



2011

Insight 2011

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DEPARTMENT OF PSYCHOLOGY ALUMNI NEWSLETTER

INSIGHT

Published by the Psychology Graduate Student Association

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**MESSAGE FROM
DEPARTMENT HEAD
DR. JAMES E. LAWLER**



We celebrated the close of the last two academic years at our annual Awards Day Reception in May, 2010 and 2011. We again have much to celebrate. We started with poster presentations by our graduate students, which represented a portion of the approximate 50 first author presentations by our students at national meetings this year. Each trip is supported by up to \$600 from alumni donations. So, we need \$30,000 each year to send our students to national meetings. Please consider a donation of \$25, \$100 or more to the Alumni Support Fund so that we can continue to fund our deserving students!

AWARDS NIGHT 2010

The poster presentation session was followed by heavy hors d'oeuvres, and several administrators were in attendance. The formal program began after that. For the 2010 Awards Day, the undergraduate psychology club, Psi Chi, gave its annual award to Lecturer Beth Cooper. Former UT alumni David V. and Kathryn G. White have provided an annual award that rotates through three departments on a yearly basis. In 2010, it was our turn. The award is chosen by senior psychology majors and this year's recipient is Assistant Professor Michael Olson. The department's Faculty Appreciation Award went to Lance Laurence, Director of the Psychological Clinic, for his commitment to training and his compassion in working with our clinical graduate students. Our graduate teaching award (\$1000, driven by alumni donations) was split this year between clinical

graduate students Katie Little and Julianne Hellmuth. We have a number of graduate research awards, funded by the College of Arts and Sciences. The overall graduate research excellence award went to Katie Little (\$3000). The Counseling Program award went to Lauren Moffitt, the Clinical Program award went to Alden Gaertner, and the Experimental Program award went to Levi Baker. Each of the latter three awards are \$1500 each. The Undergraduate Excellence Award (\$100) went to Jamie Schultis, while the Staff Appreciation Award went to Sandy Thomas.



At the 2010 Awards Day, we gave our first ever Distinguished Alumnus Award. It went to Dennis Freeman, PhD, who graduated from our Clinical Program in 1970. He became CEO of Cherokee Health Systems in 1978. Under his leadership, the company became a national leader in bringing primary care physicians, psychologists and other healthcare professional together to provide integrated patient care. Many national organizations now look to Cherokee as a best practice institution. More about Dennis can be found at our web site, under news (<http://psychology.utk.edu>).



RESEARCH

Our faculty continue to be productive in their research, nationally recognized, and funded by extramural sources, including the National Institutes of Health, the National Science Foundation, a Fulbright Fellowship, and the Susan Komen Breast Cancer Foundation.

DEBORAH L. RHATIGAN DISSERTATION AWARD

While there was much to celebrate in 2010, we were all deeply saddened by the loss of one of our own, Assistant Professor Deborah Rhatigan, in December. She is survived by her husband, Assistant Professor Todd Moore, and daughter, Anna. We have established a memorial fund in her honor. At her request, the Deborah L. Rhatigan Dissertation Award Fund supports research by graduate students in the general area of women's mental and physical health. Please consider a donation to this fund, as well.



AWARDS NIGHT 2011

Our Awards Day for 2011 was also a great event. We again had poster sessions and heavy hors d'oeuvres before the formal program. Faculty Appreciation Awards went to Cheryl Travis and Paula Fite. The Staff Appreciation Award went to Mary Ellen Hunsberger. The Undergraduate Faculty Award went to lecturer Katie Rowinski. The GTA of the Year was Josh Williams. The department-wide Graduate Student Research Award (\$3000) went to Ryan Shorey. Program Graduate Student Research Awards went to Aaron Kivisto, Allison Whitesell, and Andrea Meltzer (\$1500 each). Finally, Undergraduate Student Awards went to Kelsio Cardio and Herb Piercy. The 2011 Distinguished Alumna Award went to Della Hann, PhD. Della is currently Deputy Director, Office of Extramural Research, National Institutes of Health. In her talk, she emphasized the need for our graduate students to be flexible about career options. The path is seldom a straight one.

Donation information can be found at the back of this newsletter.

Finally, feel free to contact me at jlawler@utk.edu. I'd love to hear from you.





EXPERIMENTAL PROGRAM UPDATE

Todd Freeberg, PhD

Director of the Graduate Program in Experimental Psychology

The Experimental Psychology Program has three primary areas of research: Biological Psychology, Developmental Psychology, and Social Psychology. We additionally have a small research area in Industrial & Applied Psychology. We currently have 14 faculty members, 30 Ph.D. students, and 6 Masters students.

Our program has several noteworthy accomplishments recently, but first I wanted to bring up some information about 'business as usual' – the general productivity of our students and faculty. Since 2009 our faculty published 54 articles in peer-reviewed scientific journals (from an early August 2011 database search on Web of Science). In the time span of 2006-2008, our faculty published 57 articles in peer-reviewed scientific journals. Given that we still have four months left in 2011 and several faculty with one or more articles in press, we are on track to (far) surpass our productivity in terms of publications this current 3-year period. **Dr. John Malone** published his book 'Psychology: Pythagoras to Present' with MIT Press in 2009. Current graduate students in our program are authors on over 40 articles in peer-reviewed science journals, and have been authors on nearly 200 presentations and national and international science conferences.

Our recent Ph.D. students have been successful at getting good jobs in academic settings. **Jeffrey Elliott** (PhD 2010) is an Assistant Professor at Tennessee Temple University, TN. **Erin O'Mara** (Ph.D. 2010) is an Assistant Professor at the University of Dayton, OH. **Ryan Smith** (PhD 2011) is Director of Alumni and Executive MBA Career Services (School of Business) at Duke University. **Ellen Williams** (Ph.D. 2009) is an Assistant Professor at Union College, KY. **Josh Williams** (Ph.D. 2011) is an Assistant Professor at Armstrong Atlantic State University, GA.

In terms of grants and awards, we have been

increasingly successful. Here I will provide a few highlights over the past couple years. **Dr. Gordon Burghardt** was elected President of Division 6 (Behavioral Neuroscience and Comparative Psychology) of the American Psychological Association and is Co-Pi on a National Institute for Mathematical and Biological Synthesis – NSF (NIMBioS.org) award supporting a 2-year working group on Play, Sociality, and Evolution. **Dr. Matt Cooper** received a two-year NIH grant to study how serotonin influences stressful memories, using Syrian hamsters as a model system. **Dr. Daniela Corbetta** was recently named Fellow of the Association for Psychological Science. **Dr. Todd Freeberg** won a Fulbright Award and will be teaching and doing research at Daugavpils University (Latvia) during the spring semester of 2012. **Dr. Lowell Gaertner** was recently named Fellow of the Association for Psychological Science, Fellow of the Society of Experimental Social Psychology, and Fellow of the Society for Personality and Social Psychology, and recently obtained a grant from NSF for a study entitled 'A Bio-Social Model of Positive Ingroup Regard'. **Dr. Jessica Hay** is a Co-PI on a recent three-year NIH award. In 2010 **Dr. Mike Olson** received both the David V. & Kathryn G. White Teaching Award (by University of Tennessee undergraduate vote), and an Illinois State University Psychology Alumni Early Career Achievement Award. **Dr. Greg Reynolds** is a Consultant to the PI on a recent NIH grant. **Dr. Cheryl Travis** received a 2011 U.T. Department of Psychology Faculty Appreciation Award for contributions in graduate teaching and research. **Levi Baker-Russell** received a travel award to attend the 2010 meeting of the Social for Personality and Social Psychology. **Lydia Eckstein Jackson** received a National Science Foundation International Travel Award, and she and **Michelle Russell** both received prestigious and competitive National Science Foundation Graduate Fellowships.



EXPERIMENTAL PROGRAM UPDATE

Todd Freeberg, PhD

Director of the Graduate Program in Experimental Psychology

Andrea Meltzer won the 2011 Best Student Poster Award at the Annual meeting of the Society for Personality and Social Psychology. **Kathleen Morrison** received a travel award for the 2011 Gordon Research Conference on Amygdala in Health & Disease. **Joseph Salvatore** received the Newton W. and Wilma C. Thomas Graduate Fellowship in the Humanities and Social Sciences. **Kevin Zabel** received a Diversity Fund Graduate travel award from the Society for Personality and Social Psychology in 2011.

To summarize, we have accomplished a great deal in recent years and should feel good about what we have done. On the other hand, each of us

(faculty and students) knows that we can do more, and that we can work harder to make our program even stronger in the years to come. I believe our former program director, **Dr. Lowell Gaertner**, helped us get to this stronger position as a program. I aim to pick up where he left off in this regard, to help us continue to grow scientifically as a program.

--Todd Freeberg, Experimental Psychology
Program Director



COUNSELING PROGRAM UPDATE

Brent Mallinckrodt, PhD

Program Coordinator and Director of Training, Counseling Psychology Program

As behavioral scientists we value data and, although numbers rarely tell a complete story, they can provide one important perspective. In that spirit, here is a snapshot of the Counseling Psychology program "by the numbers."

Admissions and Current Students

- 134, doctoral applicants in 2011
- 275%, increase in admission applications since 2006
- 16.4%, proportion of these applicants with combined GREs over 1300
- 1238, mean total GRE scores of students admitted last year
- 92.5%, proportion of applicants rejected in 2011 to fill the incoming class (ten offers to fill seven slots)
- 33, doctoral students who will be enrolled for 2011-12, including one deferred admission
- 45%, proportion of these who are international ($n = 7$) or U.S. ethnic minority students ($n = 8$)
- 1.41, mean co-authorships per student for current students beyond second year



COUNSELING PROGRAM UPDATE

Brent Mallinckrodt PhD

Program Coordinator and Director of Training, Counseling Psychology Program

Program

- 36, completed applications for our 2010 faculty search
- 1, offers needed to fill the position
- 327%, increase in faculty applications compared to 2007 search
- 0, Scientist-Practitioner-Advocate training programs accredited by APA other than UT Counseling Psychology
- 20th, rank of UT Counseling Psychology from earliest to most recently accredited of 63 active programs

Faculty

- \$300,000, new external funding awarded to core faculty as PI in 2009-2011
- \$4.3 million, total external funding awarded to core faculty as PI or co-investigator over their careers
- 176, total peer reviewed articles and chapters published by five tenure-track faculty who advise new students
- 3.56, publications per year for these faculty since their Ph.D. was earned
- more than 2000, total citations of core faculty publications
- more than 260, citations of core faculty publications in 2010

These numbers reflect some of our accomplishments, but they can not capture all the important events and transitions. During the 2009-10 year we learned that the U.S. Substance Abuse and Mental Health Services Administration (SAMSHA) awarded a 3-year, \$300,000 grant to Professors Mallinckrodt, Briscoe, and Barr. The grant is providing half time support to two students for three years. The APA Committee of Women in Psychology recognized Dawn Szymanski as an *Emerging Leader of Women in Psychology*. Gina Owens received a summer SARIF research award. Brent Mallinckrodt was selected as a Fellow in the American Academy for the Advancement of Science – one of only 90 Psychologist Fellows (another is our own Gordon Burghardt.) A very successful faculty search resulted in Joe Miles accepting our offer. Joe received his Ph.D. from the University of Maryland. Destin Stewart and John Richardson were married. Catherine Herrera continued in her second year as an APA Mental Health and Substance Abuse Services (MHSAS) Fellow and became our first student to serve in a field placement at the Family Justice Center.

During the 2010-11 academic year, Erika Carr received the APA Division 35 award for outstanding research on Women and Gender; and the Richard Morrell Award from Emory University School of Medicine (her internship site), which is presented to the staff member for outstanding commitment to working in the community Emory serves. Erika is now a post-doctoral fellow at Yale University. Annie Gupta received the APA Committee on Ethnic Minority Affairs, Jeffrey Tanaka Dissertation Award. She completed her internship at Harvard Medical School and began a post-doc at the Semel Institute for

COUNSELING PROGRAM UPDATE

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Program Coordinator and Director of Training, Counseling Psychology Program

Neuroscience and Human Behavior at UCLA. Dawn Szymanski (who is both Erika and Annie's advisor) was one of two UT professors who received the Jefferson research prize. She was winner of the 2010 Chancellor's Angie Warren Perkins Award, received the College of Arts and Sciences Diversity Leadership award, became a Fellow of APA Division 17, and was appointed Associated Editor for the *Psychology of Women Quarterly*. Joe Miles organized and hosted a very successful two-day training institute in Intergroup Dialogues at UT. He and Jake Levy were also participants in the UT summer Grant Writing institute, while Brent Mallinckrodt served as a mentor. Gina Owens was a 2010 participant in the institute. Jake Levy was promoted to Associate Professor with tenure. Brent Mallinckrodt received the 2011, Evelyn Hooker Award from APA Division 44, for contributions as an ally to work that serves to depathologize and destigmatize people with minority sexual orientations. Brent also concluded his six-year term as Editor of the *Journal of Counseling Psychology*. In his last year as editor of *JCP*, of the 28 journal published by APA, only two (*Health Psychology*, and *Psychological Assessment*) had more individual subscriptions. Only four (*J. of Applied Psychology*, *JEP Applied*, *JEP: General*, and *Psychological Methods*) had a higher rejection rate. Now that he is retired as an editor, Brent and one of his Associate Editors were invited to publish a chapter in a forthcoming APA book about research design, based on their experience of rejecting more than 1000 manuscripts.

Thus, not only "by the numbers," but in many other ways these are eventful times for the Counseling Psychology program.

Research Briefs:

A selection of recent Counseling Psychology faculty discoveries

In military veterans the severity of Posttraumatic Stress Disorder (PTSD) symptoms was associated with guilt and depression and with lower levels of meaning in life. Feeling that one has a strong sense of meaning in life may serve as a protective factor against higher levels of PTSD, especially when depression levels are low to moderate (Owens, Steger, Whitesell & Herrera, 2009).

Among military veterans in residential PTSD treatment, increases in the ability to focus attention on their actions and behavior in the immediate moment – which is one type of mindfulness meditation skill, were associated with lower symptoms of PTSD and depression at the end of treatment (Owens, Walter, Chard, & Davis, in press).

Surveys of middle school, high school, and college students found that at all levels grade-point average was positively associated with a capacity for self-directed learning, and to personality traits such as openness, conscientiousness, optimism, career-decidedness, and work drive – among others. A brief 10-item measure of self-directed learning developed in these studies appears to be valid and reliable. It could prove quite useful in a wide variety of educational settings (Lounsbury, Levy, Park, Gibson, & Smith, 2009).

Among UT freshman, insecurity in adult attachment was related to higher levels of cortisol -- a hormone marker of chronic stress, and to problems regulating emotion. The freshman will be followed over the coming years to see if first-year cortisol levels predict eventual graduation vs. drop-out (Jeong, Mallinckrodt, Baldwin, & Brandt, 2011).

When group therapy clients do not consistently attend, their absence can be very disruptive to the progress

of all clients. A session-by-session study found that clients who disclose at either a much higher or much lower than average level in a given session are less likely to attend the next session. Therefore, it may be especially important for group leaders to attend to group client outliers in terms of engagement in intimate behaviors (Paquin, Miles, & Kivlighan, 2011).

Sexual objectification of young women in the form of both everyday experiences (e.g., body evaluation) and extreme events (e.g., sexual victimization) were each associated with higher alcohol, nicotine, and other drug use. Evidence supports a mediation model in which external experiences of sexual objectification lead to self-objectification, body shame, and depression, which in turn lead to higher substance use (Carr & Szymanski, 2011).

A survey of gay and bisexual men revealed that many had experienced heterosexist harassment, rejection, and discrimination during the past year, and that these experiences were positively related to psychological distress. However, high self-esteem appears to have a buffering effect, and may protect some men from the full negative impact of the oppression they experience (Szymanski, 2009).

Bicultural competence, the ability to function well in two different and sometimes conflicting cultural environments, served as a buffer of the special stressors experienced by ethnic minority undergraduates. A solid grounding, pride, and knowledge of one's own culture seems to be especially helpful when navigating the campus culture at a predominantly White university (Wei et al., 2010).

To find out more, please see:

Carr, E. R., & Szymanski, D. M. (2011). Sexual objectification and substance abuse among young adult women (Major Contribution). *The Counseling Psychologist*, 39, 39-66.

Jeong, J-S., Mallinckrodt, B., Baldwin, D, & Brandt,. (2011, August). Moderating effects of emotion regulation of perceived stress and its psychological and biological symptoms for university students. Poster presented at the annual convention of the American Psychological Association, Washington, D.C.

Lounsbury, J. W., Levy, J. J., Park, S.-H., Gibson, L. W., Smith, R. (2009). AN investigation of the construct validity of the personality trait of self-directed learning. *Learning and Individual Differences*, 19, 411-418.

Owens, G. P., Steger, M. F., Whitesell, A. A., & Herrera, C. J. (2009). Relationships among guilt, meaning in life, and posttraumatic stress disorder among veterans. *Journal of Traumatic Stress*, 22, 654-657.

Owens, G. P., Walter, K. H., Chard, K. M., & Davis, P. A. (in press). Impact of mindfulness skills on posttraumatic stress disorder and depression severity for veterans in residential treatment. *Psychological Trauma: Research, Theory, Practice, and Policy*.

Paquin, J. D., Miles, J. R., & Kivlighan, D. K. (2011). A session-level analysis of the relationship between individual- and group-level intimate behaviors and attendance in interpersonal growth groups. *Small Group Research*, 42, 177-198.

Szymanski, D. M. (2009). Examining potential moderators of the link between heterosexist events and gay and bisexual men's psychological distress. *Journal of Counseling Psychology*, 56, 142-151.

Wei, M., Liao, K. Y.-H., Chao, R. C., Mallinckrodt, B., Tsai, P.-C., & Botello-Zamarron, R. (2010). Minority stress, perceived bicultural competence and depressive symptoms among ethnic minority college students. *Journal of Counseling Psychology*, 57, 411-422



CLINICAL PROGRAM UPDATE

Deborah Welsh PhD

Director of Clinical Training, Clinical Psychology Program

The Clinical Psychology Program has experienced some impressive accomplishments over the past year. We are extremely proud that two of the new research projects developed by our faculty and students received funding from the National Institute of Health (NIH). Dr. Greg Stuart received a \$1.3 million dollar grant to use genotyping to examine the relationship between genes and alcohol use and partner violence treatment outcomes in randomized clinical trials of men and women in batterer intervention programs. Ryan Shorey, one of our fourth year doctoral students, received a three-year grant from NIH to study the temporal influence of alcohol use on the perpetration and victimization of psychological aggression among currently dating college students. We have many outstanding new research projects being conducted by our graduate students and faculty, and are very proud that these two received national recognition and substantial financial support.

Our faculty also received some impressive honors this year. Dr. Kristi Gordon was honored this year as the Consulting Editor of the Year for the American Psychological Association (APA)'s journal, *Journal of Family Psychology*. Dr. Greg Stuart became a fellow in the American Association for the Advancement of Science (AAAS), the world's largest organization dedicated to advancing science.

The clinical students also received some prestigious awards this year. For example, our graduate students were recipients of the Carl Cowan Scholarship, the Graduate Diversity Enhancement Fellowship, the J. Wallace and Katie Dean Graduate Fellowship, the Multi-Year J. Wallace and Katie Dean Graduate Fellowship, and the Newton W. and Wilma C. Thomas Fellowship. One of our students was invited to attend a week-

long International Research Program in London, England to interact with top international researchers on Psychoanalytic issues. Several of our graduate students received external travel awards to present their research at national meetings.

Once again, this was a strong year for the clinical program in graduate admissions. The clinical program received 225 applications this year and offered admission to 8 of the most outstanding of these applicants in order to fill seven available spots. The new clinical class is outstanding and diverse, coming from all over the country. Five of our 8 incoming students received prestigious and financially lucrative competitive fellowships from the Arts and Sciences College or from the Graduate School.

This year we had 8 clinical students apply for internship. We are thrilled that all 8 received prestigious full-time paid APA-approved internships. Our 100% match rate is an impressive accomplishment as the national match rate was only 79% this year. In fact, over the past 8 years, 100% of our students who entered the match have obtained an APA approved full-time internship. This year's internship bound students left this summer to help clients, contribute to research, and impress psychological communities around the country at Harvard, Vanderbilt, and Baylor Medical Schools as well as Pennsylvania Hospital, the Institute of Living, Westchester Community Jewish Services, and the Hampton VA Medical Center.

We obtained two new external placement opportunities this year for our graduate students to receive applied training. We are partnering with psychologists at Y-12 of Oak Ridge National Lab (ORNL) to provide clinical and research training in EAP style assessment and referral, smoking cessation, weight management, as well as



CLINICAL PROGRAM UPDATE

Deborah Welsh PhD

Director of Clinical Training, Clinical Psychology Program

other wellness and behavioral health program involvement, and threat assessment team experience. These new training opportunities complement our existing training placements at Cherokee Health Systems, Cornerstone of Recovery, the East Tennessee Children's Hospital, and, our primary training facility, The UT Psychological Clinic.

We are also quite proud of our graduates this year. They have obtained excellent positions including Post-Doctoral Fellowships at Yale,

Brown, Harvard, Penn, Baylor, and the Portland VA.

The Clinical Program remains committed to training outstanding researchers and clinicians, to contributing to the scholarly literature in clinical psychology, and to providing valuable service to the local, national, and international community. We look forward to another strong year.



FACULTY SPOTLIGHT MICHAEL NASH, PHD



Dr. Nash's interests include psychodynamic therapy, hypnosis, literature as it informs training and practice, and processes of change in psychotherapy. He directs the case-based psychotherapy outcome research, which is ongoing at The Psychological Clinic at UT. Dr. Nash

also created and coordinates the UT Medical Center Emergency Room Placement, in which practicum students are embedded in a Level-I Trauma Emergency Room. In addition, he regularly offers advanced seminars in psychoanalytic technique and clinical hypnosis in our Clinical Psychology program.

Dr. Nash gave the keynote address at the American Society of Clinical Hypnosis 52nd Annual

Scientific Meeting in Nashville, TN. He also recently edited *The Oxford Handbook of Hypnosis*, which won the 2009 Arthur Shapiro Award for the Best Book in Hypnosis, as presented by the Society of Clinical and Experimental Hypnosis.

Earlier this year, Dr. Nash proudly collaborated with the Department of Theatre at UT, in their production of *Oedipus the King*. In addition to attending rehearsal as a consultant, he organized two special events in further collaboration with the Appalachian Psychoanalytic Society. First, a special evening production of the show concluded with a panel discussion including the cast and director for the show, and two prominent Knoxville psychologists. Dr. Nash led a discussion about the production, and about the ways that acting and psychotherapy relate. Later in the week, Dr. Nash organized a round table discussion with the cast and director of *Oedipus the King*, including students and numerous local psychologists in a collaborative discussion about psychodynamic psychology and acting in the areas of training and expertise.

FACULTY SPOTLIGHT

JOE MILES, PHD



Joe Miles received his bachelor's degree in psychology from the University of Illinois at Urbana-Champaign (UIUC) in 2001. He then worked as project coordinator for a federally funded research project

on factors that affect students' school adjustment, before starting a master's degree program in the Department of Educational Psychology at UIUC.

While earning his master's degree, Joe conducted research on learning and cognition across the lifespan. Specifically, his research examined ways in which older and younger adults self-regulate their learning. Joe received his master's degree in education from UIUC in 2004.

Joe then began his doctoral work in the Counseling Psychology Program in the Department of Counseling and Personnel Services at the University of Maryland, College Park (UMCP). During this time, Joe developed research interests in group dynamics and group interventions, and diversity and social justice. Joe combined these interests through the research and practice of intergroup dialogues.

Intergroup dialogues are a co-facilitated group intervention that brings together individuals from social identity groups that have had a history of tension (e.g., People of Color and White People; LGBT People and Heterosexual

People) with the goals of raising consciousness around issues related to oppression and social justice, and building bridges across differences. Dialogues achieve these goals through sustained communication that is co-facilitated by two trained facilitators over a period of about seven weeks.

Joe has focused on the processes involved in intergroup dialogues, including the co-facilitation, and the development of the group climate. In addition to research in intergroup dialogues, Joe has also co-facilitated dialogues on race/ethnicity, religion, sexual orientation, and social class at UIUC and UMCP. During his first year at UTK, Joe has been working on establishing a sustainable intergroup dialogue program that will serve to further civility and social justice on campus, and will also allow for research on dialogue process and outcomes.

Recently, Joe has also been examining how the Actor-Partner Interdependence Model (Kenny, Kashy, Manetti, Piero, & Livi, 2002) can be applied to group interventions, in order to provide us with a better understanding of the ways in which individual group members and groups as a whole affect one another.

Joe has also conducts research on LGBT issues, and is currently working on projects examining career development in LGBT college students, and positive psychology as applied to LGBT individuals. Joe is also the current Co-Chair for the Committee on Mentoring for Division 44 of the American Psychological Association, The Society for the Psychological Study of Lesbian, Gay, Bisexual, and Transgender Issues.



FACULTY SPOTLIGHT

TERESA HUTCHENS, PHD



The Counseling Psychology program has been proud and lucky to have Dr. Teresa Hutchens as a full-time faculty member for over the past 20 years. Dr. Hutchens received her B.S. at Appalachian State University, and went on to get a Masters in Counseling and School Psychology, and her Ed. S. in

Educational Psychology and Guidance with an emphasis in school psychology, school law, multi-handicapping conditions, and statistics. She received her PhD at the University of Georgia, specializing in school psychology, neuropsychology, and personality assessment, all while serving as a psychologist in the schools and as an instructor. She jokingly refers to herself as “old school” and has been enmeshed in academia since 1975!

Dr. Hutchens has contributed to the Counseling program at UT and to the departments of Psychology and Education by teaching, research, supervision, and service throughout her time at UT. In the department of education, she developed

and directed the Assessment Center which did evaluations of UT students and community referrals, and served on the State Board of the Association of School Psychologists and was president from 2000-2001. Dr. Hutchens has been the recipient of many prestigious and competitive awards and honors in addition to having had over 50 publications and presentations at over 80 professional presentations. Also, she has been dedicated to her research in the fields of assessment, learning disabilities, and neuropsychology, as she has secured many grants and external funds for various projects over the years. Dr. Hutchens has been licensed since 1990, and served as a consultant for state and local educational endeavors (e.g., TBI initiative) and for a number of national and regional service and business groups. Finally, she considers one of her greatest accomplishments at UT was her struggle to improve the plight of faculty women at UT and increase the recognition and adherence to ethical standards.

Dr. Hutchens has been an integral part of the growth of the Counseling program and she will be sincerely missed. We wish her well as she retires to the beach and heads for a well-deserved break! Thank you, Dr. Hutchens, for your service to the program and to the department.

UT COUNSELING CENTER

BY DESTIN STEWART

The Counseling Psychology program trains PhD students in a variety of settings, one of which is the University of Tennessee Counseling Center. During this training, students participate in a number of campus and community outreach projects targeting mental health awareness and decreasing stigma related to seeking mental health services. Many of the outreach programs involve providing the community population and university students with skills to intervene when some-

one they know is in distress or suicidal, providing coping skills development, training on prevention and early intervention of mental health-related problems, training other mental health service providers, and enhancing community awareness and collaboration. University faculty and staff, community organizations, or student groups can request staff members and trainees to conduct presentations and trainings specific to their needs and organizations as well.

UT PSYCHOLOGY DEPARTMENT HONORS DISTINGUISHED ALUMNI

DENNIS FREEMAN, PHD

The University of Tennessee, Knoxville's Department of Psychology gave its first Distinguished Alumni Award to Dennis Freeman, Ph.D., for his leadership and innovation in integrated health care. Freeman earned his doctoral degree in clinical psychology in 1970 under the mentorship of Professors Jack Byrne, Leonard Handler and Robert Wahler. The honor was presented to Freeman at the department's annual awards banquet on May 3.

After receiving his doctorate, Freeman began working as a community mental health outreach provider, consulting with primary care doctors on mental health issues. He quickly learned that behavioral health issues are one of the largest problems primary care physicians face and often are not well equipped to manage. Realizing the need for mental health practitioners in the primary care system, Freeman directed his career toward promoting the practice of integrated health care.

Freeman became CEO of Cherokee Health Systems in 1978 and soon developed a model where primary care doctors, psychologists and behavioral health consultants share the same physical space and provide seamlessly integrated health care to their patients. This integrated model led to company growth and national recognition and has been deemed a best practices model by several national health care organizations.

"Little did I know, many years ago, that [Freeman], the quiet modest and soft-spoken graduate student, would make such a major contribution—integrated care," said Handler. "[He] developed this innovative model many years before others even began to consider such a novel idea."

In addition to revolutionizing integrated health care, Freeman desired to change the world of psychology by providing effective treatments to everyone, particularly those who could not afford it. "Nothing can be more rewarding than to reach out a hand to those without hope, without expectation, and to be there for those who have no other health care alternative," Freeman said. "There is no higher calling."

Kristi Gordon, associate professor of psychology and associate director of clinical training, said in her

presentation of the award, "Dennis has become enormously successful and respected by any measure; however, he has accomplished this success without losing his focus on service to those who need it most. This quality is his most admirable asset."

Throughout his career, Freeman has remained equally committed to training students in the field. Most UT Knoxville clinical psychology students rotate through Cherokee Health Systems at some time during the program. According to Gordon, many students state their experiences there were a major contributor to their development as a psychologist. Cherokee Health Systems also offers pre-doctoral internships to students as well as an integrated care training academy to health care professionals across the nation.

"By continuing to be involved in practica, internships, and workshops, [Freeman] is ensuring that coming generations of psychologists will also practice the integrated approach that he knows is crucial for the survival of the field and for the health of our communities," Gordon said.

Upon receiving the Distinguished Alumni Award, Freeman expressed his appreciation to the Department of Psychology, his mentors, and his colleagues at Cherokee Health Systems. "No one accomplishes much by themselves," Freeman said. "I was well prepared by this department."

UT Knoxville's Department of Psychology is committed to enhancing knowledge of psychological principles and practices through scholarship and rigorous research. In addition, the faculty is committed to promoting the discipline of psychology through professional service at national and local levels. For more information, visit <http://psychology.utk.edu/>.

Cherokee Health Systems is committed to serving the health care needs of its customers through strong community oriented, preventative and innovative health care programs. Its mission is to improve the quality of life for patients through the blending of primary care, behavioral health and preventative services. For more information, see: <http://www.cherokeehealth.com/>.

UT PSYCHOLOGY DEPARTMENT HONORS DISTINGUISHED ALUMNI

DELLA HANN, PHD

The 2011 Distinguished Alumnus Award went to Della Hann, PhD. for her leadership and commitment to research. Dr. Hann received her doctoral degree in experimental psychology from the University of Tennessee in 1986. Her doctoral work emphasized issues dealing with early child development. After a two year post-doctoral fellowship at LSU funded by the John and Catherine MacArthur Foundation, Dr. Hann took a position with NIMH as a Program Officer in 1991, administering grants involving interpersonal and family processes related to issues in mental health.

Dr. Welsh, director of clinical training, said in her presentation of the award, "I first met Dr. Hann in her position as my Program Officer at NIMH when I was a junior faculty member here in the mid 1990's. Dr. Hann was an amazing Program Officer. She stood out immediately in her ability to help me improve the quality of my grant proposals and to successfully obtain funding initially as a small grant and eventually as a R01 grant...I have never had another program officer in her league since that time."

With her outstanding research knowledge, her excellent interpersonal skills, her high energy, her dedication and commitment to quality research, and her administrative acumen rose meteorically within the NIH organization over the past 20 years. "It is truly gratifying every once in a while to see someone who is that good be that successful. And, Dr. Hann is that good. And, she has had a career that is that successful," Dr. Welsh continued.

Since Dr. Hann began at NIMH in the early 1990's as a program officer, she has quickly ascended up the ladder holding 10 different successively more important leadership and management positions within the NIH organization. Currently, Dr. Hann



serves as the Deputy Director of the Office of Extramural Research at NIH. She provides executive and managerial leadership regarding all major programs of the Office of Extramural Research. In other words, Dr. Hann has her fingers on the pulse of health research in this country. This is an extremely important and impressive responsibility that impacts out entire profession in addition to the health of all our national and even global community.



Della Hann, PhD. with Bob Wahler, PhD., chair of her dissertation committee.

IN MEMORY OF DEBORAH L. RHATIGAN

BY KRISTI C. GORDON



It is with great sadness that I wish to inform Alumni of the Psychology department of the passing of Deborah L. Rhatigan-Moore. Deb was a professor and an award winning teacher and mentor. She also was an active member of the ABCT community, serving as co-chair of the Child

Maltreatment and Interpersonal Violence SIG from 2004-2006, and as a member of the academic training and program committees. She continued to work tirelessly for her profession, her university and for her students throughout her long battle with colon cancer, and she passed away peacefully at her home with her family and friends around her on Dec 10, 2009.

Deb received her doctorate in clinical psychology from Virginia Polytechnic Institute and State University in 2002. She married Todd Moore, a fellow classmate at Virginia Tech, and also an ABCT member and current assistant professor at UT, in June 2000. In 2004, She completed a postdoctoral research fellowship at the Boston VA Healthcare System National Center for Post Traumatic Stress Disorder.

From 2005 to 2006, Deb served as an assistant

professor at the University of Houston, Downtown. From 2006 to 2007, she was a UT Knoxville Visiting Scholar, and was hired as a tenure-track assistant professor in the psychology department in 2007.

Deb's research focused on examining risk factors and resiliency among battered women. She was particularly interested in developing and refining interventions aimed at reducing the risk for abuse. She studied risk factors for abuse, such as substance abuse and other psychological problems, and protective factors, such as self confidence and the ways in which family and friends provide support. This work has the potential to transform the way in which battered women receive treatment. She was a thoughtful and meticulous researcher, who was devoted to ensuring that her work made a difference to the populations she studied. She was an equally diligent and caring mentor and supervisor to her students, who responded by giving her a faculty teaching award.

Deb was enormously loved and respected by everyone who knew her. She had an exceptional level of self-awareness and a clear sense of what mattered and didn't. While demonstrating a strong professional drive and work ethic, she always made time with family and friends a priority. Despite the many indignities of cancer, she never lost her wicked sense of humor. She provided an example of how to live a rich and meaningful life, even while facing frightening uncertainties and pain. She will be greatly missed.

Survivors include Deb's husband, UT Knoxville psychology professor Todd Moore, and their 7 year-old daughter, Anna; parents John and Lynn Geller Rhatigan; brother and sister-in-law, Brian and Nancy Rhatigan; and sister and brother-in-law, Denise and Josh Bell.

“Deb was enormously loved and respected by everyone who knew her. She had an exceptional level of self-awareness and a clear sense of what mattered and didn't.”

PSYCHOLOGY STAFF NEWS

CONNIE OGLE

We have had two Awards Night celebrations and several Staff changes since our last Newsletter so we have some news to share with you.

2010 News and Updates:

Our Annual Awards Night was held at the UT Welcome Center, and once again included a graduate student poster presentation with several students presenting their research. Several administrators attended our Awards Night, and we extend our thanks and appreciation to each for taking time to join our celebration.

As you may remember, **Sandy Thomas** coordinates this event each year and always amazes us with her efforts. 2010 was even more spectacular regarding Sandy's efforts. She had some health issues in March of 2010, and missed more than four weeks of work in March and April. This is normally the time she works the hardest on planning and running errands for Awards Night. Even missing work, she was able to pull everything together with planning this event and she once again gathered over \$5,000 in door prizes! As always, we are very grateful to her for the incredible amount of work she put into making this night such a successful event for our Department. Thank you, Sandy!

Sandy received this Staff Appreciation Award this year, and it was absolutely well deserved recognition. Sandy works as our



Sandy Thomas and Connie Ogle

Undergraduate Administrative Specialist and strives diligently to keep our undergraduate area student-friendly and helpful. She works with Psychology majors on a daily basis, helping and directing them as they find their way through the tangle of Big Orange paperwork. In addition, she does many things behind the scenes for other areas in the Department and is always ready and willing to help in any way. Sandy also serves the University as one of "The Hill" representatives on the Employee Relations Council. She came to work as a secretary for Psychology in July 1986 and has moved up through the years to her current position of Administrative Specialist I. Sandy and her husband, Andy, spend a great deal of time with their eleven-year-old great niece, Opal, helping her with all the things involved in a young girl's world! Sandy received a plaque and a cash prize for her award. Congratulations, Sandy!

We had two service awards presented this year as well. **Christy Lynch** was recognized for five years of service to the Department. Christy joined the Clinic staff, moved to the Business Office, but ultimately realized she missed the Clinic atmosphere and returned to her former position. **Connie Ogle** was recognized for 25 years of service. Christy and Connie were both presented with gift cards in recognition of our efforts and we extend our thanks and appreciation to the Department for this recognition.

We had two staff members earn Master's degrees since our last Newsletter and the Department is extremely proud of these two women. **Alecia Davis** graduated in May 2010 with a Master's in Vocational Rehabilitation. She began working on this degree in August 2007, and has future plans to continue her education toward a Ph.D. in 2011. Alecia and her husband, Stanford, have two children, Corey and Stanford, Jr., and two grandchildren, Christopher and Avery. **Kim Givens** graduated in December 2009 with a Master's in Public Health. She began working on this degree in January 2006 and feels very fortunate to have worked in departments that allowed her to modify her work schedule so she

PSYCHOLOGY STAFF NEWS

CONNIE OGLE

could attain this goal. Kim is married to Tony Givens, who works in the Recruitment section of Human Resources. She and Tony celebrated their 25th anniversary last December and have two daughters, Ashley and Allison. The Department congratulates **Alecia** and **Kim** on their efforts. We are very proud of their accomplishments!

We have made two new staff hires since our last newsletter and would like to introduce them to you. **Charlotte Berry** joined our staff in March as the front desk receptionist in the Psychological Clinic, where she does a great job of assisting our Clinic clients. Charlotte decided to re-enter the work-force after being a stay-at-home Mom for a while and since she had worked previously at the UT Medical Center, she wanted to become a State employee again. We were fortunate enough to hire her for the Clinic, and she has quickly become a valued staff member. Charlotte has three children, Landon, Chase, and Kylia, and she and her husband, Chris, recently became the proud grandparents of their first grandson, Braelen. We are very happy to have Charlotte as part of our Clinic staff. **Mary Ellen Hunsberger** joined the Department in May of this year and works in the Business Office as an Administrative Specialist II. Some of Mary Ellen's duties are working with faculty and staff salary budget, course and room scheduling and Departmental inventory. Mary Ellen previously

worked in Human Resources at UT and wanted to return to Campus when she moved back to Knoxville from Asheville. Mary Ellen and her husband, Willis, have been married for thirty-three years, have three children (Melissa, Charlie and James), and are very excited that they will soon be the proud grandparents of Gregory, a lively eight year old! We are glad Mary Ellen chose to accept our offer and we look forward to having her as part of our team. Welcome **Charlotte** and **Mary Ellen!**

2011 News and Updates:

Our Annual Awards Night was held at the UT Welcome Center. Mr. Jeff Belser and Dr. Della Hann were our honored guests. Everyone enjoyed the graduate student poster presentation, good food and celebrating our Departmental accomplishments over the year. Sandy did another fantastic job coordinating this event and always amazes us with her abilities.

Mary Ellen Hunsberger received this Staff Appreciation Award this year, and it was absolutely well deserved recognition. Since hired last year, Mary Ellen has been working in the Business Office with various duties associated with that role. Then earlier this year, she agreed to accept the position of Clinical Program Administrative Assistant for the Clinical Program, while keeping her current duties in the Business Office. She has done a good job in this dual role, and we appreciate all of her efforts. Congratulations, **Mary Ellen** on this award!

In April 2011, **Connie Ogle** was awarded the Mary Lynn Glustoff Clerical Support Staff Award for Excellence. This Award is presented annually to one staff member in the College of Arts and Sciences who exemplifies outstanding customer service, positive attitude, strong work ethic, and efficient and productive work habits. Connie was honored at a luncheon this Spring, which she attended with Dr. James Lawler, Dr. Errol Glustoff, sponsor of the Award, members of the Art & Sciences Dean's office and several former recipients of the Glustoff Award. Congratulations, **Connie!**



Mary Ellen Hunsberger, Charlotte Berry, and Christy Lynch

PSYCHOLOGY STAFF NEWS

CONNIE OGLE

We have had one staff member leave for another position and two retirements since our last newsletter. **Kim Givens** left the Department to take another position as Administrative Coordinator in the Office of Budget and Finance. We will greatly miss Kim's contributions to our Department, but wish her well in this new position. **Louise Murr** retired in February after 30 years with the University. A reception was held for Louise, and attendees included Louise's family and friends. Louise came back to work for a while to help keep up with the business of the Department, but is now fully retired from UT. We miss her and wish her well. **Kelly Dailey** retired at the end of July after 20+ years with the University. A retirement reception was held for Kelly, and attendees included her family and friends. The Department will miss Kelly's contributions, and we

wish her well with this new aspect of her life.

We also have a new hire! **Lee Rideout** has been hired as the Psychology Business Manager, and we are very excited to have her working with us. Lee started working with Louise in June of this year and took over our financial operations in July. Lee was with Sponsored Projects Accounting for several years, and we know she is going to be a wonderful addition to our Psychology community. Welcome, **Lee!**

As always, Psychology Staff look forward to this upcoming year and to the great things in store for our Department. We truly appreciate your continued support of the Department, and we wish you well as you go about celebrating your life and the lives of those you love.

PSYCHOLOGY GRADUATE STUDENT ASSOCIATION

The PGSA officers would like to thank everyone for their involvement and support. During the 2010-2011 school year, PGSA continued to assist students' progression through the program and promote unity among students and faculty by organizing several social events, including bowling and movie night.

Our biggest fundraiser of the year, the 19th Annual Austin Peay Golf Classic at Three Ridges Golf Course was once again very successful and lots of fun for those who participated. The money raised during the golf tournament made it possible for PGSA to provide additional travel funding for students who attended various research conferences throughout the year. We would like to sincerely thank all of the players and generous donors for making this a successful event.

We also had our 1st Annual Clothing Drive to benefit the Child & Family Tennessee (CDF)-Family Crisis Center of Knoxville, TN. Thank you to all of the students, faculty, and staff that donated their clothing. We look forward to working with the Family Crisis Center and other community organizations in the future.

PGSA would like to give a special thanks to Dr. Todd Moore, PGSA faculty advisor, for his contributions to PGSA and dedication to the students in the department.

The 2011-2012 PGSA officers are:

Marlena Ryba, President

Ayse Ikizler, Vice-President

James Arnett, Secretary

Katherin Ritter, Treasurer

Kyle Bander mann, Social Chair

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ALUMNI UPDATE

Name: _____

Address: _____
 Street Address

City

State

Zip

Graduation Year (from UT): _____ Degree: _____

Concentration: _____

We'd like to know what you're up to! If possible, please answer the following questions in addition to giving us the information above.

1. What are you doing with your degree from UT? [e.g., nothing at all related, pursuing more education; practicing clinical psychologist (if so-describe what sorts of people you see and services you offer); professor (where?)

2. What personal/professional milestones/achievements have you attained since graduating from UT? (e.g., married, had kids (how many?), professional awards/achievements, research grants)

3. What do you do when you're not doing psychology?

4. Tell about a significant memory you have of being a student at UT. For example:
 - an experience that shaped or defined your career as a student or your later career
 - an important lesson you learned
 - a special moment in mentoring

5. What advice do you have for current students? What is something you wished you had known when you were in school at UT?

6. Are you currently affiliated with UT in any way? If so, how?

7. Anything else you'd like to tell us and/or suggestions for questions we might ask in the future.

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Each year, the donations of our alumni, faculty, and staff allow current students to continue the strong tradition of training in research, teaching, and practice at the University of Tennessee. The Psychology Graduation Student Association wishes to thank everyone who has donated in some way to our program, be it through money, time, or talent.

PGSA maintains a wish list of items that graduate students believe would enhance their ability to learn, grow, and teach, in the University of Tennessee's Psychology Department. Our biggest wish is, and always will be, a new building. The department is currently housed in the Austin Peay Building on The Hill, and has been for the past 34 years. Unfortunately, due to office and research space constraints, we cannot house all of our Department in our building. Thankfully, Dr. Lawler was able to appropriate funds to repaint much of the building, particularly the second floor

hallway to the Psychological Clinic, where clients are greeted. This measure has helped tremendously.

With travel becoming increasingly expensive, graduate students are also struggling when it comes to conference attendance. We proudly present our work at local and national conferences, but often this is a very expensive undertaking for graduate students. As proud alumni, we encourage your financial support and for your voice in encouraging University officials to do everything in their power to improve the setting, and therefore, the quality of work produced by students, faculty, and staff in the Psychology Department.

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