychology, has made concerted efforts towards this mission, including the establishment of a Diversity Training Committee in 1998 and the development of an increasingly thorough Developmental Sequence of Diversity Training (<https://clinicalpsych.unc.edu/diversity/courses-seminars-training/>), both of which aim to “foster an atmosphere that promotes open dialogue about cultural issues.”

One of the program’s most recent efforts towards this mission was the first annual Diversifying Clinical Psychology (DCP) Weekend, a three-day program intended as an opportunity for talented ethnic/racial minority undergraduates and recent college graduates invested in pursuing doctoral level training in clinical psychology to experience an intensive set of seminars and workshops on graduate school in clinical psychology. The program took place on April 3-5, 2014 and travel, housing, and meals were provided for all attendees .

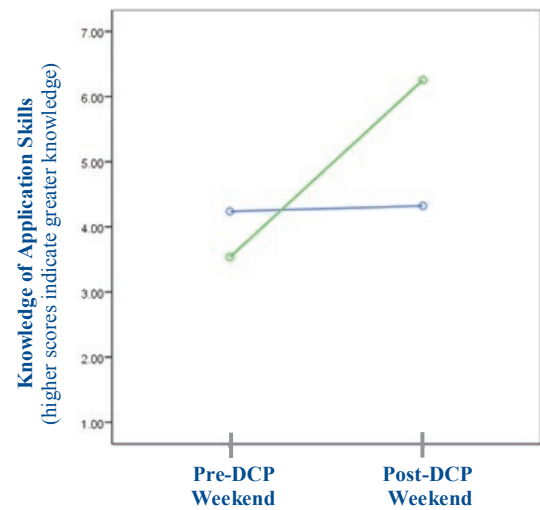
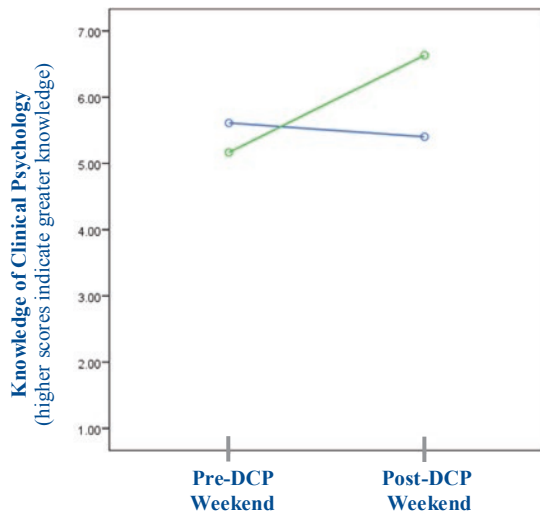
Eligibility & Application. The eligibility requirements for the DCP Weekend included (1) enrollment at a college or university as a sophomore, junior, or senior, or graduation from college within the last two years, (2) identification as an ethnic/racial minority traditionally underrepresented in clinical psychology graduate school, and (3) a strong interest in pursuing a doctorate in clinical psychology. Overall, 165 complete online applications were submitted. Of these applicants, 22 attended the program and each identified as a member of at least one ethnic/racial minority (see Figure 1). The program made a special effort to invite applicants with varying degrees of research experience. About 36% of the invitees were first-generation college students, and four lived locally and currently attended UNC.

Program Costs: To cover the costs associated with the DCP Weekend, the Clinical Psychology faculty contributed half of the funds from their own accounts, while the remaining funds were provided by the Psychology Department and the UNC Associate Dean of Natural Sciences. Since attendees were housed with graduate students, these funds were applied primarily to the attendees’ airfare costs, meals, and workshop materials. See Figure 2 for a more detailed breakdown of these costs.



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Figures 3 & 4: Comparison of DCP Weekend Attendees vs. Non-Attendees on Program Outcomes



Schedule of Events. Throughout the DCP Weekend, attendees participated in various workshops and discussions led by faculty and graduate students covering such topics as:

- The graduate school application process
- Obtaining research experience
- Creating a curriculum vitae
- Writing a personal statement
- Interviewing
- Selecting a clinical psychology program
- Life in graduate school

They also had the opportunity to attend:

- Two research lab meetings of faculty in the program
- A workshop during which attendees received feedback from assigned graduate student mentors on their CV and personal statement drafts
- An information session about the UNC-CH Clinical Psychology Program and its faculty

Evaluation of Program. Overall, the DCP Weekend was a huge success! According to data collected before and after the weekend, the DCP Program significantly increased attendees’ knowledge of clinical psychology broadly and their knowledge of graduate program application skills. In contrast, the applicants who did not attend the DCP Weekend did not show significant increases in either of these variables (see Figures 3 and 4; $p < .05$).

“I found every aspect of the DCP Weekend very valuable...I learned a great deal about every aspect of the application process.”
- 2014 DCP Weekend Attendee

Diversity Applicant Toolkit. While the purpose of the 2014 DCP Weekend was primarily to increase ethnic/racial minority representation among applicants

to doctoral programs in clinical psychology, the program recognized that the materials created for the weekend would also benefit other individuals of underrepresented ethnic/racial minorities interested in pursuing careers in clinical psychology. For that reason, all materials used during the DCP Weekend, including PowerPoints, checklists, and other handouts, were posted to the UNC Clinical Psychology Program website in the form of a “Diversity Applicant Toolkit.” <http://clinicalpsych.unc.edu/diversity/diversity-applicant-toolkit/>. Within only 10 days of posting the Diversity Applicant Toolkit online, the link received 1,514 unique visits and 2,686 “hits.”

“The programming was very informative and I gained valuable insight as to how I should craft my application and strengthen my credentials.”
- 2014 DCP Weekend Attendee

Special Thanks

A special thank you to the following people, whose hard work and dedication to such a meaningful purpose made this program possible!

- Dr. Anna Bardone-Cone, Chair of Diversity Training Committee: bardonecone@unc.edu
- The DCP Weekend Subcommittee: Donte Bernard, Casey Calhoun, Ashly Gaskin, Michelle Gonzalez, Shawn Jones, Daniel Lee, Stacy Lin, & Mian-Li Ong
- Dr. Mitch Prinstein, Director of the Clinical Psychology Program
- Samantha Zwemer, Clinical Psychology Program Coordinator
- The graduate students and faculty of the Clinical Psychology Program
- UNC-CH Dean’s Office
- UNC Department of Psychology



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New Diversity Training Curriculum

TRAINING MODEL

The Diversity Committee, made up of clinical psychology doctoral students and a clinical faculty member, has worked diligently to redesign the developmental sequence of training for multicultural competence (see <http://clinicalpsych.unc.edu/diversity/courses-seminars-training/>). A major goal of this redesign was to develop and integrate more activities into the training sequence in order to provide a sustained focus on topics of diversity throughout training.

Several changes to the curriculum have been implemented in the past few years. In addition to the **multiculturalism course** that is generally taken during the 3rd or 4th year of training, students now complete several activities intended to promote introspection and self-awareness, knowledge regarding unfamiliar domains of diversity, and program-level discussions about skills that could help psychologists better meet the needs of diverse populations. During their first year, students take part in a **multiculturalism orientation workshop**. This workshop orients students to the diversity training goals of the program, provides a general overview of the developmental training sequence, and focuses on increasing awareness that we all have biases. First-year students also complete a **cultural genogram** activity in which they explore their own cultural background and consider factors (e.g., areas of privilege/disadvantage) that may influence their work as a psychologist.

During the second year of training, students complete a **cultural plunge** activity. For their cultural plunge, students select a specific domain of diversity to explore in the local community with the goals of increasing cultural knowledge, challenging personal biases, and having the experience of being a minority. Advanced graduate students meet individually with “plungees” to assist in selecting a plunge experience that will meet a plungee’s goals and comfort-level. They also meet with plungees after the plunge to process the experience and consider how information gathered from the plunge could prove useful in serving as a psychologist.

During the fourth and fifth years of training, students not only have the opportunity to serve as a plunge facilitator but they also have the opportunity to give a presentation as part of a **Multicultural Case Conference** (the first of which will occur this fall). In their presentations (typically case study examples),



students will discuss ways that diversity can be influential in clinical practice, such as by influencing measure selection, case conceptualization, diagnostic formulations, treatment planning, and rapport/therapeutic alliance. Presentations will be used as a means of generating program-wide discussions regarding the most effective ways to address diversity-related issues in clinical practice.

In every year within the program the **Diversity Journal Club**, offers a lunchtime seminar to learn more about topics related to diversity. The format of this seminar varies but aims to be interactive (e.g., discussion; practice of skills) and has included: the discussion of journal articles, presentations from guest speakers, and presentations from our own students or faculty.

In addition to these more structured activities experienced by all students, the **Diversity Committee** also offers other opportunities to discuss topics of diversity, such as by hosting a movie/discussion night on a diversity theme. The program’s new, elaborated diversity training sequence and varied opportunities to learn about diverse populations have helped make the UNC clinical psychology program emerge as a leader in training graduate students in multicultural competence. ψ

Want to help?

If you are available to discuss your research or clinical experiences with diverse populations, we would love to have you be a guest speaker (in person or by Skype) for one of our diversity programs.

Please write to the Chair of our Diversity Committee, **Dr. Anna Bardone-Cone** (bardonec@email.unc.edu), to let her know of your interest! *Thanks!*