

Editorial Team

Fall 2016

October 6, 2016



# Clin/Comm/Unications

BONUS ISSUE

## Letter from the Editorial Team

Dear Clinical-Community Family,

It is fall in Champaign-Urbana: reinvigoration, new possibilities, and continuing opportunities seem endless. Welcoming new faculty, staff, and students into our division family represents all that fall is to us. Our Clinical-Community family has grown tremendously since our last published issue in 2015! To accommodate and update you on the growth in our Clinical-Community family, we are excited to publish this bonus issue of the newsletter! In the newsletter, we introduce you to our new faculty, current incoming students, and officially welcome clin-two to the family. The newsletter also contains the sections you have come to expect and enjoy—clin-one brain teasers, the alumni corner, publications, and achievements (and when applicable we have provided updated information on achievements). The newsletter is an important and meaningful part of our division. We are always thrilled to welcome our new students, as well as highlight the achievements of our alumni and current graduate students. We hope you will stay in contact as we prepare subsequent issues.

*The Official Newsletter of the  
Clinical-Community Psychology  
Division at the University of  
Illinois at Urbana-Champaign*

### Editorial Team



Carla Hunter



Alison Jordan-Frost



Christine Sun

# Welcome First Year Clinical/Community Graduate Students!

## Talia Ariss

Hi! My name is Talia Ariss and I'm excited to start my first year here in the Midwest, as well as working with Catharine Fairbairn this year! I grew up in Lebanon and I received my B.A. in psychology from the American University of Beirut. I then moved to New York city where I obtained my masters from Teachers College, Columbia University in clinical psychology. During my stay there, I worked on multiple research assistantship jobs, including one at Bellevue hospital and another at

the Center for Motivation and Change, an outpatient treatment facility in the heart of midtown. My research interests focus on investigating the interplay between one's emotions, cognition, and social interactions as they relate to substance misuse. Specifically, I am interested in looking at the factors that increase one's likelihood of developing of a substance use disorder. Outside of school I enjoy drawing, hiking, and new culinary experiences!



## Emily Blevins

Hi there! My name is Emily Blevins, and I'm a new first year in the Clinical/Community division. I hail from the South, broadly speaking (Louisiana and the Tennessee/Georgia border). After high school, I gradually moved eastward, attending the University of Richmond and then researching substance use and depression in the Washington

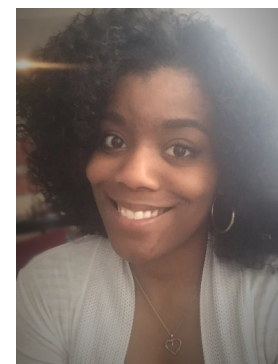
DC area for a few years. I'm thrilled to begin a new adventure in the Midwest studying what excites me! I'll be working with Nathan Todd and am interested in how culture and privilege influence individual mental health. I love a good tea, giggles from my niece and nephew, and junior-high-esque dance parties with friends.



## Danyelle Dawson

Hi! My name is Danyelle Dawson and I'm excited to be joining the Clinical/Community division at UIUC. I'm from Fayetteville, NC- a small military town in the south. I received my undergraduate degree from The University of North Carolina at Chapel Hill and my master's degree from North Carolina Central University; both in Psychology. I am looking forward working with Carla Hunter

and pursuing my research interests in the biopsychosocial and sociocultural factors that influence the development of mood and anxiety disorders and mental and physical health outcomes in African Americans. In my downtime, I moonlight as a self-proclaimed foodie, techie, and book lover. I am also looking forward to experiencing all that Urbana/Champaign has to offer!



## Dustin Haraden

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Hello! My name is Dustin Haraden and I am extremely excited to be joining the Clinical/Community program at UIUC! Upon graduating from the University of Denver, I began working in a lab investigating personalization of depression prevention programs in adolescents (among other things). Primarily, I am interested in examining the relationship between sleep and child/adolescent mental illness, particularly depression and anxiety.

I was born in Massachusetts (Go Sox and B's!) and moved to Santa Fe, New

Mexico where I spent my childhood playing with tumbleweeds and prairie dogs. However, when the tumbleweeds failed to roam the streets, I enjoyed playing on my local hockey team (yes, there is ice in New Mexico) as well as being able to take any chance to get out on the golf course.

When I am not in the lab, I am either on the golf course, with my wife, daughter and child at home, or at a local comedy club. My wife and I have attended every Denver Comic Con and have hopes of one day going to Comic Con International in San Diego.



## Erin Long

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Hello! My name is Erin Long, and I'm excited to be joining UIUC's Clinical/Community division. I completed my first year of grad school at the University of Denver with Ben Hankin, and will be continuing to work with him at UIUC. I'm broadly interested in the comorbidity of anxiety disorders and

depression during childhood and adolescence. I received undergraduate degrees in psychology and Spanish from UW-Madison, where I also studied the development of cognitive control skills in childhood. I'm a Wisconsin native, and I enjoy hiking, seeing live music, and collecting tons of succulents.



## Tina Schweizer

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Hello! My name is Tina Schweizer and I'm excited to be joining the Clinical/Community division at UIUC! After graduating with a B.A. in Psychology at New York University, I worked in suicide intervention and sexual assault victim advocacy at a non-profit where I became interested in emotional and cognitive processes in mood disorders, particularly among youth and girls. I then completed an M.A. in Psychology at Stony Brook

University where I studied the etiology of rumination in children. Prior to coming to UIUC, I completed an M.A. in Child Clinical Psychology at the University of Denver where I worked with Ben Hankin. Broadly speaking, I am interested in cognitive risks for internalizing problems in youth as well as interventions for depression and anxiety. I enjoy being outdoors, travelling, eating all kinds of food, and taking care of my succulents.



## Sarah Sperry

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Hello! My name is Sarah Sperry and I'm very excited to be joining the Clinical/Community Division along with my mentor, Dr. Tom Kwapil, as a transfer "third year"! I graduated from Tufts University in Boston in 2011 and subsequently worked at McLean Hospital in the Schizophrenia and Bipolar Disorder Program. I began pursuing my PhD in clinical psychology with Tom

at the University of North Carolina at Greensboro in 2014 and received my M.A. in 2016! My program of research focuses on the daily life assessment of the behavioral, affective, and cognitive correlates of bipolar spectrum psychopathology. When I'm not doing research, I enjoy cooking, playing fetch with my cat, and taking trips to new places whenever possible!

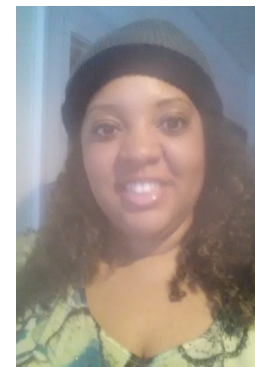


## Colleen Vaughan

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Hi! My name is Colleen Vaughan, and I'm very excited to be joining the Clinical/Community division at UIUC! I graduated from Harvard College in 2012, where I concentrated in Biology with a secondary in African American Studies. This past year, I was on fellowship at the University of Pittsburgh, where I helped to design African dance interventions for older African Ameri-

cans who were at risk for Alzheimer's Disease. At UIUC, I hope to begin crafting a research program that aims to promote culturally sensitive psychotherapy interventions for Black women suffering from depression and interpersonal trauma. I love all kinds of music, especially Beyoncé, and binge watching shows like Scandal & Orange is the New Black.



## Jacqueline Yi

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Hi everyone! My name is Jaki Yi. I was born and raised in New York, and I recently received my undergraduate degree in applied psychology at New York University. I'm excited to be joining Nathan Todd's religion, whiteness, and social justice lab this year. At UIUC, I hope to investigate social justice

attitudes among advantaged and disadvantaged groups, as well as explore various methodological approaches to community-based research. In my spare time/for self-care, I love listening to podcasts, trying new restaurants, and playing Korean traditional drums.



## Second Year Clinical/Community Graduate Students



### Brett Boeh

My main research interests are centered around social justice engagement and quality end-of-life care. With a focus on social justice engagement as praxis involving both reflection and action, I aim to understand the ways in which social justice education can engage individuals with diverse backgrounds and beliefs. Additionally, I aim to promote dignity in the dying pro-

cess. With a commitment to clinically-relevant research, I am interested in the ways that end-of-life care can promote a compassionate and patient-centered death. In my free time I enjoy spending time with my family, and playing volleyball!



### Nathaniel Eckland

Hi! My name is Nate Eckland. I am originally from Bethesda, Maryland and I am recent graduate of Washington University in St. Louis where I studied psychology and painting. During my time at WashU, I developed a passion for emotion research, which I am excited to further explore here at

UIUC. I am interested in empathy, emotion regulation, and psychopathology. When I am not being academic, I enjoy bad reality TV, cooking, pretending to exercise, and spending time with my dog Dexter.



### Hope Holland

My name is Hope Holland and I'm a 2nd year graduate student in the Clinical and Community Psychology division, with research interests in gender-based public harassment and violence against women.

time here so far, and when I'm not drinking too much coffee and working on school-related things I'm probably tripping over my own feet, either in roller derby or a new dance class.

I was born in Southern California and moved to Memphis, TN to work with AmeriCorps, before relocating to Champaign in 2015. I've loved my



# Welcome Faculty!

## Nkechinyelum Chioneso

Nkechinyelum A. Chioneso is an Assistant Director of the Psychological Services Center in the Clinical/Community Division. She provides leadership in the development and implementation of community engagement efforts for the Division by developing both supportive relationships and relevant services with the campus and larger community. Earning her doctoral

degree at North Carolina State University, Dr. Chioneso's major areas of professional interest include sustaining wellness, promoting psychological sense of community, and building healthy systems. In collaboration with her co-creators, Dr. Chioneso aims to foster community spaces that inspire a greater and more equitable realization of our human potentials.



## Amy Cohen

Amy Cohen is an assistant professor in the Clinical Division. Her previous research has focused on the familial psychosocial stressors associated with Autism Spectrum Disorders (ASD), as well as the application of applied behavioral analytic strategies to learning and skill acquisition. Dr. Cohen's current projects are focused on population-

based screening for determining the epidemiology and prevalence of ASD. Starting in fall 2015, Dr. Cohen will be recruiting families for the Autism Clinic, a training-focused clinic offering diagnostic evaluations for individuals age 12 months -18 years with concerns for developmental disabilities.



## Joseph Cohen

Growing up in the Chicagoland area, it has been very exciting to come back "home" and join the faculty at the University of Illinois. My research focuses on the factors that lead to the development of emotional distress in youth. Specifically, I examine how cognitive, interpersonal, and physiological vulnerability factors interact to predict depression in youth. In recent years, I have become increasingly interested in translating these findings into screening and assessment procedures that can better identify at-risk (e.g., neglected) youth. In addition to my research, I

started, and serve as the supervisor to, the Childhood Adversity and Resilience Services (CARS) clinic, which trains doctoral students how to provide empirically-based, trauma-informed services to youth. In upcoming years, I look forward to integrating novel, objective screening procedures developed through my research into the CARS clinic and other healthcare settings so that we can improve our ability to identify and understand risk prior to clinical engagement. When not on campus, I enjoy spending time with my family and rooting for Chicago's sports teams.



## Catharine Fairbairn

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I recently graduated from the University of Pittsburgh with my Ph.D. in clinical/health psychology. I began researching substance abuse immediately after finishing my undergraduate degree in New York City about ten years ago, and have since been slowly, unintentionally, making my way west across the country as I gained experience working in addictions research centers and earned my degrees (Philadelphia, Pittsburgh, Ann Arbor, ...). I couldn't be more excited to have finally landed in

Champaign to start up my own lab. I research alcohol's rewarding effects within the context of social interaction with the aim of understanding the basic social processes that underlie alcohol use disorder. In other words, I'm interested in how alcohol might help people connect with others, and how the reinforcement this brings might sometimes be a factor in heavy or otherwise problematic drinking. When I'm not researching, I love to cook big meals, spend time with friends and family, and curl up with a good book.



## Benjamin Hankin

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Benjamin L. Hankin, Ph.D. is the Fred and Ruby Kanfer Professor of Psychology at the University of Illinois. He received his Bachelors at Northwestern University and his PhD in clinical psychology from the University of Wisconsin in 2001. He is a developmental psychopathologist interested in understanding the etiology, ontogeny, trajectories and patterning of depression over the lifespan, especially in children and adolescents. In particular, his work has advanced knowledge in three fundamental areas: 1) accurate and appropriate description, structure and classification of depression and co-occurring disorders, 2) etiological vulnerabilities and mechanisms underlying the development of depression and the specificity of these risks for prediction of depression versus co-occurring disorders, and 3) the emergence of sex differences in depression and explanations for why more girls are depressed than boys. He has published over 140 papers and

co-edited two books. He has been continuously funded by NIH, NSF, and private foundations since 2001. Presently, he is conducting NIMH funded research on: 1) personalized prevention for depression in adolescence, 2) neural influences in cognitive control to understand risk to internalizing problems in youth, and 3) latent dimensional models of risk and cognitive control in developmental psychopathology. He has received numerous awards, including APA's Distinguished Scientific Award for Early Career Contribution to Psychopathology, Distinguished Undergraduate Research Mentor Award at the University of South Carolina, and the President's New Researcher Award, Association for the Advancement of Behavior Therapy. He has identical twin boys in middle school who are avid musicians. He enjoys live music of all types, cooking, traveling, spending time with his family, and being active outside, especially running and biking.



## Thomas Kwapil

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Thomas Kwapil has joined the Clinical/Community Division after spending 19 years as a Professor of clinical psychology and an Associate Dean for Research at the University of North Carolina at Greensboro. He completed his doctoral degree at the University of Wisconsin at Madison. His research focuses on examining risk for schizophrenia and bipolar spectrum psychopathology and has involved cross-sectional and longitudinal research studies in North Carolina and Barcelona, Spain. In addition,

his laboratory has conducted numerous studies using ambulatory assessment methods, such as experience sampling methodology. His research has been funded by the National Institute of Mental Health and the Spanish Ministry of Science. He was recently named a fellow of the Association for Psychological Science. In addition to drinking coffee and conducting science, he enjoys cooking paella and Cajun food, traveling, and watching his son play college lacrosse.



## Heidemarie Laurent

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Heidemarie Laurent comes to the Clinical/Community division from the University of Oregon where she was an Assistant Professor. She earned her doctorate at the University of Massachusetts Amherst and completed a clinical internship at the University of Washington Medical School. In her research, she seeks to understand the

roots of stress dysregulation by tracing paths from parent psychopathology to child stress physiology. She is also interested in mindfulness-based approaches to aid in stress regulation. When she isn't working or chasing after her 11-month-old twins, she enjoys hiking, yoga, and contemplating life's big questions.



## Tamara Sher

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Tamara Goldman Sher, Ph.D. is a licensed clinical psychologist, affiliate therapist and clinical professor at The Family Institute at Northwestern University. Over the course of her career, Dr. Sher has trained and supervised over 100 students on working with couples. Clinically, Dr. Sher has seen individuals and couples at all stages of their relationships. She is the author of doz-

ens of research publications, a co-editor of *The Psychology of Couples and Illness* and serves on multiple editorial boards. She is the co-editor, along with Kim Halford, Ph.D. on an upcoming book series for Springer Publications, entitled "*Couples and Health*" as well as a co-author on a book for the series, entitled "*Couples and Heart Disease*".





## Publications

**Dworkin, E. R., Javdani, S., & Allen, N. E.** (accepted for publication). If you build it, will they come? Explaining participation in family violence councils. *Journal of Community Psychology*.

**Larsen, S. E., & Hamberger, L. K.** (2015). Men's and Women's Experience of IPV Part II: A Review of New Developments in Comparative Studies in Clinical Populations. *Journal of Family Violence*, 30, 1007-1030. DOI: 10.1007/s10896-015-9730-x <http://link.springer.com/article/10.1007/s10896-015-9730-x>

**Larsen, S. E., & Berenbaum, H.** (2015) Are Specific Emotion Regulation Strategies Differentially Associat-

ed With Posttraumatic Growth versus Distress?. *Journal of Aggression, Mal-treatment, and Trauma*, 24, 794-808.

**Hamberger, L. K., & Larsen, S. E.** (2015). Men's and Women's Experience of Intimate Partner Violence: A Review of Ten Years of Comparative Studies in Clinical Samples; Part I. *Journal of Family Violence*, 30, 699-717.

Ritschel, L. A., Tone, E. B., Schoemann, A. M., & **Lim, N. E.** (2015). Psychometric properties of the Difficulties in Emotion Regulation Scale across demographic groups. *Psychological Assessment*, 27, 944-954.

Ritschel, L. A., **Lim, N. E.**, & Stewart, L. M. (2015). Transdiagnostic Applications of DBT for Adolescents and Adults. *American Journal of Psychotherapy*, 69, 111-128.

**Verona, E., & Bresin, K.** (in press). Aggression proneness: transdiagnostic processes involving negative valence and cognitive systems. *International Journal of Psychophysiology*.

**Natalie Watson** and **Carla Hunter** have a publication in APA's Division 45's Cultural Diversity and Ethnic Minority Psychology Journal: Anxiety and Depression Among African American Women: The Costs of Strength and Negative Attitudes Toward Psychological Help-Seeking (January 2015).

## Presentations

**Dworkin, E. R., Balgopal, A., Banks, R., & Allen, N. E.** (2014, December). Social network analysis on sensitive issues: A human subjects research case study. Poster presented at PRIM&R's 2014 Advancing Ethical Research (AER) Conference, Baltimore, MD.



**van Uchelen, C.** (2015, June). The Heart of Belong: Creating a Sense of Community Where It Matters. Workshop presented at the 2015 Community Psychology/Section 3 CPA pre-conference, Ottawa, ON.

## Clin-One Brain Teasers

A milkman has 2 empty jugs: a 3 gallon jug and a 5 gallon jug. How can he measure exactly 1 gallon without wasting any milk?

(fitbrains.com)



What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?

(<http://www.forbes.com/sites/work-in-progress/2012/11/06/10-brain teasers-to-stretch-your-brain/>)

What makes this number unique — 8,549,176,320?



What is represented here?

**TIMINGTIMING**

(<http://www.brainbashers.com/showpuzzles.asp?puzzle=ZHQZ>)

## Clin-One Brain Teasers Continued

There are four bungalows in our cul-de-sac. They are made from these materials: straw, wood, brick and glass.

Mrs Scott's bungalow is somewhere to the left of the wooden one and the third one along is brick.

Mrs Umbrella owns a straw bungalow and Mr Tinsley does not live at either end, but lives somewhere to the right of the glass bungalow.

Mr Wilshaw lives in the fourth bungalow, whilst the first bungalow is

not made from straw.

Who lives where, and what is their bungalow made from? (<http://www.brainbashers.com/showpuzzles.asp?puzzle=ZSOP>)



Below are seven countries, whose letters have been scrambled. Once you have unscrambled the letters, the first letters of each of the countries can then be scrambled to make another country.

Can you find this country?

AADNORR

AEHIIOPT

CEEEGR

AAAACDGMRS

ANORWY

AAIMNOR

EEMNY

<http://www.brainbashers.com/showpuzzles.asp?puzzle=ZSOP>

## Clin-One Brain Teasers' Answers

The milkman filled the 3 gallon jug, and then emptied the contents into the 5 gallon jug. He then filled the 3 gallon jug again, and continued to fill the 5 gallon jug until it was full. The milk remaining in the 3 gallon jug was precisely 1 gallon.

Take the first letter of each word and place it at the end. It will spell the same word backwards.

It contains each number, zero through nine, in alphabetical order.

Split second timing

From, left to right:

#1 Mrs Scott- glass

#2 Mrs. Umbrella- straw

#3 Mr. Tinsley- brick

#4 Mr. Wilshaw- wood



Germany.

AADNORR = Andorra

AEHIIOPT = Ethiopia

CEEEGR = Greece

AAAACDGMRS = Madagascar

ANORWY = Norway

AAIMNOR = Romania

EEMNY = Yemen

A + E + G + M + N + R + Y =  
Germany.

## Alumni Corner

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**Andrew Case** has been selected to receive the 2014 Vera S. Paster Award from the American Orthopsychiatric Association and was invited to UNCC to give a job talk.

**Andrew Case** was awarded the Emory L. Cowen Dissertation Award for the Promotion of Wellness by the Society for Community Research and Action.

**Andrew Case** accepted a tenure-track faculty appointment at The University of North Carolina at Charlotte.

DeAundra and **Andrew Case** welcomed their baby daughter, Harlow Dandridge Case (7lb 8oz) on November 5, 2014.



**Patricia Deldin** is now DCT and Area Chair at University of Michigan Clinical Program and continuing as Associate Director of Depression Center.

**Regina Langhout** has been elected a Fellow of the Society for Community Research & Action (Division 27).

## Kudos and Awards

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**Monica Agoston** has accepted an offer for a pediatric psychology fellowship at Boston Children's Hospital. She will begin the position in Fall 2015.

**Emily Dworkin** received the Women's Resources Center Graduate Scholar Award  
Champaign Area Psychological Society Arnie Miller and Barb Bremer Achievement Award.

**Michelle Schoenleber** is the recipient of the 2015 Young Investigator Award from the North American Society for the Study of Personality.

**Paul Sharp** received an NIH-funded fellowship to attend an fMRI training program at the University of Michigan this summer.

The winner of the Ed Scheiderer Memorial Research Award was **Juyeon Hur** (Spring 2015) and **Wenting Mu** (Spring 2016). This award is given to a graduate student who demonstrates outstanding research or scholarship.

**Angela Walden** has accepted a two-year post-doc at the Institute for Juvenile research at the University of Illinois at Chicago

The winner of the Herman Eisen Award was **Zhenni Wang** (Spring 2015) and **Suvarna Menon** (Spring 2016). This award is given to a graduate student in Clinical/Community psychology who exemplifies the spirit and values of Herman Eisen, a professor in the division and who worked actively to develop the resources needed to meet the mental health needs of this community, through her/his commitment and contribution to the practice of psychology. The winner's name will be placed on a plaque which is kept on permanent display on

## Kudos and Awards Continued

the third floor of the Psychology Department.

The winner of the Frederick and Ruby Kanfer Award was **Natalie Watson** (Spring 2015) and **Yara Mekawi** (Spring 2016). This award is given each year to a graduate student

in the Clinical/Community division whose scholarship and/or service in the field of Clinical/Community psychology best exemplifies the ideal of the late Frederick H. Kanfer: research and scholarship aimed at improving the psychological lives of all individuals.

Additional Information: The winner of each of the graduate student awards received a monetary award and was recognized by the division, during the department awards ceremony.



### CLINICAL-COMMUNITY PSYCHOLOGY @ UIUC

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#### We're on the Web at:

<http://www.psychology.illinois.edu/about/divisions/clinicalcommunity/>

*The **Clinical/Community Psychology Program** at the University of Illinois at Urbana-Champaign is a Clinical Science program designed to train scholarly and scientifically oriented researchers and professionals with a variety of interests.*

*Our program is committed to excellence in scientific clinical training and to using clinical science as the foundation for designing, implementing, and evaluating assessment and intervention procedures. Our educational philosophy emphasizes a creative, scholarly, and socially responsible approach to clinical and community psychology. Our mission is to produce graduates who assume leadership roles and contribute to the discipline and to society.*



Alma Mater at the University of Illinois at Urbana-Champaign

## Psychology at the University of Illinois

The Department of Psychology at the University of Illinois at Urbana-Champaign has a long-standing reputation for excellence. From its inception in 1904, the department has distinguished itself with outstanding faculty, research programs, and the best and brightest graduate students.

Consistently named one of the top five graduate programs in the country, the department nurtures an environment of

collaborative and independent research and outstanding scholarship. The organization of our department, the variety of divisions, and the strength of our faculty allow students the opportunity to explore their interests across the discipline and alongside some of the finest minds in the country.

At the University of Illinois we provide the resources, the network, and the experience for mature young scholars to be-

come committed professionals who make unique contributions to the field of psychology.

Whatever your professional interests and goals, you'll find an environment of excellence in which to pursue them and a community of dedicated and experienced collaborators to assist you in the Department of Psychology at the University of Illinois.