

Ψ PSYC INFO

A Newsletter for Psychology Alumni and Friends

Department of Psychology • Thomas Harriot College of Arts and Sciences • East Carolina University

Greetings from the ECU Psychology Department

Dear Alumni and Friends,



Greenville has enjoyed a spectacularly beautiful spring, and in that spirit of new growth and promise I write to you about the Department of Psychology. Just as a cold and wet winter has led to azaleas covered with blossoms, so the austerity of the budget crisis has led to creative stewardship of our resources.

When faculty members receive grants for their research, additional revenue comes to the department for operating expenses. This year four

faculty members have succeeded in their efforts to obtain research funds: Drs. Lesley Lutes, Sam Sears, Tuan Tran and Tamara Warner, while seven faculty members are in continuing years: Drs. Lisa Campbell, Christyn Dolbier, Erik Everhart, Jeannie Golden, Chris Riley-Tillman and Sam Sears.

As research stimulates the search for new knowledge, great teaching inspires the next generation. Three faculty members have received major University-wide awards this year for excellence in teaching: Drs. Shahnaz Aziz, Erik Everhart and Jeannie Golden.

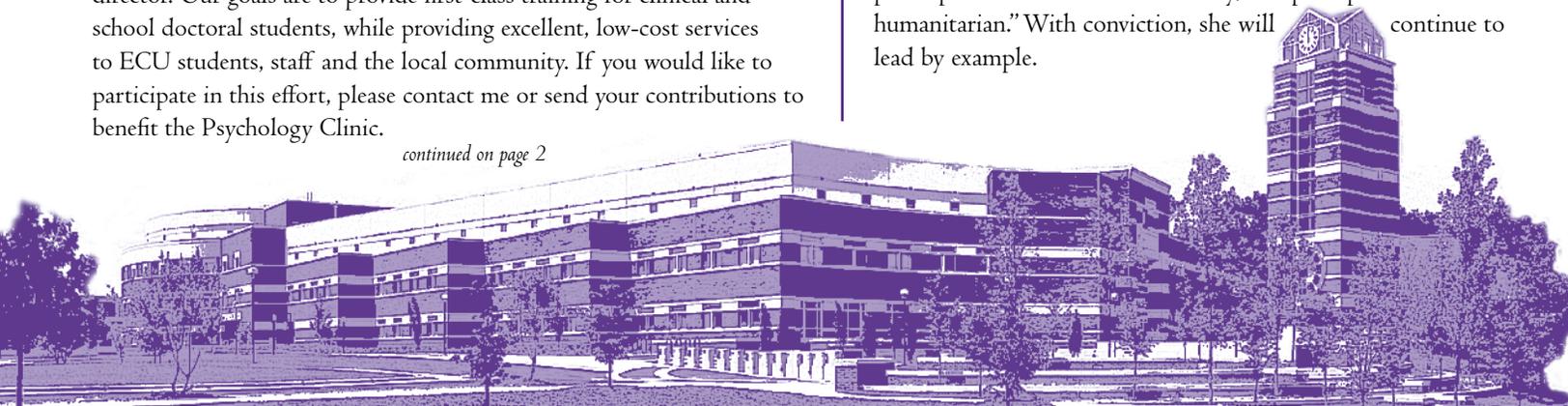
Service, both to the university and to the community, is an important part of our mission. Dr. William F. Grossnickle received our first MVP Distinguished Professor award for service. Ms. Adele Bowman, administrative associate for undergraduate studies, retired after 16 years of superior service. And we are about to embark on a new service mission. Thanks to the dedication of our clinical and school faculty, as well as to the generosity of Provost Marilyn Sheerer and Dean Alan White, the department is preparing to open our Psychology Clinic this fall. We are renovating space, ordering furniture and hiring our clinic director. Our goals are to provide first-class training for clinical and school doctoral students, while providing excellent, low-cost services to ECU students, staff and the local community. If you would like to participate in this effort, please contact me or send your contributions to benefit the Psychology Clinic.

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ADELE BOWMAN RETIRES

Since joining the Psychology Department in 1983, Adele Bowman's patience, professionalism, positivity, and kindness permeated the undergraduate office. Adele was born and raised in New York City and was taught the value of family and "the golden rule." Her multicultural neighborhood was a "collective family." As a young adult, she worked for nearly ten years as a Teletype operator where she met her future husband, Robert. It was her husband's career advancement that ultimately brought her family to Eastern North Carolina, after seven and a half years in Erie, PA. They had two young children by then, Tricia and Robert. Adele demonstrated her love of learning by taking classes at Pitt Community College and ECU throughout her employment and establishing herself as a member of the National Society of Collegiate Scholars in the Fall of 2007. Adele and her husband Robert also established their own company, *LEAR Equity Management*: the company acronym was derived from the family's initials.

When asked to describe Adele, many current and former faculty members had a wealth of stories and observations. One faculty member described her as always "cordial, professional, unflappable, and cool" even though she was under a great deal of pressure. Many other faculty members also commented on Adele's warm smile and her thoughtful, considerate, and genuinely kind nature. She is appreciated for her knowledge of current national politics, New York, and her comprehensive resourcefulness with respect to office procedures. Adele Bowman is known for her attentive, professional, and helpful interactions with undergraduate students. A consistent theme was that Adele's infectious laughter helped to lift and inspire others. Adele's retirement will include a continued devotion to her family, God, her church and its music, and service to her community. She hopes to experience pan-continental travel, participate in Habitat for Humanity, and perhaps meet a "true humanitarian." With conviction, she will continue to lead by example.



Greetings from Department, *continued*

We look forward to hearing from you and encourage you to visit the ECU campus and the Psychology building. Our website is www.ecu.edu/psyc; you can send photos and messages for posting to psychalum@ecu.edu or visit our site on Facebook.

Sincerely,



Kathleen A. Row
Chair and Professor

New Healthy Weight Management Program Offered

Beginning this past fall, Dr. Lesley Lutes, a licensed clinical psychologist and health services provider who specializes in the treatment of obesity, began a specialty clinic providing weight management services to ECU faculty, staff, and community members. Dr. Lutes trained nine students in the doctoral program in clinical health psychology to provide group and individual therapy using an empirically-validated small change treatment approach. While research has shown that individuals are very successful at losing weight, maintaining that weight loss is the big challenge. Unlike traditional behavioral weight loss programs that typically promote low calorie or prescribed diets and high exercise routines that are not maintainable, the small change treatment program has individuals determine one small change that they could reasonably make in their daily habit that would result in weight loss. In a small but growing literature, making smaller changes in nutrition and physical activity is a viable alternative to traditional weight loss programs and has been featured in peer reviewed journals, local news media, and recently in Prevention magazine. Over the past nine months, over 60 individuals have participated in the small change program. More than 90% of individuals have completed the 10-week treatment program and have shown a clinically significant weight loss. "This is a real testament to the quality of the student clinicians in our doctoral program who are providing a critical service to our ECU community" said Dr. Lutes. Due to the overwhelming success of the first year of the program, it will become a regular service provided through the new psychology clinic that will be opening in the Fall of 2010.

Spotlight on Faculty: Dr. Jeannie Golden

Dr. Jeannie Golden has been a faculty member in the Psychology Department for the last 28 years. Dr. Golden is known for her level of community engagement and her work with children, both of which were an early love. Dr. Golden planned on being a special education teacher but instead earned a Ph.D. in school psychology from Florida State University. Early in her career, Dr. Golden started a private practice working with kids and families with emotional and behavioral problems with whom Applied Behavioral Analysis (ABA) was an effective treatment. She became the first person in NC to get board certified with ABA and she has taught most of the master's level students who are ABA-certified in North Carolina. Dr. Golden forms a close bond with many of these students, keeping in regular touch with approximately 50 out of 75 students.



Dr. Golden believes that, "In order to do well in psychology, you need to have hands-on experience and not just hear lectures and read books. You need to actually experience it firsthand." Everyone – including her introductory level students – has to do a project or hands-on work in the community. Dr. Golden has a considerable number of community contacts, many of whom eventually employ her students. "I'm a matchmaker for the student and the community. It's such a win-win-win situation. The student gets the experience and the community benefits from the volunteer work, while the child gets the benefit. It's just part of what I do now."

Dr. Golden's research focuses on such children, including research on autism treatments, children with attachment disorders, and a project resulting from a K.B. Reynolds grant for \$289,000 to include mental health assessment and treatment in school-based health centers. As part of this project, Dr. Golden provides students in a local high school access to a master's level clinical psychologist, and a doctoral-level health psychology student working with kids with chronic health disorders (such as sickle cell and diabetes) on how the health problems interact with the child's learning and behavior in the classroom. The project also includes a needs assessment of the county school district of mental health needs and barriers to achieving it. Dr. Golden's enthusiasm for her work shines through, as she states, "I just enjoy what I do, I really do. Even after 28 years I'm not burned out at all."

My First Formal Conference Presentation

by Ryan Craft

I recently presented research conducted in Dr. Tuan Tran's lab at a major regional conference in Denver, Colorado (the Rocky Mountain Psychological Association). My project examined the ability of an iron sufficient diet to mitigate some of the negative effects of fetal alcohol exposure on the developing brain. Although I had presented for classes and at small conferences before, this was the first time I was presenting in front of professionals in my field and represented not only myself, but my lab, my mentor, and ECU. The presentation involved a 13 minute research presentation followed by two minutes of time for audience questions. The day before the presentation, I spent the whole day in my room rehearsing my speech and trying to condense my words yet still effectively communicate with the audience. As I thought about working in the lab, using the



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My First Formal Conference Presentation, *continued*

techniques, and what our results meant, the presentation seemed to transform from being a rigid object of memorization to something more plastic and pliable. I saw my practice times drop down into the 14 minute range. I was ready for my big day.

That day, Dr. Tran and I headed for the Psychopharmacology oral presentation session where I was second to present. My study, being based on the well known neural circuit of delay eyeblink classical conditioning as well as physical cell counts, was conclusive in showing

a real effect. I was initially nervous, but this feeling soon passed. I knew my research, had spent over a year conducting it, and had practiced for hours to make this presentation concise and informative. After the presentation was finished, I was approached by members of the audience and congratulated for conducting excellent research and exhibiting a well-prepared presentation. I felt victorious, and celebrated the success of my first formal research presentation.

Spotlight on Alumni: Dave Angel



Dave Angel (1990 BA, 1994 MA in I/O Psychology) interned at Burroughs Wellcome Company in Greenville while completing his MA in I/O Psychology. He remained with Burroughs Wellcome following graduation and spent the next fifteen years in various HR and Organizational Development positions in the healthcare and pharmaceutical industries. During this time, Dave relied heavily on what he learned during his days in the Psychology Department to lead change initiatives, manage talent activities and develop HR processes and policies. "It was a combination of book smarts, common sense, and learning on the job that helped me establish my career," he said.

In 2007, he joined Hexion Specialty Chemicals Inc., a world leader in binder, adhesive and coating resins, as Global HR Vice President for the Performance Products Division based in Columbus, Ohio. In this role, Dave provided strategic HR leadership to operations on five continents with significant focus in Asia, Australia and New Zealand.

In 2008, Dave was appointed as Hexion's Asia Pacific Regional HR Vice President and resides in Shanghai China with his wife Sue (ECU PSYC 1990 BA) and daughter Elizabeth. "This has been a tremendous experience both professionally and personally. To be successful in an international assignment requires a sense of adventure, an open mind and an appreciation for other cultures. I've developed survival skills in Mandarin, learned to appreciate different foods and experienced new customs. You can't take an international assignment and expect everything to remain unchanged in how you live your daily life," he said. Dave is responsible for leading talent management, organizational change management, HR shared services and business partnership in support of Hexion's growth plans. "As your career advances in Human Resources, you move from delivering tactical projects and administration to having to look at the business as a system. You have to ask how people influence the business, its products and its customers and what you can do to maximize the positive impact they have on the company's success."

WHERE ARE THEY NOW? WHERE ARE THEY NOW?

- **Joy Dismukes** (BA, 2006) Since graduating, Joy has kept busy as a developmental therapist, associate professional, and a stay-at-home mom to now 3 year-old Isabella. In December 2009 Joy relocated to Valdosta, GA to begin the Master's Program in Clinical-Counseling Psychology at Valdosta State University. Joy holds a graduate assistantship in Grants & Contracts, which awards a full tuition waiver and a monthly stipend; she plans to begin her graduate thesis next year.
- **Dina Gambella** (BA, 2008) is currently pursuing her master's of Marriage and Family Therapy at Pfeiffer University in Charlotte, NC. She begins her internship in the Fall of 2010, which includes actively working with clients. Her long-term goal is to pursue a certification in Sex Therapy and to work exclusively with couples. She is currently working on a manuscript titled, "Surviving Graduate School When You Are 20-Something Years Old" that she hopes to publish.
- **Daniel Rohda** (MA in Clinical Psychology, 2009) is currently enrolled in the Marriage and Family Therapy program at Pfeiffer University in Charlotte, NC. He is currently studying family systems and plans to focus his dissertation titled, "Internet deviance: The effects of online sexual activity on the family." He hopes to obtain a PhD in Sex Therapy and to receive his LPC license. In the Fall of 2010 he will begin a position at the Maury Correctional Institute (MCI), where he will maintain a caseload of referral clients from the general prison population. He will also be responsible for testing, assessment, and staff consultation.
- **Amanda Tyson** (MA in Academic/Experimental Psychology, 1997) received her doctorate in Counseling Psychology from Lehigh University in 2006 where she continued her research on attitudes and attributions of blame regarding alcohol use and date rape. She also discovered her passion for the research and practice of supervision and training and is presently in the process of developing and validating a measure to assess trainee needs in supervision. Amanda is currently a licensed psychologist and Practicum Coordinator at the University at Buffalo Counseling Services, where she has been employed since December 2003. Amanda is also the current President of the Psychological Association of Western New York (PAWNY) and credits ECU for facilitating her interest in serving in leadership roles within graduate and professional organizations.



The Privateers



Laura Daniels, Sayward Harrison, and Jenilee Johnson

Serving as the health psychology doctoral program's student-led service organization, the Privateer mission is to serve East Carolina University and the greater Greenville area to promote health and well-being community-wide by capitalizing on our unique skill set. Since our inception in the summer of 2008, the Privateers have led eight department-wide projects and fundraisers in an effort to encourage hope and health in Pirate country. This semester, the Privateers went global: because of the generosity of faculty, staff, and students, the Privateers raised money for meals, supplies, and medical kits for the survivors of Haiti's devastating earthquake. In addition, the Privateers tried their hand at quilting this fall by making 12 fleece blankets for Project Linus, a non-profit organization that provides handmade warm and fuzzy blankets to seriously ill and traumatized children in our community. The Privateers have also established several traditions: each August we host a Pirate Party designed to engage patients and their family members in fun and games within a variety of care settings, including the Children's Hospital and the Caswell Developmental Center. We also host an annual Angel Tree to collect presents for the children of the Little Willie Center during the holiday season. Other Privateer projects include creating a Relay for Life team and hosting a series of Alex's Lemonade Stands to raise money for pediatric cancer research. The Privateers have become an established service organization promoting health and wellness throughout our community. We would like to thank the efforts of the faculty, staff, and students to make a difference for Pirates everywhere!

STUDENT AND FACULTY AWARDS 2010

- ☆ MVP award for Distinguished Service: Dr. William Grossnickle
- ☆ I/O best student: Jenna Hartinger
- ☆ SP best student: Katie McDuffy
- ☆ Undergraduate Childers and UBE scholarships: Ellen Sheffer
- ☆ Outstanding undergraduate thesis: Emily Miller
- ☆ Psi Chi Outstanding undergraduate teacher: Dr. Jon Reed
- ☆ Staff appreciation: Dawn Phillips
- ☆ Stapleton teaching award: Dr. Amy Lyndon
- ☆ Graduate student clinical services: Garrett Hazelton
- ☆ Graduate student teaching: Sayward Harrison
- ☆ Graduate student research: Emily Steinbaugh
- ☆ Faculty appreciation for research, teaching and mentoring: Dr. Chris Riley-Tillman
- ☆ Ginger Stodard travel awards: Taylor Rush and Ellen Ratajack