

EKU Department Psychology Newsletter

Eastern Kentucky University

Spring 2015

New Psy.D. Program

EKU's Psy.D. degree program was approved by the Kentucky Council on Postsecondary Education on September 16,2014. This will be the first practice-oriented Psy.D. program at a public university in Kentucky. The program was designed to prepare psychology practitioners to work in underserved rural areas. The curriculum will provide opportunities for specialized training in substance abuse, mental health administration, school-based mental health, suicide risk assessment and prevention, and working with traditionally underserved populations, including veterans and their families, adults and children with developmental disabilities, and individuals who are deaf and hard of hearing. Additional specialized training opportunities will include forensic psychology and applied behavior analysis. Around 70 people applied to the



new Clinical Psychology doctoral program. Offers of admission were made to 12. One of them was Christopher Kidder, an e-Campus Psychology major who will graduate in May. He accepted the offer making him the first e-Campus PSY student admitted to a doctoral program.

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Golden Apple Award Winning Faculty

Martha Meehan is the winner of this year's Golden Apple Award for the Social and Behavioral Sciences. This award is for excellence in teaching and Meehan was selected out of over 50 nominations including Cheryl Ramey, Tara Reed, Brett Smith and Jodi Treadway from the Psychology Department.

Martha Meehan received her degree in Clinical Psychology from EKU and she has been teaching on our Richmond Campus and e-campus since 2011. She teaches Introduction to Psychology, Abnormal Psy-



chology, and Developmental Psychology and also works with several private practice groups serving people with autism. Congratulations to her and all the other fine teachers who teach and motivate our students!

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Department Hosts Workshop on Treating Suicidal Individuals

The Department of Psychology hosted nearly 200 area mental health professionals, EKU faculty, and students who attended the Collaborative Assessment and Management of Suicide (CAMS) workshop on May 7th in Perkins Auditorium.



Dr. Melinda Moore, assistant professor in the Department of Psychology, led the workshop. CAMS is a relatively new approach to assessment and treatment of suicidal individuals with multiple studies supporting its use in the field. There are currently two well-supported approaches to treating suicidal individuals, Cognitive Behavioral Therapy for Suicidal Patients and Dialectical Behavior Therapy. CAMS is one of four approaches that has a growing empirical base. It was developed by Dr. David Jobes at The Catholic University of America, where Dr. Moore received her PhD and trained with Dr. Jobes.

"CAMS is a very effective approach to treating suicidal

patients and I have no doubt that this will change the way that some clinicians will practice by providing them better strategies in treating their suicidal patients," said Dr. Moore. "This is one of the reasons I am embedding it in training of our new doctoral students in psychology. Suicidal ideation and behavior are common among clinical populations, but oftentimes clinicians don't know how to effectively manage these patients. CAMS gives you the tools."



In the future, publicly available CAMS training will be available online at www.cams-care.com

Horses, Humans, and Health Equine Center



Dr. Stephanie McSpirit is an EKU sociologist who regularly teaches the course "Sociology of Human-Animal Relations" for the Animal Studies major. Developing from her engagement with horses, she decided to pursue the development of a Horses, Humans and Health Equine Complex on EKU's campus, to support campus-based horse projects. She successfully organized EKU faculty in Agriculture, Animal Studies, Languages and Literature, Occupational Therapy (home of the Horses, Humans and Health minor created by Professor Kathy Splinter-

Watkins), Psychology, and Recreation, as well as other supporters who work with horses from the nearby community, to create a proposal for the President's Campus Challenge, which asked faculty to create innovative ideas for development at EKU. The proposal is to provide a space for having horses on campus for use in behavioral research, therapy and teaching. This proposal is one of 14 semi-finalists, all of whom have been asked to develop their proposal further.

Innovation and Critical Thinking

A new program at EKU has been established to encourage faculty development and ensure the highest teaching standards. The Faculty Innovators group consists of six faculty members all of whom were chosen for their great expertise in teaching & learning practices, classroom techniques, and up-to-date technologies and a desire to share that expertise with other faculty. Matthew Winslow (Psychology) will be leading the group whose members include Bill Staddon (Biology), Scotty Dunlap (Safety Management), Timothy Forde (School of Clinical Education Preparation), Eric Meiners (Communication), and Bev Hart (Baccalaureate & Graduate Nursing.) They will be serving as Noel Studio-Teaching & Learning Center (TLC) liaisons. The desire of the Faculty Innovators is not only to practice innovative and highly effective teaching and learning strategies in their own classrooms, including those that support undergraduate research and creative endeavors, but also at the same time, to bring this experience and knowledge back into the Noel Studio by sharing concepts with the University community. Faculty Innovators will be recognized each year during Scholarship Week and will be provided with an office door identifier. This program is a wonderful new addition to EKU and promises to be beneficial to faculty and students alike.



In addition to being a Faulty Innovator, Dr. Winslow is the winner of the 2014-2015 Critical Thinking Teacher of the Year Award. This is the second year in a row that he has won the award. Dr. Winslow has been teaching at EKU for 17 years. His area of specialization is social psychology, empathy, and prejudice and he is the Department Teaching Enhancement Coordinator. Dr. Winslow joined the faculty in 1998 as an assistant professor, was tenured in 2003, and then promoted to associate professor in 2004. He was made a full professor in 2012. He holds a bachelor's degree in psychology from Macalester College, a master's degree in social psychology from the University of California, Santa Cruz, and a doctoral de-

gree in social psychology from the University of Minnesota.

In nominating Dr. Winslow his students wrote he "is truly a professor that values and encourages critical and creative thinking," and "he made my thesis a true learning experience." Students also noted how he structured the course to facilitate learning and that he was always available to talk through the project on which the student was working.

Psychology Department Honored as Outstanding Department

The Department of Psychology has been selected by John Wade, Dean of the College of Arts and Sciences, as the 2015 Outstanding Department. He credits the growth of the department to over 700 degree seekers at the undergraduate and masters level, the great success of the BS in Psychology online program, and the fact that we will be offering the college's first doctoral program next year. He further praised the hard work and success of the faculty.

Mentoring Awards Go To Dr. Osbaldiston

Dr. Richard Osbaldiston was the recipient of the 2015 Kentucky Psychological Association's Outstanding Undergraduate Mentor award. This state-wide award recognizes excellence in a wide variety of mentoring activities, including excellent research guidance, general assistance to students, impact on students, and

preparation of students for career advancement.

Dr. Osbaldiston was nominated by Stevy Jones, an undergraduate psychology major who has presented posters at the last two KPA spring conferences. In her nomination letter, Stevy noted Dr. O.'s inspirational quotes that he begins classes with and the power poses that he encourages them to use before presentations. Three of the last four awards have been presented to EKU faculty for their work mentoring students.

Dr. Osbaldiston is also the winner the of 2015 Dorothy Mercer Excellence in Advising Award. Here are some samples of what students wrote in their nomination letters.

"Not only is Dr. Osbaldiston excellent at advising on a personal level, he weaves this into his classroom teaching as well."

"Whenever I contacted Dr. O with a question or concern about what classes to take or what I need to accomplish in order to graduate, I received almost immediate responses with answers or with an assurance that he will find the answer quickly. I have popped into his office with no appointment and he has welcomed me in and taken care of my questions on the spot."

"He always goes the extra mile for his students. He has done so much for me. He has helped me learn how to answer my own questions. He really cares for his students. This is a rare quality in an advisor."





On December 2, 2014, the Department hosted its first Student Research Showcase. The purpose of the showcase was to highlight the high quality research that takes place among our students, and to allow friends and family a chance to celebrate the success of those students. The showcase included research talks by graduate students in our General, School and Clinical programs. Over 15 undergraduates then presented their posters in the Cammack Lobby. Unlike many other showcases, which are hosted during business hours, this took place in the evening so that friends and family could also attend. This will be a biannual event, which will take place during the last week of classes each semester. The most recent one occurred this spring where many students were able to present their work!



Animal Studies Club

The Animal Studies Club at Eastern Kentucky University has seen exponential growth in the 2014-2015 Academic Year. The club exists to introduce students who are interested in caring for, interacting with, or learning about animals to a variety of activities directly related to the Animal Studies major. Most recently,



the club traveled to the Cincinnati Zoo to participate in an overnight "Sleep with the Manatees" program and learn about conservation and the different jobs available at zoological parks. Other field trips that the Animal Studies Club participated in this semester included a trip to Wolf Park in Indiana and a visit and tour of the Lexington Humane Society. The Animal Studies Club presented a poster on the club's mission, events, and future plans at the international Living with Animals Conference at EKU. Additionally, the club hosted a screening of the documentary Mission Blue and an informational session regarding animal-related internships that may interest students. The club is already planning more exciting events and a speaker series for the Fall 2015 semester.

Family of and Soldiers'/Veterans Program

The EKU Psychology Clinic is proud to announce the start of a new program, The Family of Soldiers'/ Veterans' Intervention and Prevention Program, that is designed to serve those who serve our country. FOSVIP is a multidimensional prevention/intervention program for veterans, soldiers and their family members and friends. It will offer a systemic program designed to prevent and respond to mental health is-

sues and daily challenges resulting from the impact

of deployment.

FOSVIP. will be open to all soldiers and veterans who are deployed or are about to be deployed to military service, as well as their family members and friends It will be open to Richmond and surrounding Central and Eastern Kentucky communities, including EKU students, faculty and staff. There are no eligibility requirements for applying to the program. Services include individual therapy, psychological testing, marital and couples counseling, family therapy, and support groups. These services will be provided by individuals working on Psy.D. and Masters degrees in Clinical Psychology and Specialist degree in School Psychology. In addition, the program will conduct campus outreach training to educate EKU staff and faculty who interact with veterans in and out of the classroom setting, to assist veterans in transitioning to campus and to promote a military friendly culture. The first FOSVIP groups will start in the fall 2015.





Living With Animals Conference

EKU hosted the second biannual "Living with Animals," conference on March 19-21, 2015, in part to celebrate EKU's offering the first undergraduate degree in Animal Studies, which began in 2010. The conference organizers, Foundation Professor Robert W. Mitchell, Assistant Professor Radhika Makecha, and Visiting Polish Fulbright Scholar-in-Residence Michał Pręgowski, organized sessions around diverse topics in Animal Studies and Anthrozoology from over 80 scholars from 11 countries. In addition, Dr. Gala Argent, who teaches online for the ANS program, organized a session on Horses.

There were three keynote speakers. Los Angeles based artist and art historian Julia Schlosser, 2013's coorganizer, discussed animals in film, video and photography, displayed her photographic work on pethuman interaction, and provided a keynote address about her work. Dr. Marie-Jose Enders-Slegers from the Netherlands presented her work on the benefits of animal-assisted therapy (AAT) for people, using

dogs, as well as the consequences of AAT for these dogs. The third keynote speakers was Canadian animal welfare specialist, Dr. Ian Duncan, who engaged listeners with his work in discovering what animals want by asking them in his ingenious experiments. In addition to Julia Schlosser, two other artists' work was shown: Dr. Peter Sherman, a Louisville based artist, displayed his sometimes haunting, sometimes amusing, ceramic pieces featuring animals, and John Hockensmith exhibited his monumental photographs of horses.

The conference schedule and abstracts can be accessed at http://livingwithanimals.eku.edu.



Distinguished Graduates

Cassie Whitt, known affectionately around the department as Cosette, has been chosen to give the student convocation speech for the May 15 Arts and Sciences Graduation ceremony. In addition Cassie was also chosen as a CAS Student of the Week. She has maintained a 4.0 GPA at EKU (earning the President's and Dean's Award every year), and claims to have never received any other grade her entire life! In 2013, she studied in Ireland. She has served the Psychology Department in a wide variety of ways: as a camp counselor for the Department's Inner Space Camp, tutoring other undergraduates in the PASS Program, representing the Department at various recruiting events (like Spotlight Day), being the Department's student representative on the College of Arts and Sciences Dean's Council, and served as vice-president of Psi Chi (psychology's honors society). She collaborated with Dr. Matthew Winslow on research about empathy and prejudice, culminating in presentations at two professional conferences.

Mitchell Smith, senior Psychology Major, placed third in the Stage 32 Great Movie Idea Contest. Mitchell is highly involved with the Noel Studio for Academic Creativity and also a TA for Dr. John Fitch in the Broadcasting and Film Department. Mitchell believes that being a psychology major helps him develop the characters in his scripts. Mitchell is a PASS tutor and Inner Space Camp counselor.

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Clinical Program Update

The doctoral program in Clinical Psychology was approved in 2014 by both the Council for Postsecondary Education (CPE) in Frankfort and the EKU Board of Regents. Since that time, Drs. Wygant and Brubaker have worked with the other clinical faculty to launch the program. We received approximately 80 applications last winter and went through the application and interview process on three separate dates in January and February. We're happy to announce that we have 12 incoming first year students who will start the program in August 2015! Additionally, we have 8 advanced students coming in with their master's degrees who will start as third year students. This will help the program move through the necessary steps for APA accreditation more quickly.

In addition to launching the doctoral program this fall, we're happy to announce that two new faculty will be joining us in the fall, Dr. Michael McClellan and Dr. Liesa Klein. Dr. McClellan received his Ph.D. in Counseling Psychology from UK and brings to us his experience with rural mental health, which will be one of the major concentrations of the Psy.D. program. Dr. Klein received her Psy.D. in School Psychology from Minnesota State University Mankato and will be developing a Board Certified Behavioral Analyst program at EKU.

Graduates of the master's program continue to shine. Several of our graduating class of 2015 have been accepted into doctoral programs. Chelsea Sleep will be attending the University of Georgia to complete her Ph.D. in Clinical Psychology. Rebecca Jones, Ashley Dickey, and Lauren Young will be part of the incoming third year class for the Psy.D. program at EKU, along with EKU graduates Brett Smith (M.S., 2013), Katelin Mullikin (M.S., 2013), Nicole Wozniak (M.S., 2014), and Amanda Shepherd (M.S., 2012).

General Program Update

Graduate students in the General program have been successfully moving ahead with their lives and careers. Amanda Renfro and Jason Hays have both received scholarships to attend Florida International University this coming fall in the Cognitive Neuroscience Ph.D. program. Amanda will be working under Dr. Aaron Mattfeld, who specializes in memory and ADHD research, and Jason, under Dr. Angela Laird. Amanda plans to finish her thesis with Dr. Lawson on Sleep, Sex, and Recollection Memory before going to Florida, and she has been invited to speak at the Office of Services for Individuals with Disabilities' 2015 Year End Celebration about her successes and struggles as a student with ADHD.

Karrie Atkins, who is working full time at the EKU CARES office while proceeding with her Masters courses a few at a time, was one of 15 selected for the second class of the EKU President's Leadership in Action Academy. She has also put in time with the Service to Communities and Region Strategic Input Team during the last round of EKU's 2020 strategic planning process. Jessica Moore, also proceeding part time with the degree program, is attending her first Psychology conference at the APS conference in May. This trip will also be Jessica's first time on a commercial flight and first time in New York City.

Mary Ann Kincer is enjoying working at a wellness clinic in Lexington doing Neurofeedback therapy. Her work has her traveling to Neurofeedback conferences and meeting with doctors from the east coast. In addition, she monitors supervised custody visits for Fayetteville County on weekends.

I-O Program Update

The I-O program students and faculty have had a busy year. In the Fall semester, second-year students Andrew Fiori and Kelsey Strong conducted a client survey on behalf of EKU Facilities Services. Second-year students Jaime Horne, Jean-Paul Philippe, and Matt Wilson worked with the EKU Psychology Department and conducted focus groups to gain insight into psychology students' experiences in the major. The students reported their findings to the faculty and provided recommendations for enhancing student retention in the major. Second-year students Jean-Paul Philippe and Matt Wilson created a large bank of test items for the Administrative Office of the Courts in Frankfort KY. These items will be used for assessing the competency of legal interpreters and assessing the effectiveness of state certification of interpreters. Other states have also expressed interest in using these items.

Second-year graduate students in Dr. Henning's Organization Change and Development class worked with EKU Provost Dr. Janna Vice to begin the process of identifying EKU's next Quality Enhancement Plan (QEP). For reaffirmation of accreditation, the Southern Association of Colleges and Schools (SACS) requires an institution to develop a new QEP as part of the strategic planning process. To begin the process, the students examined recent QEP initiatives from similar universities, content analyzed data collected in the strategic planning process, and gathered feedback regarding potential student learning themes from faculty, staff, administrators, and students at EKU via surveys and focus groups. The students presented their findings at the Provost Council meeting in February.

During the Spring Semester, Kelsey Strong created a training evaluation test for a Fortune 500 manufacturer with an office in Eastern Kentucky. Jean-Paul Philippe conducted survey job analyses for dozens of jobs for a Richmond manufacturer. They have also asked him to begin the process of integrating video into the written job analyses, possibly pioneering a new technique. Jaime Horne investigated employee engagement for a Lexington Health Care facility; she will be creating a program and recommendations for managers to follow. Matt Wilson conducted a salary survey for the Madison County Industrial Management Club, and Andrew Fiori analyzed test data for a Lexington client.

The I-O students have been busy outside of the classroom as well. Several students are involved in internships. Students also attended the River Cities I-O (RCIO) Conference in Chattanooga in October and the Society for Industrial Organizational Psychology (SIOP) Conference in Philadelphia in April. First-year student Alaina Rodriguez presented a poster at RCIO, and program alumnae Dorothy Johnson and Alysha Noorani presented posters at SIOP based on their theses.

For the fifth year in a row, under the coordination of first-year student Samantha Mink, the I-O club placed a "gift tree" in the Cammack Building. Students, faculty, and staff donated gifts and generous monetary contributions. In December, the I-O Club delivered the gifts to 78 residents of Madison Towers. We would like to thank everyone who provided support to this cause! The program is also excited to announce that the Center for Applied Psychology and Workforce Development (CAPP) is open for business! CAPP is a training, research, and service agency that provides a high-quality, affordable, evidence-based consulting services to the clients, and provides applied experience to students.

We are also pleased to report that all of our 2014 graduates are gainfully employed in the field! For more updates on the I-O Program, please visit our newsletter: http://shoutout.wix.com/so/7i4dP#/

EKU Department Psychology Newsletter

School Program Update

The school psychology program has been extremely busy this year. Dr. Strait stole the show as she had her second child, Kennedy, in the spring. Both Dr. Strait and Dr. Florell were promoted during the year with Dr. Strait becoming a full professor and Dr. Florell becoming an associate professor. While Dr. Strait was away, we admitted seven students into the program for the fall and watched all of our second year students successfully pass their comprehensive exams. Our students also got some experience in crisis intervention as they participated for the second year in a row in the county-wide crisis exercise.

Our research efforts have been going full throttle as many graduate students presented at a variety of conferences including the National Association of School Psychologist (NASP), Trainers of School Psychologists (TSP), and the Kentucky Association of Psychology in the Schools (KAPS). Dr. Florell had Susan Baldwin, Joanne Tyler, Makenzie Feiler, Magen Davidson, and Leslie Allgeier present a poster at NASP on the buffering effects of self-esteem on physiological responses to cyberbullying. He also had Rebekah Evans present a poster at TSP on rapport building for psychoeducational testing. In addition to the above conferences, Dr. Florell has been busy presenting at state conferences in Alaska, Tennessee, and West Virginia on technology and ethics.

Dr. Nowak was equally active in getting our students involved in research and presenting. She had Rebekah Evans, Michelle Rossi, Kristin Witt, Brittany Coleman and Caty Osborn present at NASP and KAPS on play therapy in the schools. She also co-presented with Kristin Witt on a poster on flipping instruction in graduate courses at TSP.

We would like to congratulate our new graduates who are entering the field as full-fledged school psychologists. Congratulations to Ashley Wiley, Kelsey Giurgevich, Leslie Allgeier, Joanne Tyler, and Diana Hume.

Department Colloquium

Jessica Miller Clouser (University of Kentucky, College of Public Health) met with EKU faculty and students to discuss her research team's effort on Thoroughbred Worker Health and Safety Study on April 8, 2015. She walked us through building a collaborative effort with community partners and presented the preliminary findings about thoroughbred workers' common injuries/illnesses and prevention strategies. More information about the research project will be available at http://www.workersafetyandhealth.com.

School Psych Student Wins Award

Congratulations to Sarah Hansford a first year student in our School Psychology program. She has been awarded the Evan and Katherine Harrod Academic Scholarship by Mental Health Associates of Kentucky. This \$750 competitive award is given to a student from a rural area who is pursuing a career in the mental health field. Sarah, who completed her undergraduate degree at EKU last year, is the first EKU student to win it. She was nominated by Dr. Rosanne Lorden. She received the scholarship at the MHA-Kentucky annual reception and recognition ceremony in Louisville on March 20.





New Arrival in Department

We are happy to announce the newest member of our department family. Kennedy Dawn Strait, born to Andrea and William Strait arrived at 8:54 on March 4, 2015 at Baptist Health. Kennedy weighed 7 pounds 4 ounces at birth. She is their second child. Congratulations to Dr. Strait and her husband on their newest family member!



Psi Chi Update

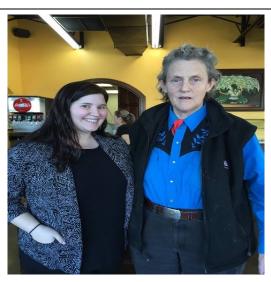


Our EKU Chapter Psi Chi has had an eventful year! We held our annual Induction ceremony on April 30, 2015. There were 38 new inductees to Psi Chi and 10 new inductees to the Psychology Club. This was a record number of Psi Chi inductees. We welcome all of our new members and hope that next year we will have an even higher number of new members joining us. Over the course of the fall and spring semesters, our members were very active, presenting at the Kentucky Psychological Foundation Spring Academic Conference, the EKU Undergraduate Presentation Showcase (UPS). Posters at the Capitol in Frankfort, the Mid-America Undergraduate Psychology Research Conference in Indiana, and the Kentucky Psychological Association Spring Academic Conference in Midway, KY.

Special congratulations to our newest Psi Chi Co-Advisor, Cheryl Ramey for being nominated as one of five Distinguished Members for the National Society of Collegiate Scholars for this upcoming Fall 2015 Induction Ceremony and to former Psi Chi Advisor, Dr. Matt Winslow for being selected as one of the 2014-15 Critical Thinking Teachers of the Year for the second year in a row and former Psi Chi Co-Advisor, Dr. Richard Osbaldiston for receiving the KPF Outstanding Undergraduate Student Mentor Award. Finally we welcome our new 2015-2016 Psi Chi Officers: President/ Webmaster: Kristen Gibson, Co-President: Michaela Herbig, Secretary: Rena Harp, Treasurer: Lona Hensley, Co-Historians: Alyss Hudson and Brianna Wilson and Events /Fundraiser Coordinator: Kiva Adkins. Thanks to all of you for making 2014-2015, such an amazing year!

EKU Department Psychology Newsletter

Alumni Update



EKU Animal Studies Graduate, Marcy Framks, is now a graduate student at Colorado State University and just finished up a research project with her advisor, Dr. Temple Grandin. Yes, THE Temple Grandin. How cool is that? During her Master's program she studied livestock behavior, handling, and welfare. Her research project and paper for her Master's is being prepared to be submitted for publication. She researched foot and leg visibility in beef bull semen catalogue pictures, essentially seeing the rate of how many bulls have their feet and legs hidden in their pictures that could be possibly hiding foot and leg conformation issues.

Jade Petty has received a commissioned officer position from the United States Air Force. The commission comes many benefits including: a generous salary, over \$400,000 worth of education and training, lifetime medical coverage, monthly housing/food allowances, travel, and a 20 yr. retirement, and is truly a great honor. Individuals across the U.S. apply yearly and to be selected as a candidate. Those who are accepted must possess at least a bachelor's degree and have widely demonstrated integrity, excellence, service, and leadership abilities. She specifically credits Dustin Wygant for the many opportunities and encouragement he provided as well as you for his invaluable advisement. She says her time at Eastern provided her with the skill set and knowledge to not only advance her career, but to also serve her country.

E-Campus Degree Program

EKU's e-Campus degree program has once again been named one of the top 30 programs (we're 24th) by BestSchools.org. This places EKU in good company as the top ranked program is Penn State and others on the list include Northeastern, Univ. of Florida, Arizona State, and Drexel. TheBestSchools.org selected EKU's program based on several weighted factors, including academic excellence, course offerings, faculty strengths, and reputation, including reputation for online degree programs. You can read more about it at:

http://www.thebestschools.org/rankings/30-best-online-bachelor-psychology-degree-programs/



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Let's Hear from Alumni

We love to hear from our alumni. 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.