Dear Alumni and Friends,

The Psychology Department has had an exciting and productive year, despite the overriding nature of the current economic crisis. We welcomed six new faculty members, our second year of doctoral students, and full complements of I/O and school psychology master’s students.

Our biggest news is the acquisition of new space for the development of a Rawl Psychology Clinic. With the advent of the health psychology program, we realized the importance of an in-house training clinic for first- and second-year students. Thanks to the move of Military Science from Rawl into a new building, we have space on the third floor and a new director, Dr. Richard Farmer. Now we are seeking private support for furniture, video monitoring, testing kits, and staffing. This clinic will be able to provide low-cost clinical and school testing services to ECU students. We also have plans to offer mainly weight management, insomnia, and traumatic stress therapy groups to students, staff, and faculty. In fact, Dr. Lesley Lutes has begun the first weight management groups this fall. We hope to open the clinic in the spring on a limited basis, with a full clinic in operation come fall 2010.

The budget crisis has had a large impact on travel to research and clinical conferences. This places

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Lisa Baranik
Dr. Lisa Baranik received her PhD from the University of Georgia in Applied (aka Industrial-Organizational) Psychology in 2009. Her research interests include health and well-being in the workplace, research methods, social support, and achievement motivation. Her applied work experience includes employee selection consulting with PreVisor and qualitative data work with UPS. She lives with her cat, Marlow, who loves to play fetch and her partner, Brandon, who is allergic to cats. She enjoys vegetarian cooking and step aerobics.

Richard Farmer
Before joining the ECU Psychology Department this fall, Richard Farmer was a researcher at Oregon Research Institute and an adjunct instructor at the University of Oregon and Oregon State University. Before that he was an associate professor of psychology at Idaho State University and a senior lecturer in psychology at the University of Canterbury in Christchurch, New Zealand. For Richard, living in Greenville in much like returning home, as his graduate training in psychology took place at UNC Greensboro and his clinical internship at Duke University Medical Center. Richard’s main areas of clinical and research interest include behavior therapy, psychological assessment, depression, personality disorders, impulsivity, and eating disorders.

John Finch
John F. Finch received his Ph.D. in Applied Social Psychology from Arizona State University in 1991. After serving on the faculty in the Department of Psychology at Texas A & M University from 1991 - 2004, he completed his master’s degree in biostatistics at UCLA in 2006. Before joining the ECU faculty this fall, he served for three years as a statistical consultant at the Geffen School of Medicine at UCLA. His primary research interests include the application of structural equation modeling and latent growth curve analysis to the study of correlates and predictors of changes in mental and physical health over time.
Greetings from Department, continued

a real hardship on both faculty and graduate students who need to present their research projects at national conferences. If you are in a position to donate support to the Psychology Department, via the ECU Foundation, clinic development, graduate student stipend support and travel support are our highest priorities.

Dr. Susan McCammon has taken on the position of Director of Clinical Training and Dr. Christy Walcott is now the Director of the School Psychology MA/CAS program. Dr. Chris Riley-Tillman is Director of the Pediatric School Psychology program. Dr. Sam Sears has opened the Cardiac Comeback Clinic at HealthSteps and also the Cardiac Clinic at the ECU Heart Institute. Several of our new faculty members have achieved joint appointments in the medical school and started clinical practicum placements for students in Ob-Gyn, Pediatrics and Psychiatry. In addition, Dr. Erik Everhart has achieved board certification in behavioral sleep medicine.

For graduate and Psi Chi students, we have further developed the Martoccia library, which has lockers, a small refrigerator and new computers for the students. It is great for our students to have their own place for study and fellowship.

We look forward to hearing from you and encourage you to visit the ECU campus and visit the Psychology building. We continue to develop our Web site (www.ecu.edu/psyc) and will be posting photos that you send us at psychalum@ecu.edu. Look for us on Facebook, too. Please check out the new Alumni and Undergraduate Center (R129) as well as the beautiful Martoccia Library (R302).

Sincerely,

Kathleen A. Row

Clinical Health Psychology Teams up with Healthy Weight Camp for Teens!

This past summer, doctoral students in the Healthy Lifestyles Lab, supervised by Dr. Lesley Lutes, joined the Take Off 4-Health Program for a three-week summer camp for adolescents with weight challenges. The camp, held at the Eastern 4-H Environmental Education Center in Columbia, NC, was attended by 32 overweight teens between the ages of 13 and 17 who wanted to make healthy lifestyle changes, decrease their weight, and learn skills to maintain their healthy changes long-term. The camp was led by a multi-disciplinary team that included personnel from the Brody School of Medicine, nutritionists from the Healthy Weight Clinic of Pitt County, Pitt County Case Management, and the 4-H camp staff and counselors. While at camp, each teen attended nutrition classes, participated in physical activities such as kayaking and organized games, gathered for group therapy sessions, and met for cognitive behavioral therapy sessions related to developing more healthy behaviors. Dr. Lutes, along with her students, Emily Steinbaugh and Marissa Errickson, provided weekly group and individual cognitive behavioral therapy for the campers. Overall, the campers lost weight, learned valuable skills to help them to continue this trend in the future, and had fun while doing so. All of the campers are currently receiving a year-long follow-up where they and their families will receive support and learn more about healthy lifestyle changes. The Healthy Lifestyles Lab looks forward to many years of involvement in this important program.

Where are they now?

- **Taren Burnette** (BA, 2009) will be attending UNC Chapel Hill’s School of Medicine, where she has been offered a full, four-year scholarship in her pursuit of an M.D.

- **Kathryn Woerdenman** (BA, 2008) has been working for ECU Admissions, assisting with recruitment and application processing. She will attend the master’s program in Child and Family Studies at the University of Tennessee in the fall of 2009, with an accompanying assistantship. While Kathryn was excited about the big move to Knoxville, she promised that she will always remain a Pirate at heart.

- **Jenny Broadway** (BA, 2007) has been a volunteer at the Domestic Violence and Rape Center and is currently attending the Mental Health Counseling program at Gardner-Webb University. Jenny is involved in a high school program to raise awareness of dating violence, abuse, and rape. This program uses activities, videos, and discussion to educate students about the warning signs that may signal an abusive relationship and how to end one. Jenny is helping to launch an after-school program for female high school students on how to expect respect in their dating relationships.

- **Niki Kokiko-Cochran** (MA in experimental psychology, 2005) received her doctorate in biological psychology from Virginia Commonwealth University in 2008, where she studied cognitive recovery following experimental traumatic brain injury. Niki is currently a post-doctoral research fellow at the Cleveland Clinic, where she serves as the manager of the new Rodent Behavioral Core under the direction of Dr. Bruce Lamb. In addition to performing behavioral assessments, she is examining the relationship between brain injury and Alzheimer’s disease. Niki is happily married to her husband of three years.
Health Psychology Symposium

The inaugural 2009 Health Psychology Symposium took place at the Edwin Monroe AHEC center in Greenville April 8, 2009. The symposium was co-sponsored by the Psychology Department at ECU and Eastern Area Health Education Center (AHEC). The symposium brought together researchers (including faculty and graduate students) and professionals in healthcare, mental health, and human services to learn about current issues in health psychology. The department emphasizes a scientist-practitioner model, in which psychologists are trained as both scientists (competent to engage in scientific research) and practitioners (competent to provide clinical services). In this training, we focus on the bio-psycho-social approach to health and illness, which is explained by a combination of: 1) biological characteristics, such as genetic predisposition, 2) psychological and behavioral factors, such as lifestyle, stress, and health beliefs, and 3) psychosocial conditions, such as cultural influences, family relationships, social support, and school experiences.

Black and White Benefit for the Ginger Stodard Memorial Award

On April 25th, the Psychology Graduate Student Organization (PGSO) hosted its first annual Black and White Benefit in memory of Ginger Stodard, a former ECU psychology graduate student who passed away from cancer. The event was overseen by PGSO’s faculty advisor, Dr. Jeannie Golden and held at ECU’s Willis Building. The benefit united psychology graduate students and faculty, as well as several members of Ginger’s family, including her husband and children, her parents, siblings, and niece. The ECU Jazz Ensemble entertained the attendees, who enjoyed an array of food and drinks. Items donated from area businesses were also raffled off. The big ticket item was a $75 gift certificate to Starlight Café, won by graduate student Albee Ongsuco.

The event featured the inaugural presentation of the Ginger Stodard Memorial Award, with speeches by Ginger’s father, brother and sister. Faculty members were asked to nominate graduate students who displayed excellence in the classroom and in research. Once nominated, candidates completed an application that included an essay detailing how attending an academic conference would be beneficial to their career development. Two awards, each worth $500 (thanks to the generous donations of Ginger’s father and many others), were won by Marissa Errickson and Sayward Harrison. The PGSO would like to thank everyone who attended the event and hopes to see more psychology faculty and staff in attendance next year.

IN MEMORIAM

It is with great sorrow that we report the death of a beloved alumna, Ginger Norine Stodard, who passed away from colon cancer October 20, 2008. She is survived by her husband Mike and children Elizabeth and Ben, her parents Morris and Elizabeth, her brother Randy, her sister Nicole, as well as other extended family. Ginger Stodard was one of Dr. Jeannie Golden’s earliest graduate students and later one of her closest friends. Ginger earned her master’s degree in 1987, specializing in Mental Retardation and Developmental Disabilities. Ginger put her considerable skills to good use, working for 20 years as a Behavior Analyst, rehabilitating severely emotionally disturbed adolescents and adults in a variety of settings, including residential settings for developmentally handicapped and mentally ill adolescents, small residential settings for profoundly and physically handicapped adults, and finally in a very special local public school setting serving behaviorally disordered middle and high school students. Ginger has been described as vivacious, energetic, enthusiastic, fun-loving, and kind, in addition to her skillful determination to help the most difficult and challenging individuals. Her creativity, compassion, enthusiasm, and expertise earned her professional accolades and made her an inspiration to those aspiring to this line of work. Additionally, during each year since her diagnosis, Ginger participated in Tallahassee’s local chapter of Relay for Life, raising over $18,000 and delivering the keynote speech months before her passing. Ginger was a fine person, a terrific Behavior Analyst, a wonderful mother, wife, and friend. Through the help of Ginger’s family and the Psychology Graduate Student Organization, Dr. Golden has initiated a Ginger Stodard Memorial Award to honor Ginger and keep her memory alive. For more information, continue reading the newsletter.
The Privateers “Purple Pirate Party”

On August 20, 2009, a group of Pirates from East Carolina University’s Department of Psychology made a big difference in the community. The students hosted a “Purple Pirate Party” at the Caswell Developmental Center in Kinston, NC. Caswell is a state-funded residential center for adults in eastern North Carolina who have mental retardation and other developmental disabilities. The residents of Caswell enjoyed activities, including pirate bowling, pin the eye-patch on the pirate, digging for buried treasure, pirate arts, pirate dancing, and treasure chest prize drawings. Ten doctoral students dressed as pirates also pitched in to create the pirate oasis. Over 80 Caswell Center residents participated in the event, and all involved had a swashbuckling good time.

The entire event was planned and carried out by the students in the health psychology doctoral program at East Carolina University. These students have created a volunteer service group called the Privateers. Together this group plans multiple community service projects throughout the year. During the 2008-2009 school year, the Privateers participated in Relay for Life, hosted several “Alex’s Lemonade Stands” to raise money for pediatric cancer research, and provided Christmas presents for children at Greenville’s Little Willie Center. Sayward Harrison and Kari Kirian served as co-leaders for this year’s Privateer group.

Senior Thesis Presentations

(L to R) Kristin Vice, Kristin Carpenter, Jami Whaley, Megan Soules, Taren Burnette, Jessica Stevens, Shannon Brooks