

# Clinically Significant @ Carolina

The University of North Carolina at Chapel Hill

Volume 6 • 2018 Edition

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## UPDATE FROM THE DIRECTOR OF CLINICAL PSYCHOLOGY

Greetings to All! I'm honored to write you as the new DCT of the UNC-Chapel Hill clinical program. I stepped into this role in July 2018 after Mitch Prinstein's fantastic run at it. I joked that there are two times when it's really tough to transition into this role: when the program is in shambles (not the case!) and when a fabulous DCT is stepping down (um, very much the case!). That said, I'm pleased to report that, although being DCT takes much more time than I imagined, things are going well ☺ I'm grateful to a stellar, accomplished and kind community of students, staff, and faculty for making this job feel so meaningful and rewarding. Particular shout-outs to Mitch Prinstein and Don Baucom for their wise and frank counsel as former DCTs and to Chelsea Ewing, the clinical program coordinator, whose competence, creative thinking, and fun demeanor make working with her a treat.

Briefly, for those who do not know me: I completed my doctoral work in clinical psychology at the University of Wisconsin-Madison in 2001 and did my internship at Western Psychiatric Institute and Clinic from 2000-2001. From internship, I started an assistant professor position at the University of Missouri-Columbia focusing my research on eating disorders and body image. I had eight great years there, but looked elsewhere at that point since we had started a family and wanted to be closer to one of the coasts where we have relatives. The stars aligned, and I joined the clinical faculty at UNC-Chapel Hill in 2009. We feel very much at home here, both in our professions (Matt is a teacher at Carrboro High School) and in our daily lives (including keeping busy outside of Davie Hall with a 7th grader and a 9th grader and rooting hard for the Tar Heels!).

In transitioning to this role, I was able to meet with all the faculty and many of the students and staff to hear their thoughts on what is going well in the program and what we may want to revisit. Based on those and other discussions, the program has started working on a variety of topics including: reviewing expectations for the new-ish "integrative dissertation" option; along with the other programs, thinking through ways to best accommodate the training of dual students (currently we have students who are obtaining PhDs in clinical & cognitive, clinical & social, and clinical & behavioral and integrative neuroscience!); brainstorming ways to provide additional funding support for students; discussing ways to foster a greater sense of community in the context of everyone's busy lives; crossing all the t's and dotting all the i's to ensure that our curriculum meets the expectations of the new-ish Standards of Accreditation; and maintaining a focus on diversity, including transitioning the interview weekend diversity brunches to a department-wide commitment and planning for the next Diversifying Clinical Psychology (DCP) Weekend. It's invigorating and exciting to be part of group working to make such a strong program even better for all of us!

I hope you all are doing well, wherever you are scattered across the globe. Should you find yourselves in the area or planning a trip here, please let us know as we would love to touch base and would be happy to show you around Davie's hallowed halls as well as Howell Hall.

Best wishes for a happy and healthy new year!

Cheers,

*Anna Bardone-Cone, Ph.D.*

Bowman & Gordon Gray Distinguished Term Professor  
Director of Clinical Psychology





## 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) is now published in *Behaviour Research and Therapy!* 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. 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](http://www.jonabram.web.unc.edu)

## Dr. Anna Bardone-Cone



The Bardone-Cone Lab continues to focus on defining recovery from eating disorders and examining sociocultural factors important in understanding disordered eating and body image. We are readying data for analyses of our NIH-funded recovery study, including doing all the coding of the Rey Complex Figure Test, which along with other neurocognitive tests, will help us look at non-self-report neurocognitive differences across recovery groups – kudos to grad students *Ale Miller & Katie Thompson* for stellar training & to a committed group of patient and attentive-to-detail undergrad coders! We are also diving into data from our Generations Study (looking at body image, disordered eating, and correlates across young adult women, their moms, and their maternal grandmothers) and have started a study on implicit bias related

to weight with attention to recruiting racially/ethnically diverse samples and to using racially/ethnically diverse primes (with *Keith Payne* as a consultant). I continue to be awed by the amazing folks working in our lab – added to the mix now is *Emily Walsh*, a first-year doctoral student, and launched is *Stacy Lin*, transitioning from her internship at the Palo Alto VA to a post-doc fellowship at Stanford.

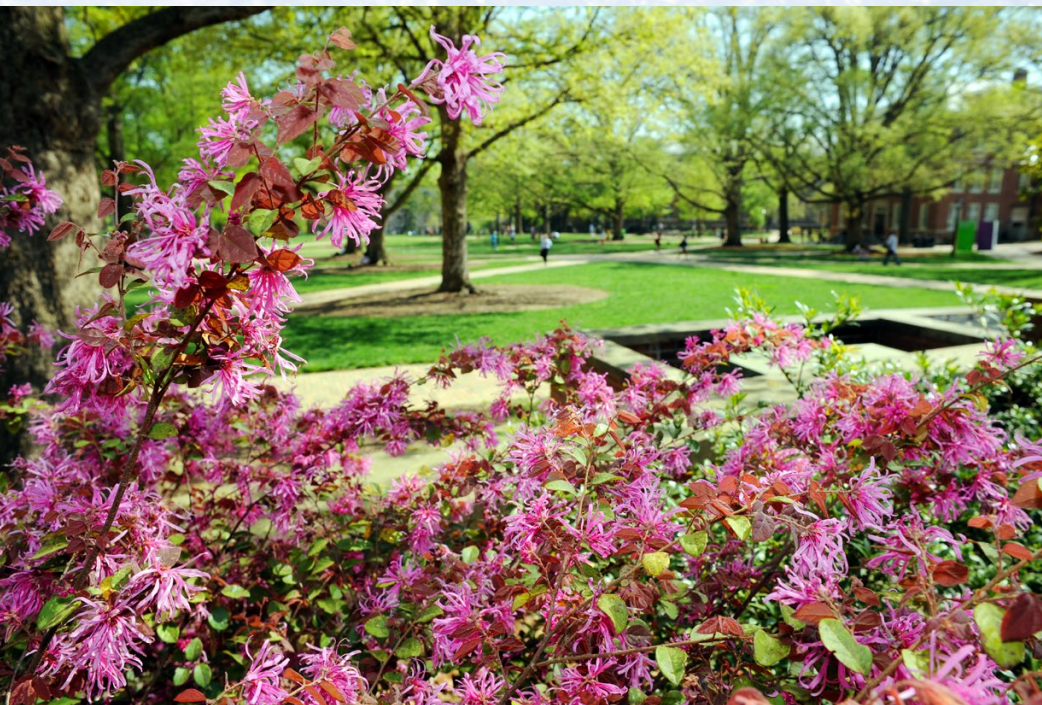
This year I'm only teaching the grad class on multiculturalism – the lighter teaching load is due to my taking on the DCT role in July: can you say steep learning curve? I look forward to getting back to teaching the FYs I've developed and was recently honored with recognition of my undergraduate teaching with the Bowman and Gordon Gray Distinguish Term Professorship. After a summer of international travel (Cambodia & Singapore – great tips from *Mian Ong* about his country!) and domestic travel (family reunion on Flathead Lake in Montana is hard to beat!), I am happy to be more of a home-body and for my family (including a new high schooler!) to get into the rhythm of school. Hope you all are doing well!

## 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 where UNC graduates of the clinical program and I have trained and supervised over 200 therapists. 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 12th year at UNC, is now active in Sweden as well, and we are beginning a new treatment study on couples and binge eating disorder this fall. Postdoctoral and





## Faculty Updates (continued)

doctoral students in the lab really make these studies work, as well as initiating a variety of thoughtful investigations, including (a) a new couple intervention for distressed same sex couples, (b) 25-year follow-up of couples and communication, and (c) in depth exploration of inter-partner violence. Their basic research has led to intriguing new findings about how individuals use partners to regulate negative emotions and how that plays out in different disorders. Former students and I also are writing a new couple therapy book, emphasizing individual and relationship distress. 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. Cindy Bulik

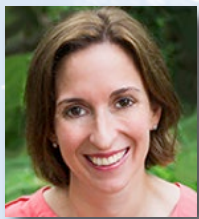


I'm really excited to be taking a clinical psychology grad student this year and welcome *Rachael Flatt* to our team! Our team is a little spread out—half of us are at UNC and the other half are in Stockholm, Sweden. At UNC, we are the Center of Excellence for Eating Disorders (CEED), which has both a clinical component (inpatient and outpatient eating disorders program) as well as a vibrant

research component. The work we do tackles eating disorders from just about every methodological perspective possible from epidemiology, to genetics, to clinical trials, to biomarkers, to animal models. We have a strong focus on genetics and the role of the intestinal microbiota in eating disorders with colleague *Ian Carroll* in the Department of Nutrition. We also just got a new grant with *Don Baucom* to do a comparative effectiveness trial of couple-based treatment for binge-eating disorder (UNITE-BED) with cognitive-behavioral therapy-enhanced (CBT-E).

On the other side of the Atlantic, we are the Centre for Eating Disorders Innovation (CEDI). The CEDI team is focused primarily on epidemiology, genetics, and the intestinal microbiome. Our collaborations throughout Sweden, Denmark, Norway, and Finland and their extensive population health register system allow us to ask research questions on a population level that are impossible to address in the U.S. I am excited to be involved with the clinical program! You can also read our blog, UNC CEED Exchanges, to learn more about what we do, who we are, and topical information about eating disorders.

### Dr. Stacey Daughters



The BRANE lab has continued to work toward better understanding and treating substance use disorders. We are in our fourth year of recruitment for our NIDA R01 testing the long-term effectiveness of our LETS ACT behavioral activation (BA) treatment smartphone 'app' for alleviating depression

and reducing rates of substance use relapse, as well as how fMRI neural correlates of reward processing impact treatment success. We will continue collecting follow-up data into year five, at which

time we will be excited to start analyzing our results!

This past year we finished data collection for our pilot clinical trial testing the effect of brain stimulation, namely transcranial alternating current stimulation (tACS), on impulsivity and distress tolerance among substance users in treatment. These positive results were presented this past fall at the International Society for Addiction Medicine conference in South Korea. *Yun Chen* spent the summer in China recruiting methadone maintenance patients into a RCT, testing the effect of BA on opiate use – he recruited 90 patients in 6 weeks and provided BA to half of them – Wow! The lab also had a strong showing with five presenters at the College on Problems of Drug Dependence (CPDD) annual conference. This fall, *Yun Chen* chaired a symposium at ABCT on the transcultural and transdiagnostic application of BA. If you were there, we hope you got to check it out!

Our graduate students have been busy submitting papers and chapters of high impact that are currently in the revision phase. *Elizabeth Reese's* paper reports that distress tolerance improves

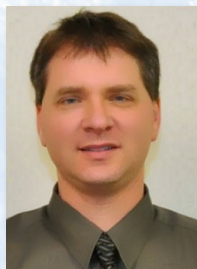




## Faculty Updates (continued)

with continued abstinence up to one year after entering substance use treatment, suggesting the positive effect of abstinence on emotion regulation. *Jennifer Yi's* paper reports that opiate users show deficits in neural response to reward anticipation, yet an increased neural response to reward receipt, using our newly developed reward task based on substance free activities, the Activity Incentive Delay (AID) task. *Catherine Paquette* wrote a chapter on diagnostic considerations for substance use disorder across settings using a dimensional approach. Keep an eye out for these important contributions!

### 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 two years, 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 *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 is currently a clinical intern at Children's National Medical Center Washington, (2) *Rachel Greene*, who was recently awarded a Graduate Student Mentoring Award from the Office for Undergraduate Research,

and (3) *Paul Cernasov*, a second-year graduate student who is studying the effects of anhedonia treatment using fMRI. I look forward to continued collaborations with members of this terrific department!

### Dr. Karen Gil



*Karen Gil* taught 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* stepped down from seven years as the director of the Center for Developmental Science (CDS) to rejoin the clinical faculty full-time

this fall. Along with *Deborah Jones*, she led an interdisciplinary working group funded by the Society for Research on Adolescents focused on parenting adolescents today. Featuring work by leaders in the field, they released a special issue of the *Journal of Research on Adolescence* that explores what parents can do to help adolescents navigate an increasingly diverse world. This work on parenting and positive youth outcomes parallels her work leading the Raising Grateful Children project. With funding from the John Templeton Foundation, this group is in the midst of evaluating an online parenting program designed to foster gratitude in children on the cusp of adolescence. Family process is also a theme in an exciting new project with clinical faculty members *Jones, Daughters*, and *Sheridan*. *Hussong* is leading this group in studying early emerging risk pathways to substance use and disorder. Targeting toddlers living with parents in recovery from addiction, the group is exploring new technologies that can support parenting and reduce risk for maltreatment in this vulnerable population. Additional

collaborations with colleagues in the School of Public Health (*Ennett, Gottfredson*) and Quantitative Psychology (*Bauer, Curran*) are leading to new insights in how depression-related substance use emerges out of peer processes in the transition to high school and novel methodologies for studying developmental processes over time. Graduate student *Drew Rothenberg* graduated from the lab this year and *Katie Smith* and *Maleeha Haroon* continue their intriguing work on understanding the links between emotion and substance use.

### Dr. Deborah Jones



The past year has been a busy one, as it likely has been for all of you. In terms of research, my students, staff, and I finished recruitment and enrollment for our randomized control trial testing

whether technology can be a helpful tool to better engage low-income families in evidence-based treatment for early onset behavior problems in their children. Now, let the data analysis begin! We also recently received a follow-up grant to begin to explore a potential mechanism of the treatment process – parent and child emotion (co)regulation. This study really evolved from the work of one of my graduate students, *Chloe Zachary*, and gives us a chance to collaborate with our colleagues, *Melanie Fischer & Don Baucom*, by “borrowing” some novel approaches that they are using in marital research. Now, don't worry – it has not been all research all the time. In fact, I was honored to receive the Rosa Swanson Award from the graduate students, which recognizes a faculty or student for creating an enjoyable community in the clinical program. Now, full disclosure, I shared this award with *Henry Willis* who also happens to be a therapist on the aforementioned projects, so I suspect I am benefiting a bit in students' eyes by spending so much time with him, but a lovely honor nonetheless. Finally, I will note that none of the aforementioned work would be possible without other



## Faculty Updates (continued)

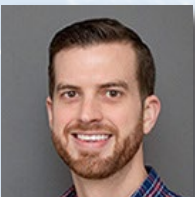
faculty (*Jennifer Youngstrom, Margaret Sheridan*), my graduate students (in addition to *Chloe Zachary, Raelyn Loisel & April Highlander*), staff (*Patrick Turner*), as well as the many other graduate and undergraduate students who serve as therapists, assessors, and child care providers. I look forward to continuing to work with everyone in the year to come!

### Dr. Laura Klinger



The The Klinger Lab at the UNC TEACCH Autism Program continues to focus on understanding and meeting the needs of adolescents and adults with Autism Spectrum Disorder. Our team has had an incredibly productive year with publications (1) documenting the effectiveness of treating anxiety in adolescents with ASD using Dr. Judy Reaven's Facing Your Fears cognitive behavior therapy program, (2) identifying service needs for adolescents and adults with ASD participating in our longitudinal study examining adult outcomes for individuals diagnosed with autism by TEACCH as children, (3) identifying a plateau and perhaps decline in the development of daily living skills as adolescents with ASD leave high school and enter adulthood and (4) documenting accelerated cognitive declines associated with aging in adults with ASD. We recently received funding from the National Institute of Disability, Independent Living and Rehabilitation Research to conduct an initial efficacy study on a transition to adulthood intervention that we have been developing over the past 7 years: TEACCH School Transition to Employment and Post-Secondary Education (T-STEP). We will be partnering with the North Carolina Division of Vocational Rehabilitation and the North Carolina Community College System to offer the program at 6 community colleges in North Carolina in the next year. We have also recently begun a collaboration with Dr. John Constantino at Washington University of St. Louis to examine the risk of ASD in siblings' children (i.e., nieces and nephews of adults with ASD). Our publication, grant writing, data collection, and intervention activities are supported by a terrific team of undergraduates, graduate students (including clinical psychology graduate students *Katerina Dudley* and *Rachel Sandercock*), research assistants, psychology interns, and postdoctoral fellows. We are looking forward to having a new graduate student join the team in August 2019.

### Dr. Adam Miller



In April 2018, I transitioned to my current role as Research Assistant Professor in the Department. I am honored to be joining such a prestigious group of psychological scientists. I have been hard at work getting my lab's projects up and running. My work is currently being funded by a K01 career development award from the NIMH. In the current study, *Margaret Sheridan* and I are conducting neuroimaging scans on girls enrolled in *Mitch*



## Ways to Contribute to your Graduate Alma Mater

Please consider donating to the UNC Clinical Psychology Program. Donations go toward supporting graduate student training via a variety of ways:

- **David and Maeda Galinsky Graduate Student Fellowship** – funds an incoming clinical student
- **W. Grant Dahlstrom Graduate Student Fellowship** – funds an incoming clinical student
- **Clinical Excellence Fund** – provides support for graduate students' research and clinical training needs, most typically including travel to and registration fees for conferences and clinical workshops; funds from here may also be used for the clinical program's Diversifying Clinical Psychology Weekend where our students and faculty provide seminars, workshops, and panels for racial/ethnic minority individuals interested in clinical psychology doctoral programs, as a way to contribute to the pipeline (to our program & clinical psychology in general).

**Even small donations help and are appreciated!**

Visit: <http://clinicalpsych.unc.edu/make-a-gift/>



## Faculty Updates (continued)

*Prinstein's* study, and as part of my K01, I am scanning these girls again at follow-up a year later. My mentors on my K01 include *Margaret Sheridan* and *Gabriel Dichter*, and I am thrilled to be working with these two remarkable scientists. We recently published our first outcome paper from this study in a top tier journal. In this study, we hope to gain a better understanding of neural correlates underlying prospective risk for self-injurious thoughts and behaviors among at risk girls. *Mitch Prinstein* and I also published a major comprehensive review of the adolescent suicide literature and proposed a model that suggests adolescent suicide represents a failure of acute biological stress response systems.

None of the work in my lab would be successful without the dedication of a team of stellar undergraduates and project coordinators. *Adrienne Bonar* and *Srishti Goel* have been instrumental as project coordinators in gathering high quality behavioral and neuroimaging data. I continue to get more involved in the program, and I am very much looking forward to working more with undergraduates, graduate students, and my faculty colleagues.

### Dr. Enrique Neblett



The state of the African American Youth Wellness Lab remains strong! We've recently received an award from NSF to examine links between, racial discrimination, identity, and biopsychosocial

development during the transition to adulthood. With our community partners in Southeast Raleigh, we also are conducting in-depth interviews with African American families to develop skills-building modules for youth who experience racism. My graduate students continue to do amazing work with projects developing a mobile mental health application for African American young

adults (*Henry Willis*) and examining psychophysiological reactivity to vicarious racial discrimination (*Effua Sosoo*). Ongoing lab efforts include collaborations with David Penn (racism and neurocognition in schizophrenia), and *Jon Abramowitz* (OCD in African American young adults). Other exciting news: We're pleased to welcome first-year student *Aaron Neal* to the lab from NC A&T/Teacher's College - I'll be team-teaching a new undergraduate course this spring: Intersectionality: Race, Gender, Sexuality and Social Justice - We've just published a paper in the *American Psychologist* in the special issue on youth experiencing marginalization - and I am now the proud (and simultaneously terrified) parent of a middle-schooler!!! For the latest news, please visit us at:

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

### Dr. David Penn



Our lab is in the third 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 just received a NIMH R34 grant, entitled "Targeting Physical Health in Schizophrenia: Physical Activity can Enhance Life (PACE Life)." Dr. Claudio Battaglini, Professor of Exercise and Sports Science at UNC, and I are Principal Investigators.

We have a new first year graduate student, *Carrington Merritt* and two new research coordinators, *Mahogany Monette* and *Rachel Spahn*.

Please check out the Penn Lab website for more updates: <http://penn.web.unc.edu/>

### Dr. Mitch Prinstein



Hello Alumni! After 15 years as a DCT (12 here at UNC), I am excited to take on a new role while continuing our research in the Peer Relations Lab. This

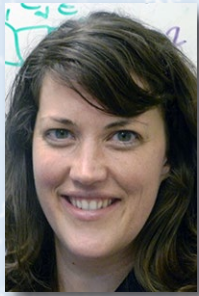
year, we said goodbye to *Chris Sheppard* who successfully matched to an internship right here in Durham, and hello to a new graduate student, *Matt Clayton* who also worked as a postbacc in my lab.

Congratulations also are due to former postdocs *Adam Miller*, who is now a research assistant professor here in Davie Hall, and *Tory Eisenlohr-Moul* who is on the faculty at University of Illinois, Chicago. Our research continues to examine how experiences with peers are associated with adolescents' mental health. Our work has been moving steadily in a neuroscience direction with the

examination of gene expression following interpersonal stress that may confer risk for depression and self-injury. We also are examining neural correlates of peer influence susceptibility to understand risk for an array of health risk behaviors. As always, the most interesting work has been conducted by my graduate students. *Leigh Spivey* is examining the minority stress inflicted on gender nonconforming youth, with implications for self-injurious thoughts and behavior. *Sarah Owens* is helping to understand the role of reproductive hormones on acute social stress responses. *Maya Massing-Schaffer* is examining online-only friendships as a protective factor for youth vulnerable to suicide, and *Gaby Alvarez* is leading a team examining ethnic identity as a protective factor among racial/ethnic minority youth. I'm still keeping busy with professional service as well, including work with APA, with CAAPS (the Coalition for the Advancement and Application of Psychological Science), and here in Davie as the director of graduate studies. Hope all are doing well!



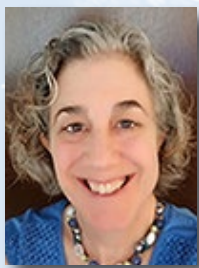
## Dr. Margaret Sheridan



The CIRCLE lab had an exciting and productive 2018! Three students successfully defended their master's projects: *Laura Machlin*, *Kiki Meyer*, and *Sarah Furlong*! Graduate student *Anais Rodriguez-Thompson* received a Graduate Research Fellowship from NSF, *Madeline Robertson* was awarded a spot on the Neuroscience training grant, and *Laura Machlin* was awarded a spot on the

Center for Developmental Science training grant! The lab was also awarded an NIMH R01 to continue our work documenting that exposure to violence and deprivation do not travel the same path in increasing risk for psychopathology (the dimensional model of adversity and psychopathology (DMAP)) this time in early childhood. This will be termed the WHALE study (Wellness, Health, and Life Experiences). We welcomed several new lab members on the WHALE study including a new post-doctoral fellow, *Helen Milojevich* and RA, *Toni Howell*. As we make progress identifying the specific neural processes which link exposure to adversity and mental health in early life, we get closer to individualized treatments and preventive interventions! This summer we started two new & exciting projects. First, we also were awarded an NICHD R21 award in collaboration with *Jessica Cohen* and graduate student *Mac Woodburn* (in the cognitive area) and *Weili Lin* (at the BRIC) to examine if development of neural structure and function in infancy will predict neural and cognitive function in middle childhood (the MAP study). We welcomed UNC undergrad *Cheyenne Bricken*, into an RA role on this project. Additionally, we continue to examine how reward response can disrupt cognitive control. We are learning how this is linked with psychopathology in adolescence, how it is predicted by alcohol abuse, and if we can use brain stimulation to disrupt shift cognitive control in the face of reward! These projects are in collaboration with *Charlotte Boettiger* in Behavioral Neuroscience and are led by *Madeline Robertson*, *Anais Rodriguez-Thompson*, and *Kiki Meyer* in our lab. Finally, our collaboration with Research Assistant Professor, *Adam Miller*, on the impact of early adversity on risk for suicide has been making great progress! We published a paper using this data in *Journal of Cognitive Neuroscience* this year and are looking forward to wrapping up data collection.

## Dr. Erica Wise



Greetings alumni! I am delighted to share a brief update on what has been happening in my professional and personal life over the past year. 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 program and clinic remains one of the best in the county. This

past year I served as a member of the APA Board of Educational Affairs and I am working with the US and Canadian psychology board group on the development of the EPPP-2. I continue to enjoy and value serving with *David Penn* as co-faculty advisor to the clinical program diversity training committee. I especially value the chance to work with current and former graduate students to publish and present on a range of professional development topics. Several of us were part of a symposium at the APA convention on translating clinical science and personal passion into social justice advocacy on campus and there are several collaborative manuscripts in progress.

To share a few clinic updates, we were incredibly fortunate to hire as clinic manager *Rosella Harris*. She started in August of 2017 and has become adept at managing the myriad details of our clinic. She also oversaw the renovations at our Finley Clinic site including a major upgrade for the women's restroom (yay!). *Rosella* came to us with a master's degree in health administration and she has truly become a core member of the clinic and clinical program team. We continue to miss *Dick Clark* who retired in September of 2017 to fully enjoy his new home on Hilton Head Island. In August we welcomed *Kristin Austin*. She is a graduate of the Virginia Tech clinical program and is a staff psychologist primarily working at Finley to conduct and supervise psychological assessments.

On the personal front, we are enjoying our new home in the heart of downtown Durham. We appreciate having our daughter and her family (including 2-year-old granddaughter Stella!) back in the US after 3 years in Japan. Our son continues to enjoy working as a science writer for Inverse.com and living in Brooklyn.

Those are just a few highlights of the past year! As always, all of you have an open invitation to stop by to see me if you are ever in the Chapel Hill area! And with a little notice I can almost always make time for coffee or lunch!

## Dr. Eric Youngstrom



We have made great strides in helping bring the best information about psychological assessment to more of the people who would benefit. Our Wiki editing projects have expanded to include more than 200 pages, getting more than 58 million views and counting! We are now building a repository of the best free measures and resources on the Open Science Foundation and linking the resources to pages on Wikipedia (facing the general public) and Wikiversity (where we go into more detail for students and practitioners). The assessment pages are getting connected to a revision of a handbook that is widely used in graduate training, and we are integrating suggestions from leading content experts to make the resources even more accurate and useful. *Mian-Li Ong* has been leading the Wiki charge and was recently formally recognized as a Citizen Psychologist by the



## Faculty Updates (continued)

American Psychological Association for his efforts. *Stephanie Salcedo* has been leading an initiative to gather, organize, and add to the translations of the best free assessments, starting with those related to mood disorders. She also has worked with the Depression and Bipolar Support Alliance to upgrade their online screening center, and more than 4000 people have already used this free resource. The projects have also spun off a student service club, Helping Give Away Psychological Science, which has also launched a charity now recognized by the IRS as a 501c3 (<https://HGAPS.org>). The club has more than 40 members, is starting a sister chapter at Appalachian State University, and is collaborating with students and researchers at UCLA, University of Maryland, University of Nevada at Las Vegas, University of Miami, and Florida International University to translate resources into Spanish and Chinese and to add more resources. The students have been remarkably innovative, creating pages that use popular media (such as *13 Reasons Why* on Netflix) and responding to current events (such as school shootings or Hurricane Florence) to organize resources and improve them rapidly based on feedback. The growth has been remarkable, and it is fun and rewarding to see what we are accomplishing together!

### Dr. Jennifer Youngstrom



Hello Alumni! I greatly enjoy supervising graduate students in 2nd year child therapy practicum as well as the assessment practicum for all 3rd years (and child 4th years). Assessment referrals have been steady! We have hired a full-time staff psychologist, *Kristin Austin*, who helps with assessments and explores options for offering an additional advanced child practicum option in the coming years. We continue to develop and update 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 undergraduate admissions committee that reviews applicants who report special needs or circumstances. I always enjoy updates from alumni, so please share your news!





## Happy Anniversary to the Entering Classes of 1958, 1968, 1978, 1988, 1998, and 2008!

### CLASS OF 1958: WHERE ARE THEY NOW?

<b>Robert Balentine</b>	Unknown
<b>Ronald Fox</b>	Retired
<b>John Gorman</b>	Retired
<b>Peter Mayfield</b>	Deceased
<b>Dorothy Merbaum Mingione</b>	Unknown
<b>Gary Olson</b>	Unknown
<b>Michael Wogan</b>	Emeritus Professor of Psychology, Rutgers University
<b>Paul Wood</b>	Emeritus Professor of Psychology, Southern Wesleyan University

### CLASS OF 1968: WHERE ARE THEY NOW?

<b>Joseph Adelson</b>	Deceased
<b>Christopher Arnold</b>	Unknown
<b>Terril Trowbridge Gagnier</b>	Private Practice
<b>Nan Heinbaugh</b>	Private Practice
<b>William Korth</b>	Unknown
<b>Joan Scagnelli Murray-Jobsis</b>	Retired
<b>William O'Donnell</b>	Retired
<b>Nancy Cox Peters</b>	Unknown
<b>Ronald Polderman</b>	Unknown
<b>Frank Rath</b>	Deceased
<b>Lanelle Wise Taylor</b>	Private Practice
<b>Gary Taylor</b>	Psychologist and Assistant Director, Harvard University McLean Hospital
	Instructor of Psychology, Harvard University Medical School
<b>Barry Zipper</b>	Private Practice

### CLASS OF 1978: WHERE ARE THEY NOW?



<b>Ann Fairfax Baker</b>	Private Practice
<b>Sherri W. Bornstein</b>	Private Practice
<b>Jeffrey Botman</b>	Private Practice
<b>Michael Eshelman</b>	Internship Director of Clinical Training, Wellspan Health Center for Cognitive Therapy
<b>Anne Fishel</b>	Associate Clinical Professor of Psychology, Harvard Medical School
	Director of Family and Couples Therapy Program, Massachusetts General Hospital
<b>William Lee</b>	Mental Health Clinical Supervisor Virginia Department of Corrections
<b>Karen Maddi</b>	Associate Director for Clinical Services, University of IL at Chicago Counseling Center
<b>Martin Pioggia</b>	Deceased
<b>Kathryn Perdew White</b>	Deceased
<b>Lauren (Mary) White</b>	Unknown
<b>Robert White</b>	Unknown



## CLASS OF 1988: WHERE ARE THEY NOW?



<b>Susan Birchfield</b>	Unknown
<b>Charles Burnett</b>	Private Practice, Mebane Behavioral Health
<b>Janet Clarke-McLean</b>	Psychologist, North Carolina Department of Juvenile Justice and Delinquency Prevention
<b>Melissa Estelle Derosier</b>	CEO, 3C Institute
<b>Susan Glick</b>	Private Practice
<b>Todd Morton</b>	Psychologist, Carolina Psychological Services
<b>Ginette Nachman</b>	Research Associate, Rhine Research Center
<b>Valerie Danziger Proffitt</b>	Private Practice
<b>Virginia Walsh</b>	Private Practice

## CLASS OF 1998: WHERE ARE THEY NOW?



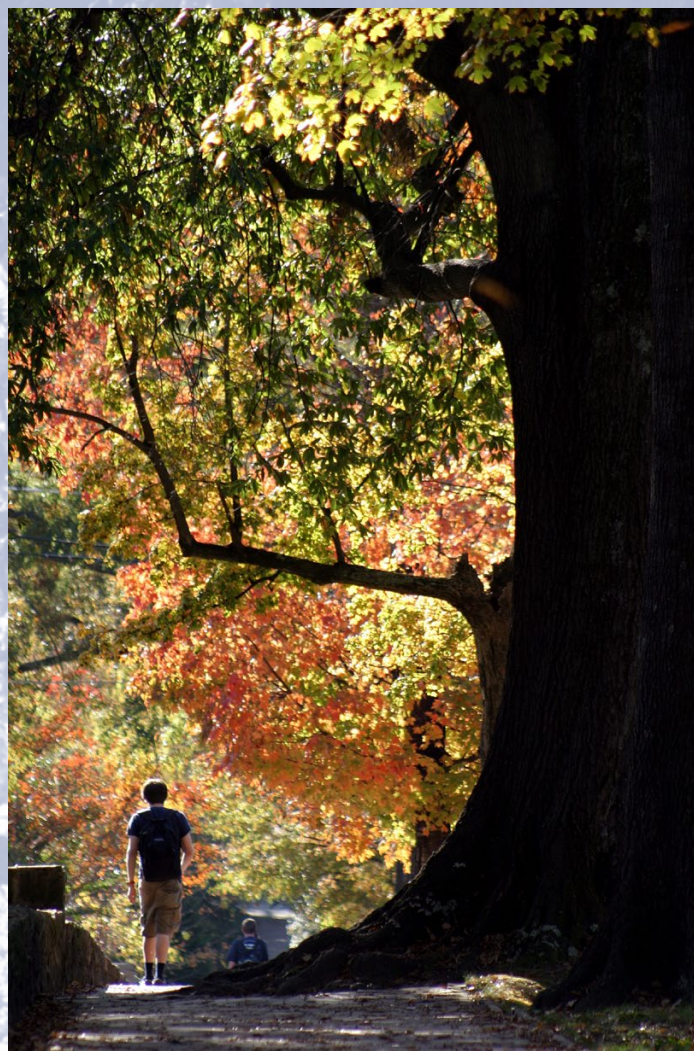
<b>Kelly Kosobucki Anthony</b>	Private Practice
<b>Jennifer Kirby</b>	Clinical Associate Professor, University of North Carolina at Chapel Hill
<b>Suzanne Levy</b>	Director of Training, ABFT Training Program Drexel University
<b>Elif Merkler</b>	Private Practice
<b>Carol Woods</b>	Carol transferred to the quantitative program; occupation unknown





## CLASS OF 2008: *WHERE ARE THEY NOW?*

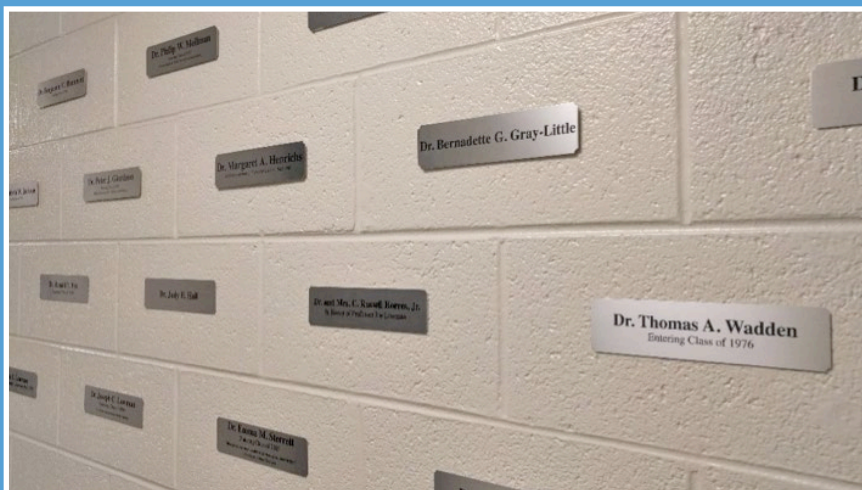
<b>Noah Berman</b>	Assistant in Psychology, Massachusetts General Hospital  Instructor in Psychiatry, Harvard Medical Center
<b>Alison Burns</b>	Pediatric Neuropsychologist, Child & Family Psychological Services, PLLC
<b>Jessica Cuellar</b>	Private Practice
<b>Katy Harper</b>	Private Practice
<b>Emily Romeo Pisetsky</b>	Assistant Professor, University of Minnesota
<b>Julia Shadur</b>	Lecturer and Postdoctoral Fellow at the Center for Addictions, Personality, and Emotion Research, University of Maryland
<b>Anna Van Meter</b>	Assistant Professor in Ferkauf Graduate School of Psychology, Yeshiva University
<b>Nicole Fenton Williamson</b>	Psychologist, Suncoast Pediatric Psychology



## The Cinder Block Campaign is Working!

*Thank you for helping us maintain outstanding training for our clinical psychology doctoral students!*

Donations of \$250 or more will be honored with a plaque with your name and entering class year that will adorn the cinder blocks in Davie Hall that you are so familiar with – so you can help a graduate student and make Davie Hall more beautiful all at once!



Visit <http://clinicalpsych.unc.edu/make-a-gift/> for more information!



# 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 entering the UNC Psychology Department.



### **Donte Bernard**

*Mailman Center for Child Development, Miami, FL*

Grad school is a tough journey that will test you in so many different ways. Everyone will struggle with something at some point or another, and that is OK! Enjoy the process and remember in times that are difficult that you are here for a reason. Be true to yourself and never exchange your authenticity for approval. There is a light at the end of the tunnel!



### **Shannon Blakey**

*Puget Sound Veteran Affairs, Seattle, WA*

Take advantage of the many resources available to you! At UNC, you have access to expert faculty, diverse practica, state-of-the-art technology, and a local community eager to participate in research. Explore what the department (and university) can offer you—you might discover a new passion or skill in the process! At the same time, it's important to be selective when taking on new responsibilities. Opportunities to engage in research, clinical, teaching, and service activities are endless... it's okay to practice saying "no" if a particular invitation comes at the wrong time or doesn't align with your personal goals.



### **Julia Browne**

*Yale University, Department of Psychiatry, New Haven, CT*

As often as you can, remind yourself why you chose to pursue clinical psychology and let that guide your decisions. We all have our own unique interests and goals but the passion for helping unites us. One of my favorite parts about graduate school was being surrounded by and learning from so many people who chose this field to improve others' lives. Take time to get to know those around you as the opportunities for collaboration, learning, growth, and laughs are certainly there!



### **Matt Cohen**

*Duke University Medical Center, Durham, NC*

It's easy to get caught up in the day-to-day stressors of school and I encourage you to check in with yourself often about your own personal and professional goals as you navigate each step along the way. In that way, I hope you will have real ownership of your experience and that it will fit well with who you are and what you want for your career. Wishing you all the best!



### **Maya Mosner**

*Children's National Medical Center, Washington DC*

Graduate school can be such an exciting time, but it is also a long road. I found I was most successful when I remembered to work at my own pace, take my time, and was kind to myself. Leaning on those around me, especially my classmates, and asking for help when I needed it was essential. And of course, self-care, self-care, self-care – whatever that means for you!



### **Mian-Li Ong**

*University of Texas Health San Antonio, San Antonio, TX*

Two things I found immensely invaluable (and only learnt how to do after some time) was to (a) reach out for help and (b) offer help to fellow students. As we move up the years, the nature of our work becomes increasingly independent. It can be easy to feel like one is sliding backwards... as I did so, I felt like I was part of a community – something that can be so easy to forget!



### **Lillian Reuman**

*Veteran Affairs Boston Health System, Boston, MA*

You can't pour from an empty cup, so be sure to seek balance and nourish yourself — keep up with friends, spend time in nature, and move your body!



### **Christopher Sheppard**

*Durham Veteran Affairs Medical Center, Durham, NC*

I am incredibly grateful for the opportunity to have attended UNC for graduate school. UNC has an amazing collection of people and is a great place to receive graduate training. That said, graduate school is a really challenging experience that will push you in a lot of different areas. It is important to remember that it is a marathon and not a sprint. While the final goal is defending your dissertation, make sure to celebrate your achievements along the way! It is important to build off your successes and keep in mind that during graduate school nearly everyone feels frustrated or struggles at times. Most importantly, find your passion and pursue it!



# Transitions

## Welcome to our First Year Students!

Check out this list of the newest Clinical Program cohort!



**Matthew Clayton**  
Duke University



**Rachael Flatt**  
Stanford University



**Samantha Hellberg**  
Wesleyan University



**Aaron Neal**  
North Carolina Agricultural  
& Technical State University



**Jessica Janos**  
University of Miami



**Joshua Langfus**  
Johns Hopkins University



**Carrington Merritt**  
University of North Carolina  
at Chapel Hill



**Emily Walsh**  
Bard College



## Mitch Prinstein's Reflection

In July 2018, after 15 years as a DCT (12 of them here at UNC), I stepped down as director of the clinical program and celebrated the beginning of Anna's term. I am so excited for the wonderful ways that Anna's good-spirited energy, enthusiasm, and innovation will help advance our program, and allow us to continue to lead the field in clinical psychology training. As many of you already know, Anna is an outstanding leader and it feels great to know that our program is in terrific hands. Yet, of course this transition also is bittersweet for me as I have loved the opportunity to work with such incredibly talented faculty, students, and staff and I am proud of all we have accomplished together.

There would be no DCT without our trainees, so I am especially grateful to each and every one of our students. Thank you for your passion, your curiosity, your hard work, and for the remarkable gifts you each brought to Carolina as clinicians, as teachers, and as young investigators. I am so proud of you, your accomplishments, and the ways that you are improving society with your contributions as clinical psychologists. Working with each of you has truly been one of the most rewarding experiences of my career, and I am grateful for the many years that I was able to serve as director!

**Mitch Prinstein, PhD, ABPP**  
Seters Distinguished Professor  
Director of Graduate Studies



# Avery Devell Mitchell



On August 13, 2017, rising second year clinical student Avery Devell Mitchell passed away while traveling in Cuba. Over the past year, the program, his lab, and his classmates have missed him and found ways

to honor and celebrate his life. Stories of his energy and passion for the work that he had begun at UNC abound. His natural ability to connect with others, to

support those in his life, and to make a difference in the world are inspiring legacies for those of us who knew him. During a celebration of life service this past spring, many students and faculty reflected on the incredible impact that Avery had on them during his short time with us. We also did a community service project cleaning up Jordan Lake. Avery found great peace when enjoying the outdoors and spent many weekends together with fellow graduate students hiking trails at Jordan Lake. Our thoughts are with his family and friends and we hope that the passions that he pursued might kindle in the hearts of those who follow him.





## CLINICAL GRADUATE STUDENT AWARDS, GRANTS, AND FELLOWSHIPS

- Mian-Li Ong • APA Citizen Psychologist Presidential Citation (2018)
- Kim Pentel • UNC LGBTIQ Advocacy Award (2018)
- Kim Pentel • Baughman Dissertation Research Award (2018)
- Kim Pentel • SSCP Outstanding Clinician Award (2018)
- Lillian Reuman • UNC Graduate Student Mentor Award (2018)
- Laura Machlin • CDS Predoctoral Fellowship (2018)
- Matthew Clayton, April Highlander, Anais Rodriguez-Thompson, and Katie Thompson • NSF Graduate Research Fellowship Award (2018)
- Arun Nagendra • Graduate School Summer Research Fellowship (2018)
- Henry Willis and Gabriella Alvarez • Ford Foundation Predoctoral Fellowship (2018)
- Arun Nagendra • UNC Student Undergraduate Teaching Award (2018)
- Henry Willis • UNC IAAR Graduate Student Summer Research Grant (2018)
- Arun Nagendra • UNC Druscilla French Graduate Fellow (2018)
- Chloe Zachary • UNC Lampley Graduate Fellow (2018)

- Kim Pentel • APF Roy Scrivner Memorial Research Grant (2018)
- Rachel Greene • David Zeaman Graduate Award (2018)
- Lillian Reuman • Tanner Teaching Assistants Award for Excellence (2017)
- Donte Bernard • Bernadette Gray-Little Award (2017)
- Emily Gagen, Laura Machlin, Kim Pentel, Stephanie Salcedo, and Henry Willis • Dashiell Travel Awards (2017)
- Shannon Blakey • SSCP Outstanding Student Researcher Award (2017)
- Maleeha Haroon, Kimberly Pentel, and Lillian Reuman • Dashiell Startup Award (2017)

## CLINICAL FACULTY AWARDS AND GRANTS

- Dr. David Penn • National Inst. of Mental Health Grant (2018)
- Dr. Enrique Neblett • National Science Foundation Grant (2018)
- Dr. Enrique Neblett • Detroit Community-Academic Urban Research Center Grant (2018)
- Dr. Anna Bardone-Cone • Bowman & Gordon Gray Distinguished Term Professor (2018)
- Dr. Eric Youngstrom • Excellence in Research Mentoring Award (2018)
- Dr. Deborah Jones • National Institute of Mental Health Grant (2018)

- Dr. Donald Baucom and Dr. Melanie Fischer • National Institute of Mental Health Grant (2018)
- Dr. Donald Baucom and Dr. Cindy Bulik • National Institute of Mental Health Grant (2018)
- Dr. Margaret Sheridan • National Institute of Child Health and Human Development Grant (2018)
- Dr. Gabriel Dichter • Junior Faculty Mentor of the Year Award (2017)

## CLINICAL PROGRAM AWARDS

- Shannon Blakey • Martin S. Wallach Award – for an outstanding doctoral student demonstrating excellence in research, clinical practice, teaching, and/or service
- Ben Buck • David Galinsky Award – for outstanding supervision
- Henry Willis and Dr. Deborah Jones • Rosa Swanson Award – for helping foster a warm, supportive, and enjoyable professional environment
- Samantha Hellberg • David and Maeda Galinsky Graduate Student Fellowship – supports an incoming graduate student
- Aaron Neal • W. Grant Dahlstrom Graduate Student Fellowship – supports an incoming graduate student