

2021  
Volume 9

# WASHBURN<sup>®</sup>

## UNIVERSITY

COLLEGE OF ARTS AND SCIENCES

## Psychology Department Newsletter

FROM THE CHAIR— BY CINDY TURK

As I write this article on January 4, 2022, 829,091 people in the United States have died due to COVID-19 according to Johns Hopkins. An important development since this time last year is that effective vaccines are now widely available. Student therapists in the Washburn University Psychological Services Clinic were among the first line health care professionals who were able to get the vaccine early in 2021. Although masks are still required on campus, social distancing is no longer mandated, and classes in the fall were widely conducted face-to-face. With some modifications, important events like graduations have resumed.



This year, we welcomed Dr. Tucker Jones to the Psychology Department. Dr. Jones received his doctorate from Kansas State University. His research examines the factors that contribute to feelings of rejection/belonging within various social settings. His dissertation explored the extent to which underrepresented and marginalized groups of students' overall sense of belonging impacted their perceptions of various instructor behaviors. He has conducted research with both children and adults. Among other courses, he will be teaching developmental psychology at the undergraduate and graduate levels. Outside of work, he enjoys spending time with his wife and dog. He likes to cook, watch movies, read, walk on trails, fish, and kayak. Welcome to the Psychology Department family, Dr. Jones!

We are in the process of searching for two new faculty members. We are hoping to hire a child clinical psychologist and a psychologist who is able to teach developmental psychology and courses in diversity to join us next year. The individuals in both positions would teach at the graduate and undergraduate level.

I wish all of you a healthy, happy, and prosperous 2022!

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## **2021 PSYCHOLOGY UNDERGRADUATE HONORS LISTS**

### **Dean's List**

### **President's List**

Yasmeen Abu-Nasser	Hailey Ledford	Chelsea Armstrong	Jessica Siebenaler
Chelsea Armstrong	Brianna Lopez	Charles Ashley	Emily Smith
Megan Beyer	Kara Love	Frances Befort	Beatriz Solis-Soto
Brooklyn Bloom	Grace Loya	Kayla Beyer	Chloe Taylor
Quincy Bocquin	Tera Lynch	Skylar Blaser	Chamiel Thompson
Amanda Cashman	Nicole Malinverni	Brooklyn Bloom	Bianca Tucker
Emilio Chavez	Quentin Mallette	Sara Brecheisen	Jacob Weaver
Isabell Chronister	Morgan Mays	Svea Crohn	Baylee Wolf
Samantha Clark	Chloe Mason	Isabell Chronister	
Alexander Crane	Morgan Mays	Adrienne Davidson	
Brittany Crocker	Faith McCollum	Katrina Escobar	
Amaris Cummings	Emma Mooradian	Andrea Esquivel	
Adrienne Davidson	Amanda Pope	Jordan Gallagher	
Halle Davis	Lilly Riddell	McKayla Galliard	
Shaeley Day	Isabelle Rivera	Dawson Heymans	
Grace Engel	Lizeth Ruiz	Madelyn Hutley	
Natalie Flores	Jessica Siebenaler	Minami Isobe	
Margaret Fornelli	Beatriz Solis-Soto	Siamone Johnson	
Noah Frick	Debra Sparks-Thomas	Emily Keck	
Natalie Haberstroh	Kameron Spencer	Kameron Lake	
Emma Hamilton	Teal Tobin	Michelle Lavin	
McKenzie Hegemann	Logan Torkelson	Quinn Leffingwell	
Madelyn Hutley	Ashley Totten	Rajwi Manandhar	
Brendon Igercic	Jacob Weaver	Saige Peebler	
Chelsea John	Aaron Woodbridge	Kelsie Quaney	
Chloe Jones	Chloe Wyatt	Andrew Rea	
Sadie Keller		Mohammad Sabbarini	
Kameron Lake			
Karina Lazo			

## 2021 Departmental and Dean's

### Undergrad Scholarships:



- ⇒ The Yelen Award was awarded to Anja Bartels, Ethan Nelson & Quinn Leffingwell
- ⇒ The Margaret Salustro Scholarship went to Angelina Rodriguez
- ⇒ The Joseph & Marjorie Harshbarger-Latas Scholarship was bestowed upon Ethan Nelson
- ⇒ Raina Alcantar was awarded the John T. & Carolyn B. Bird Scholarship
- ⇒ The A. Roy Myers Endowed Scholarship went to Katrina Escobar & Michelle Lavin
- ⇒ The Ritchie, Wright, and Maxwell Award which went to Siamone Johnson & Dyranique Stewart
- ⇒ 2021: The Outstanding Senior Psychology Major Award Goes to Sydney Heinen & Emma O'Neil

### 2021 Graduate Awards and Scholarships

- \* The First Year Student awards went to Lydia Shontz, Jameson Brehm & Nicole Miller
- \* The Second Year award went to Shannon Toalson
- \* The Graduates for Graduates Scholarship was awarded to Sophia Sabala

## PSYCHOLOGY DEPARTMENT & DEAN'S SCHOLARSHIPS AWARD PICNIC

Every Spring we host the Psychology Club annual picnic and scholarship award presentations. This year it was held on the SE entrance/Patio outside of Henderson Hall on Wednesday April 14, 2021. We served slider sandwiches and snacks to students, club members, staff, and faculty. Department Scholarships were awarded by Department Chair, Dr. Cindy Turk and the Deans Awards were dispensed by Dr. Tracy Routsong, Assistant Dean CAS. (Please see page 3 for everyone's names and their awards.)

On the right—Ethan Nelson is presented his two awards from Dr. Turk.

Below left—Michelle Lavin receives her Scholarship from Dr. Routsong.

Below right—Katrina Escobar accepts her award from Dr. Routsong.





## Psi Chi Update 2021

By Stephanie Morris & Dr. Tucker Jones

Given the ongoing COVID-19 pandemic, we have all experienced considerable challenges. Perhaps most notably has been the challenge of finding ways to connect and interact while also adhering to social distancing protocols. The Washburn University Psi-Chi chapter has attempted to address this challenge by offering several hybrid meetings during the Fall 2021 semester. During these meetings, officers and members could attend either in-person or remotely via Zoom. For our first meeting of the Fall 2021 semester, we had our officers and faculty sponsors introduce themselves, and we facilitated a discussion on our upcoming events. During our second meeting of the semester, we invited Washburn University Alumnus, Macy Howell (currently a Ph.D. student at Oklahoma State University) to come and speak with our members. More specifically, Macy spoke with our members about the School Psychology Ed.S/PhD program at OSU. During our third and final meeting of the semester, we hosted a panel featuring current (and former) graduate students from the Washburn University Master's in Clinical Psychology program. These panelists spoke with our members and answered questions about the application process for graduate programs as well as why they chose to attend Washburn University's graduate program. Finally, we also hosted a successful bake sale outside of the Department of Psychology's main office and we raised over \$60 to help fund upcoming events.

At our first meeting for the Spring 2022 semester (Date TBD), we will hold nominations for all of our officer positions. Teal Tobin and Baylee Wolf (our previous Vice President and Secretary, respectively) graduated in December 2021. Stephanie Morris (our current President) is planning on graduating this coming May. We will also be looking for someone to fill our open Treasurer position. Following our nominations, we will begin planning our schedule of events for the Spring 2022 semester.

Although we are still planning on using a hybrid model, we are optimistic for another great semester of Psi-Chi events!

Please email Dr. Angela Duncan or Dr. Tucker Jones if you are interested in serving as a Psi Chi Officer for Spring 2022 semester or next year. Being an officer and participating in Psi Chi is one way to accomplish Departmental Honors for recognition at commencement.

# MAPY CLASS OF 2021



Please join us in celebration of the Class of 2021!

Back row L-R — Rachel Ledbetter, Piper Cottingham, Makenzie Dunn, Rebecca Livgren, Bethany McKnight, & Leyli Beims

Front Row L-R — Anna Hunter, Caitlin McGee, Sarah Smith, & Pamela Aguilar

(Cohort Photos courtesy of Bethany McKnight)

# MAPY CLASS OF 2021 CONT..



Garden House,  
May 2020



R. Livgren's house,  
May 2021



# PSI CHI & PSYCHOLOGY CLUB JOIN IN ON THE HOMECOMING FUN!

*The 2021 Homecoming theme was the Roaring 20s and this year Psi Chi decided to enter the Office Decorations contest. After a week of celebrations, we won 3rd place tying with the Ichabod Shop!!!*

*The Homecoming football game took place on Saturday, October 30, where the Bods beat Northeastern State University 35-0. We have a history with this team stretching back to 1987, but we have won against Northeastern State University in the last nine meet ups. GO BOD!!!*

*Please enjoy the photos of our display on the next page and here is a list of all the winners. Congratulations to everyone involved!*



## Homecoming 2021 Winners

### Ichabods of Honor

- Charles Dilliehunt III
- Shayden Hanes

### Top Hat

- Most Creative
  - Greek - Kappa Sigma
  - Student Orgs - Biology Club
  - Offices - Office of Student Involvement and Development
- Best Reflects Homecoming Theme
  - Greek - Delta Gamma
  - Student Orgs - God's Bods
  - Offices - Financial Aid

### Office Decorations

1. Career Services
2. Residential Living
3. Tie: Ichabod Shop & Psychology Department

### House Decorations (Sororities Only)

1. Alpha Phi
2. Delta Gamma

### Residence Door Decorations

1. LLC - Jenna

### Banners

- Fraternities
  - Kappa Sigma
- Sororities
  - Gamma Phi Omega
- Student Orgs
  1. Dancing Blues
  2. Washburn Leadership Institute
  3. Tie: Black Student Union & Hispanic American Leadership Organization

### Overall Homecoming Winners

- Sorority: Delta Gamma
- Fraternity: Kappa Sigma
- Organization: Black Student Union

### Open Mic Night

1. Michelle Sawyer - Black Student Union
2. Jack Benedict - Kappa Sigma
3. Mia & Payton - Alpha Phi

### Yell Like Hell

- Overall Winner: Delta Gamma/Kappa Sigma
- Fraternity/Sorority
  1. Delta Gamma/Kappa Sigma
  2. Zeta Tau Alpha/Alpha Delta/Phi Delta Theta
  3. Alpha Phi/Sigma Phi Epsilon
- Student Orgs
  1. Black Student Union

### Parade

- Grand Champions: Delta Gamma/Kappa Sigma
- Greek Floats
  1. Delta Gamma/Kappa Sigma
  2. Alpha Phi/Sigma Phi Epsilon
  3. Zeta Tau Alpha/Alpha Delta/Phi Delta Theta
- Large Floats
  1. University Child Development
  2. Dancing Blues
- Small Floats
  1. Hispanic American Leadership Organization
  2. Student Media
  3. Leadership Institute





# PSY-ICHABODS IN THE NEWS

## Essential Needs

Campus food pantry expands offerings with new freezer, commodities section

By Angela Lutz

This article was originally published on pg 12 of the Spring Issue of *The Ichabod*, a publication of the Washburn University Foundation.

Food insecurity can be a hidden problem that is not often discussed on college campuses. As a student and manager of Washburn University's Bods Feeding Bods Food and Commodities Pantry, Matthew Smoker wants to talk about it.

"Making sure people know we are here is really important, and reducing stigma is another main goal of ours," said Smoker, who is majoring in psychology and minoring in sociology and poverty studies. "The way I present it is we're all struggling college students to some degree, and just because we're a little short on cash and need a few extra meals is not a bad thing."

Since opening in 2014, the pantry has moved to Kuehne Hall to be more accessible and expanded to include a variety of fresh and frozen foods along with other nonperishable items and commodities such as toiletries, clothes and feminine hygiene products. Last year, the pantry received a grant from Washburn Women's Venture Partners to purchase a new glass-door freezer, enabling them to stock more perishable items and premade meals. Anyone with a Washburn ID can use the pantry.

"We don't ask for things like proof of income or citizenship," said Kristine Hart, mcj '03, senior lecturer and associate director, Center for Community Services, who serves as the Bods Feeding Bods faculty advisor. "If you're coming to the pantry, we're not going to make you prove you need food or commodities. We know it's already hard enough to ask for help."

In addition to donations from individuals, the pantry has thrived due to partnerships with organizations such as Harvesters and Chartwells, which provides Washburn's on-campus dining and offers free emergency meals to students. Pantry volunteer leader and secondary math education major Clare Bindley and Smoker have also organized fundraisers to keep the pantry stocked and running during COVID-19, with



Clare Bindley (left) and Matthew Smoker. Photo by Doug Stremel

particular success during the University's annual Day of Giving.

"Our volunteers were really able to step up during the pandemic and keep the pantry open, which to me demonstrates the need," Bindley said. "It breaks my heart that this is an issue, so I'm glad I'm able to help relieve some of the struggles of not being able to afford food."

Perhaps most important to the continued growth of Bods Feeding Bods is the hard work and commitment of the students who volunteer with the organization and serve on its leadership board. Having been involved with the pantry from the beginning, Hart continues to be heartened by how much Washburn students care about their peers on campus.

"They stayed open all summer when there was no one here due to COVID-19," Hart said. "They knew there were students in town with their families who needed food. It's incredible how they have stepped up year after year to make sure the pantry is sustainable and accessible." 🦸



## PSY-ICHABODS IN THE PROFESSIONAL WORLD



Washburn graduates, Beth Prittie, Taylor Kirby, Bethany McKnight, and their colleague Brogan Hoover started their own private practice in Overland Park this last year. Meadowlark Psychology and Development Center primarily offers evaluation services, though they still maintain a small percentage of therapy clientele. Their website ([www.kcmeadowlark.com](http://www.kcmeadowlark.com))

has more information about their services. They are located at 9200 Indian Creek Parkway, Building 9 Suite 660 Overland Park, Kansas, 66210

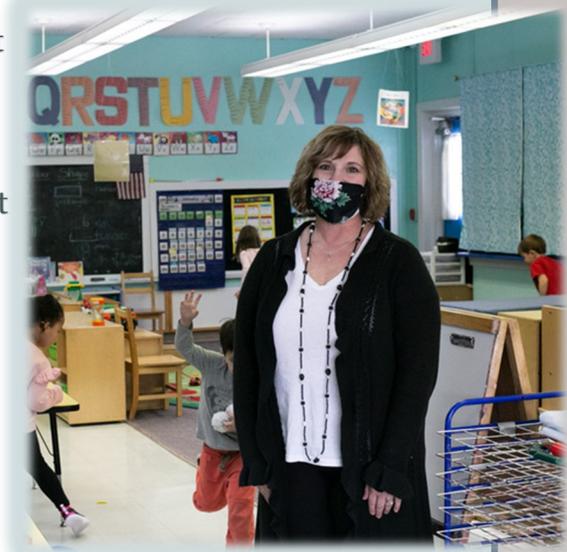
Office: 913-363-0617

Fax: 913-748-3004 .



Georgia (Brewer) Hopwood, a 1995 graduate of our MAPY program is the new director of the Roeland Park Early Childhood Development Center. She is a children's and family therapist and early childhood instructor and her and three other staff members oversee the early learning of 19 children ages 3-5. Georgia worked in Children and Family Services for the Mental Health Center of East Central Kansas for 13 years prior. For the full press release see the article entitled, "Shawnee Mission Faces: Georgia Hopwood, early childhood educator and empty nester," here :

<https://shawneemissionpost.com/2021/01/29/shawnee-mission-faces-georgia-hopwood-112159/>



# WASHBURN PSYCHOLOGICAL SERVICES CLINIC

By Kimberly Day

As the COVID-19 pandemic enters its second year, the Washburn Psychological Services Clinic strives to continue providing a safe and healthy environment for all. During this time, the clinic continues to utilize secure telehealth platforms. The shift into offering optional telehealth services has presented meaningful opportunities. In addition to being in-person, Washburn Psychological Services Clinic's free mental health screening days implemented an online survey which increased accessibility of services for students and community members. Overall, telehealth provides the opportunity to reach more of the community, additional ways to access mental health treatment, a safe environment despite COVID, and certain conveniences (e.g., illness, travel time, inclement weather).

Amid the pandemic, Washburn Psychological Services Clinic has observed an increase in referrals for therapy and assessment services, specifically ADHD assessments. Thankfully, the graduate program welcomed 15 new student therapists in training. Therefore, creating the possibility for new community outreach events, such as the child assessment open house held during the fall semester. Additionally, the clinic continues to utilize empirically supported treatment to offer effective services for students and the community. Please do not hesitate to reach out or refer someone to the clinic. For questions or to schedule an appointment, call 785-670-1750.

## Help is available.

At the Washburn Psychological Services Clinic, we understand what it is like to struggle with anxiety, depression, a learning disability (LD) or attention-deficit hyperactivity disorder (ADHD).

If you struggle with anxiety or depression, or have difficulties in personal relationships, at work or in school, we are here to help by providing support and skills to help you more effectively manage your thoughts, emotions and behaviors and improve your life.

If you struggle with a specific learning disability in reading, writing or math, or struggle to maintain your attention or concentration, we are here to help you determine if you have a LD or ADHD.

**Anxiety Clinic:** \$10 per session

**Depression Clinic:** \$10 per session

**\*ADHD Assessment:** \$30

**\*LD Assessment:** \$100

\*Additional fees may be applied if additional testing is needed.

Please call us at **785-670-1750** to schedule your appointment. All calls are confidential.



# Sports Performance Enhancement Team

By Sophia Sabala & Jordan Jennings

This past fall, the Director of Clinical Training, Dr. Dave Provorse, along with third year clinical graduate student Sophia Sabala, shared a continued interest in working with student athletes here at Washburn. Together, Dr. Provorse and Sophia created the Sport Performance Enhancement Team (SPET). First year clinical graduate students Jordan Jennings and Sarah Berke were happy to join the SPET team as well to learn about the mental skills training and team cohesion skills and aid in the continued partnership with the athletic department. The SPET team attended an athletic department coach's meeting early in the Fall to share the array of services the graduate program could provide. Afterwards, the Softball, Tennis and Track team all reached out and expressed an interest in working in a group setting with the program. This was a delight, as this was the highest number of teams to show interest in this type of work at once at Washburn.

Luckily, the SPET team grew. Second year clinical graduate students Holly Swearingen, Jameison Brehm and Anna-Marie Lauppe expressed an interest in group work. And an intern at Counseling Services who has a master's degree in sports psychology, Erin Murray, also reached out to help service our student athlete population. Under the supervision of Dr. Provorse, the SPET team was able to develop and provide six 60-minute sessions of mental skills training for the Softball team, eight 60-minute sessions of both mental skills and team cohesion skills training for the Men and Women's Tennis team, and six 30–45-minute sessions of mental skills training for the Men and Women's Sprinters and Hurdlers.

The groups met in the Petro Allied Health Center for psychoeducation and for the development of each skill. To practice engaging in the skills during actual performance, each respective team was able to go out to either the softball field, the tennis courts, or the new indoor athletic facility. Each session focused on a specific mental skill in which the athletes could identify and apply to their own personal pre-performance routine and adapt how they engage and communicate with team members. The mental skills discussed were developed through a cognitive-behavioral perspective and included techniques in goal setting, positive self-statements, emotion regulation, visualization, imagery, and mindfulness. Team cohesion skills focused on personality types and communication styles among members.

Overall, the general feedback from all of the teams was positive in their understanding of the utility and implementation of each skill. The SPET team is planning to offer the same services to the athletic department for the coming Spring semester, as well as a coaches training workshop. Dr. Provorse and the graduate students had a really good experience in working with each team this semester and are looking forward to watching all of the athletes use their mental skills and team cohesion training in the Spring season.



Sko Bods!

# BODY POSITIVITY AT WASHBURN UNIVERSITY

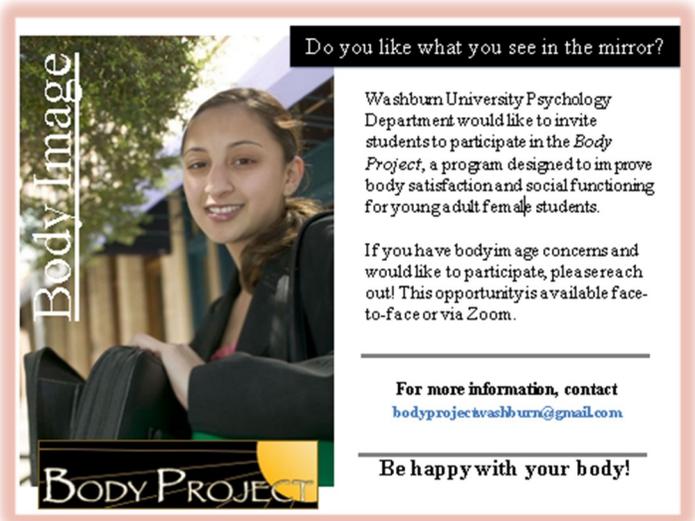
By Nicole Miller, Lydia Shontz, and Dr. Angela Duncan

To promote Washburn student health and wellness, Dr. Angela Duncan along with psychology graduate students, Jameson Brehm, Nicole Miller, Lydia Shontz, and Holly Swearingen, have started a group-based, peer-led, body image promotion program called The Body Project developed by the National Eating Disorders Association (NEDA).

Research has shown college-age females with body dissatisfaction are at higher risk for developing depression, anxiety, and eating disorders, but show a reduction in the severity of these conditions along with improved body satisfaction when they challenge the unrealistic, media-portrayed, “thin ideal” with the help of the Body Project’s dissonance-based approach (NEDA, 2018). This method utilizes a variety of research-supported discussions and exercises to encourage group participants to identify how the “thin-ideal” is perpetuated in our society and to actively argue against distorted beliefs, perceptions, and attitudes related to appearance and body shape.

The research team will offer the Body Project twice per month either in-person or via Zoom during Spring 2022. Each group is led by 2-3 graduate student peers, who also participate in the confidential discussions involving 5-10 participants. Each group meets for two hours per week for two weeks, and participation in both meetings is essential for maximum benefit. In addition to the primary goal of promoting body image on campus, the research team plans to present deidentified data collected from these groups at a research conference in late spring.

If you, and/or a friend, are a female-identifying student at Washburn University, between the ages of 18-25, and are interested in participating in the Body Project and meet eligibility criteria, or would like to receive a list of our available groups, please e-mail [bodyprojectwashburn@gmail.com](mailto:bodyprojectwashburn@gmail.com).



Do you like what you see in the mirror?

Washburn University Psychology Department would like to invite students to participate in the *Body Project*, a program designed to improve body satisfaction and social functioning for young adult female students.

If you have body image concerns and would like to participate, please reach out! This opportunity is available face-to-face or via Zoom.

For more information, contact [bodyprojectwashburn@gmail.com](mailto:bodyprojectwashburn@gmail.com)

Be happy with your body!

# Aus Deutschland nach Amerika (from Germany to the USA)

By: Svea Crohn

Hi! My name is Svea (s-fay-uh), and I am from Hamburg, Germany which is in the northern part of Europe. I was recruited by the tennis team to play for Washburn and go to school and my expected graduation date is May of 2022. It was a little weird being in a foreign country I've never been to before, not knowing anyone and not being able to talk in my mother language. However, my teammates welcomed me with open arms, I became more accustomed to the English language, and I learned to love the cultural differences.



As a Freshman, I began majoring in Kinesiology, but it didn't feel like the right fit to me, so I switched to Psychology. I didn't know what to expect at first because I didn't know much about Psychology, but over the years I found my true passion for learning and getting a better understanding of the brain. Specifically within the constructs of playing tennis, majoring in Psychology has helped me find ways to better understand myself and improve my communication skills with my teammates and coaches.

Since I began studying Psychology I found the most exciting discovery to be my passion for putting the puzzle pieces together. I find that when I talk to people, each story is unique and requires me to really listen, understand and do my best to lead them to ways that might help. This passion has led me to focusing my career path on becoming a therapist and I have recently been admitted into the master's program in clinical mental health counseling at Palm Beach Atlantic University (PBA) in West Palm, Florida. At PBA I will also continue playing tennis on the women's team for the first year of graduate school and be the graduate assistant tennis coach in my second year. I'm excited to use my knowledge as a tennis coach for a year as I work towards obtaining my license as a professional clinical counselor.

Overall, I'm happy with my decision to come to the United States and the unexpected change from Kinesiology to Psychology, as I truly enjoy learning about all things related to Psychology. I will graduate soon with a bachelor's degree in Psychology and a minor in Sociology. I feel very grateful to be so openly welcomed by other students and the Washburn faculty as I work towards my dream of opening my own private practice.

Thank you — Svea



# Gaze-Tracking Technology Offers Exciting Research Opportunities for Department

By Shannon Toalson

This past year, with department funds and a WTE grant, the psychology department was able to purchase a Gazepoint Eye Tracker to build upon the WUPSC research lab's physiological research technology. The Gazepoint Eye Tracker detects eye movements with acute accuracy to unobtrusively obtain quantitative data for researchers interested in underlying visual, cognitive, and emotional processes. The Gazepoint Eye Tracker is compatible with other iWorx tools already owned by the department, meaning researchers may combine eye-tracking technology with physiological measures such as heart rate, galvanic skin response, biopotential data measuring electrical signals from the heart, and other tools to enhance their research. Data from both the Gazepoint and iWorx technology are recorded in LabScribe, a software designed to easily analyze data from these technologies, available on computers in the WUPSC research lab.

Eye Tracking data is of growing interest in the realm of psychological research. Distinct gaze patterns and attention biases have been observed and associated with decision-making, coping mechanisms, and psychological disorders through the use of gaze tracking technology (Bristol et al., 2020; Clark & Jasra, 2020; Patalano et al., 2009; Popien et al., 2015; Strauss et al., 2016). Gaze tracking technology has been used clinically in medical and psychological research for diagnosis and treatment of eye cancer, anxiety, autism, and other clinically relevant conditions (Linetzky et al., 2019; Murias et al., 2017; Wyder et al., 2016). Any students and faculty interested in enhancing their research with gaze tracking technology or learning more about the data collection and analysis software are encouraged to reach out to the department chair, Dr. Turk, to gain access. To see more ways Gazepoint Eye Tracker technology is used in research, visit <https://www.gazept.com/meet-the-team/publications/>.

## UPDATE ON THE GRADUATE ASSOCIATION FOR PSYCHOLOGY STUDENTS (GAPS)



Psychology Department

**By Holly Swearingen and Lydia Shontz**

**2021-2022 Graduate Association for Psychology Student Executive Committee**

**President: Lydia Shontz**

**Vice President: Jameson Brehm**

**Secretary: Stephanie Morrow**

**Treasurer: Justine Kovach**

**Event Coordinator: Anna-Marie Lauppe**

**Social Media Coordinator: Holly Swearingen**

**Faculty Advisor: Dr. Jericho Hockett**

**This past fall, the Graduate Association for Psychology Student (GAPS) was invited to co-partner with KU's Ballard Community Service group at the Lawrence, KS Rev It Up Hot Rod Street Festival. This was the 13th anniversary of Rev It Up and GAPS's 2nd year partnering with them. Rev It Up organizers reported that this was their biggest and best attended event to date. Additionally, the feedback received on GAPS participation in this event was complimentary, stating they, "couldn't have done it without [our] help" and that GAPS was "full of hard workers".**

**For the spring semester, GAPS has a lot on their To Do list. First, we are looking into partnering with Fuzzy's Taco Shoppe on February 6th, which is National Time to Talk Day, to raise awareness for the Washburn University Psychological Services Clinic, and to raise funds for graduate student research endeavors. In March, we plan to attend and present research at the Great Plains Psychology Convention.**

**Continued on next Page.....**

## UPDATE ON (GAPS) CONTINUED.....

GAPS is also brainstorming some student self-care events for spring semester finals week, as we are always looking for ways to help students de-stress and make the most of their college experience. Finally, as an ultimate goal for the academic year, GAPS is investigating way to increase our representation and involvement with both the students-body and the faculty within the Psychology department.

The club will hold their final meeting for this academic year in May. During this meeting, elections will be held for the 2022-2023 academic year. If you are a graduate psychology student, or future graduate psychology student, and would like more information on becoming a member or attending our meeting in May, or if you have any ideas or feedback for the group, please email the current GAPS President Elect, Lydia Shontz at [lydia.shontz@washburn.edu](mailto:lydia.shontz@washburn.edu).

If you would like to financially support GAPS' endeavors, please see "how to donate" at the end of this newsletter and specify GAPS in your giving.



The Psychology Department was pleased to nominate Caitlin McGee, our 2020-21 Graduate Student Clinic Director, for Student Employee of the year but to our dismay, they would not grant it to a graduate student. Once we explained her infinite dedication to our department they graciously helped us with this award. Caitlin, thank you again for all your work to shift the clinic from in person to virtual during the COVID shut-downs.

Your help was greatly appreciated!!!!

## IN MEMORIA: NANCY LEE HANKS SHERMONE, PSYCHOLOGY DEPARTMENT SECRETARY 1973-1992

By: Dr. Don Yelen

Nancy joined the psychology department one year after we moved into Henderson hall and liked it so much that she stayed for nineteen more years. Nancy, first of all, was an excellent secretary. She worked with four or five different chairs and efficiently handled all of the administrative tasks that were required of a secretary. This was quite a chore because the chairs differed considerably in their style and administrative background.

In addition to working with the chairs Nancy also mentored the Psychology faculty. Over the nineteen years there must have been at least a dozen different faculty members. She set the guidelines and rules, two day notice for exam, time sheets for student assistants, and other requests but at the same time was a true mentor in the sense that helped new faculty over come obstacles. Helping with reports or committee assignments.

BUT, given all the secretarial skills, the distinguishing characteristic of Nancy was that she was nice. She was like every ones favorite Aunt, warn kind, and accepting. She knew all kinds of things that academic types like us were unaware off and was willing to share them. She could cook, her roast Goose dinner was the talk of the faculty gourmet dinner club for years. Every year at Christmas time all the departments had open house with pies, cakes, and sweets and Nancy's contribution made us proud. She knew about gardening and told us when to divide daffs and irises. She was a seamstress and would help with alterations. The department debated for a ling time what to get her for her retirement. And we finally decided on the "Cadillac/Mercedes" of sewing machines. Which she enjoyed.

The main point I want to make is that Nancy was a competent secretary but more importantly she was a very pleasant person that all who knew her will miss.

Nancy passed on September 27, 2021 in Topeka KS.

To view Nancy's full obituary, visit <https://www.cjonline.com/obituaries/p0150627>



## MEMORIAL UNVEILED

A memorial for 2015 MAPY graduate, Christopher Kiker-Beury, was unveiled this past August inside our Psychological Services Clinic. We tragically lost Chris in June 2020 when he was involved in a bicycling accident in Panama City Beach, Florida. Two classmates of his, Sarah Lundeen and Bailea Meeks, came to Topeka to dedicate the memorial and see the art unveiled. We chose a place in the lobby of the clinic to hang the work created by a local artist, in hopes that it “both honors Chris and inspires students seeking mental health support.”

Please stop by and see the scenic landscape that hangs in the lobby of Henderson 111.

*In Memory of  
Chris Kiker-Beury  
Washburn Grad 2015  
Lover of Adventure*



# PANDEMIC PROJECTS AND PASTIMES, AN UPDATE

Here are a few pictures updating you on a few pandemic pastimes from department. Thank you Professor Emeritus Dr. Gary Forbach, Department Chair Dr. Cindy Turk, Associate Professor Dr. Jericho Hockett, and Department Administrative Assistant Theresa Young for sharing this update.

~ We hope you enjoy ~

Dr. Cindy Turk and family, hatched out an impressive clutch of chickens from eggs in their indoor incubator in 2020 and look at them now! Dr. Turk says although the cold weather slows down their laying, they are still providing the family with an impressive amount of eggs.



Dr. Jericho Hockett and her family spent loads of time outdoors in 2020 with their pandemic puppy, Bastion. Here is an updated photo of him and his best friend, Evelynn, who still loves to play outside.



## PANDEMIC PROJECTS, AN UPDATE



2021



2020

Professor Emeritus Dr. Gary Forbach and his family live in North Carolina and while in quarantine Gary got bored and completed some landscaping projects. By the end he had moved and placed more than SEVEN tons of brick, natural stone, and landscaping blocks around their property. Here is an updated, yet snowy winter picture of his peaceful and snake free backyard thanks to his new fence.



2021

Theresa's pandemic garden was her first container garden that eventually produced a bumper crop of cucumbers and tomatoes.

In 2021 she decided to upgrade from cat litter buckets to full size raised beds made from recycled materials. Every scrap of wood was upcycled from others waste.

This year she grew peas, zucchini, jalapenos, cherry tomatoes, lettuce, and carrots.



2020

## FACULTY AWARDS AND 2021 NEWS

- ◆ Dr. Tucker Jones joined the department full time this past August. He is our newest faculty member in the Department and is currently teaching Basic Concepts in Psychology, Research Methods, and a graduate seminar on Developmental Theory. “Prior to joining the Washburn University faculty in August 2021, Tucker was a graduate student at Kansas State University. While at KSU, Tucker taught over 25 classes as a graduate student and conducted research with undergraduates on topics ranging from (a) the factors that influence how we perceive and subsequently respond to ambiguous rejection, (b) how the adherence to honor ideologies influences how we respond to various insults and threats, and (c) how individual differences shape how we perceive the behaviors of others. Tucker also recently defended his dissertation that explored the extent to which being a first-generation college student and/or having a higher/lower overall sense of belonging is likely to influence how students perceive various instructor behaviors that occur in remote teaching environments. When Tucker is not teaching or doing research with students, he enjoys spending time with his wife dog. Tucker loves to cook, watch movies, and read. When it is not uncomfortably hot, Tucker also enjoys being outside, walking on trails, fishing, and kayaking. Tucker’s wife, Carolyn, is a competitive powerlifter, so a lot of his free time is also spent in the gym training and trying to keep up with her.” - previously published in the CTEL teaching Tuesday email from 10/19/2021.
- ◆ In August 2021, Dr. Micheal McGuire earned the CTEL Dedication to Teaching Excellence Award in August. He achieved this award by earning a certificate of Teaching Excellence for five consecutive years.
- ◆ Dr. Jericho Hockett has two forthcoming books, the first was accepted for 2023 publication (Unsolicited Press) and is entitled *In the Bodies*. The second was accepted for Winter 2021 (Eastern Iowa Review) and is entitled *Rituals for Dissolution* (poetry chapbook contest winner)
- ◆ Theresa Young celebrated her 5th year of service to the Psychology Department in 2021, Dr. Cindy Turk celebrated 15 years of service in 2020, and Dr. Dave Provorse celebrated his 30th year at Washburn and in the Department in 2021.

# CONFERENCE PRESENTATIONS



The 2021 Southwestern Psychological Association conference was held in San Antonio, Texas at the Hyatt Regency Riverwalk, Apr 9 - 11, 2021. Washburn was represented by four graduate students who all presented their research posters, three virtually and one in-person.

*Bethany McKnight is photographed below with her research poster entitled “Intention vs. Intervention: Analyzing the Effectiveness of a University Bystander Intervention Program.”*

*Sarah Smith’s poster is on the next page at the top entitled, “Mentorship: A Rehabilitation Strategy for Youth Exiting Psychiatric Residential Treatment Facilities.”*

*Leyli Beims’s poster is on the bottom of the next page and entitled, “The Relationship Between Emotion Regulation and Childhood Friendlessness in Young Adults.”*



*Makenzie Dunn’s poster was entitled, “Urban-Rural Differences on Willingness to Seek Treatment for Suicide.”*

# SWPA CONT...



## Mentorship: A Rehabilitation Strategy for Youth Exiting Psychiatric Residential Treatment Facilities

by Sarah Smith and Dr Dave Provorse, Ph.D.



### Introduction

- PRTFs remain controversial and highly debated forms of care for youth experiencing mental health concerns (Kapp, Rand & Damman, 2015). Mentorship programs are popular community-based interventions for at-risk students and may result in increased mentee resiliency. DuBois, Holloway, Valentine, and Cooper (2002) postulate that environmentally at-risk youth may be optimal candidates for mentoring because they often lack a positive adult role model.
- Mentorship assists youth from at-risk backgrounds in forming positive relationships with adults outside of their family (Rhodes, 1994).
- Social cognitive theory states that individuals emulate the behaviors seen in others who are respected (Bandura, 1997).

### Hypotheses

- H1: Participants who report having received a high-quality mentor relationship will report significantly higher social functioning, as measured by self-esteem, perceptions of school connectedness and peer connectedness, following discharge from a PRTF compared to no-mentor controls.
- H2: Participants who report having received a high-quality mentor relationship will report significantly higher classroom effort following discharge from a PRTF compared to no-mentor controls.
- H3: Participants who report having experienced a high-quality mentor relationship will report significantly lower office disciplinary referrals and unexcused absences following discharge from a PRTF compared to no-mentor controls.

### Methods

#### Participants

- Recruited from introductory psychology courses for course credit and Facebook
- N = 242; ages ranged from 18-48, M = 24.26, SD = 7.15; 33% White; 30% female

#### Procedure

- Retrospective approach
- Participants who experienced a mentoring relationship post-discharge will be compared to a control group of those who did not
- Participants will complete seven self-report online surveys measuring self-esteem, perceptions of school and peer connectedness, classroom effort, and rate of office disciplinary referrals.
- Participants will be asked to complete all measures in two timeframes: during the six months before PRTF placement and six months after discharge.

Changes in mean scores for Hypothesis one and two did move in the directions predicted and should this trend remain in a larger sample size, significance may be obtained.

### Results

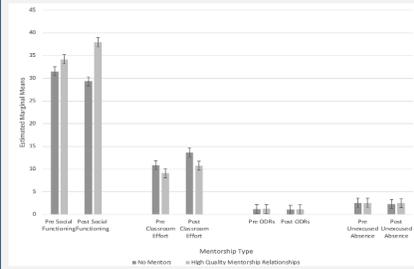


Figure 1. Estimated marginal means data. Error bars represent standard deviation. Mentorship type (no mentor or high-quality relationship mentor) corresponding to each pre and post outcome variable (social functioning, classroom effort, ODRs, and unexcused absence).

Table 2  
Descriptive Statistics and Correlations for Study Variables

Variable	No Mentor			High Quality Mentor Relationship		
	n	M	SD	n	M	SD
1. Pre Social Functioning	11	31.5455	8.042	18	34.1667	9.906
2. Post Social Functioning	11	29.3636	8.103	18	37.9444	11.614
3. Pre Classroom Effort	9	10.8889	3.257	18	9.1111	3.068
4. Post Classroom Effort	9	13.6667	11.565	18	10.7778	3.388
5. Pre ODRs	16	1.1875	0.544	18	1.2222	0.548
6. Post ODRs	16	1.0625	0.25	18	1.1111	0.323
7. Pre Unexcused Absences	16	2.5625	1.314	18	2.5556	1.247
8. Post Unexcused Absences	16	2.3125	1.302	18	2.5	1.2

Results from the study do not support the original hypotheses.



## The Relationship Between Childhood Friendlessness and Emotion Regulation in Young Adults

Leyli Beims-Ukens, B.A. & Dave Provorse, Ph.D., Washburn University



### Introduction

- Prior research suggests 15-20% of children experience friendlessness, or the state of having no reciprocal friends (Parker & Seal, 1996).
- Friendlessness tends to be chronic (Engle et al., 2011).
- Friendlessness is associated with significant consequences throughout childhood and into adulthood (Fink & Hughes, 2019).
- Potential contributing factors have been largely neglected.
- Emotion regulation plays an integral role in the development of adaptive social functioning (Denham et al., 2003)
- Studies on friendship status (FS) among adults are rare and rather limited (Hartup & Stevens, 1997).

### Hypotheses

- H<sub>1</sub>: Ps who report being currently friendless in adulthood will report a significantly lower ability to regulate emotions.
- H<sub>2</sub>: Ps who retrospectively report being friendless in childhood will report a significantly lower ability to regulate emotions.
- H<sub>3</sub>: Ps who report being currently friendless in adulthood will report a significantly lower ability to derive support and satisfaction from friendships.
- H<sub>4</sub>: Ps who retrospectively report being friendless in childhood will report a significantly lower ability to derive support and satisfaction from friendships.
- H<sub>5</sub>: Childhood FS will be associated with adulthood FS.
- H<sub>6</sub>: There will be a significant correlation between self-reported ability to regulate emotions and ability to derive support and satisfaction from friendships in adulthood.

### Method

- Recruited via Amazon Mechanical Turk
- N = 159; ages ranged from 19-30, M = 24.97, SD = 2.08
- 45.3% female; 53.5% male; 1.3% nonbinary
- 30.2% White; 7.5% Black; 29.6% Latinx; 32.7% Asian
- 23.3% friendless adult, 76.7% friended adult
- 18.9% friendless child, 81.1% friended child

### Procedure

- Ps completed the study via qualtrics.com.
  - Informed consent
  - Demographics
  - Friendship Questionnaire (FQ)\*
  - Difficulties in Emotion Regulation Scale (DERS)\*
  - Debriefing

\*Ps received these questionnaires in randomized order.

Participants who reported being a friendless child have a significantly lower ability to regulate emotions than participants who reported being a friended child.

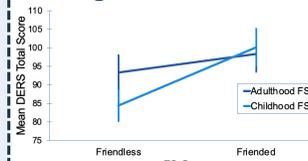


Figure 1. Average total DERS scores by FS group

### Results

- H<sub>1</sub>: The main effect of adulthood FS on ability to regulate emotions was not significant,  $F(1,155) = 0.06, p = .81$ .
- H<sub>2</sub>: The main effect of childhood FS on ability to regulate emotions was significant,  $F(1,155) = 11.37, p < .01$ 
  - The interaction between childhood and adulthood FS was not significant,  $F(1,155) = 0.12, p = .73$ , see Figure 1.
- H<sub>3</sub>: The main effect of adulthood FS on ability to derive support and satisfaction from friendships was significant,  $F(1,155) = 43.77, p < .01$ .
- H<sub>4</sub>: The main effect of childhood FS on ability to derive support and satisfaction from friendships was not significant,  $F(1,155) = 3.46, p = .07$ 
  - There was a significant interaction between childhood and adulthood FS,  $F(1,155) = 6.28, p = .01$ , see Figure 2.
- H<sub>5</sub>: The relationship between childhood FS and adulthood FS was statistically significant,  $\chi^2(1, N = 159) = 8.34, p < .01$ .
- H<sub>6</sub>: Ability to regulate emotion and ability to derive support and satisfaction from friendships were not significantly correlated,  $r(157) = .07, p = .36$ .

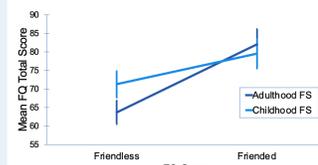


Figure 2. Average total FQ scores by FS group

### Discussion

- Poor emotion regulation may play an important role in childhood friendlessness.
- Chronically friendless individuals (i.e., friendless in both childhood and adulthood) seem to particularly struggle in obtaining support and satisfaction from friendships.
- As friendlessness tends to be chronic, it is imperative that children who may struggle to establish and maintain friendships be identified early on.
- Early intervention that focuses on developing emotion regulation abilities may be useful in reducing friendlessness.



## CONFERENCES CONTINUED...

Pamela Aguilar presented her thesis poster virtually at the Society for Personality and Social Psychology Conference, Aguilar, P., & Hockett, J. M. (2021, February). *Mismatches between familismo components and depression in Latino adults: Do gender and immigrant generation status matter?*

Piper Cottingham presented her thesis research and poster at the annual meeting of the Great Plains Students Psychology Convention, Virtually. Cottingham, P., & Hockett, J. M. (2021, March). *Uncertainty threat, integrated threat, and self-esteem: A mediation model predicting ethnocentrism.*

Rachel Ledbetter presented at the 2021 Great Plains Student Psychology Conference and will also be presenting “Family Matters: Empowering Support Systems with Behavioral Strategies in Anxiety Disorder Treatment” at the Anxiety and Depression Association of America Annual Conference in March 17-20, 2022 in Denver, CO.

Rebecca Livgren presented her thesis research and poster virtually at the Great Plains Student Psychology Conference. Livgren, R., & Hockett, J. M. (2021, March). *Mediating the effects of friendship on male rape victim blame.*

Caitlin McGee presented her thesis publicly at a Family Service and Guidance Center event in Topeka.

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## PSYCHOLOGY ACCOMPLISHMENTS AND PUBLICATIONS

- ◆ We are happy to announce that 2015 MA alumni, Kari Wold, was recently named to the Advisory Committee for the Licensed Psychology Advisory Committee of the Kansas Behavioral Sciences Regulatory Board (BSRB).
- ◆ Dr. Cindy Turk and the Washburn Psychological Services Clinic was featured on the KSNT news. We were holding a free mental health screening on September 16th, and they helped us advertise the services provided. <https://www.ksnt.com/news/local-news/washburn-university-holding-free-mental-health-screenings-for-the-public/>
- ◆ Dr. Michael McGuire's article "Question Format Biases College Students' Metacognitive Judgments for Exam Performance" was accepted into *International Journal for the Scholarship of Teaching and Learning* for publication.
- ◆ Adjunct Instructor Dr. Tom Stone and others (Schreurs, Bert; Duff, Angus; Le Blanc, Pascale; Stone, Tom) had their manuscript CDI-08-2021-0217.R1, entitled "Publishing Quantitative Careers Research: Challenges and Recommendations" accepted for publication in *Career Development International*.
- ◆ Also, Dr. Stone was recently appointed to the editorial board of the *Journal Ethics and Behavior*.
- ◆ Dr. Cindy Turk and recent MA alumni, Anna Hunter, and her internship, supervisor Katie Krieghauser had a case study article accepted in June by the *Journal of Cognitive Psychotherapy*. Hunter, A. B., Turk, C. L., & Krieghauser, K. D. (inpress). A case study of a woman with obsessions related to COVID-19. *Journal of Cognitive Psychotherapy*.
- ◆ MA Alumni, Shannon O'Neill, made an appearance in *The Mystery of Mental Illness* part 4 on PBS this past June. Dr. O'Neill joined the Center for Advanced Circuit Therapeutics (C-ACT) and the Department of Psychiatry in 2019 at the Icahn School of Medicine at Mount Sinai. The video can be seen here: <https://www.pbs.org/video/new-frontiers-uvdfku/>
- ◆ Psychology students, Shelly Davenport, Sammi Ford, Claire Leffingwell, and Tammi Drapeau won first prize in the Natural & Social Sciences category for their submission to *The Angle*. Their piece titled "Figuratively Speaking: An Analysis of English Language Metaphors Based on Familiarity and Context" was published in the Spring 2021 issue as well as received a nominal monetary award. split among the four co-authors.
- ◆ Also in *The Angle* is Ethan Nelson's Social Psychology paper "The Social Spark in Therapy: Social Factors in the Therapist-Client Relationship Affecting Client Motivation in Cognitive-Behavioral Homework" and his poem "And Anger."
- ◆ On March 9th, 2021 five Psychology majors were inducted into the WU's Who Students of Washburn University by the Office of Student Involvement & Development. Please join me in congratulating Grace Engel, Aaron Nelson, Ethan Nelson, Baylee Wolf, and John Wonderlich.
- ◆ Dr. Jericho Hockett had two poems that won Prize Finalists in two separate competitions. The first was "We Naiads of the Bypass (the Star tarot)" in the *Erbacce Journal*, September 2021, pp. 22-23). It was an Erbacce Poetry Prize finalist in the top 100 of 12,500+ global submissions. The second is "God Means You (Introspection, traditionally the Hermit tarot)," in R. Acharya's *Praised by December*. It was a Decembré Poetry Contest finalist in the top 20 of hundreds of global submissions.

PROBLEMS FOCUSING?  
FORGET OR LOSE THINGS?  
CAN'T SIT STILL?  
DISORGANIZED?  
IMPULSIVE?  
CAN'T FINISH ANYTHING?  
OVERLOOK SMALL DETAILS?



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