

Clinically Significant @ Carolina

The University of North Carolina at Chapel Hill

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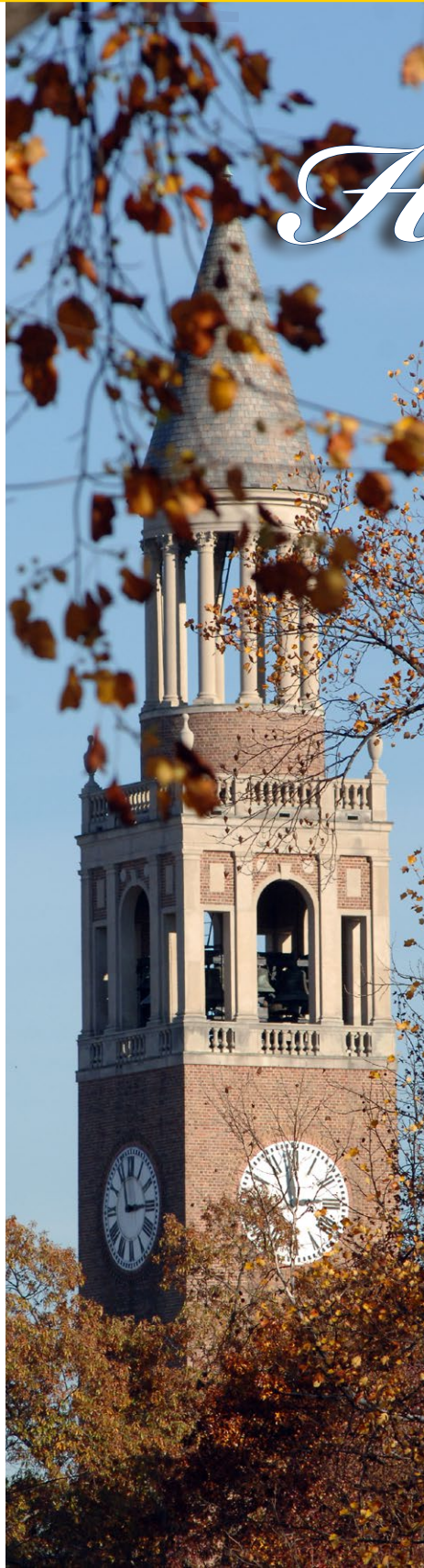
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UPDATE FROM THE DIRECTOR OF CLINICAL PSYCHOLOGY

*A*ello Alumni! I am thrilled to tell you that our program is doing well, and we are all here in Davie Hall thinking of you! As you will see in this Newsletter, we have been very busy helping to make the clinical program even stronger, and offer some examples for other clinical programs to follow. Perhaps most notably, we offered our third Diversifying Clinical Psychology program this year, led by current students Donte Bernard, Effua Sosoo, and Jennifer Yi (faculty advisors: David Penn and Erica Wise), which was a terrific success! We are so grateful for your donations which made it possible for us to offer this event and invite even more minority students from around the country to Chapel Hill to learn about the field and about our program. In fact, our program has been so successful that we have been approached by several other campuses asking for information on how to organize similar events elsewhere (note: we weren't the first department to offer this type of event, but we are flattered that we have become a role model for others!).

You will also see in this issue that our students continue to be remarkably successful winning national awards, presenting and publishing their research, and receiving competitive grants. Thanks so much to you for your help sending our students to conferences to present their work and meet collaborators. Your contributions have truly made a difference.

Last, please accept my thanks for your wonderful support of our students in so many other ways as well. Our graduate students frequently tell me how frequently they run into one of you – a Tar Heel Ph.D. in clinical psychology – who reaches out to offer guidance, support, mentorship, and camaraderie. Our students feel very fortunate to be part of the Carolina family, and I hope you do too!

— Mitch

Mitch Prinstein, Ph.D., ABPP

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

Dr. Jon Abramowitz



I feel extraordinarily lucky and proud to be a faculty member in such a strong Clinical Program! In our lab, my students and I are working on projects to enhance the treatment of OCD and other anxiety related problems. We've got two "pet" tarantulas in our lab who serve as fear stimuli helping us learn about the best ways to deliver exposure therapy as informed by the inhibitory learning model of extinction. We're also excited that our study comparing routine exposure and response prevention (ERP) to ERP informed from an Acceptance and Commitment Therapy (ACT) perspective has wrapped up. We're currently crunching the numbers and writing up our findings for presentation and publication. We hope you will look for them this year! We're currently evaluating the effectiveness of a smartphone app called WayForward for the treatment of social anxiety. This app is based on cognitive-behavioral therapy principles and allows users to contact a "coach" to help them troubleshoot and work through difficult exposure therapy exercises. Last but not least, my graduate student Lillian Reuman is collecting her dissertation data in a study evaluating

the effects of cognitive-behavioral group therapy for relatives of people with anxiety disorders. She is teaching these relatives how to reduce their accommodation, how to communicate more effectively and assertively, and how to use CBT to reduce their own distress over their loved one's problems. This is sure to make a big splash in the field when Lillian publishes her findings. All of my terrific graduate students (along with the help of a wonderful team of undergraduate volunteers) pour their hearts and souls into our various studies and continue to publish in top journals and present papers at professional conferences nationally and internationally. Finally, I am enjoying collaborating with colleagues in Norway, routinely traveling there to train therapists in the treatment of OCD. Please visit our lab's webpage:

www.jonabram.web.unc.edu



Dr. Anna Bardone-Cone

The Bardone-Cone Lab is diving into data analysis and manuscript preparation from our recently completed NIH-funded data collection of individuals with an eating disorder history -- we are excited to be looking at the experiences

of recovery in both female and male samples. We also recently completed data collection on our Generations Study, where we focused on young adult females, their mothers, and their maternal grandmothers. With this data, we're examining self-compassion as a buffer of the relation between body dissatisfaction and both disordered eating and depression across age cohorts; menopause and disordered eating (Katie Thompson's Master's thesis); and fat talk across mother-daughter dyads (Ale Miller's Master's thesis). This coming spring I'll teach a new "Integrated First Year Seminar" with Sabine Gruffat, a colleague in the art department -- we will be co-teaching "Visualizing Women's Lives and Experiences" which will blend psychology of women themes with the digital arts. Service-wise, I continue as the co-Director of Diversity Initiatives with Enrique Neblett; we have a full year of activities ahead of us! The last professional piece I'll mention: I was promoted to full professor this summer. Life in Chapel Hill is good!



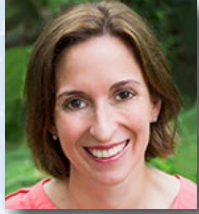
Dr. Don Baucom

Our lab's research continues to focus on couples, both basic research and treatment studies that emphasize couples and psychopathology. This includes the dissemination of our couple-based intervention for depression with the National Health Service throughout England. We also are continuing a couple treatment study in Australia where one partner has insomnia. Our couple treatment for eating disorders, which is now in its 11th year at UNC, is now active in Sweden as well. Postdoctoral and doctoral students in the lab really make these studies work, as well as initiating a variety of thoughtful investigations, including new couple interventions for (a) postpartum depressed women, (b) distressed same sex couples, and (c) HIV at risk couples in South Africa. Their basic research has led to intriguing new findings



Faculty Updates (continued)

about how individuals use partners to regulate negative emotions. So life is very good, and these younger colleagues keep me on my toes and passionate about our work. If any of you are in the area, please drop by and say hello!



Dr. Stacey Daughters

We've had another productive year in the BRANE lab! We are well underway in the data collection phase

of our NIDA R01 testing the long-term effectiveness of our LETS ACT behavioral activation (BA) treatment smartphone 'app' for depression and substance use, the impact of neural correlates of reward processing on treatment response using fMRI, as well as the effect of treatment on these neural indicators. New studies underway include a clinical trial examining the effect of brain stimulation using transcranial alternating current stimulation (tACS) on inhibition and distress tolerance among polysubstance users (Jennifer Yi), the translation of our behavioral activation treatment for depression into Chinese and the completion of data collection for a pilot study examining the feasibility and efficacy of this treatment among Chinese international students (Yun Chen), and a test of the impact of emotion differentiation on substance use treatment outcomes using ecological momentary assessment (Dr. Deepika Anand).

We have been busy writing manuscripts to disseminate our findings from two recently completed studies. In the first, we are examining the neural correlates of monetary and environmental reward sensitivity among opiate users in detoxification (Jennifer Yi). In the second, we are testing the difference between cocaine users and healthy controls on neural network connectivity during stress (Elizabeth Reese). The lab also had a strong showing from Julianna Maccarone, Sydney Baker, and Deepika Anand presenting our findings at the Association for Behavioral and Cognitive Therapies annual conference.

Our lab members have a number of notable accomplishments from the past year. Jennifer Yi was awarded a NIH NRSA F31 predoctoral fellowship for her study, *Working Memory Connectivity and Inhibitory Control in Cocaine Use*. Elizabeth Reese proposed, and Jennifer Yi and Yun Chen defended, their Master's Theses. Katie McKay defended her honors thesis and won the Top Ten Scholar-Athlete award. Yun Chen and Dr. Deepika Anand organized a presentation for international students at UNC to reduce stigma about mental illness.

We are also very excited to welcome first year graduate student Catherine Paquette, research specialist and lab manager Julianna Maccarone, research assistants Anna Bensley and Michael Loeffler, and to have Katie McKay transition from an undergraduate to a full-time research assistant. What a year!



Dr. Karen Gil

Karen Gil taught two sections of Health Psychology an upper level course for mostly psychology majors. She has revised the course to incorporate new technologies and techniques that make the course more focused on active learning. Her research is in the area of stress and coping with medical illness.



Dr. Andrea Hussong

Andrea Hussong is both a member of the clinical faculty and the director of the Center for Developmental Science (CDS). The CDS is an inter-institutional, inter-disciplinary advanced study institute for training and research in Developmental Science. As part of the CDS, she directs an NIH-funded training program for postdoctoral and predoctoral students that span the fields of education, neuroscience, nursing, public health, developmental psychology and clinical psychology. This group engages in consortium training each semester focused on a topic of interest, such as how parents prepare adolescents to navigate an increasingly diverse world. As part of her currently funded research program, she is examining the efficacy of an online training program to help parents cultivate gratitude in their children (with partners at UNC-G, NCSU, and Sam



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Houston State University as well as in the Developmental Psychology program at UNC-CH), the role of peer networks in shaping risk for depression-related substance use in youth (with colleagues in the UNC-CH School of Public Health), and new methodologies for understanding substance use in big data contexts (with colleagues in the Quantitative Psychology program at UNC-CH). Across these studies, graduate students in the lab are finding ways of understanding how multigenerational patterns of family conflict impact the development of youth outcomes (Drew Rothenberg – currently on internship at Mailman), the messages that ethnic minority parents give their college students about race and alcohol use (Katie Smith), and how expectations toward marijuana and other drug use increase risk for future drug use (Maleeha Haroon).



Dr. Deborah Jones

It is a pleasure to send along news of our lab activities. My research team and I continue to be focused on our randomized control trial in which

we are testing novel strategies to better engage and retain low income families of young children with behavior disorders in evidence-based treatments. In fact, we just enrolled family 94 of our target sample size of 102! This means that we continue to spend much of our time at the Psychology Department Clinic on Finley Golf Course Road, but the work is incredibly gratifying as we know we are being helpful along the way as well. Perhaps most gratifying for me is the opportunity to supervise so many graduate student therapists – students who include my own graduate students, as well as many others for whom the project functions essentially as a practicum. They are a great group who thoughtfully approach their own cases, but also guide and support one another as well. Indeed, although I am quite sure that they learn as much from one another as they do from me, I was

so very honored to receive the M. David Galinsky Award for Clinical Supervision this past Spring from the outgoing internship class. I, unfortunately, did not have the opportunity to overlap with David for very long; however, I know that this award is a very special honor established by those who knew him well and benefited from his supervision and mentorship. In addition to our team project, my students are hard at work on their own lines of research as well. Margaret Anton is busy on internship at MUSC. Chloe Zachary just published her Master's Thesis on the role of emotion regulation in treatment for behavior disorders. Raelyn Loielle is hard at work on her thesis in which she is using item response theory to examine the extent to which our traditional measures of parenting are actually functioning the way that we thought they were. Finally, April Highlander has hit the ground running in her first year setting up a line of research examining the socialization of social status within low income families. We have a busy year ahead, but as always will find opportunities for laughter as well.



Dr. Enrique Neblett

Greetings from research leave! I am pleased to report that the state of the African American Youth Wellness Lab remains strong! In collaboration with

alumna Gabriela Livas Stein, we've just received a grant entitled: "Psychosocial Mechanisms of African American and Latino Developmental Health." In partnership with UNC-G, NCCU, and the Center for Developmental Science, we'll be taking a close look at biopsychosocial factors that contribute to the development and maintenance of health disparities in African American and Latino populations in North Carolina. We continue to disseminate findings from our African American Health and Experiences Longitudinal Study (HeELS), a study of racism-related stress and trajectories of mental health during the transition

to adulthood. Also, a community-based participatory research project to co-create family-based interventions for African American youth and families impacted by racism is well under way! In addition to collaborative efforts with David (racism and neurocognition in schizophrenia), Mitch (racism and suicide), and Jon (OCD in African American young adults), our graduate and undergraduate scholars continue to produce amazing scholarship and make important leadership contributions to the diversity efforts in our program and the department! For the latest news, please visit us at:

<http://eneblett.web.unc.edu/>



Dr. David Penn

Our lab is in the second year of a 3-year NIMH R33 randomized controlled trial examining the effectiveness of

Integrated Coping Awareness Therapy (ICAT) for individuals with first episode psychosis. ICAT is an individual therapy based on positive psychology and mindfulness. The other Principal Investigators are Diana Perkins M.D. and former lab research coordinator, Piper Meyer, Ph.D. We have recently completed a 5-year NIMH R01 project, the Social Cognition Psychometric Evaluation (SCOPE) study, in collaboration with lab alumnus Amy Pinkham, at the University of Texas Dallas and Phil Harvey at the University of Miami. Finally, we are collaborating with researchers at Orygen Mental Health and Australian Catholic University in Melbourne on an open trial of Horyzons, an online platform, for individuals with first episode psychosis.

We have a new first year graduate student, Maku Orleans-Pobee and bid farewell to former RA Grace Lee Simmons (starting a Ph.D. program in Clinical Psychology at Virginia Tech), Ben Buck (on internship at the Puget Sound VA in Seattle) Emily Gagen (on internship at the Richard Roudebush VA Medical Center in Indianapolis), and Kristin Healy (post-doc at Brown).

Faculty Updates (continued)

Current graduate students include Julia Browne, who is doing her dissertation on therapeutic alliance and first episode psychosis, Arun Nagendra, who is doing research on psychosis and social cognition in Black Americans, Tate Halverson, who is in midst of her comprehensive exams and is doing a secondary analysis on a RCT examining the effects of Oxytocin in schizophrenia, and Kelsey Ludwig, who will be doing her dissertation on loneliness in schizophrenia. Please check out our website for other updates: <http://penn.web.unc.edu/>



Dr. Mitch Prinstein

It's been another busy year for the Peer Lab. We said congratulations and farewell to Jackie Nesi and Shelley Gallagher who took off for internship, and hello to Gaby Alvarez who is a dual social-clinical student working with new faculty member Keely Muscatell. Our lab is still focused on interpersonal correlates of child and adolescent psychopathology, and our work over the past year has involved a variety of publications on the mechanisms and moderators of peer influence as well as interpersonal stress-responses that confer risk for self-injurious thoughts and behaviors. It has been particularly exciting to collaborate with neuroscientists and begin our understanding of neural biomarkers. Our work on self-injury includes collaborations with Margaret Sheridan (and star postdoc, Adam Miller) on neural markers of stress-responses, and our work with Eva Telzer and Kristen Lindquist has included scans of over 150 adolescents that we are following longitudinally over several years. On a personal note, I decided to dedicate my mid-life crisis to a new venture that could help to more broadly communicate psychological science to the public by writing a trade book. Thanks to so many of you for making it "Popular."



Dr. Margaret Sheridan

The CIRCLE lab had an exciting and productive 2017! Recent findings just published in the Journal of Abnormal Psychology from the lab demonstrate that early experiences of adversity related to a lack of cognitive stimulation have long term impacts on cognitive development leading to increased risk for psychopathology. Importantly, this work documents that exposure to early violence does not travel the same path in increasing risk for psychopathology demonstrating that *different* adversities impact cognition and psychopathology through *different* mechanisms. These recent findings are clear initial support for the dimensional model of adversity and psychopathology (DMAP). Laura Machlin, continues to push her investigation of this theory forward in her own graduate work, finishing a study of the DMAP theory in young children this spring. Additionally, we have been making great progress on our NIH funded investigation of the impact of early adversity on risk for suicide through disruption of neural mechanisms related to emotion regulation led by post doc Adam



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Miller in collaboration with Mitch Prinstein and assisted ably by RA Emily Munier. Adam has had a red-letter year, successfully competing for a K01 award and publishing some exciting findings in top tier journals. To push our research on adversity in new directions Kristin Meyer and new graduate students Madeline Robertson and Anais Rodriguez-Thompson have been pushing forward their investigations of the impact of reward on cognitive function, measuring the brain and behavior in new and exciting ways. There has been lots of turnover this year, we've welcomed in two new research assistants: Shrishti Goel and Katie McKay.



Dr. Erica Wise

Greetings alumni! I am delighted to share a brief update on what has been happening in my professional and personal life. As always, working closely with graduate students to develop and enhance their clinical skills continues to be the most rewarding aspect of my work. My involvement in professional psychology at the state and national level helps

me to better do my part to ensure that our clinic remains one of the best in the county. This past year I have especially enjoyed serving with David Penn as co-faculty advisor to the clinical program diversity training committee. I really enjoy and value the chance to work with current and former graduate students in publishing and presenting on professional development topics. This is also a time of major transition with the recent retirement of our long-time clinic manager Dick Clark. He has continued to advise us on a very part-time basis, but he will soon be fully retired. Dick is very much enjoying his new home on Hilton Head Island, taking long bicycle rides and becoming involved in the local community. We were incredibly fortunate to hire a new clinic manager Rosella Harris. She comes to us with a master's degree in health administration. She is quickly learning the myriad details associated with managing the clinic and she is becoming a core member of the clinic and clinical program team. This past summer, I was very honored to receive the top academic training clinic award from the Association of Psychology Training Clinics for innovation and excellence. Receiving this award from my colleagues in the U.S. and Canada was incredibly meaningful to me. On the personal front, we are very excited to be moving to the heart of downtown Durham. I am very happy that my daughter and her family (including 2-year-old granddaughter Stella!) have moved back from Japan and are now living in Quantico, VA. My son has started his career as a full-fledged staff science writer for Inverse.com in NYC where he is covering a range of science and technical topics. Those are just a few highlights of the past year! As always, please stop by to see me if you are ever in the Chapel Hill area!



Dr. Eric Youngstrom

Our lab is focused on improving evidence-based assessment, and on helping with the accurate identification of bipolar disorder. 2017 has seen several projects that were years in the making come to fruition. A meta-analysis looked at how common bipolar disorders are around the world; contrary to what DSM and the World Health

Organization used to think, they are not equally common in different regions of the world. They are most common in North and South America, and rarest in Asia and Africa. The obvious next question is, why? And we are digging in on diet, obesity, and light and sleep as possible explanations. A second meta-analysis, four years in the making, compares all of the different rating scales and checklists for assessing mania. Like Consumer Reports, we compare them head to head under similar conditions, and name names about which show the greatest clinical utility. We are looking for different ways to improve the dissemination and implementation of the best tools, too. A big win is that we are partnering with the Depression and Bipolar Support Alliance to revamp their online screening center. We have updated their options with the best of the free measures (based on meta-analyses!) and made it so that people get their scores combined with links to online resources with more information and treatment options. We also are putting the best free measures on Wikipedia, and building pages geared towards students and clinicians with scoring and interpretive information on Wikiversity. We have made or edited more than 150 pages to date with a series of small grants from half a dozen professional societies, and they have accrued more than 20 million hits so far. We are starting to get the hang of these methods (it has been a steep learning curve!), and we are looking forward to what we will accomplish in the coming year. Please visit the pages and email suggestions or comments (or leave them on the talk & discuss pages on the Wiki sites) – we look forward to drawing on your expertise to help make these even better! (https://en.wikiversity.org/wiki/Evidence_based_assessment)



Dr. Jennifer Youngstrom

Hello Alumni! I am supervising graduate students in 2nd year child therapy practicum as well as the assessment practicum for all 3rd years (and child 4th years). The number of assessment referrals keeps expanding. Last year we expanded our postdoctoral position in the clinic to full-time, and we are exploring switching this position to a full-time staff psychologist, to do and supervise assessments. We continue to develop resources to make our therapy and assessment work evidence-based as well as assist with the leap into the clinical work. I served as a member of multiple internship site visits this year, and in addition to the public service, they also provide some

fresh ideas for our training and supervision. I serve on the UNC undergraduate admissions committee that reviews applicants who report special needs or circumstances. I always enjoy updates and visits from the alumni, so feel free to send up a signal any time!



Dr. Laura Klinger

The Klinger Lab at the UNC TEACCH Autism Program continues to focus on understanding and meeting the needs of adults and transition-aged youth with Autism Spectrum Disorder. Our longitudinal adult outcomes study collected surveys from nearly 300 caregivers of adults with ASD who were diagnosed at TEACCH as children. We found that childhood daily living skills were a stronger predictor of future employment than either intellectual functioning or autism symptom severity. We are hoping to follow this group of adults to learn more about aging in autism. We also completed a pilot intervention study examining the efficacy of the TEACCH School Transition to Employment and Post-Secondary Education (T-STEP) and found that participating high schools showed increased executive function and work readiness skills. We have now partnered with the North Carolina Department of Vocational Rehabilitation and the North Carolina Community College System to offer the program at three community college campuses across North Carolina. Our research and clinical activities continue to be supported by terrific clinical psychology graduate students including Katerina Dudley and Rachel Sandercock. Congratulations to Allison Meyer for successfully defending her dissertation and best wishes as she moves on to the next stage of her career as a postdoctoral fellow at the University of Colorado.



Dr. Gabriel Dichter

I feel extremely fortunate to collaborate with members of this department and to mentor clinical psychology graduate students. My program of research has a primary focus on mesolimbic brain systems that process rewards and how these systems are disrupted in psychiatric disorders and change in response to psychosocial and pharmacologic treatment. During the past year, our lab has been awarded two NIMH grants to use simultaneous PET/MR to evaluate striatal dopaminergic brain function. One of these projects is a study of reward processing in individuals with autism spectrum disorder. The other uses simultaneous PET/MR and high field fMRI as endpoints in an experimental therapeutics clinical trial of a novel transdiagnostic psychotherapy for anhedonia that is a collaboration with Dr. Stacey Daughters. Finally, we received a Brain and Behavior Foundation Independent Investigator Award to examine changes in peripheral measures of inflammation due to psychosocial treatment for anhedonia. Our lab currently has three outstanding clinical psychology graduate students: (1) Maya Mosner, who recently received a Psi Chi Teaching Award by UNC's chapter of Psi Chi and who will be leaving for internship next year, recently submitted a manuscript based on her dissertation data examining neural mechanisms of reward learning in autism, (2) Rachel Greene, who was recently awarded a Graduate Student Mentoring Award from the Office for Undergraduate Research, recently submitted a manuscript evaluating changes in neural responses to social and nonsocial rewards in children with autism after oxytocin administration, and (3) Paul Cernasov, a first year graduate student, just submitted an NSF proposal to examine relations between two genera of gut bacteria, functioning of neural reward circuits, and the subjective experience of motivation and pleasure. Finally, last Fall I was appointed Associate Director of the UNC Intellectual and Developmental Disabilities Research Center (IDDRC), which is a wonderful platform to build new collaborations with other IDDRC's around the country. I look forward to continued collaborations with members of this terrific department! ψ



Happy Anniversary to the Entering Classes of 1957, 1967, 1977, 1987, 1997, and 2007!

CLASS OF 1957: WHERE ARE THEY NOW?

Theodore Henrichs	Deceased
William Jones	Unknown
Michael Merbaum	Professor, Department of Psychology, Washington University, St. Louis, MO
Russell Norman	Unknown
Herbert Puryear	President, Logos World University, Scottsdale, AZ
Robert Hickey	Deceased

CLASS OF 1967: WHERE ARE THEY NOW?

Brenda Ball	Retired (private practice)
Joan Bernheimer Sahl	Private practice, Sharon, MA
Richard Lucas	Retired (private practice)
Jonathan Speare	Private practice, Virginia, MN
Barry Tanner	Director of the Life Stress Center, Detroit Receiving Hospital and University Health Center; Adjunct Professor, Department of Psychology, Wayne State University, Detroit, MI
Leonard Fox	Private practice, Charlotte, NC
Judith Rummo	Unknown
Nancy Olesen	Private practice in clinical and forensic psychology, San Rafael, CA
Cynthia McDuffie	Unknown
Kerry Jacobson	Retired
Bob Miller	Retired

CLASS OF 1977: WHERE ARE THEY NOW?



Richard Lowe	Private practice, Philadelphia, PA
Lawrence Tucker	Senior Software Developer, Thom Child and Family Services, Natick, MA
Paul Mermin	Professor, Department of Psychiatry, UNC Medical School
Richard Rumer	Senior Psychologist, Central Regional Hospital; Private Practice, Main Street Clinical Associates, Durham, NC
Charles Davis	Associate Professor, Illinois School of Professional Psychology; Private practice, Oak Park, Illinois
Karen O'Donnell	Associate Professor of Medical Psychology, Department of Psychiatry, Duke University; Assistant Professor, Pediatrics, Duke University Medical Center; Senior Research Fellow in Health Policy, Duke University
Karen Strupp	Private practice, Houston, TX
Crystal Archable	Psychologist, Miami-Dade Public Schools, Miami, FL
Linda DeWindt-Robson	Private practice, Winston-Salem, NC
Edward Robson	Clinical Psychologist, Epilepsy Institute of North Carolina, Winston-Salem, NC
Stephanie Schmitz	Retired (Assistant Clinical Professor, Department of Education, Univ. of Miami)
Murray Hawkinson	Clinical Site Director, Daymark Recovery Services - Watauga Center; Private practice: Psychotherapy Associates of Boone, Boone, NC

CLASS OF 1987: WHERE ARE THEY NOW?



Mark Ginsberg	Unknown
Neil Barry	Private practice, Raleigh, NC
Sherry Boyle	Research Professor & Director of Life Paths Research Program, Department of Psychology, Suwanee University
James Duley	Unknown
John Mundt	Psychologist, Jesse Brown VA Medical Center; Private Practice
Steven Geller	Private practice, Lahaina, HI
Donald Hopkins	Project manager/software developer, SciMed Solutions, Durham, NC
John Abrams	Psychologist, General Psychological Associates, Andover, MA
Deborah Lawrence	Unknown
Rebecca Burwell	Mead Professor of Cognitive, Linguistic and Psychological Sciences, Brown University

CLASS OF 1997: WHERE ARE THEY NOW?



Thomas Rodebaugh	Associate Professor, Washington University, St. Louis, MO
John Brown	Unknown
Madeline Carrig	Associate Director, Data Core, Center for the Study of Adolescent Risk and Resilience (Duke Univ.)
Laura Sullivan Mosconi	Unknown
Richard Hicks	Private practice, Raleigh, NC
Susan Purcell	Private practice, Carrboro, NC



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

CLASS OF 2007: *WHERE ARE THEY NOW?*

Carlye Kincaid	Staff psychologist, Silber Psychological Services, Raleigh, NC
Sara Boeding	Staff Psychologist, Durham VA Medical Center
Maggie Bromberg	Clinical Associate Licensed Psychologist, Seattle Psychology
Joseph Franklin	Assistant Professor, Florida State University
Andrew Freeman	Assistant Professor, Department of Psychology, University of Nevada, Las Vegas
Megan Harney	Psychologist, Private Practice
Melissa Jenkins	Assistant Research Scientist, Rady Children's Hospital San Diego, Child and Adolescent Services Research Center
Brittian Mahaffey	Research Assistant Professor, Stony Brook University, Mind Body Clinical Research Center
Allison Ratto	Clinical Psychologist, Center for Autism Spectrum Disorders, Children's National Medical Center
Michael Wheaton	Assistant Professor, Ferkauf Graduate School of Psychology
Shiahna Dye Chavis	Staff Psychologist, Polk Correctional Institute

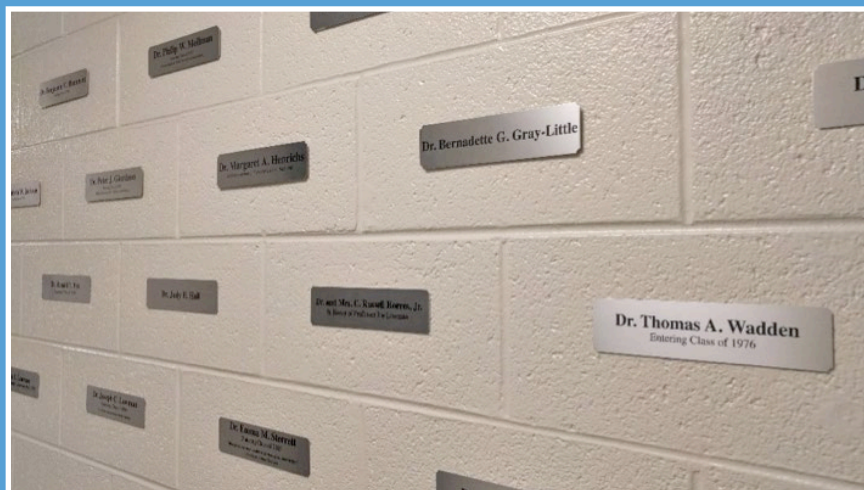


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Transitions

FAREWELL TO OUR OUTGOING INTERNS!

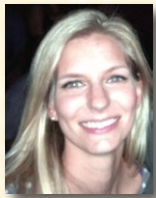
We are very excited that, once again, all of our internship applicants were matched up this year with incredible opportunities! The list below offers information about each student's internship placement as well as a few words of wisdom for new folks about to enter the UNC Psychology Department.



Margaret Anton

Charleston Consortium, Traumatic Stress

"Take time to celebrate your accomplishments - big and small! As I am sure you know, graduate school can be stressful, time consuming, and challenging from time to time, and you will be pulled in a lot of different directions. It is important to find ways to reward yourself and to surround yourself with people who are willing to take a break and honor your accomplishments with you. In all the stress, take time to think about what makes you happy- pay attention to what you feel the most excited to check off your list! It is easy to feel like we have to publish or apply for grants or take a specific practicum, but at the end of the day part of this process is about figuring out what you want to do next!"



Jennifer Belus

University of Washington Psychiatry, General Adult Psychiatry

"Grad school is a time to pursue your passions. There will be many things along the way that you'll be required to do, but remind yourself why you came here in the first place. Whether it was for the clinical work, teaching, or research, make sure to keep that passion alive by taking opportunities (or seeking them out!) to meet that need. And you might be surprised that new passions develop along the way—explore those too, and see where they lead."



Ben Buck

Puget Sound Veterans' Affairs, Seattle

"Though of course I miss Chapel Hill, I am having a great experience at the Puget Sound VA in Seattle. It's an excellent training environment and wonderful city (the rain thing is overblown, by the way). I think one of the most useful lessons for grad school for me was to abandon the idea of the 'perfect finished product.' We can use every idea, manuscript, lesson, therapy encounter, or conceptualization as an opportunity to grow, learn and change. It's liberating to abandon the finish line and get excited that this process is never-ending."



Emily Gagen

Richard L. Roudebush Veterans Affairs Medical Center

"Try your hardest not to compare yourself to others. We're all really smart and high-achieving individuals, that's how we ended up in this program. We also all have diverse skills, interests, passions, and goals. Thinking too much about whether you have enough

publications or have won enough (or any) awards is exhausting and unnecessary, and will detract from the millions of things you'll learn and experience while you're here. You are amazing already - use this time to soak up all the knowledge and experiences you can, and consider what makes you the happiest and most fulfilled. You'll have so many great opportunities here, don't let the other stuff get in the way of making the most of them."



Michelle Gallagher

SUNY Upstate Medical University, Syracuse



Stacy Lin

Palo Alto Veteran Affairs Health care System

"Practice self-compassion. I'm told it is normative to want to stare at the wall when you get home, especially in the first month of internship."



Jacqueline Nesi

Alpert Medical School of Brown University

"Rely on your classmates at UNC! Graduate school can be stressful, and I found that one of the most valuable resources available at UNC is the students. I was consistently amazed by the support, advice, and encouragement I received from my peers. In addition, learning about other students' interests was often humbling, and inspired me to work hard to become a better psychologist."



Drew Rothenberg

Mailman Center for Child Development, University of Miami

"I think that for every clinical student, there will be times where graduate school and the clinical training process leave you feeling frustrated or inadequate. During those "What am I doing here?!" times, I always tried to remember those moments where my training made a difference in the lives of others. During tough moments, always keep in mind that time when your client gave you a thank-you card, or you performed a suicide risk assessment that left a client and family safer, or you worked on a research project that determined how changing an attitude, a developmental trajectory, a psychobiological risk factor, or an intervention could make the world a better place. When you are feeling down, dream big and remember that what you are doing is part of an enterprise that is ultimately saving lives. And that is pretty darn amazing!"

Transitions

Welcome to our First Year Students!

Check out this list of our new Clinical Program class!



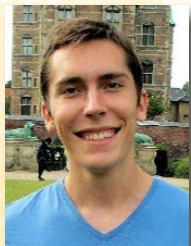
Gaby Alvarez
Washington University



Maku Orleans-Pobee
College of
William & Mary



Anais Rodriguez-Thompson
Columbia University



Paul Cernasov
Tufts University



Catherine Paquette
University of Maryland
(Masters)



Alexandra Wojda
Cuny Hunter College



April Highlander
West Virginia
University



Madeline Robertson
Northwestern
University (Masters)

UNC Welcomes Racial/Ethnic Minority Students to 2017 DCP Weekend

Thanks in part to your generous donations, our third DCP Weekend was a success! We hosted 22 students at this year's Diversifying Clinical Psychology (DCP) Weekend. A biennial event, DCP Weekend is an opportunity for talented racial/ethnic minority undergraduates and recent college graduates to learn the ins and outs of applying to PhD programs in Clinical Psychology. Travel, housing, and meals were provided for all attendees. This year, participants hailed from states such as Rhode Island, Texas, Tennessee, and North Carolina.

DCP Weekend is designed to provide attendees with a comprehensive overview of the application process. During the weekend, attendees experienced workshops and seminars on topics such as: getting good research experience, crafting a personal statement, the application process, interviewing, and how to select a graduate program. Attendees also interacted with faculty members and graduate students throughout the weekend during events such as speed mentoring and a research poster session. Dana Mansfield, an attendee and 2016 UNC graduate said, "The DCP weekend was such an amazing experience! It was

incredible to have a chance to sit down and talk with both faculty members and graduate students about the application process. Everyone was extremely supportive and welcoming. I also loved being able to connect with other

undergraduates/recent graduates from across the country who shared similar research interests. The weekend solidified my desire to pursue clinical psychology and I'm so grateful for the opportunity."



DCP Weekend (continued)

This year, Drs. David Penn and Erica Wise served as faculty advisors to the committee and graduate students Donte Bernard, Effua Sosoo, and Jennifer Yi co-led the planning team. “The best parts of this weekend were those ‘in between’ moments. Interacting with the attendees during breaks and meals are exactly why we put so much effort into planning this.



Several attendees sent emails after the event thanking us profusely and emphasizing how meaningful it was for them to not only receive tons of information, but also interact with racial/ethnic minority graduate students and faculty,” says Effua Sosoo, a third-year Clinical graduate student. Effua has served as a member of the Diversity Committee since her first year and attended the inaugural DCP Weekend in 2014.

Donte Bernard, a fifth-year graduate student has played a role in planning each of the three DCP Weekends to date. “Planning and executing DCP weekend is among the most meaningful opportunities I have had as a graduate student. Having the privilege to invest in



racial/ethnic minority students from around the country who are interested in the field of psychology has been an incredibly rewarding and gratifying experience,” says Donte. ψ



Recent Awards and Grants

CLINICAL GRADUATE STUDENT AWARDS

- Maleeha Haroon, Kimberly Pentel, and Lillian Reuman • Dashiell Dissertation Startup Awards
- Jennifer Yi • National Institutes of Health grant
- Effua Sosoo • ABPsi Student Circle's Black Ribbon Scholarship Graduate Research Award
- Shannon Blakey • ABCT Leonard Krasner Dissertation Award
- Maya Mosner • Psi Chi Award for Outstanding Teaching by a Graduate Student
- Jennifer Yi • National Institutes of Health F31 Predoctoral Fellowship
- Julia Browne • Psychology Club's Award for Excellence in Research Mentoring
- Donte Bernard • Chancellor's Doctoral Candidacy Award
- Shannon Blakey • Society for a Science of Clinical Psychology's Outstanding Clinician Award
- Mian-Li Ong • Varda Shoham Clinical Science Training Initiative Grant
- Donte Bernard • Baughman Dissertation Research Award
- Shannon Blakey • Linda Dykstra Distinguished Dissertation Fellowship
- Ben Buck • Martin S. Wallach Award
- Donte Bernard • Rosa Swanson Award

- Effua Sosoo and Jennifer Yi • North Carolina Psychological Association's President's Award
- Shannon Blakey and Julia Browne • UNC Summer Research Fellowship
- Julia Browne • Graduate Education Advancement Board Impact Award
- Shannon Blakey • PEO Scholar Award
- Effua Sosoo • Ford Foundation Predoctoral Fellowship
- Donte Bernard • GPSF Student Excellence in Mentoring Award
- Donte Bernard • Society for the Science of Clinical Psychology's Outstanding Diversity Research Award
- Lillian Reuman • Society for the Science of Clinical Psychology's Outstanding Student Teacher Award
- Effua Sosoo • American Psychosomatic Society Minority Initiative Award
- Shannon Blakey • Society for a Science of Clinical Psychology Dissertation Grant Award
- Rachel Greene • UNC Office of Undergraduate Research's Graduate Student Mentor Award
- Julia Browne • Graduate Education Advancement Board Impact Award
- Margaret Anton • Bernadette Gray-Little Award for Diversity Enhancement in Psychological Research

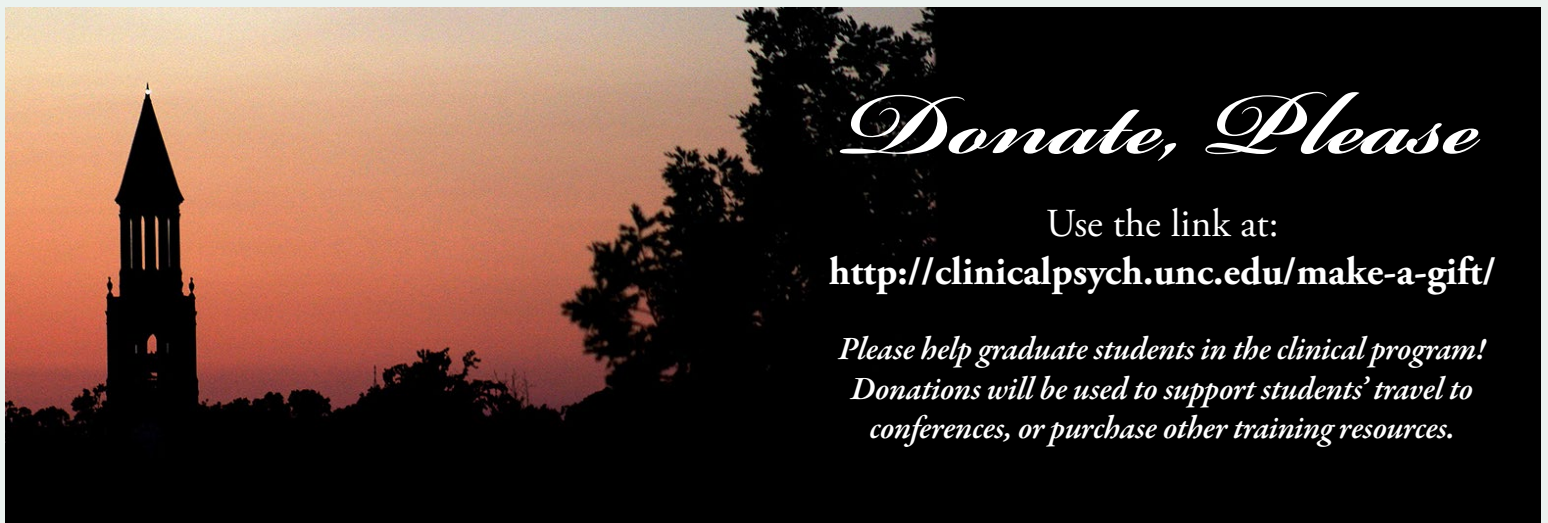
- Shannon Blakey, Benjamin Buck, Matthew Cohen, and Stacy Lin • Dashiell Dissertation Startup Award

CLINICAL FACULTY AWARDS

- Anna Bardone-Cone • Working on Women in Science Scholar in the UNC College of Arts and Sciences
- Enrique Neblett • Faculty Award for Excellence in Doctoral Mentoring
- Karen M. Gil • William F. Little Distinguished Service Award
- Erica Wise • Jean Spruill Achievement Award
- Deborah Jones • David Galinsky Award

CLINICAL PROGRAM AWARDS

- Ben Buck • Wallach Award Winner
- Deborah Jones • David Galinsky Award Winner
- Donte Bernard • Rosa Swanson Award Winner
- Maku Orleans-Pobee • David and Maeda Galinsky Graduate Student Fellowship
- Anais Rodriguez-Thompson • W. Grant Dahlstrom Graduate Student Fellowship



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