



EKU Department Psychology Newsletter

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Fall 2011

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Psychology Department Baby Boom!



Sophie Grace Gore, daughter of Dr. Jonathan Gore, was born October 4, 2011 at Central Baptist Hospital. This is the first child for Dr. Gore and his wife, Kelly, and they are overjoyed to have her as part of their new family!

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Elise Diane Wygant, born to Jenny and Dustin Wygant arrived at 10:52 AM on August 29, 2011 at St. Joseph's Hospital East. Elise weighed in at 7 pounds, 4 ounces. Dr. Wygant and his wife are thrilled with their new addition to their family!



It's a Girl! Amanda McIntosh and Alex White are eagerly anticipating the arrival of their daughter, Emily Ruth White. She is expected to arrive on January 8th, 2012. Amanda's son Elijah chose the name Emily and the three of them cannot wait for her to arrive!

Dr. Emily Lykins Joins EKU Faculty

Dr. Lykins was born and raised in east central Indiana. She graduated with a bachelor's degree from Indiana University Bloomington in 2004 and completed her graduate education in clinical psychology at the University of Kentucky, receiving her M.S. in 2006 and her Ph.D. in 2010. Dr. Lykins has completed training in a variety of settings, including a private practice, large university hospital, Veterans Affairs medical center, and university counseling center. She has specialized training in mindfulness- and acceptance-based treatment approaches, health psychology, and the treatment of Post-traumatic Stress Disorder (PTSD). Dr. Lykins hopes to be licensed as a clinical psychologist in the state of Kentucky by the end of the Fall semester, after taking the EPPP exam.

Dr. Lykins' clinical and empirical interests center on mindfulness/meditation and positive psychology. Clinically, she hopes to become more involved in supervision of graduate student clinical work. Empirically, she hopes to maintain an active research lab looking at topics such as methods to improve well-being and increase happiness, mechanisms of mindfulness, and outcomes of meditation practice.



Dr. Yoshie Nakai Joins EKU Faculty



Dr. Yoshie Nakai received her Ph.D. in Industrial/Gerontological Psychology from the University of Akron in 2011. She earned a Bachelor of Science from Truman State University and received a Master of Arts in Industrial/Organizational Psychology and Graduate Certificate in Gerontology at the University of Akron. She is originally from Chiba, Japan.

Dr. Nakai's main research interest is in the aging workforce. In particular, her recent research focuses on job search behaviors and unemployment among older adults. In the past three years, she has teamed with a non-profit organization providing services for older job seekers. Additionally, she has been involved in a series of collaborative projects in order to better understand the job search processes and design effective training programs. In one of the projects, she has followed participants during a three-week job search training with multi-wave surveys to examine their change in training experience over time. Dr. Nakai also plans to extend her research to the organizational side of the job search such as how organizations can effectively and efficiently recruit and retain older workers.

Besides her professional interest, Dr. Nakai likes to cook, bake, and explore the area for good restaurants. She also enjoys making pottery and is currently in the search of a good pottery studio.

Psychology Degree Goes Online



Beginning in the Spring 2012 semester, students will be able to complete the entire Bachelor of Science in Psychology degree program online. Our goal is to make an ECU education available to people across the Commonwealth and beyond who are unable to attend traditional college classes. Target populations include nontraditional students, those who are place bound in rural areas, whose family responsibilities and work schedules preclude taking on-campus classes, and those serving in the military. Twelve of our full-time faculty have been working with Eastern's Office of e-Campus Learning and the Instructional De-

velopment Center to create new online classes that take full advantage of cutting edge instructional technology and meet national quality standards. Most of our courses will be offered in eight- week sessions (two in the fall semester, two in the spring semester, and one in the summer). The e-Campus students will get as close to the full undergraduate experience as possible by completing co-op placements in their home communities, getting involved in Psi Chi and the Psychology Club, and working with faculty on research projects. We also hope to integrate e-Campus students into the ECU community by opening e-Campus class sections to a limited number of traditional students (i.e., those who take most of their classes in Richmond or at one of the extended campus sites). If you'd like to learn more about the Psychology or other e-Campus programs, visit www.eku.edu/online-psychology-degree.

Dr. Jerry Palmer appointed to the Board of Directors for Body Recall

Dr. Palmer has been appointed to the Board of Directors for the Body Recall organization located in Berea, Kentucky. Body Recall is a national non-profit organization founded in 1978 and is a pioneer in designing and teaching fitness and flexibility training programs for older adults, special needs populations, and youth. They have served as a leader in advancing the cause of health, wellness, and lifetime fitness for more than 30 years.

Over the years, Body Recall has helped tens of thousands of individuals faced with a number of health issues ranging including Alzheimer's, Parkinson's, Osteoporosis, Arthritis, Diabetes, Heart Disease, Mental Health, Stress, Insomnia, Obesity, Asthma and other Pulmonary related Diseases. Because of their ability to challenge and engage people at all levels of fitness, many of their students, as well as teachers, have remained with Body Recall 20 years or more. Many of their classes include people on low or fixed incomes who would not be able to experience the benefits that Body Recall has to offer. Because of this their instructors have always made allowances for people to participate in their programs regardless of their ability to pay. We congratulate Dr. Palmer on being appointed to the Board of Directors for such a wonderful and helpful organization!



Psi Chi and Psychology Club Welcomes New Members

Congratulations to the following students who have all met the eligibility requirements for active membership in these organizations:

New Fall 2011 Psi Chi Members:

Maegan Carek (New Vice President)
Denise Floyd
Jacob Powell
Lauren Beck
James Owens III
Aubrey Epperly
Martha Elizabeth Sinner
Josef Katzman
Ashley Durham
Talia Bryant

New Psy Club Members:

Lacey Durham
Joni Hall
Ashley Duurham
Talia Bryant

EKU Uses WHAS Crusade For Children Grant to Help Children With Autism and Their Families

A series of grants from the WHAS Crusade for Children has enabled Eastern Kentucky University to enhance a program designed to assist children with Autism Spectrum Disorders (ASD) and their families. One evening a week throughout much of each spring semester, faculty and students from the ECU departments of Psychology and Occupational Therapy lead social skills groups for 10-15 children with ASD in the University's Psychology Clinic while simultaneously the children's parents (and, in some cases, siblings) are meeting with Psychology faculty and graduate students. In addition, each fall faculty and student leaders work with school groups in the community.

Because the most common developmental difference for people with autism lies within the area of social function, children with ASD "often exhibit difficulties in successfully interacting with others, leading to challenges in the home, school and community," said Dr. Myra Beth Bundy, professor of psychology and co-faculty supervisor of the project along with Dr. Peggy Wittman, professor in the Department of Occupational Therapy.

Using a Lifestyle Performance Model as the framework for group development, faculty and students organize activities for the children around four core themes: "Taking Care of Myself," "Doing Something for Others," "Things I Like to Do," and "Playing with Others."

In addition, because children with autism often have "intense special interests, we try to incorporate their favorite things," Bundy noted.

"We want to help the children function in life," she said, "and provide them with a social opportunity.

Most of the children served by the ECU program are of elementary school age, and some of the families drive as much as two hours to visit the Richmond campus. Services are provided at a modest cost on an ability-to-pay basis.

In addition to the obvious benefits for the children and families, 10-15 ECU graduate and undergraduate students in psychology and occupational therapy gain supervised field work and observation opportunities.

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“Students, especially at the graduate level, are the backbone of this program,” Bundy said. “They are having an impact on children in multiple ways. I hope that they’ll be interested in working with this population in the future and that they’ll have some ideas for intervention.”

EKU offers an interdisciplinary autism certificate program for graduate students. The program is a joint effort of the psychology, occupational therapy, special education and communication disorders programs. Wittman said the occupational therapy students, in particular, provide “a specialized knowledge in task analysis that allows leaders to select fun activities that also meet individual and group therapeutic goals. The (OT) students in turn have gained invaluable knowledge about how families and children on the autism spectrum cope with everyday life, respond to others, and engage in occupations including play.”

As for the parents, the “support” element is vital, Bundy said. “Parents report that it’s helpful for them to meet others with similar experiences.”

To learn more about services EKU provides for children with autism and their families, contact Dr. Bundy at myrabeth.bundy@eku.edu or at 859-622-1103.

Czarina of the Copier, Ms. Piggy Goes Missing

After a break-up with Kermit the Frog over 20 years ago, Ms. Piggy arrived at the ECU Psychology Department as the Copy Czarina. Even though Ms. Piggy can be temperamental, as can the copier, she has been a blessing to this department. Unfortunately, Ms. Piggy decided to leave her home at ECU over the summer for a better opportunity in France. She was coy about what she would do next, only to be exposed by the recent release of *The Muppets* movie. There, it was revealed that she had become an editor of a high-end fashion magazine before following her heart to be back with her Kermmie. We wish Ms. Piggy all the best as we continue to soldier on without her. One faculty member could be seen gently wiping a tear away from his eye as he reminisced as the copier ran. “There just won’t be another one to replace her,” he commented.



Temple Grandin Comes to ECU in Chautauqua Lecture



Temple Grandin, Ph.D. spoke at ECU Center for the Arts on September 22nd to a packed audience. Dr. Grandin presented on “Animals, Humans, and Sensory Based Thinking”. Dr. Grandin is a designer of livestock handling facilities and a Professor of Animal Science at Colorado State University and is the most accomplished and well-known adult with autism in the world. Her lecture was well received both graduate and undergraduate students in the psychology department.



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Alumni Updates

Amy Karbasi

Degree: BS in Psychology

Date of Graduation: 2007

Personal Accomplishments: Amy is currently a doctoral student in the Clinical Psychology program at Xavier University, working on her Psy.D after receiving her M.A. in Clinical Psychology at Xavier in 2009. She will graduate with her Psy.D. in May 2012. In December 2010, she defended her doctoral dissertation, entitled, "Randomized clinical trial examining the effectiveness of a hope intervention for low SES children." She presented her dissertation as a poster presentation at the American Psychological Association conference in Washington, D.C. in August of 2011.

Stacia Angell

Degree: BS in Psychology, M.S. in Clinical Psychology

Date of Graduation: BS- 1997, M.S.- 2000

Personal Accomplishments: After completing her Masters in Clinical Psychology, Stacia went to Oklahoma State University to pursue a Ph.D. in School Psychology. She has now returned to the Central Kentucky area where she has been working as a School Psychologist in the Mercer County School district since 2007. At the beginning of the 2011 school year she was granted tenure. She and her husband live in Lancaster, KY and have a 7 year old son.

Ron Howard

Degree: M.S. in I/O Psychology

Date of Graduation: 2007

Personal Accomplishments: Ron has been working as Director of Human Resources for Big Sandy Health Care since 2009 and has earned his PHR certification.

Joshua Chalkley

Degree: M.S. in Clinical Psychology

Date of Graduation: 2003

Personal Accomplishments: After ECU Joshua did additional doctoral work in clinical psychology, and then went to medical school earning his medical degree in 2011. He is currently a Neurology resident at the University of Kentucky.

David Katz

Degree: M.S. in Clinical Psychology

Date of Graduation: 1992

Personal Accomplishments: After graduation from ECU David went on to get his Ph.D. and is now the Chair of the Clinical Psychology Department at the Adler School of Professional Psychology in Chicago.

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Let's Hear from Alumni

We love to hear from our alumni. After a rough past couple of years in publishing the PsyQ, we want to know what you have been up to so that we can expand our alumni update section in the PsyQ. Please send us your updates by e-mailing Dan Florell at dan.florell@eku.edu. You can also submit your updates to Dan Florell by accessing the Psychology Department at www.psychology.eku.edu. This page will provide you with an Alumni link where the Alumni Questionnaire is located.