



EKU Department Psychology Newsletter

Eastern Kentucky
University

Spring 2019

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Student Author and Grad Student



Savannah Campbell is a lifelong reader and writer. She wrote her first short story in grade school about a spider crawling up a hill. From there, she was always finding new books to read and new stories to tell. She was born, raised, and currently lives in Kentucky. She credits her studies in psychology as being one of her cornerstones on which she bases her perceptions of the world and how she crafts her tales. She is currently studying for her doctorate in clinical psychology at EKU where she is a rising fourth year student. Her book, *Dreamer*, is a psychological mystery in which a young woman discovers she has abilities in lucid dreaming. Danger strikes when another person

with seemingly similar abilities starts attacking people in her town. Another novel of Savannah's, *Learning to Live*, describes the focus on technology and instant entertainment, which one woman starts to discover the perils involved and decides that the world needs to find out before it's too late. She also has a novel called *Finding Her Way*, which describes a woman's journey to define what a woman's role is during a time when she isn't allowed to have the choice to do so. In this novel two women, one a professional in psychology, and one a married mother start to discover what all life has to offer. Her books (*Dreamer*, *Learning to Live*, and *Finding Her Way*) are all available on amazon.com in kindle and paperback editions.

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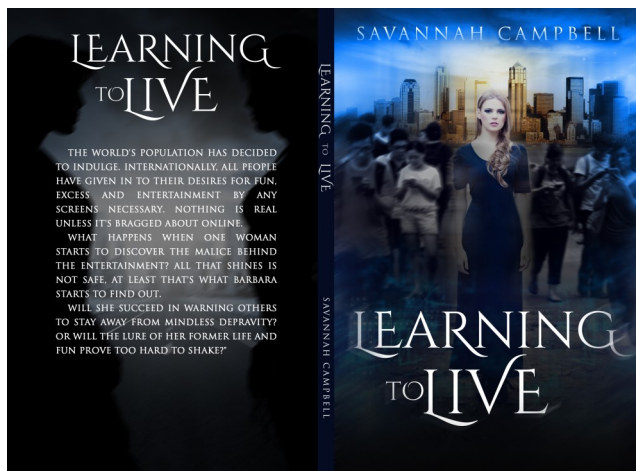
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Psychology Colloquium

The psychology department at EKU hosted four colloquiums during the Spring 2019 semester. The speakers included university professors, community activities, and a practicing clinician. A wide variety of topics were presented, including cultural differences in self-doubt, animal support awareness in Appalachia, clinical assessment of chronic pain, and strategies for career success.

The colloquium series began with Dr. Qin Zhao's talk on metacognition. Her talk focused on the cultural differences between students in China and students in the United States. She found that Chinese students in general had higher levels of self-doubt than American students, but Chinese students also perceived self-doubt as more neutral (rather than negative). For American students, self-doubt was related to lower self-esteem, but that was not the case for Chinese students. Sometimes one might encounter international Chinese students on EKU campus and perceive them as having self-doubt and thus lower self-esteem. In fact, the self-doubt expressed by Chinese students was not an indicator of low self-esteem.

The talk on international cultural differences was followed by one that had a regional focus. Dave Cooper and Diane Parrish talked about the issues related to the Appalachian region, more specifically the needs of people and dogs in the Eastern Kentucky region. They were both volunteers in the region, helping individuals with home improvement projects (e.g., insulating the home). While serving as volunteers, they noticed that many domestic pets were treated poorly due to the economic problems plaguing the region. Dave and Diane have thus worked on a two-pronged approach in helping both people and animals in the region, and they encourage college students to volunteer with their organizations.

Other than cultural issues, the psychology colloquium also included a speaker who was a clinical psychologist. Dr. Ian Boggero is currently serving as a resident clinician at Cincinnati Children's Hospital. He specializes in chronic pain treatment and proposes that chronic pain causes fatigue. Dr. Boggero outlined several treatment methods for chronic pain and encouraged students to get into the field of health psychology.

The last speaker of the colloquium series was Dr. Jonathan Golding, an award winning professor in teaching from the University of Kentucky. Dr. Golding provided stepwise guidelines for undergraduate students to prepare for a career in psychology. He also provided several alternative career options for students who were not planning to go to graduate school. The session was interactive and allowed student to ask many questions concerning career planning.



Overall, the psychology colloquium for the Spring 2019 semester was a resounding success and allowed students to experience a variety of speakers from across the region.

Dean Award Recipients

The Psychology department had 55 students that earned the Deans Awards. Congratulations to all the students that are listed below for their hard work and dedication for the Fall 2018 semester.

Psychology

Austin, Mckenna
 Banks, Bethany
 Bird, Bailey
 Blair, Kelli
 Boling, Julia
 Bond, Parker
 Bowling, Emaleigh
 Charles, Evan
 Cobble, Sarah
 Copeland, Cara
 Darnell, Summer
 Davidson, Anna
 Dunn, Isabella
 Evans, Meghan
 Farmer, Stefania
 Floyd, Haylee
 Gayle, Suzanne
 Gollifer, Amanda
 Guggenmos, Leah

Hacker, Austin
 Hines, Patricia
 Hodowanic, Jeremy
 Horton, Katelyn
 Interrante, Lauren
 Irvin, Carrie
 Justice, Lacy
 Karwejna, Sarah
 Leach, Katrina
 Legg, Elizabeth
 Loh, Serena
 McNew, Danielle
 Mikels, Paige
 Nelson, Chelsea
 Nordhoff, Brittany
 Pierson, Tiffany
 Plouvier, Stephen
 Price, Andrea
 Rains, Autumn

Rawlins, Lorna
 Relich, Christina
 Rhame, LiEllen
 Richie, Leslie
 Robbins, Cassandra
 Schworer, Rachel
 Scott, Krystiana
 Sevenants, Lucas
 Simpson, Raegan
 Smith, Breanna
 Sutherland, Abigail
 Thomas, Dalton
 Thornsburg, Melanie
 Tolson, Rebecca
 Watkins, Alex
 West, Lauren
 Woodall, Denine

Doctoral Program Seeks Accreditation

Recently the Doctoral Clinical Psychology Program received approval from the APA Commission on Accreditation (CoA) to submit its application for full accreditation. This submission will consist of a new self-study and will require a complete new site visit. Once the full accreditation is received, it will be in effect for 10 year ! Dr. Wygant reported that with the experience of the first self-study and site visit, the entire process should run smoothly. After the self-study is completed, CoA will approve a site visit, and provide preliminary feedback on the self-study by late July of 2019. The site visit should be completed in the fall of 2019, then CoA will review the results of the site visit and make a determination for full accreditation during the April 2020 meeting. Then, hopefully, accreditation will be awarded by April 2020. However, ECU will not be informed until May of 2020. We wish Dr. Wygant and the program the best of luck in their pursuit of becoming accredited for our future students!



Dr. Wygant wins Faculty Leadership Award



Congratulations are in order for Dr. Wygant, as he recently received the Faculty Leadership Award, which is sponsored by the Noel Studio. All applicants for the award were nominated by EKU faculty, students, staff, or administrators. After being reviewed by the members of the Faculty Leadership Institute, a winner was selected. This award is presented annually to a professor who exemplifies outstanding leadership that enhances teaching and learning, faculty professional development, service to the University, and research. We congratulate you on your hard work and effort that you put forth for the department, the university, and its students!

I-O Psychology Masters Online Program Rated Top Ten

The EKU Online masters degree program in industrial organizational psychology ranks among the top 10 best organizational psychology programs again according to OnlineMasters.com. Eastern Kentucky University's online degree program was named 7th among all the programs in the United States. The organization works with more than 40 individuals, including experts in the field, hiring managers, students and alumni to identify the best online psychology programs.

In addition to ranking among the top IO psychology masters programs, EKU was awarded the distinction of Best Career Services. Schools were judged on Academic Quality, Student Success, and Affordability. The EKU industrial organizational psychology masters degree program has a high graduate placement rate. EKU Online students have the support of a dedicated career services advisor. The curriculum follows the training guidelines set by the Society for Industrial and Organizational Psychology (SIOP). The unique 8-week term structure allows students to focus on one course at a time and remain eligible for financial aid. Applications are accepted on a rolling basis with classes starting in January, March, August, and October. The Organizational psychology degree graduate programs prepare students for a variety of careers emphasizing productivity in the workplace, employee morale and conflict resolution. Career paths can include human resources, project management, communications and information technology. Interpersonal relationships and problem solving are key components of organizational psychology programs.



Psi Chi Induction and Award Ceremony

Psi Chi Induction, Awards Ceremony, and Banquet (May 2019): New members and their families were invited to come to our Psi Chi induction, awards ceremony and banquet. New Psi Chi officers were inducted, also. Outstanding senior awards and research awards were handed out by Dr. Adam Lawson and Dr. Dustin Wygant.



Healing Through Art Panel

Local artists and ECU faculty gathered at the Noel Studio on March 27th to discuss the therapeutic value of Art— both Fine Arts and written forms in honor of a new concentration program at ECU. Dr. Robert Brubaker, Department of Psychology Chair, moderated “Healing Through Art”, where the artists displayed their own art and talked about the value of using art as an important therapeutic tool.



Beginning in fall of 2019, the ECU Psychology Department and Department of Art and Design will offer students the opportunity to prepare for graduate study in Art Therapy. The pre-professional Art Therapy Concentration within the Psychology major, and the Studio Art minor, will satisfy undergraduate education requirements for most Art Therapy Master’s programs. The curriculum includes 18 hours of undergraduate psychology class (including personality theory, developmental psychology, and abnormal psychology) as well as 18 hours of studio art classes (including drawing, painting, sculpture, and design).

“Art therapy is used to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change,” according to the American Art Therapy Association.

Art Therapists work in clinics, hospitals, schools, and other behavioral health agencies, and serve a broad range of adult and child client populations. According to Recruiter.com, the demand for these professionals will increase by 3.52 percent over the next few years.

For more information about the Art Therapy Concentration, contact Dr. Robert Brubaker, Chair of the ECU Psychology Department (Robert.brubaker@eku.edu)

For more information about Healing through Art Panel event, contact Dr. Judy van de Venne, ECU SAFE Grant Coordinator (judy.vandevenne@eku.edu)

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Doctoral Program Update



The 2018-2019 academic year has been a busy one for the Psy.D. program! The program continues to grow and we have over 50 students across 5 cohorts. Our most successful outcomes to date occurred in 2018. We were granted Accredited, on Contingency status with the American Psychological Association (APA) in April 2018! We also graduated our first four students in August of 2018! All four are licensed and practicing as psychologists: Dr. Amanda Crabtree (Bluegrass Center for Women & Children), Dr. Katelin Mullikin (Central Kentucky Counseling Associates), Dr. Brett Smith (EKU Counseling Center), and Dr. Nicole Wozniak (McCaskill Family Services). We have been given approval by APA to begin the process of applying for full accreditation, which will take place over the summer and fall of 2019.

This March we matched all 14 of our fourth-year students to APA-Accredited internships!

Outside of Kentucky, Ohio, and Indiana, these internships are all over the country, ranging from Florida to Washington DC and Wisconsin to Texas. Now that we are accredited, our students are eligible for federal internships (VA and BOP). We have 6 students attending VA internships and one with the Federal Bureau of Prisons.

Dr. Myra Beth Bundy continues to work on improving Autism assessment in the state. She and her students attend monthly State Commission Clinics in Somerset to assess children with Autism. Dr. Theresa Botts is opening up a specialized trauma clinic within the Psychology Clinic. Dr. Michael McClellan has launched a new telehealth clinic, which is part of his rural mental health training for students in the program. Dr. Melinda Moore continues to provide suicide assessment and management training to students in our program and to clinicians all over the county. She recently presented to a group of psychologists and the New York Police Department. Finally, Dr. Dustin Wygant continues to partner with local internships and the UK College of Law to enhance forensic psychology and testimony training in the state.



Success After Grad School

Many graduates within the Masters Science of General Psychology have obtained successful career positions following their graduation. A recent graduate of Eastern Kentucky's M.S. program, Erica Leach recently accepted a position at the UK Center for Research in Health Services, with the Data Analytics Statistical Core Team. In her new position, Erica will be involved with numerous activities such as data management, production of analytic products that support research, quality improvement, data collection, statistical analyses, working with clinical staff, faculty, business analysts, and researchers to improve and meet analytic needs.

Another graduate that has recently obtained the position as Study Coordinator for Dr. Segerstrom's Lab at the University of Kentucky, is our own Addison Monroe. Dr. Segerstrom is an internationally known health psychologist who runs a longitudinal study on stress, brain health, and again. The research that Addison is managing is funded by a 3.5 million dollar NIH grant.

Yet another M.S. General graduate from Eastern Kentucky is Derek McClellan, who has just accepted a position in the U of L Experimental Psychology Ph.D. program. He will be working in Dr. Zijian's visual perception and cognition lab.. Derek's ECU faculty mentor, Dr. Varakin reports that U of L has a "fantastic vision sciences group."

Congratulations to all these graduates of the M.S. General Psychology program, as they will represent our department well and have shown there is indeed life after graduate school. Any students interested in considering the masters of general psychology program should contact Dr. Robert Mitchell

Faculty Pancake Breakfast



Psi Chi hosted a complimentary Pancake Breakfast for all the Psychology professors and staff members on Thursday, February 28th and Friday, March 1st from 7:45am-9:45am in the main Cammack Lobby to show their appreciation, for all that faculty do for them, as students, and the Psychology department as a whole. Their hard work and effort day in and day out is greatly appreciated. There was orange juice, coffee, fresh fruit, chocolate chips, and buttermilk pancakes with maple syrup! The faculty were greatly appreciative of Psi Chi's gesture.

Students interested in joining and becoming a member of the Psi Chi Psychology Club can contact Alex Spillman via email at alex_spillman1@mymail.eku.edu.

Dr. Makecha wins Teaching Award

Congratulations are in order for Dr. Makecha, as she was recently a recipient of this years Critical Reading and Critical Thinking Teaching award. These awards are presented to faculty members who challenge students to improve their critical reading and critical thinking. This years quality enhancement plan and read with a purpose, both seek to develop critical readers across all disciplines and all levels of our curriculum. It was built upon the previous quality enhancement plan, which focused on critical thinking. Dr. Makecha was nominated for the award by one or more of her students through a university wide survey. She received her award at the Faculty Awards and Honors celebration as part of Scholars Week. We thank you and congratulate Dr. Makecha on her hard work and effort that she gives to her students!!!

Scholarship Winners

Five of our current psychology majors were selected by the CLASS Scholarship Committee to receive the Laura D. Kenamer Endowed Scholarships.

These winners included Abby Huber, Blake Blevins, Brookelynn Brindley, Amanda Catalan, Mark Dvornak, Evan Charles, Katrina Leach, Taylor Long, Elizabeth Murphy and Cindy Vasquez-Caballero.

Another Psychology major, Skylar Barger was awarded the Layne-Wood Scholarship.

Congratulations to all our winners and great work!

Outstanding Awards



Cara Copeland won the Outstanding Undergraduate Poster Award at the Kentucky Psychological Foundation's Student Academic Conference. Her poster was entitled "Internal and External Locus of Control as Differential Predictors of Academic Self-Efficacy."

Brooke Alexander won the Outstanding Undergraduate Scientific Project Award at the University Presentation Showcase at ECU. Her poster was entitled, "How Need for Power Explains Why Narcissists are Antisocial."

Congratulations to both our students on their hard work and effort as they have truly represented our department well!

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Richmond, KY.

Eastern Kentucky University

Psychology Department
c/o Dan Florell

Phone: 859-622-1105

Fax: 859-622-5871

E-mail: dan.florell@eku.edu

Psychology - www.psychology.eku.edu



Let's Hear from Alumni



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