From the Chair – Cindy Turk, Ph.D., Professor

Welcome to the Psychology Department newsletter. I want to start by thanking Bonnie Paine, the department secretary, who helped to edit the stories, gather pictures, and put the whole thing together. I also need to thank the various story contributors who helped make this project much more manageable. We plan to produce a newsletter annually.

We’re sending this newsletter to anyone, past or present, with connections to the Psychology Department at Washburn University. Let me start by introducing myself. My name is Cindy Turk. I joined the department in 2005 after the retirement of Dr. Ron Evans. I am a clinical psychologist with a research interest in anxiety. I am currently learning the ropes of the role of department chair, having assumed this position in August 2013.

I teach a variety of courses, one of which is Psychology of Happiness. In that course, we talk about things that society tells us will make us happy – youth, income, physical attractiveness – but which the research suggests actually have little or no relationship to happiness. So, what things are related to happiness? Quite a few things, but, for my purposes, I will focus on two – gratitude and helping.

In my class, one of the assignments is for students to write a gratitude letter to someone who has been especially good to them but whom they have never thanked adequately. Another assignment is for students to perform five acts of kindness in one day. We then process how it felt to do these assignments and think about why those assignments elicited those feelings (which, interestingly, often include emotions in addition to or instead of happiness). As you can see, a purpose of this class is to help students understand how they can use what we know from the science of psychology to live better. And, really, I think that the larger purpose of the psychology degree is the same.

My holiday recommendation for you is that you take the opportunity to reflect upon what is good in your life, thank someone for what they have done for you, and offer to help someone out. Perhaps some of you will direct some of these efforts toward your department. As Chair, I hope I can help foster a departmental environment in which we all do these things often.

Continued on last page
TWLOHA – huh?
by Molly Walter

To Write Love on Her Arms is a national movement dedicated to providing hope and help for anyone struggling with depression, addiction, self-injury, and suicide. It exists to encourage, inform, inspire, and invest in peoples’ lives.

In 2012, Molly Walter, freshman psychology major, saw the need and responded by starting the Washburn chapter of TWLOHA. This student-led, non-profit organization has flourished, with 20—40 students attending meetings held from 5:00–6:00pm each Thursday during the fall and spring semesters. Meetings are informal and serve as a voice of hope, inspiration, and support for those in attendance. Dr. Jericho Hockett is the current faculty advisor. To learn where meetings are held, check any of the following social media sites, or add your name to the mailing list –

Twloha.wu@gmail.com
www.facebook.com/twlohawu
Twitter and Instagram: @twloha_wu
Tumblr: Twloha-wu.tumblr.com

You are welcome and encouraged to attend. We serve as a voice of hope for mental health and well-being. We want to remind students and those in the community that it’s okay not to be okay sometimes. But, no matter what you’re experiencing, whether it’s in college or life in general, YOU ARE NOT ALONE. Your story is important.

WU Alumni Fellow, cont’d.

In 1981, Dr. Bartlett graduated from Washburn University with his AA in mental health and his BA in psychology. He was also among the first students to earn a master’s of arts degree in psychology at Washburn in 1985. He later completed his doctoral work at the University of Denver School of Professional Psychology in 1993 and his postdoctoral fellowship at the Menninger Clinic in Topeka in 1995.

Dr. Bartlett’s distinguished career as a psychologist began at the historic Topeka State Hospital and continued as the Director of Training and Education at Family Service and Guidance Center of Topeka until his retirement in 2013. He currently maintains a thriving private practice.

Dr. Bartlett has served as an adjunct instructor at Washburn since 1994 and typically teaches two sections of PY100, Basic Concepts in Psychology. His wife, Dr. Alice Bartlett, is also a psychologist and adjunct instructor for the Psychology Department.

As Alumni Fellow, Dr. Bartlett delivered a lecture in the area of his specialty: Diagnostic and Treatment Related Issues of Asperger’s Disorder. You may view a portion of his acceptance speech on Youtube: http://www.youtube.com/watch?v=d6tVZt1nGgY&list=P Lt2l1pXp0768UluE_FGFw9brQnB1AXX&index=2

Psychology Club / Psi Chi
by Meaghan McEachern

Washburn University’s International Honor Society in Psychology, Psi Chi, and the Psychology Club, which consists of all the psychology majors at the university, collaborate as one group.

Students involved in PY Club/Psi Chi are encouraged to maintain excellence in scholarship and student awareness of the many fields within the broad scope of psychology. Members participate in monthly meetings, social and fund raising events, and many volunteer activities throughout the community.

Psychology Club membership is open and automatic for all psychology majors. Invitation to join Psi Chi is extended to the top 35% of psychology majors, and provides its members with opportunities to learn and serve on an international level.

Washburn’s PY Club/Psi Chi is led by co-presidents, Meaghan McEachern and Rachel Klaus; vice president, Delanie Atteberry; secretary, Ana Paula Lima; communications director, Riley McDougal; treasurer, Alex Salomon; undergraduate liaison, Staci Jordon; and faculty advisor, Dr. Linzi Gibson.

In addition to monthly meetings and study groups, PY Club/Psi Chi sponsored a taco picnic on the southeast patio of Henderson and fed over 100 people this fall. Plans are in-the-works for the spring awards picnic and Psi Chi initiation.
**In Remembrance – Delphine Yelen**  
*(October 22, 1936—December 15, 2012)*

R. Delphine (Del) Yelen, Ph.D., was a member of the Psychology Department from 1963 until 2001, and was instrumental in shaping the department for the future. 

by Donald Yelen

The 1966 F-5 tornado that destroyed much of Topeka devastated the university and all of the Psychology Department's facilities. In addition to the physical devastation, three faculty resignations left the department reeling and in need of strong leadership. Del declined the university’s first offer of Chairmanship but couldn’t refuse the second offer when she learned that she and husband, Don, would be able to design the entire three-floor psychology suite housed on the west side of the new Henderson Learning Center. When, in 1971, the Psychology Department moved into their new facilities, they were the envy of the university. The Psychology Department office on the second floor consisted of a suite of seven offices with a reception area, meeting/lunch room, and a small statistics lab. The first floor held laboratory space for human research. It had no equal west of the Mississippi: an electrically shielded room for physiological recording, three observation rooms with one-way mirrors, and ten rooms for experiments or testing. Much of this space is now the Psychological Services Clinic, which offers mental health support to students and members of the community. The basement of Henderson was Del’s pride and joy. It contained a full animal laboratory with a colony room that could house 40 rats, a laundry room with sinks to clean cages, an incinerator to dispose of animals, five experimental rooms, and a workshop to build apparatus. Alas, the animal lab is gone; done in by an allergy Del developed to rat dander and high maintenance costs. But a portion of the space lives on as the PY100 Mastery testing computer lab.

From 1972 through 1978, Del's leadership and vision of building a strong faculty and a quality undergraduate program played a significant role in shaping the department into the vibrant, progressive department it is today. The following two components were key to her vision.

She replaced all part-time faculty with full-time PhDs who held strong research interests. Drs. Ron Evans and Gary Forbach, recent emeriti, were two of these first hires. Del believed faculty must be supported by funding for equipment and testing materials, hiring research assistants, and providing a teaching load that allowed time to plan and conduct research. Shortly after initiating these changes, every faculty member of the department produced a paper accepted for publication.

Dividing the large introductory psychology classes into smaller sections insured all faculty persons had the necessary number of university-required teaching hours. Del and her faculty also proposed a group of required classes that reflected the teaching interests of each faculty member. A set of electives that appealed to majors and non-majors alike was the final change. These choices provided students with a wide variety of specialties within psychology and ensured that each professor would teach at least one course required for majors.

In 2001, the Yelen’s worked with the Washburn Endowment Association to create a perpetual scholarship fund for psychology students at Washburn University. The first scholarship was awarded in 2012. To date, the Yelen Psychology Scholarship Fund has already given $3,800 to deserving students. Many thanks to Del and Don. Please see the information at the end of the newsletter for how you can donate to the Psychology Department’s scholarship fund.
Several second- and third-year students of the Master’s of Psychology program have been given the unique opportunity to serve as Performance Enhancement Consultants (PECS) for Washburn University’s women’s soccer team. These PECS students help soccer team members develop skills to improve both individual and team performance. PECS meet individually with freshman soccer players in order to provide psychoeducation and to teach mental skills to enhance performance. These mental skills include goal setting; positive thinking; reframing of dysfunctional thoughts; diaphragmatic breathing to enhance relaxation and more effectively manage emotions; and imagery and visualization of successful performance. Group sessions throughout the fall season assist with improving team communication, cohesion, and constructive conflict resolution.

PECS involvement with the women’s soccer team provides masters-level students additional valuable experience as clinicians-in-training. PECS are challenged to creatively identify connections to build strong working relationships, followed by opportunities to practice and master basic therapeutic skills that incorporate a focus on athletic performance enhancement. Collaboration between the women’s soccer team coach, Tim Collins, Psychology Department Associate Professor, Dave Provorse, and the PECS has proven to be a winning combination as the soccer team has seen measurable improvement since they started working together. They ended their season with a 9-9-2 record and made the conference tournament for the first time in several years.

Awards, Publications, and Other Accomplishments:

- Dr. Mike Russell was honored on April 16, 2013 with Washburn’s Ned N. Fleming Award for Excellence in Teaching.
- Tammy Sonnentag received an award for excellence in teaching at the 2013 Midwestern Association of Graduate Schools Conference in Minneapolis, MN, April 2013.
- Dr. Greg Preuss received the Best Paper Award in Marketing, Customer Relationships Management, Logistics, and Branding at the National Mountain Plains Management Conference from the Mountain Plains Business Association for his paper *Sucker rumination: How aversive self-directed cognitions affect purchase intentions* in Cedar City Utah on October 18, 2013.
- Alumni Mirna Loya, Liz Muenks, and Chelsea Bartell completed their doctoral work in 2013.
- Former master's student Dr. Laura Hancock Baker is on a postdoc in neuropsychology at Brown University.
- Former undergraduate student Dr. Kellie Netson received an American Board of Professional Psychology designation in Clinical Neuropsychology this year.
- In May 2013, Professor Emeritus Ron Evans was voted Teacher of the Year in the online program at Buena Vista University.
**Great Plains Student Psychological Conference 2013**

*Omaha, NE*

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**Two Washburn undergraduates present at internationally renowned conference**

**APCAM – November 2013**

*(Auditory Perception, Cognition, and Action Meeting)*

*Toronto, Canada*

APCAM conference attendees represent the top researchers from around the world in the areas of acoustics, spatial judgments, music, and speech. Big names in the field who presented at the conference include John Neuhoff, Peter Q. Pforder, Roger Chaffin, and Todd A. Mondor. Two of our top undergraduate students proudly represented Washburn University: Delanie Atteberry, who presented poster entitled “Will it hit me or will I hit it? Perception of collision as a function of motion and modality;” and Skyler Gentry, who presented a poster entitled “Auditory versus visual perception of gap size at the microscale level.” Both students received glowing evaluations of their research and presentations!
by Brent Schneider

Washburn’s Master’s students typically keep busy with clinical skills training and rarely present research at conferences. This November, however, nine current and former psychology students represented Washburn University at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) in Nashville.

According to the ABCT’s website (abct.org), “The Association for Behavioral and Cognitive Therapies is a multidisciplinary organization committed to the advancement of scientific approaches to the understanding and improvement of human functioning through the investigation and application of behavioral, cognitive, and other evidence-based principles to the assessment, prevention, treatment of human problems, and the enhancement of health and well-being.”

The following Washburn attendees presented research at the conference:

- Dedra Glennemeier and Cindy Turk: Differences between individuals high and low in social anxiety regarding language use within intimate relationships
- Brent Schneider, Jenna Glover, and Joseph Currin: Predictors of Family Satisfaction Between Child and Parents Following a Child’s Disclosure of Non-Heterosexual Status
- Sheri LaGrange and Cindy Turk: What doesn’t kill you makes you kinder: Posttraumatic growth and prosocial behavior
- Jared Moser, Jenna Glover, and Cindy Turk: Social Anxiety: Barrier to Alcoholics Anonymous Participation and Long-term Sobriety
- Brent Schneider and Cindy Turk: Alternative Wordings for Social Anxiety Measures to Better Assess Sexual Minority Individuals
- Christia Reeves, Cindy Turk, and Dave Provorse: Experiential Avoidance and Mindfulness Among Marathon Runners
- Joe Currin and Jenna Glover: Shades of Gray: Impact of Sexual Orientation on Fraternal Birth Order

Washburn’s Psychology Department has never been represented at a national conference by such a large number of attendees and presenters.

Regional and national conferences, such as ABCT, allow current and former students to present research, network with other students, share ideas, and learn from other students and master clinicians and researchers from around the country. This benefits not only those in attendance, but those at Washburn, as information learned at the conference can be shared with colleagues. One highlight of this conference was Bailea Meeks participating in a role-play with Judith Beck, daughter of Aaron Beck and a forerunner in cognitive-behavioral therapy. All of this was made possible by generous departmental grants to students to help offset the cost of attendance.
From the Chair, cont’d.

I hope you are as impressed and inspired as I am by the activities and involvement of the students and faculty of the Psychology Department at Washburn University. I am grateful to be a part of it all, and I hope this newsletter helps to inspire you to consider ways you can support the department.

We’re interested in you and hope you’ll keep us informed about yourself, personally and professionally. We hope to have a feature in coming issues of “Alumni Accomplishments,” and we would enjoy adding your success to our newsletter. Also, we’re always watching for employment and internship opportunities for our students and alumni, so if you know of any, please let us know. Use either the email address at the bottom of this page or cindy.turk@washburn.edu to let us know of your accomplishments or other ideas for this newsletter. We look forward to hearing from you.

As another way of helping, consider making a donation to Washburn University that directs the funds to the Psychology Department. Just follow the instructions in the box “Please Consider Giving” above.

Best wishes for much happiness in the New Year.

PSYCHOLOGICAL SERVICES CLINIC
by Bailea Meeks, Graduate Student Clinic Director

The Clinic has been busy this year! We started off with a bang and held our Anxiety Screening Day the first week of September. We attended the Bi-national Health Fair and we now have some Spanish speaking clients! We also attended several fairs on campus. The Clinic reached out to organizations on campus such as To Write Love On Her Arms and OPEN to begin forming local partnerships. In addition, we participated in the National Mental Health Awareness week and hosted a "Mental Health Check-Up" on National Depression Screening Day. The Clinic also distributed brochures and information about the clinic to local non-profit organizations and charities in order to create a stronger connection to the Topeka community. We concluded the semester with an information booth on “How to Beat the Blues during the Holiday Season.” As a result of our increased recruitment efforts, in early October the Clinic started a waiting list for clients for the first time. These waiting list clients were contacted once-a-week by the Clinic Director for a brief check-in.

In 2013, the Psychological Services Clinic at Washburn University proudly served approximately 150 clients in a number of different areas of need and assessment – ADHD, anxiety, sports psychology, depression, learning disabilities, individual therapy, and various group therapies.

FACULTY SPOTLIGHT
Linzi Gibson, Ph.D., Asst. Professor
by Joseph Currin

Dr. Linzi Gibson earned her Ph.D. in cognitive psychology with a minor in quantitative psychology in 2013. She currently teaches undergraduate courses in statistics, physiological psychology, and introduction to psychology. Her graduate course responsibilities include advanced physiological psychology (fondly known as “Psychopharm” by the grad students).

Dr. Gibson’s career at Washburn started as an adjunct instructor, and, when her Ph.D. was finalized, she was promoted into her current tenure-track position. She states that the best part of teaching at Washburn is the low student-to-professor ratio and the ability to pursue her passion for research of the human brain as she investigates how the right and left hemispheres differ with respect to semantic processing. Most of her research to date has involved looking at brain function in non-clinical populations; however she would like to research clinical populations within the next five years. Some evidence suggests that semantic processing differs in individuals who have been diagnosed with depression, anxiety, and other psychological disorders. Dr. Gibson believes researchers should be passionate and knowledgeable in order to maximize the learning experience for students. She encourages her students to be involved in every step of the research process, from the initial development of an idea through writing the study for publication.

Linzi grew up in Colorado and visits her family there regularly. She loves attending live music events and anything outdoors during the summer.