

# Clinically Significant @ Carolina

The University of North Carolina at Chapel Hill

Volume 7 • 2019 Edition

Clinical Faculty & Staff Updates	2
Alumni Anniversary	8
Transitions	11
Recent Awards and Grants	12
Dual Program	13
Ways to Contribute	14
Why I Give	15

## UPDATE FROM THE DIRECTOR OF CLINICAL PSYCHOLOGY

*H*ello! I hope all are doing well in your locations scattered across the globe.

This summer and fall we said good-byes and welcomes – good-bye to: 10 internship-bound students; Chelsea Ewing, the clinical program coordinator who is now the Gil Internship manager in the department; Rosella Harris, who was the clinic manager; and Dr. Enrique Neblett – colleague, mentor, teacher, and friend who moved to the University of Michigan where he and his spouse Dr. Nicole Gardner-Neblett took faculty positions. At the same time, we welcomed: Lisa Clement as the clinical program coordinator; Carolle Epstein as the clinic manger; and 7 new students.

One of the things the program worked on in 2018-19 was improving funding opportunities for students, thanks in part to donations from alumni and friends. For example, we have been able to offer greater travel funds for conferences, workshops, and internship interviews. Also, we have started providing 2 months of summer salary for research activities to first year students – we selected this timing since first years have the fewest options available to them, to further ease the transition of the first year, and as a recruitment tool.

We also made some changes to program components. No more poster presentation, but now every student will present research at our clinical lunch seminar. We think there is value in having more opportunities to present one's research in this manner and practice answering questions – and, selfishly, we want to learn more about what folks in Davie Hall are doing! And related to the clinical lunch seminar, we are now budgeting 1.25 hours which has done wonders in allowing more time for discussion in an unrushed setting and fostering what we hope is an intellectual community of support. Special thanks to Samantha Hellberg and Aaron Neal as the student representatives coordinating the clinical lunch series!

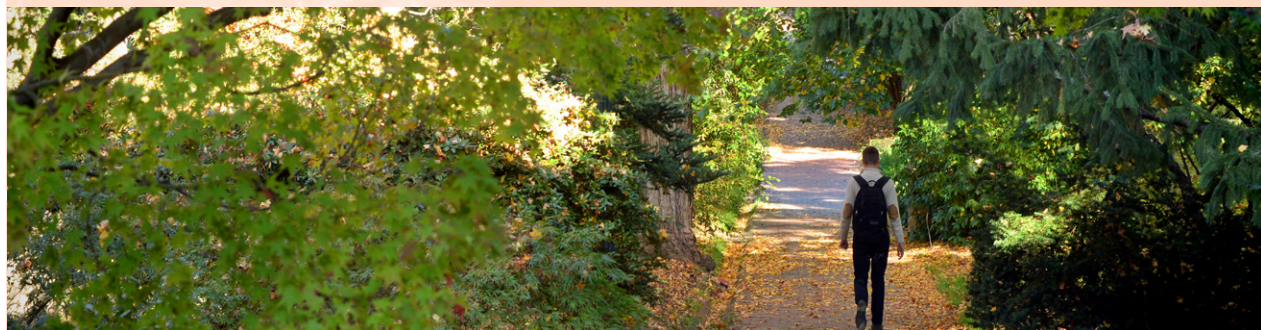
Looking ahead, we're gearing up for the Diversifying Psychology Weekend in March 2020. This will be our 4<sup>th</sup> time hosting this event for talented racial/ethnic minorities interested in doctoral work in psychology and the first time we're pairing up with the developmental program, thus inviting those interested in either clinical or developmental psychology. Special thanks goes to the Diversity Training Committee led by students Maku Orleans-Pobee and Catherine Paquette and faculty David Penn and Erica Wise.

So, well into a robust new academic year. Best wishes to all for 2020!

Cheers,

*Anna Bardone-Cone, Ph.D.*

Bowman & Gordon Gray Distinguished Term Professor  
Director of Clinical Psychology



## Dr. Jon Abramowitz



I am extremely fortunate and delighted to be a faculty member in such a fantastic Clinical Program! In our lab, my students and I are working on projects to enhance the understanding

and treatment of OCD and other anxiety related problems. We've got two "pet" tarantulas who serve as fear stimuli helping us learn about the best ways to deliver exposure therapy as informed by the inhibitory learning model of fear extinction. We're also excited to be receiving a NIMH grant to study the course and predictors of postpartum OCD. The study, which is a collaborative effort with researchers at Johns Hopkins University, will last 5 years and help us better understand the role that psychological and biological factors play in postpartum OCD symptoms. 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. This

semester we're trying out a new approach whereby each graduate student (*Katie Thompson, Ale Miller, and Emily Walsh*) selects a manuscript they want to take the lead on and works with a team of undergrad RAs in making it happen – the undergrads get training in this aspect of research and the grad students get experience with this kind of mentoring. The topics we'll be focused on are sports & body image/disordered eating, treatment experiences, subjective binge eating in middle-aged women, and implicit weight bias in racially/ethnically diverse women and potential protective factors.

In terms of teaching, I've been teaching a new course as part of an interdisciplinary initiative – this involves myself, an art history colleague, and a law colleague

talking about how our disciplines study gender, what questions we ask, what we know, etc. A ton of work but also a ton of fun.

On the personal front, this summer my family and I spent time with family in Ecuador – it was a great thrill for me to see my kids talking in Spanish with their relatives in Quito! Matt continues to teach at Carrboro High School and I have one son who has his driver's permit (I have surprised myself with nerves of steel as a passenger) and one who is wrapping up middle school. As always, time flies. Hope 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 is now in its 13<sup>th</sup> year at UNC, and we are in the midst of a treatment study on couples and binge eating disorder. Doctoral students in the lab really make these studies work, as well as initiating a variety of thoughtful investigations, including (a) a new couple interventions 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 just finished a new couple therapy book, emphasizing individual and relationship distress. So life is very good, and these younger colleagues



## Faculty Updates (continued)

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



The UNC Center of Excellence for Eating Disorders (CEED) (<https://www.med.unc.edu/psych/eatingdisorders/>) is thrilled to have second year *Rachael Flatt* in our midst. Our team is bi-continental—half of us are at UNC and the other half are at Karolinska Institutet in Stockholm, Sweden. At UNC, CEED has both a clinical component (inpatient and outpatient eating disorders program) as well as a vibrant research team. We have also been designated the National Center of Excellence for Eating Disorders (NCEED) (<https://www.nceedus.org/>) by SAMHSA, led by psychologist Dr. Christine Peat. 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 are also collaborating with Don Baucom on a comparative effectiveness trial of couple-based treatment for binge-eating disorder (UNITE-BED) with cognitive-behavioral therapy-enhanced (CBT-E). Two new NIMH grants, the Eating Disorders Genetics Initiative (EDGI) and a fascinating study with Jonathan Butner, Brian Baucom (son of Don), and Pascal DeBoeck entitled “Predicting Binge and Purge Episodes from Passive and Active Apple Watch Data Using a Dynamical Systems Approach” are underway. On the other side of the Atlantic, we are the Centre for Eating Disorders Innovation (CEDI) (<https://ki.se/en/meb/cedi-centre-for-eating-disorders-innovation>). 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 (<https://uncexchanges.org/>), to learn more about what we do, who we are, and topical information about eating disorders. Follow us on Twitter @cbulik, @uncceed, @CEDI-KI, @nceedus!



### Dr. Stacey Daughters



We’ve had another all-around great year in the BRANE lab as we begin the fifth year on our NIDA RO1 grant testing the long-term effectiveness of a smartphone-enhanced behavioral activation treatment ‘app’ for substance use disorders (SUD), and the role of neural response to reward on treatment response. Our lab staff and graduate students are putting forth a herculean effort to finish the study follow-up assessments and prepare the data for the exciting phase of data analysis. We are thrilled to begin sharing and disseminating our study findings! We also finished data collection for our trial testing the feasibility of administering transcranial alternating current stimulation (tACS) in a community-based substance use treatment program, as well as its effect on inhibitory control and distress tolerance.

We’ve also had a successful year in terms of individual achievements. Graduate student *Jennifer Yi* defended her dissertation and began her clinical internship at the Durham

## PROFESSIONAL DEVELOPMENT FUNDING

### Samantha Hellberg, 2<sup>nd</sup> Year Graduate Student



“With the support of the program last year, I was able to attend the annual convention of the International OCD Foundation (IOCDF) in Austin, Texas to present two posters. I really enjoyed this opportunity to share our work with researchers, clinicians, and clients attending the conference. I was also able to attend a number of interesting clinical and research presentations, and make valuable connections with potential collaborators. The funding provided by the program was very helpful in defraying the costs of registration and travel expenses, and making these educational and professional development opportunities possible. Thank you for your support!”

## Faculty Updates (continued)

VA Medical Center. Fifth year graduate student Yun Chen published two papers validating Chinese language translations of behavioral activation and environmental reward self-report assessment measures. Fourth year graduate student *Elizabeth Reese* published her masters thesis, which reports the impact of post treatment return to substance use on changes in distress tolerance. Third year graduate student *Catherine Paquette* was awarded a NIH NRSA grant to develop and evaluate a behavioral activation treatment for individuals who inject drugs. Congrats Jennifer, Yun, Liz, and Catherine!!!

We said good-bye to lab staff transitioning to new positions and graduate programs - Julie Maccarone, Mike Loeffler, and Surhabi Swaminath - we are excited for you and will miss you! We welcomed staff member Alexandra Riedel and a new dual-program graduate student to the lab, *Louisa Kane*. Louisa will also be working with Dr. Regina Carelli in the Behavioral and Integrative Neuroscience program. We're very excited to add Louisa and Ali to our BRANE Lab team!

### 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. Recently, our lab has started to use PET imaging to complement our fMRI research, and we were recently awarded two NIMH grants to use simultaneous PET/ MR to evaluate striatal dopaminergic brain function using the tracer raclopride and a third NIMH grant to evaluate neuroinflammation in mood disorders using an 18-kDa translocator protein (TSPO) tracer. Our lab currently has two outstanding clinical psychology graduate students: (1) Paul

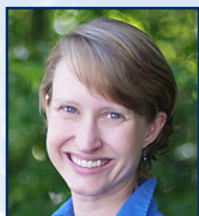
*Cernasov*, a third-year graduate student who is studying the effects of anhedonia treatment using fMRI, and (2) *Rachel Phillips*, a first-year student who plan to focus on using PET to understand the effects of trauma on clinical outcomes. I look forward to continued collaborations with members of this terrific department!

### 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



The Developmental Risk and Resilience Lab, directed by Andrea Hussong, had an active year and launched four more scholars into the world. *Dr.*

*Drew Rothenberg* is now studying family processes both as a means of prevention and as related to international contexts through his postdoctoral fellowship at Duke University. *Dr. Veronica Cole* will join the faculty at Wake Forest University where she will continue her work on the use of advanced methods to study adolescent substance use. And both *Katie Smith* and *Maleeha Haroon* have left for clinical internships in New York City. This fall we welcome in a new group of outstanding undergraduate students to continue our work in understanding risk processes that lead to later substance use disorders in children of parents with addiction, in using parent communication strategies to enhance gratitude and other socioemotional outcomes in pre-teen youth, and in developing methods for leveraging large collaborative data structures in the study of substance use, HIV, and (in a project lead by Dr. Sara Algoe at UNC-CH) Love!

### Dr. Deborah Jones



Over the past year, the Jones lab has continued our work toward refining, personalizing, and, in turn, potentially improving outcomes of evidence-based Behavioral Parent

Training (BPT) programs for families of young children with early-onset Behavior Disorders. Toward this end, one line of ongoing work is exploring the potential of both a smartphone-enhanced service delivery treatment model to better engage low income families in BPT. Hot off the press analyses suggest that we are making strides toward improved engagement (which is promising!) but have some further refinement to do as well (NIMH grant submission here we come!). In addition, we have a second ongoing clinical trial in which we are examining if and how parent-child emotion (co) regulation shapes BPT process and outcomes. The good news is that whether the answer is “yes” (i.e., then next step would be proposing a more tailored treatment model) or “no” (i.e., no next step as standard BPT is doing the trick!) our study advances the literature!

This work is incredibly time intensive as anyone who has done clinical trials with families knows. It could not be done without my Project Coordinator (Patrick Turner), graduate students (*April Highlander, Raelyn Loiselle, Chloe Zachary*), as well as those graduate students from others' labs to whom we are grateful for their work on our child care, assessment, and therapist teams. We also rely on and appreciate our faculty collaborators, including Jennifer Youngstrom, Margaret Sheridan, Don Baucom, and Melanie Fischer, who although she is now off in Germany continues to be a valuable team member. My students continue to be busy with their own work as well. *Chloe* is now off on internship in Houston, TX. *Raelyn* has been selected for the Carolina Consortium on Human Development

## Faculty Updates (continued)

Predoctoral Fellowship (2 years), and *April* continues her research and training plan for her National Science Foundation Fellowship. Working with them continues to be my favorite part of what I do and for that I am grateful.

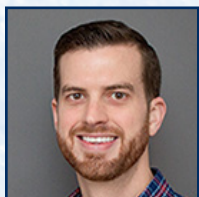
### Dr. Laura Klinger



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. We are in the midst of two federally funded randomized controlled clinical trials evaluating the effectiveness of our TEACCH

School Transition to Employment and Post-Secondary Education (T-STEP) Program. We are partnering with the North Carolina Division of Vocational Rehabilitation and the North Carolina Community College System to offer the T-STEP at 6 community colleges in North Carolina in the next year. We are also continuing our work examining adult outcomes for individuals with ASD diagnosed in the 1970's through 1990's. Congratulations to graduate student, *Katerina Dudley* whose paper on adult service needs was named as one of the top research advances in 2018 by NIH's Interagency Autism Coordinating Council. 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*, *Rachel Sandercock* and *Michal Cook*), research assistants, psychology interns, and postdoctoral fellows. We are looking forward to having a new graduate student join the team in August 2020.

### Dr. Adam Miller



The past year has been a productive one for the Miller Lab. We have continued enrolling research subjects into our longitudinal project with Drs. Prinstein and Sheridan. In this study, we are examining neural mechanisms that may help improve our understanding of suicide risk among adolescent girls. We are nearing completion of our baseline data collection, and we have scanned over 120 adolescents! This is a huge accomplishment that would not be possible without the tireless efforts of my research coordinators, Adrienne Bonar and Kinjal Patel. We are excited to start analyzing data and hope to have exciting results to report in this update next year!

In addition to running research subjects, the Miller Lab has continued to publish high quality research articles that examine the effects of childhood adversity and risk for psychopathology as well as research examining risk for self-injurious thoughts and behaviors among youth. We look forward to what 2020 has in store!



## SUMMER FUNDING

### Carrington Merritt, 2<sup>nd</sup> Year Graduate Student

“Without this funding, I would not have been able to devote as much time to preparing materials for my master’s project so that I can start running subjects and collecting data this fall. Additionally, it granted me the time to work on one of my lab’s NIH-funded studies for which there was not enough grant money to provide me summer funding. This study was a walking intervention study for individuals with psychosis-related disorders. It was incredibly valuable to me because it allowed me to develop non-specific clinical skills by working with this clinical population. Additionally, I was able to receive training for various assessment tools that I will be using in my future research. Lastly, I was able to make progress on producing my first first-author paper based on meta-analytic work. Because publishing is such an important component of being a productive academic, I am especially grateful for this funding for providing me the time and freedom to make progress on this meta-analysis.”

## Dr. David Penn



Our lab is in a no-cost extension 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 are in the second year of 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. The new RA on the study is Mady Arle. Please check out the Penn Lab website for more updates: <http://penn.web.unc.edu/>

## Dr. Mitch Prinstein



Hi all! This July, I started a part-time gig at Honors Carolina in addition to my usual research and teaching in the department, and although I miss being

in Davie all days of the week, I am excited for the new opportunity. I am so proud of my students who continue to do amazing things! We congratulated *Leigh Spivey* this year on successfully matching at Duke for internship, *Maya Massing-Schaffer* for proposing an outstanding dissertation including two of three studies already under review, *Sarah Owens* for a perfect score on her NRSA submission, *Gaby Alvarez* who continues to do terrific work here with Keely Muscatell, and also *Matt Clayton* on his successful NSF fellowship, and a feature in the Carolina alumni magazine! Together, our research continues to examine why some adolescent girls are at risk for depression and suicide/self-injury following interpersonal stress, and also we are still working on models of peer

influence susceptibility. I am grateful for collaborations with amazing colleagues, including Adam Miller, Margaret Sheridan, Eva Telzer, and Kristen Lindquist, who study neural markers of psychological processes and who serve as Co-PIs and/or collaborators on recent grant submissions! I have one year left on the Board of Directors at APA, doing my best advocating for psychological science, and I continue to learn from, and work with the amazing Bethany Teachman at UVA through a group we developed called CAAPS (the Coalition for the Advancement and Application of Psychological Science) which is holding its second Mental Health Summit to promote evidence-based practice across all US mental health disciplines and agencies. The best part of it all, of course, is coming home each day to Tina and to Samara and Max, who are now 9 and 7 years old – whoa!

## Dr. Margaret Sheridan



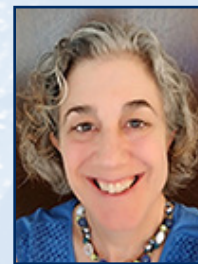
The CIRCLE lab had an exciting and productive 2018-2019!

*Kiki Meyer* successfully defended her thesis proposal and *Anais*

*Rodriguez-Thompson* successfully defended her master’s projects. Work on the WHALE (Wellness, Health, and Life Experiences) study, funded through an R01 grant from the NIMH is ongoing. To support this work we have welcomed numerous excellent RAs into the lab: Kinjal Patel, Abby Findley, and Amanda Mitchell. 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! We also continue our work on the MAP study, a collaborative study with Jess Cohen and Weili Lin which identifies if development of neural structure and function in infancy predict neural and cognitive function in middle childhood (funded through and R21 from NICHD). Finally, 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 in several projects we are implementing collaboratively with Charlotte Boettiger in Behavioral Neuroscience. We experienced several exciting milestones as a lab - data collection on our Youth Emotion Study, a collaboration with Adam Miller and Mitch Prinstein, ended this fall. This data collection has been ongoing for 3 years and represents a major accomplishment for Adam and many members of the Circle Lab; we are super proud and Adam is digging into the data to learn how to predict and prevent suicide in teens! The CIRCLE lab has been in the news and doing outreach with a New York Times OpEd and several public lectures on the neural impact of child separation related to current events. It’s always exciting when our research can be applied to understanding real world problems! On the personal side, PI Margaret Sheridan was eternally grateful that the incredible WHALE team keep the fires burning brightly while she welcomed a new baby girl into her family this summer. Onward and upward!

## 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 continued to serve 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

## Faculty Updates (continued)

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 including ethics, self-care, and professional competence. On our own campus I was invited to chair a Mental Health Task Force that was convened to assess and make recommendations for improving mental health care and services on campus. The final report was released at the end of May and I am delighted that several positive changes have already occurred including initiation of 24/7 student access to a call-in service staffed professional counselors. To share a few clinic updates, we were incredibly fortunate to welcome Carolle Epstein as our new clinic manager to replace Rosella Harris who has moved to a position at the UNC-Chapel Hill Dental School. Carolle has already become a valued resource for the Clinic and for the graduate students. On the personal front, we are very much enjoying our condo in heart of downtown Durham (we can walk to the Durham Bulls and DPAC!) and many restaurants. We appreciate having our daughter and her family (including 3-year-old granddaughter Stella and 10 day-old-Connor!) 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 send me an email update or 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



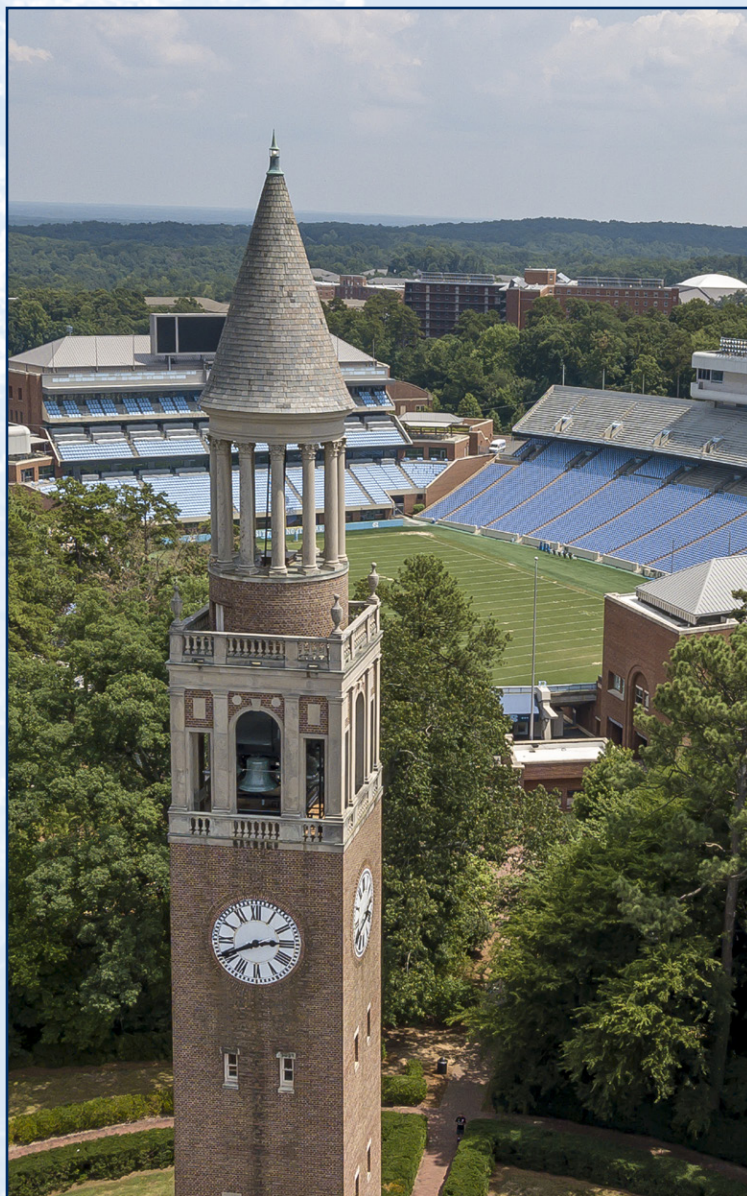
The lab and HGAPS had a great year! We added *Angelina (Pei-Tzu) Tsai* to the graduate student family, and *Jessica Janos* and *Joshua Langfus* proposed neat theses. *Jacquee Genzlinger* is loving teaching, and *Stephanie Salcedo* got married and is on internship (not too far away!). *Mian-Li Ong* got married, too, and he and his wife are embracing the experience of winter in Rochester, Minnesota

– very different than their home in Singapore! HGAPS.org has continued to grow and do amazing things. The students got 70 measures programmed so that people could take them online, get scores and suggestions about resources and additional information. The pilot version has already been used 26,000 times! HGAPS clubs have started at four universities (UCLA, University of Maryland, Appalachian State, and UNC Chapel Hill), and we have had more than 200 people become members and alumni. They have added 550,000 words to Wikipedia and Wikiversity (as many as a dozen journal articles!), and they have been viewed 150 million times. We are really starting to get the hang of this, and the reach and impact are gratifying. It is a joy to be surrounded by such talented, creative, and generous people. Our youngest daughter, Kay, joined Diane as an undergraduate at UNC – so now all four Youngstroms are part of Team Tarheel! Looking forward to the coming year a lot!

### Dr. Jennifer Youngstrom



Hello Alumni! I greatly enjoy keeping in touch with so many alumni – please continue to keep me updated! Supervising graduate students in 2<sup>nd</sup> year child therapy practicum as well as the assessment practicum is rewarding and enlightening due to the enthusiasm and skills of our students each year. I continue to participate on the undergraduate admissions committee that reviews applicants who report special needs or circumstances, and I work closely with the UNC Accessibility office to provide some training and consultation. I also enjoy serving as an APA site visitor for internships to provide national service and keep aware of national trends. Our assessment and child therapy clinics continue to flourish with referrals! On a personal note, our younger daughter, Kay, graduated from high school and just joined her sister, Diane, as a proud Tar Heel.



## Happy Anniversary to the Entering Classes of 1959, 1969, 1979, 1989, 1999, and 2009!

### CLASS OF 1959: WHERE ARE THEY NOW?

<b>Donald Collins</b>	Retired (formerly in Private Practice)
<b>Jane Cooke</b>	Unknown
<b>Jay Cudrin</b>	Private Practice, Hartford, CT
<b>Dale Morter</b>	Unknown
<b>Michel Wahba</b>	Deceased
<b>Louise Yates</b>	Unknown

### CLASS OF 1969: WHERE ARE THEY NOW?

<b>John Compere</b>	Retired Clinical Psychologist/Professional Speaker
<b>Marilyn Comstock</b>	Private Practice
<b>Nancy Dabadie</b>	Private Practice
<b>Kenneth Kastleman</b>	Private Practice
<b>Sharon Kean</b>	Private Practice
<b>Daphne McKee</b>	Associate Professor, Dept Psychiatry and Assoc. Director of the Duke Pain Prevention and Treatment Research Program
<b>Shel Miller</b>	Private Practice (Executive, Family, and Divorce Coach),
<b>Mary Pender</b>	Health Science Specialist, Durham VAMC
<b>William (David) Staton</b>	Retired (Director of Student Health and Student Counseling Services at Davidson College and Private Practice)
<b>Jeanette Stokols</b>	Private Practice
<b>Hugh Tarpley</b>	Director, Metro NY Developmental Disabilities Services Office

### CLASS OF 1979: WHERE ARE THEY NOW?



**Front Row:** Debra Nygaard, Lois Kugler, Katherine Bell;  
**Middle Row:** Phillip Batten, Clifford Stephens, Keith Yeates, Michael Young; **Back Row:** Anne Cameron, Kenneth Bain, Thomas Blackburn, Judith Marshall;  
**Not Pictured:** William Larter; Jeffrey Brooks

<b>Kenneth Bain</b>	Private Practice
<b>Phillip Batten</b>	Private Practice, Winston Salem, NC; Adjunct Assistant Professor, Department of Psychology, Wake Forest University
<b>Katherine Bell</b>	Unknown
<b>Thomas Blackburn</b>	Unknown
<b>Jeffrey Brooks</b>	Principal Consultant, Arcadia Solutions
<b>Anne Cameron</b>	Pastor, Lake Highlands Presbyterian Church
<b>Lois Kugler</b>	Private Practice
<b>William Larter</b>	Private Practice
<b>Judith Marshall</b>	Unknown
<b>Debra Nygaard</b>	Clinical Psychologist, Alexandria Department of Youth and Family Services
<b>Clifford Stephens</b>	Psychologist, Winnebago Mental Health Institute
<b>Keith Yeates</b>	Professor, Ohio State University, Director of the Center for Biobehavioral Health, The Research Institute at Nationwide Children's Hospital; Chief, Section of Pediatric Psychology and Neuropsychology, Nationwide Children's Hospital
<b>Michael Young</b>	Unknown



## CLASS OF 1989: WHERE ARE THEY NOW?



**From left to right:** Frank Bostancic, Lyn Rankin, Marty Kraut, Mary Baker-Sinclair, Mary Crenshaw, Darolyn Hilts, Carl Bardi, David Glenn, Lori Oshrain.

**Not pictured:** Amos Wolf

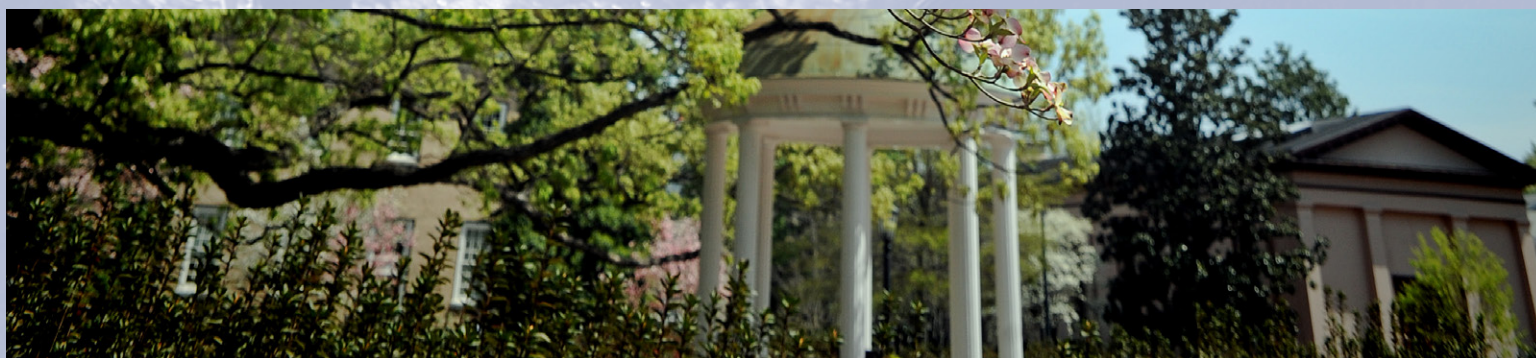
<b>Mary Baker-Sinclair</b>	Staff Psychologist, Chapel Hill Pediatric Psychology
<b>Carl Bardi</b>	Associate Professor, Sewanee, The University of the South
<b>Frank Bostancic</b>	Deceased
<b>Mary Crenshaw</b>	Unknown
<b>David Glenn</b>	Director of Strategy, Epilepsy Franchise at GlaxoSmithKline
<b>Darolyn Hilts</b>	Private Practice
<b>Marty Kraut</b>	Senior Project Manager, inVentiv Health
<b>Lori Oshrain</b>	Private Practice
<b>Lynn Rankin</b>	Unknown
<b>Amos Wolf</b>	Staff Psychologist, Taylor Psychotherapy Associates

## CLASS OF 1999: WHERE ARE THEY NOW?



**Front Row:** Christopher Galloway; **Middle Row:** Lauren Warren, Steffany Fredman; **Back Row:** Matthew Hersh, Shaye Reavis, Naomi Wiesenthal, Susan Stanton, Evan Waldheter

<b>Steffany Fredman</b>	Assistant Professor, Department of Human Development and Family Studies, The Pennsylvania State University
<b>Christopher Galloway</b>	Staff Psychologist, San Francisco VAMC
<b>Matthew Hersh</b>	Private Practice
<b>Shaye Reavis</b>	Postdoctoral Clinical Psychologist, Neuropsychology, Private Practice
<b>Susan Stanton</b>	Staff Psychologist, Hefner VA Medical Center
<b>Evan Waldheter</b>	Staff Psychologist, MIT Mental Health and Counseling Service
<b>Lauren Warren</b>	Clinical Assistant Professor, Department of Psychology, Washington State University
<b>Naomi Wiesenthal</b>	Staff Psychologist, Student Development Center, University of Western Ontario, Canada



## CLASS OF 2009: WHERE ARE THEY NOW?



**Front Row:** Jessica Solis, Laura Fabricant, Ashly Gaskin, Christine Paprocki; **Back Row:** Sophie Choukas-Bradley, Daniel Lee, Melanie Fischer, Casey Calhoun, **Not pictured:** Ellen Fitzsimmons-Craft, Meg Harney

<b>Ashly Gaskin-Wasson</b>	Private Practice
<b>Christine Paprocki</b>	Private Practice, Seattle WA
<b>Daniel Lee</b>	Biostatistician & Researcher, Children's Minnesota
<b>Ellen Fitzsimmons-Craft</b>	Assistant Professor of Psychiatry, Washington University School of Medicine in St. Louis
<b>Jessica Sloan (formerly Solis)</b>	Clinical Associate, Department of Psychiatry and Behavioral Sciences, Duke University
<b>Laura Fabricant</b>	Clinical Psychologist, VA Medical Center, Providence, RI
<b>Meg Harney</b>	Private Practice
<b>Melanie Fischer</b>	Research Associate, Heidelberg University Hospital
<b>Sophie Choukas-Bradley</b>	Assistant Professor of Psychology, University of Pittsburgh

## ABCT 2019 – ALUMNI HAPPY HOUR

There was a great turnout at the UNC clinical psychology alumni happy hour this past November at the 53<sup>rd</sup> ABCT annual convention in Atlanta. These have been a regular gathering opportunity, so if you'll be at ABCT next year, we hope to see you there!



# Transitions

## Welcome to our First Year Students!

Check out this list of the newest Clinical Program cohort!



**Emily Carrino**

University of North Carolina  
at Chapel Hill



**Michal Cook**

Washington University



**Louisa Kane**

University of Michigan



**Madison McCall**

University of Virginia



**Heidi Ojalehto**

Cornell University



**Rachel Phillips**

University of North Carolina  
at Chapel Hill



**Angelina Tsai**

Carnegie Mellon University



## PROFESSIONAL DEVELOPMENT FUNDING

**Kimberly Pentel,**  
2019-2020 Internship



“The funds helped support me in attending the annual Association for Behavioral and Cognitive Therapies Conference. Here, I was able to network with scholars at various psychology internship sites (and am now attending internship at the VA Puget Sound, a wonderful site), I had the opportunity to present on my dissertation research on developing and pilot testing a same-sex couple therapy, and I also was able to chair a clinical roundtable discussing clinical considerations for affirming same-sex couple therapy. Thank you!”

## CLINICAL GRADUATE STUDENT AWARDS, GRANTS, AND FELLOWSHIPS (2019)

- Donte Bernard • American Association of Blacks in Higher Education (AABHE) Dissertation of the Year
- Shannon Blakey • Outstanding Veteran Affairs (VA) Trainee Award from APA Division 18
- Jennifer Buchholz • Dashiell Dissertation Startup Award
- Emily Carrino • W. Grant Dahlstrom Graduate Student Fellowship
- Rina Dudley • AAPI Cynthia Belar Scholarship
- Tate Halverson • Student poster award at the Psychosis and Schizophrenia Spectrum (PASS) SIG at ABCT
- Samantha Hellberg • NSF Graduate Research Fellowship Award
- Samantha Hellberg • Selected as the Psychological Clinical Science Accreditation Systems (PCSAS) student representative
- Samantha Hellberg • Selected as the student representative of the Technology and Behavior Change Special Interest Group (SIG) at ABCT
- April Highlander • Selected as graduate student representative for the Building Roads to Inclusion and Diversity in Graduate Education (BRIDGE) Clinical Psychology Network
- April Highlander • Frances Degen Horowitz Millennium Scholar
- Kelsey Ludwig • UNC Graduate School Richard Bland Fellowship
- Madison McCall • David and Maeda Galinsky Graduate Student Fellowship
- Aaron Neal • Frances Degen Horowitz Millennium Scholar
- Mian-Li Ong • Distinguished Student Service Award in Clinical Psychology (APA, Division 12)
- Sarah Owens • Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship from the NIMH
- Catherine Paquette • Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship from the NIDA
- Kim Pentel • Bernadette Gray-Little Award for Diversity Enhancement in Psychological Research
- Stephanie Salcedo • UNC Graduate School Initiative for Minority Excellence (IME) Doctoral Candidacy Award
- Rachel Sandercock • Dashiell Dissertation Startup Award
- Effua Sosoo • Accepted to The Summer Institute: Preparing for a Career in the Armed Forces
- Effua Sosoo • UNC Graduate School Initiative for Minority Excellence (IME) Doctoral Candidacy Award
- Leigh Spivey • Graduate/Professional LGBTIQ+ Advocacy Award
- Katie Thompson • Dashiell Dissertation Startup Award
- Henry Willis • Baughman Dissertation Research Award
- Henry Willis • UNC Graduate School Initiative for Minority Excellence (IME) Candidacy Award

## CLINICAL FACULTY AWARDS AND GRANTS (2019)

- Jon Abramowitz • NIH R01 grant, “Predictors and Course of Postpartum Obsessions and Compulsions”
- David Penn • Highly Cited Researcher for 2019
- David Penn • Psychosis and Schizophrenia Spectrum (PASS) Special Interest Group (SIG) Trailblazer Award
- Mitch Prinstein • Beverly Thorn Award for Outstanding Service as DCT
- Mitch Prinstein • Assistant Dean for Honors Carolina
- Adam Miller • Association of Psychological Science (APS) Rising Star
- Erica Wise • Initial Fellow by the Society of Clinical Psychology Division 12
- Eric Youngstrom • President-Elect 2020 of the American Psychological Association’s Division 5 (Quantitative & Qualitative Methods)

## CLINICAL PROGRAM AWARDS 2018-2019

- Stephanie Salcedo • Martin S. Wallach Award – for an outstanding doctoral student demonstrating excellence in research, clinical practice, teaching, and/or service
- Lorie Ritschel, Shannon Blakey • David Galinsky Award – for outstanding supervision
- Maku Orleans-Pobee, Anna Bardone-Cone, Chelsea Ewing • Rosa Swanson Award – for helping foster a warm, supportive, and enjoyable professional environment

# DUAL PROGRAM

About five years ago, the UNC Department of Psychology and Neuroscience started what we call our “dual program,” which allows graduate students the opportunity to seek training related to two of the department’s six areas of psychology (behavioral & integrative neuroscience, clinical, cognitive, developmental, quantitative, and social). Students are admitted as dual students and complete the full course of study/training in each program. This initiative is one of the ways we have been aiming to be more interdisciplinary and collaborative. Our very first dual student, Kiki Meyer, is wrapping up her time with us and will soon be headed out on internship. Here are some reflections from Kiki and her advisors, Dr. Joe Hopfinger and Dr. Margaret Sheridan.



**Left to right:** Joe Hopfinger, Kiki Meyer, Margaret Sheridan

## Kiki Meyer

Dual Program (Clinical & Cognitive),  
5th Year Graduate Student

“I’ve greatly appreciated the opportunity to receive joint-doctoral training in Clinical Psychology and Cognitive Psychology at UNC. Through working on projects with my cognitive advisor, Dr. Joe Hopfinger, I’ve been challenged to think carefully about what specific cognitive processes are being targeted and how to isolate these in measurement. Simultaneously, work with my clinical advisor, Dr. Margaret Sheridan, has pushed me to make meaningful inferences about individual variation in these processes and to consider careful measurement within the context of real-world generalizability. Further, my clinical experiences have reinforced that the importance of considering psychosocial processes around cognition while my cognitive training has supported a particular appreciation for the interactions between learning experiences and cognition while delivering cognitive behavioral interventions. I’ve truly enjoyed getting the range of experience available through this training and look forward to continuing to integrate these fields in my career.”

“Kiki has been an exceptional student and she has excelled in pursuing a PhD that bridges two core areas of psychology – Clinical and Cognitive. She has developed a deep understanding of the neural mechanisms of attention, and she has combined this with her clinical training to develop exciting lines of research that are truly translational and that promise to enhance understanding of both psychopathology and critical cognitive processes.”

**Dr. Joe Hopfinger, Cognitive Program Advisor**

“Kiki is an absolute star and has taken excellent advantage of getting this dual degree. She has thrived in the ‘dual’ environment, and the work she has done in cognitive psychology has helped her develop and grow her understanding of psychopathology in novel and exciting directions.”

**Dr. Margaret Sheridan, Clinical Program Advisor**

# WAYS TO CONTRIBUTE TO YOUR GRADUATE ALMA MATER

As you can see in the newsletter, the clinical psychology program is thriving. We continue to be ranked within the top 10 nationally. Our faculty are remarkable in their accomplishments, conducting high-impact research across an array of areas of psychopathology, mentoring and teaching students, and providing service to the field. We continue to recruit the very best graduate students, provide them with outstanding clinical and research training, and benefit from their contributions to both the larger field of psychology and our community in Davie Hall.

Now more than ever, so much of what we do depends upon the support of our alumni and friends. We are grateful to all of you for staying connected to the program and for helping to support outstanding training for our clinical psychology students.

One of our top priorities is to improve funding opportunities for graduate students. As noted at the start of the newsletter, this past year, we have been able to offer greater professional development funds to students as well as summer salary for research activities to the first year cohort, made possible in part by the generosity of our alumni and friends.

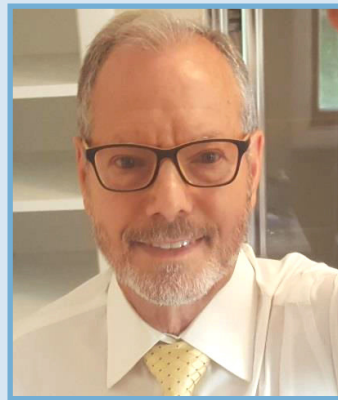
I hope you will consider making a gift to the **Clinical Psychology Excellence Fund**, a flexible fund which helps provide support for graduate student research and travel to conferences as well as other strategic program priorities. Or, please consider a gift to the **David and Maeda Galinsky Graduate Student Fellowship** or the **Grant Dahlstrom Graduate Student Fellowship**, funds that honor our former colleagues and help us recruit top graduate students to Carolina.

*Any amount is appreciated! Thank you!*

Gratefully,  
*Anna*

To Make A Gift Online, Please Go To:  
<http://clinicalpsych.unc.edu/make-a-gift/>





# WHY I GIVE

## Phil Meilman

UNC Alum 1977

Dr. Phil Meilman received his Carolina Ph.D. in Clinical Psychology in 1977. He serves as Director of the Counseling and Psychiatric Service (the student mental health service) at Georgetown University in Washington DC, a position he has held for the last 14 years, and has a faculty appointment as Professor in Georgetown's Department of Psychiatry. Prior to that he

worked at Cornell University for nine years, seven of which were as director of counseling. Earlier in his career he worked in college mental health at Dartmouth College and the College of William and Mary. He took four years away from that area of focus to run the Chronic Pain Treatment Unit at the University of Nebraska Medical Center, but returned to it even there by serving as the founding director of the student mental health service for medical and allied health students at UNMC.

Phil and his Carolina classmate Dr. Paul Grayson published two books together – a self-help book entitled *Beating the College Blues* and an edited volume for practitioners entitled *College Mental Health Practice*. For four years they co-edited *The Journal of College Student Psychotherapy*.

“When I started out in 1977, my first professional job paid me a whopping \$14,000 a year, but I was happy doing the work. Here I am 42 years later, and I am now in a position to give something back – which in 1977 I never saw as something I would be able to do.

“Why do I feel so strongly about Carolina? A couple of reasons. First, I did not pay a penny for my education. In my 1973 letter of admission to the Clinical Program, Dave Galinsky, then Director of Clinical Training, advised me that I would be provided an NIMH Traineeship. Even though I was from out-of-state, the Traineeship paid all my tuition and provided a \$200 monthly stipend. Back then \$200 was enough to cover rent and food, so I felt very fortunate. Second, our class was on a first name basis with the faculty, a very different situation than I encountered at Harvard,

my undergraduate institution – an environment more impersonal and decidedly less supportive. Carolina and the Clinical Program conveyed a clear sense of wanting to help students achieve their degrees. They could not have been more supportive. And our class numbering about 12 was very close.

“I credit UNC-CH for giving me a career, a focus, a life's work, a passion. I did not pay a cent for it. So, giving back is the least I can do. I am grateful for the time I spent there and for all that it gave me. And this is reflected in a memory I will share: I recollect driving down Cameron Avenue in the direction of the Carolina Inn, passing Davie Hall and The Old Well and then exiting the campus as I drove off to my internship at the University of Minnesota Medical Center, tears streaming down my face as I said goodbye to UNC. That was a moment I will never forget.”

