

THE FOURTH ANNUAL
Research Conference,
Awards Luncheon, and
Lecture on Faith and
Professional Practice

Tuesday, May 29, 2007
10 a.m.– 6 p.m.



Engaging the culture, changing the world®

Seattle Pacific
UNIVERSITY

Is Pleased to Announce the Recipients of

The 2007 Guernsey and Hammersla Awards

Lynn C. Smythe

*Guernsey Award
Marriage and Family Therapy*

Amelia Holder

*Guernsey Award
Clinical Psychology*

Esther Hayman

*Guernsey Award
Industrial-Organizational Psychology*

Tom Carpenter

*Hammersla Award
Psychology*

Dennis B. Guernsey Award

Established in memory of Dennis Guernsey, SPU professor of clinical family psychology, this award recognizes the best graduate student papers on the integration of faith and professional practice. Guernsey was instrumental in the early development of the Marriage and Family Therapy and Clinical Psychology programs during his time at SPU from 1993 to 1997.

Joy F. Hammersla Award

In honor of Joy Hammersla, associate professor emerita of psychology, this award recognizes the best undergraduate student writing on the integration of faith and the discipline of psychology. A 1954 Seattle Pacific College alumna, Hammersla served on the SPU faculty from 1981 to 1996 with particular interest in the psychology of religion.



Seattle Pacific University
School of Psychology, Family & Community

Research Conference
Tuesday, May 29, 2007

Poster Presentations: 10 AM Session

#10-1 Clinical Psychology: Research Proposal/Theoretical Paper

Ahmad, Z. S., Bentley, J. B., & Thoburn, J.

Psychosocial Implications of Blast-Related Traumatic Brain Injury

Past research has examined the effects of PTSD and combat exposure on the veteran and recently on his/her family (secondary trauma). Even with this growing body of literature, a large gap remains in the research addressing the impact of traumatic brain injury (TBI) and PTSD on veterans' families. With the documented increase in the rates of TBI among wounded soldiers in the current conflict, the impact of this type of injury needs to be examined further. This poster will describe the clinical sequelae of TBI as well as outline the potential effects of these injuries on veterans and their families.

#10-2 Clinical Psychology: Research in Progress

Byington, K. D.

The Efficacy of a Marriage Mentoring Program

Marriage mentoring is a unique marital enrichment program. Different from past didactic approaches, marriage mentoring is experiential, individualized, and leaves participants with an intimate interpersonal relationship with a specific couple. This study investigates the relationship between participation in a marriage mentoring program and marital satisfaction for both mentee couples and mentor couples. The effect the mentor couple's own marital satisfaction and the effect the mentee couple's length of marriage has on the mentee couple's marital satisfaction will also be examined. Repeated measures analysis of covariance (ANCOVA) and repeated measures analysis of variance (ANOVA) will be utilized.

#10-3 Clinical Psychology: Completed Quantitative Research Study

Charbonneau, A.M., Mezulis, A.M., & Hyde, J.S. S

Stressful Life Events from Early to Middle Adolescence: Self-reported frequency and emotional impact by age and gender.

The current study examined the frequency and emotional impact of stressful life events as self-reported by a birth cohort of 115 children (68 female) at 11, 13, and 15 years. Mixed-model ANOVAs were utilized to examine differences by age and gender. Results indicated (a) significant increases with age in stressor frequency in most domains; (b) significant gender differences in stressor frequency that varied by age; (c) significant increases with age in negative emotional impact of academic and family stressors; and (d) significant decreases with age in negative emotional impact of peer sexual harassment.

#10-4 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Coil, E. & Allen, R.

Sexual Abuse Survivors: Impact of Christian theology on functioning across life domains

This is a qualitative study to discover what mainline Christian theological constructs help and/or hinder adult female childhood sexual abuse survivors in their process of meaning making about the abuse. The purpose is to identify common constructs, including their origins, and explore how these constructs impact the survivor's functioning across many life domains. Data will be collected through in-depth interviews with 20 subjects, 25 years and older, who are either referred by local therapists or respond to discreet advertising.

#10-5 Clinical Psychology: Completed Quantitative Research Study
Gunn, G., Machan, K. & Luna, J.

The Moderating Effects of Religiosity on Sensation Seeking and Peer Influence for Risk-Taking Behaviors Among Women

Risk-taking behaviors among adolescent girls and young women have been shown to lead to negative results such as STIs, unwanted pregnancies, and physical impairments. The current study seeks to understand the moderating effects of religiosity on the relationship between peer influence and sensation

seeking on risk-taking behaviors. We seek to examine whether the effect of age on risk-taking behaviors is further moderated by religiosity. Our model was partially supported; both sensation seeking and religiosity individually impacted risk-taking behaviors. In addition, as religiosity increased among individuals, sensation seeking traits increased, which may indicate the trait of openness to experience among participants.

#10-6 Marriage & Family Therapy: Completed Quantitative Research Study
Hamilton, A., & Hamby, B.

A Research Study to Determine Why Mental Health Therapists don't Utilize Exercise Interventions With Clients Who Suffer From Personal Distress

A number of clinical trials have demonstrated that the utilization of exercise programs in therapy has significantly improved the lives of individuals who suffer from depression, anxiety, eating disorders, diabetes, substance and alcohol abuse issues, and addiction to tobacco. Despite this research, calls for the integration of these interventions within the clinical practices of mental health professionals have been notably absent. This proposal seeks to explore the reasons why clinicians are reluctant to utilize exercise interventions with clients who suffer from these disabilities. The target population of this research study include mental health clinicians in the greater Seattle area who treat individuals for issues arising from depression, anxiety, eating disorders, diabetes, substance and alcohol abuse, and addiction to tobacco products. The instruments and techniques of measurement will include the use of detailed questionnaires that will be utilized in a quantitative evaluation. The purpose of the study is to determine the reasons why therapists don't utilize exercise plans with their clients – and then propose interventions and practices designed to overcome these difficulties.

#10-7 Clinical Psychology: Research in Progress
Hedden, K. R.

Public and Private Religiosity, Religious Support, and Recovery from Severe Mental Illness

The relationships between recovery from severe mental illness, religiosity, and religious social support will be explored. Religiosity is separated into two constructs: public and private religiosity. The relationships between recovery, public religiosity, private religiosity, and religious social support will be tested with three models in order to determine the best fit of the data. Recovery will be measured with the Recovery Assessment Scale, public and private religiosity will be measured with a self-report questionnaire, and religious social support will be measured with the Religious Support Scale. In addition, a short demographics form will be completed by the participants.

#10-8 Marriage & Family Therapy: Research Proposal/Theoretical Paper
McBlair, E. J. & Herivel D. M.

Spirituality and Recovery: Effect of a spiritually based residential treatment program on recovery outcomes for chemically dependent women

Spirituality has long been recognized as an important factor in recovery from substance abuse. Little research has explored the effect a spiritually based residential treatment program has on recovery outcomes. The purpose of this study is to explore the possible unique contributions of spiritual based over non-spiritual based residential programs in the treatment of substance abuse in women. Two types of treatment modalities, one spiritual based and the other not, will be implemented and compared to address the research objectives. Quantitative and qualitative measures will be employed and analyzed.

#10-9 Clinical Psychology: Completed Quantitative Research Study
Kobayashi, R., Kocheleva, I., & McKenzie, A.

Relationship between well-being resources, stress, and prolonged respite.

Taking vacation time is shown to be clearly beneficial, to both the individual and the organization; however the positive effects of vacation often dissipate rapidly, usually within a few days after returning from vacation. The purpose of this study is to explore the kinds of work and vacation experiences that contribute to prolonged respite. Using Self Determination Theory and Conservation of Resource Theory, we selected engagement, autonomy, relatedness, relaxation, and the ability to psychologically disengage from work and considered them as well-being resources. Well-being resources accumulated at work and during vacation are expected to prolong vacation-related respite.

#10-10 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Obregon, N, & Peck, C.

Meeting Clinical Goals: Similar faiths of client and clinician

Researchers hypothesize that clients meet their clinical goals through psychotherapy significantly more often when working with a therapist of a similar faith than when working with a

therapist of any other faith background. This study is intended to bring attention to the role faith plays in a client-clinician relationship as this has not received the attention that gender, ethnicity, and so forth, have been given.

#10-11 Clinical Psychology: Research Proposal/Theoretical Paper
Van Horn, H.

Posttraumatic Growth as an Influence on Relationship Adjustment Following the Death of a Child

There are many negative outcomes for parents who have lost a child. Chief among these is the estimated divorce/separation rate of 70%. Yet there is very little research regarding couples who remain together following their loss. Posttraumatic growth is therefore introduced as a possible link to why some persons are more able to grow from their loss: both individually and interpersonally. As such, this study will attempt to find out if people who experience more posttraumatic growth will experience greater relationship adjustment with their partner following the death of their child. Finally, social support is hypothesized to moderate this relationship.

Paper Presentations: 11 AM Session

Presenter #1 Clinical Psychology: Completed Quantitative Research Study
Merriwether, M., Skidmore, J. R., Uomoto, J. M., & Belz, M. K.

Emotion-focused Coping Predicts Psychological Adjustment to Implantable Cardioverter Defibrillator (ICD).

Purpose: To evaluate the association of increased device discharges (number of device discharges divided by months since implantation) and coping style (Coping Inventory for Stressful Situations) with quality of life (Quality of Life Inventory), and general psychological distress (Symptom Checklist 90-Revised). Method: A cross-sectional questionnaire survey design used with a convenience sample of 96 ICD patients. Results: No relationship was found between increased discharges and quality of life or psychological distress, but emotion-focused coping was shown to be a risk factor for psychological symptomatology ($r = .589$)

Presenter #2 Psychology: Completed Quantitative Research Study
Ward, R. L., Lustyk, K. B., Holder, A. J., & Gerrish, W. G.

Stress, Exercise, and Premenstrual Symptomatology Relate Differently Across the Menstrual Cycle

The purposes were to determine the interrelationships among perceived stress, physical activity, premenstrual symptomatology (PMS) and menstrual cycle phase in women ($N = 74$) and to ascertain ACTIVITY and STRESS interaction effect on PMS. Participants completed the Bouchard Three Day Activity Scale (BAS), Shortened Premenstrual Assessment Form (PAF). Results revealed PAF were positively related to follicular and luteal STRESS ($p < .01$) and inversely related to luteal ACTIVITY ($p = .04$). A significant interaction among STRESS and ACTIVITY on PMS was observed during the luteal phase ($p = .04$) indicating higher STRESS was associated with less PMS when ACTIVITY levels were also high.

Paper Presentations: 1:30 PM Session

Presenter #3 Clinical Psychology: Completed Quantitative Research Study
Barry, A. M., Freeman, E. M., McCann, R. A., & Wilter, A.

Attachment and Forgiveness: Do internal working models of self, significant others, and God differentially affect forgiveness of self and others?

Early attachment relationships influence internal working models which in turn guide how we relate to ourselves, others, and God. Because internal working models guide relationships, they should also be related to the maintenance of relationships through forgiveness. The precise nature of the relationship between internal working models and forgiveness is unknown, and examining internal working models of self, others, and God may provide further information regarding why some people are more likely to forgive than others. The internal working models arising from one's attachment style are predicted to contribute to one's propensity to forgive others and to engage in self-forgiveness.

Presenter #4 Industrial/Organizational Psychology, Ph.D. Program: Completed Quantitative Research Study

Chang, G., McCourt, M., Roenicke, C., & White, S.

The Effects of Internet Social Networking Sites on Emotional and Social Loneliness

The authors investigated the relationship between social networking site use and loneliness, using Social Networking Theory to explain the amplifying effect of virtual social communities. Three forms of loneliness were measured: total, social, and emotional. Expanding on previous research on internet use, our results showed that social networking site use was correlated to emotional loneliness, and not significantly related to social loneliness. Moreover, as anticipated, internet addiction was predictive of all forms of loneliness because the negative consequences of addictive behavior outweighed the positive effects. All forms of loneliness were found to be independent of age and gender.

Poster Presentations: 2 PM Session

#2-1 Marriage & Family Therapy: Completed Qualitative Research Study
Ahner, M. & Hiemstra, S.

Menopause & Women: The psychosocial effects

The purpose of this research proposal is to explore the psychosocial effects of menopause on women- as it relates to their self-concept, mental health and psychological changes. We will interview both providers and patients in regards to their anecdotal experiences with menopause. As this is a qualitative interview, we will employ the same grand-tour question in each interview; the implications of these findings will offer a wider perspective on the impact of menopause. By examining menopause from a more holistic approach, we predict that this research will expand our understanding of menopause as more than just a medical issue.

#2-2 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Alabiso, C.

Is On-line Networking Affecting the Quality and Depth of Adolescent Relationships?

Is online networking affecting the quality and depth of relationships that adolescents form? Research indicates that online networking sites (i.e. friendster, myspace) are linked to poorly developed social skills, low self-esteem, and poor relationship building skills. This research proposes to investigate the quality of relationships that adolescents are developing. This will be done with a questionnaire that evaluates relationships and relationship skills. The questionnaire will be given to two groups of adolescents: those who do use online networking sites and those who do not.

#2-3 Psychology: Completed Quantitative Research Study
Almendarez, J., Gregory, M., Kelley, A., Lasher, L., & Sorensen A.

Religiosity and Views of Homosexuality: The person-behavior distinction

The purpose of this study was to test whether religiosity predicts attitudes towards homosexuality, and whether making a distinction between a person and his or her behavior will relate to the evaluation of homosexuality. We hypothesized that people who score high on religiosity would have a more negative view of homosexuality, and also that people who emphasize the person-behavior distinction in their religious tradition will have less negative attitudes towards homosexuality.

#2-4 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Anderson, B. & Helderman, S.

College Students and Chronic Illness: Factors influencing relational functioning, academic functioning, and psychosocial adaptation

The purpose of this study will be to examine college students with chronic illness and the factors that influence their relational functioning, academic functioning, and psychosocial adaptation. Factors include onset, type, and severity of illness, degree of functional limitation, coping skills, self-efficacy, and social support. Nine measures will be used to examine the relationships between factors. Research methods will include ANOVAs and multiple regression analyses in exploring these relationships. The design will be longitudinal and mixed method. Potential implications for clinical interventions and treatment planning for college counseling centers serving students with chronic illness will be discussed.

#2-5 Psychology: Completed Quantitative Research Study
Barker, K., Brown, N., Burt, A., & Millard, G.

The Effect Derogatory Music on Impressions of Women

This study examined whether listening to music containing lyrics with negative stereotypes about women affects subsequent impressions of women. Participants were exposed to a song containing negative or neutral lyrics. While listening to the song, they read a short essay about a

target person. Half of participants read about a female target, whereas the other half read about a male target. Afterwards, participants evaluated the target. We predicted that participants in the derogatory lyric condition would rate the female target more negatively than the male target.

#2-6 Psychology: Completed Quantitative Research Study
Bartholomew, C., Carson, B., Claus, T., Gorsline, T., & Jimenez, E.
The Relationship between Community Involvement and Dating

This study investigated whether a relationship exists between one's frequency of community involvement and the frequency of dating involvement. It also investigated the relationship between dating relationship quality and community involvement. We hypothesized that as community involvement increases, frequency of dating relationships would decrease. We also hypothesized that quality in existing relationships would be greater for those involved in the community than for those not involved in the community.

#2-7 Psychology: Completed Quantitative Research Study
Boldman, C., Price, M., Richards, M., & Suess, R.

Season and Academic Performance: Is there a relationship between quarter and grade point averages in college students?

The purpose of this research was to examine the relationship between seasonal changes and academic performance in college students. Anecdotally, many have observed such phenomena as "spring fever," or the mild depression that is present amongst some students during the winter months. This study sought to examine empirical evidence to test these anecdotal observations, and to see if other variables such as gender and class standing interacted with academic quarter to predict grade point averages.

#2-8 Psychology: Completed Quantitative Research Study
Clark, D., Clemmer, K., Frantz, J., Grubbs, C., & Rote, K.

Religion and Attitudes Toward Homosexuality

This study investigated the link between religiosity and attitudes toward lesbian women and gay men among college students. Based on the findings of previous literature (e.g., Wilkinson, 2004), we hypothesized that increased religiosity would correlate with more negative attitudes toward lesbian women and gay men.

#2-9 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Dalton, J. & Regan, J.

Geriatric Sexuality: How perceptions compare with actual sexual behavior

The general public tends to believe that elderly individuals have very limited sexual interest and involvement. While research shows this is not the case, it seems that these needs and desires of the elderly, particularly those in long term care facilities, often go overlooked and unaddressed. This is largely due to the fact that those who care for them are both undereducated

regarding geriatric sexual health and are uncomfortable engaging in conversation about the topic. This study especially hopes to inform caretakers of the elderly that sexuality is an important issue of which they need to be aware.

#2-10 Psychology: Completed Quantitative Research Study
Dibble, W., Hollands, J., Johnson, C., & Wolfe, K.

Student Athletes in the Face of Threats: Self-stereotyping levels based on group identification and identity salience

The purpose of this research was to examine the effect that negative stereotypes have on student athletes. Study 1 assessed the effect of threat to the student athlete group identity, and the effect of group identification level on self-stereotyping (defined as endorsement of behaviors that are in violation of university lifestyle expectations). Study 2 tested the idea that when the athlete identity was made more salient, it would influence a participant's endorsement of behavior that violates lifestyle expectations.

#2-11 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Gardner, J

It's Time to Start Playing Around: An initial look at how video games can be used in therapy

For far too long researchers have looked primarily at the negative influences of video games while largely ignoring the abundant opportunity to utilize computer and console games to initiate therapeutic growth and learning. Many interactions within the adolescent male sub-culture revolve around the social communications which occur while playing games and this study seeks to show what possibilities exist for clinicians to utilize this technology in the course of therapeutic treatment. By examining what video games are currently teaching adolescent males it is possible to develop new therapeutic interventions which are appealing and applicable to this population.

#2-12 Psychology: Completed Quantitative Research Study
Holder, A. J., Gerrish, W. G., Ward, R. L., Marte, M. A., & Lustyk, K. B.
Psychological and Physical Stress Across the Menstrual Cycle

The effects of cycle phase on the stress response are unclear. This study examines the psychological and physical responses to two stressors during the follicular and luteal phases. We hypothesized that cycle phase affects stress responses independently of stressor type. Results revealed significantly greater luteal Systolic Blood Pressure and Heart Rate reactivity than follicular with slower recovery. Diastolic Blood Pressure reactivity did not significantly differ by cycle phase and failed to recover luteally. Psychological reactivity was dependent upon cycle phase and stressor type. Implications of the impact of cycle phase on physical versus psychological stress will be discussed.

#2-13 Psychology: Completed Quantitative Research Study
Jubie, L., Lafaele, L. M., Lucey, S., Stockhouse, C., & Warnock, A.
Music, Personality, and Performance at Cognitive Tasks

This research examined the relationship between listening to music, personality, and performance at a cognitive task. We hypothesized that the introversion/extroversion dimension of personality would interact with the music condition participants were in (listening to Mozart vs. silence) to predict their performance on a cognitive task.

#2-14 Psychology: Completed Quantitative Research Study
Marte, M. A., Gerrish, W. G., Ward, R. L., Holder, A. J., & Lustyk, K. B.
Menstrual Cycle Phase Differences in Physical Activity and Quality of Life

Relationships among menstrual cycle phase, physical activity, and quality of life (QOL) are inconsistently reported in the literature. The purpose of this study was to assess the interrelationships between exercise, QOL, and menstrual cycle phase. We hypothesized that physical activity and QOL would decrease during the luteal phase. We found a significant drop in caloric expenditure in light and intense activities as well as QOL from follicular to luteal phase. Regression analyses showed that physical activity did not account for this observed decrease in QOL. Explorations into luteal QOL differences are discussed.

#2-15 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Nunes-Ueno, E. A.
Preliminary Investigation of Perceived Readiness and Live Supervision Experience in a Marriage and Family Therapy Master's Degree Program

Supervision is a defining characteristic of the professional training in marriage and family therapy. This investigation is a qualitative look at the perceived readiness and live supervision experiences of recent graduates from Seattle Pacific University's Marriage and Family Therapy master's degree program. Using phenomenological interviews, the participants are asked to reflect on their experiences with live supervision while working at internship sites and their perceptions of their own readiness to enter the field of marriage and family therapy upon graduation from the program.

#2-16 Clinical Psychology: Research in Progress
Rastall, E.
Do External Locus of Control and Passive Coping Style Contribute to Increased Sexual Victimization for Lesbian, Bisexual, Transgender, and Intersex Adult Women?

Research indicates that LGBTI individuals are at increased risk for sexual victimization in adulthood, when compared to their heterosexual counterparts; this relationship is more robust for women. The current research project is aimed at answering the following question: What accounts for the difference between sexual victimization rates in heterosexual and sexual minority

women? Internal locus of control (LOC) and emotion-focused coping methods will be explored possible contributors. One-hundred and twenty women will be recruited to complete an online survey. Data will be collected via internet for approximately six months. The data will be analyzed using hierarchical regression.

#2-17 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Rue, D. & Taylor D.

Parent Education: Influences on family functioning and the parent-child relationship

Research supports the authoritative parenting style as the most conducive to healthy family functioning and strong parent child relationships. This longitudinal study will test two parent education programs' impact on parenting style. Parents will self-report, using the ICPS Family Functioning Scales (ICPS-FFS) and the Parent-Child Relationship Questionnaire (PCRQ) in a pre-test, a post-test and a follow-up at three months. The proposed sample will consist of 102 families, randomly assigned to 2 parent education treatment groups and a control group. This research could potentially support grant funding for these parent education programs.

#2-18 Clinical Psychology: Completed Quantitative Research Study
Muljat, A., Reilly, B., Bentley, J., & Gerrish, W.

Parental Depression, Family Conflict, School Bonding, and Young Adult Depression: A hierarchical, ecological systems analysis

The present longitudinal study examined the interrelationship between home (family-conflict, caregiver-depression) and school environments (bonding) on young adult depression. It was hypothesized that greater family conflict and caregiver depression during primary education years would lead to increased young adult depression. Positive school bonding during secondary school was hypothesized to mediate this relationship. Analysis indicated family conflict and caregiver depression lead to elevated scores on the Hamilton Depression Inventory (HDI) in young adult years. Hierarchical linear modeling indicated positive school bonding alone did not mediate this relationship. The role of ecological systems levels and youth outcomes are discussed.

#2-19 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Smythe, L., & Bixby, S.

Canine Family Therapy: Its effects on family functioning and grief and loss processes

Does canine co-therapy contribute significantly to grief and loss processes in family therapy? Fifty families from local agencies seeking services for grief and loss responses will be randomly assigned to two treatment modalities: (a) therapy with a therapist and canine co-therapist, and (b) therapy with a therapist. The families will attend treatment sessions an hour a week for 10 weeks. All families will be administered 4 assessments before beginning therapy, at termination of therapy, and 3 months after therapy: Beck's Depression scale, Anxiety scale, a grief symptoms questionnaire, and a cohesion assessment. The data will be analyzed using an ANOVA.

#2-20 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Hamm, J. M.

Paternal Post-Partum Experience: An exploratory study of how female post-partum depression affects the male partner's mental health

This proposal would attempt to replicate recent research done by Roberts et al. (2006) in Australia. This would be done by comparing the mental health of men with partner's who have post-partum depression (PPD; index group) with that of men with partners without PPD (control group) in the U.S. In addition to the research done by Roberts et al. this study would also assess, via self-report, the participants desire for outside intervention, their willingness to seek it, and their ideas about the kinds of interventions they might find helpful.

#2-21 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Sullivan, M. & Newell, M.

Sexual Satisfaction: The impact of sexual communication

Literature suggests that a couple's sexual satisfaction is correlated with perceived fulfillment of the couple's sexual needs and expectations. Does an increase in the communication of these sexual needs and expectations correlate with an increase of sexual satisfaction? To address this hypothesis couples will be asked the following question in a qualitative interview: How have you as a couple responded to a lack of sexual satisfaction within your marriage? Interviews will be conducted with couples participating in marital therapy at the Center for Couples who have been married for at least one year, regardless of presenting problem.

#2-22 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Fulmer, L. & Olsen A.

Exercise and nutrition: The untapped resources of family therapists

While research shows that nutrition and activity levels contribute to overall well-being, these two components are often overlooked throughout the course of counseling, especially when working with couples and the course of counseling, especially when working with couples and families. It is proposed that by incorporating exercise and nutrition into a treatment plan overall symptom reduction will occur. Through quantitative means (a pre and post-treatment survey) this study will measure the outcome of symptom severity following the course of treatment. By designing a study with four varying groups randomly selected- a regression model will reflect the possible effect nutrition and exercise have on therapeutic success.

#2-23 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Swiggum, M. & Fugler, E.

Family Structure and Gender Roles: Their Effect on the Attitudes of Adolescent Females

The proposed study is a quantitative analysis of family structure and gender role attitudes as

they affect the attitudes of adolescent females. A random sample of 50 families (parents and adolescent daughters) will participate in surveys and face-to-face interviews. Risk factors will be determined for adolescent females, creating further implications for therapy with this population.

Lecture on Faith and Professional Practice

Program

Welcome and Opening Prayer

Don MacDonald

Professor of Marriage and Family Therapy

Introduction

Claudia Grauf-Grounds

Chair and Associate Professor of Marriage and Family Therapy

Integration Lecture

“Personal Reflections of a Medical Family Therapist:
Integration of Clinical, Faith, and Community Life”

Jeri Hepworth, Ph.D.

Q & A With Jeri Hepworth

About Our Speaker



Jeri Hepworth

Jeri Hepworth, Ph.D., is a family therapist, and professor and vice-chair of family medicine at the University of Connecticut. Her professional work promotes effective collaboration among families, physicians, other clinicians, and faith communities as they care for patients. Hepworth has co-authored three books, including *The Shared Experience of Illness*.



Schedule

Event locations are First Free Methodist Church (FFMC) and Otto Miller Hall (OMH)

- | | |
|-----------------|---|
| 10–11:30 a.m. | Research Poster Session (FFMC) |
| 12–12:45 p.m. | Lunch Buffet (FFMC) |
| 12:45–1:20 p.m. | Awards and Psi Chi Induction Ceremony (FFMC) |
| 1:30–3 p.m. | Research Poster and Paper Sessions (FFMC) |
| 3:30–5 p.m. | Integration Lecture With Jeri Hepworth, Ph.D. (OMH) |
| 5–6 p.m. | Clinical Consultation (OMH 128) |