



## COLLEGE OF ARTS AND SCIENCES

### Psychology Department Newsletter

#### FROM THE CHAIR— BY CINDY TURK

Having recently completed my first sabbatical, I wanted to share some of my experiences. Washburn University supports faculty by allowing them to take a semester to pursue educational opportunities to enrich their teaching and/or engage in a substantial scholarly project. Jordan De Herrera and I submitted a poster for possible presentation at a national conference and a manuscript to a peer reviewed journal for possible publication. I also took a Mindfulness Based Stress Reduction class online through the UMASS Memorial Health Center for Mindfulness. Dr. Jon Kabat-Zinn developed this program in 1979 at the Stress Reduction Clinic at UMASS. Despite initial concerns about the online format, I found it highly engaging. I wholeheartedly recommend taking it if you ever have the opportunity. I also highly recommend Dr. Kabat-Zinn's book, *Full Catastrophe Living*. I am excited to share what I have learned with my students. I am very grateful to Dr. Abby Callis and Dr. Angela Duncan for covering my teaching responsibilities during my sabbatical. I also extend my gratitude to Dr. Michael McGuire for covering my administrative duties.

On a broader scale, the most significant development at Washburn University was the appointment of Dr. JuliAnn Mazachek as its 15th president. Dr. Mazachek is the first woman to serve in this role in Washburn's 154-year history. Her connections to Washburn are extensive. She served as the vice president for academic affairs from 2016 to 2022, and her strong leadership during the COVID-19 pandemic was especially notable. She previously served as president of the Washburn University Alumni Association and Foundation and as dean in Washburn's School of Business. The Psychology Department welcomes Dr. Mazachek into her new position; we are optimistic about the university's future under her leadership.



Our 2023 Master's Graduates posed for a group photo in front of Morgan Hall: Jameson Brehm in front being held up by, L-R: Stephanie Morrow, Holly Swearingen, Anna-Marie Lauppe, Shelly Davenport, Lydia Shontz- Hochstedler, Justine Kovatch, & Kiley Monaghan. (Not pictured: Nicole Miller & Jordan DeHerrera)

#### SPECIAL POINTS OF INTEREST INSIDE THIS ISSUE

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## **2023 PSYCHOLOGY UNDERGRADUATE HONORS LISTS**

### **Dean's List (3.5 GPA)**

Sidney Avers  
Jacob Andersen  
Simon Antley  
Morgan Becker  
Skylar Blaser  
Emma Bluml  
Emily Crossland  
Hailey Boswell  
Leeza Coover  
Desirae Crow  
Addison Darby  
Shaeley Day  
Cloee Derr  
Summer Fangman  
Justin Heberlein  
Bailey Hughes  
Alyssa Hutcherson  
Emma Johnson  
Carter Johnston  
Otto Jones  
Isabel Kiser  
Hailey Ledford  
Lois Liljestrom  
Grace Loya  
Tiffany Mack  
Nia McKenzie

Pateue Moore  
Karla Mercado Morales  
Olivia Ndungu  
Qi Pan  
Sebastian Pjontek  
Marcus Pruitt  
Lilly Riddell  
Gracie Rodriguez  
Kendel Rose  
Alyson Rumbley  
Hailey Sanchez  
Gavin Sauerbrunn  
Kamren Schiffelbein  
Jacenda Schnacker  
Archita Shrestha  
Dane Terry  
Lily Thompson  
Maria Torres Zamora  
Tyller Torrez  
Renske Ubachs  
Natalie Ulrich  
Taylor Unfred  
Dominaeâ Vassie  
Lorena Venegas-Flores  
Rose Walton

### **President's List (4.0 GPA)**

Pamyla Al Dulaimi  
Luiz Alcantara  
Jacob Andersen  
Zayla Ball  
Shannon Barta  
Kian Beemer  
Kayla Beyer  
Alicia Boyden  
Brittany Campos  
Amanda Cashman  
Aliyah Chandler  
Sheyenne Cheek  
Grace Claspill  
Meila Crowder  
Adrianne Davidson  
Kaylee Freeman  
Bridget Fowler  
McKenna Gales  
Rachel Gaul  
Kristina Hauser  
Adriel Holloway

Madelyn Hutley  
Chelsea John  
Sadie Keller  
McKenzie McMahon  
Kathryn Menke  
Karla Mercado Morales  
Olivia Ndungu  
Aiden Nemechek  
William Nowak  
Qi Pan  
Artee Pant  
Grace Poirier  
Keaton Remp  
Payton Rice  
Lilly Riddell  
Kendyl Simmitt  
Kylar Slapar  
Jayme Thompson  
Sierra Vigneron  
Madison Whitham  
Annalesa Wright

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Psychology Department

## **2023 Departmental and CAS Dean's Undergraduate Scholarships: (see photos on pg 4)**



- ◆ The Yelen Award was granted three Psychology Majors this year: Emma Allan, Emma Bluml, and Aiden Bluml
- ◆ The Margaret Salustro Scholarship went to both Chamiel Thompson and Michelle Lavin
- ◆ The J. Fern Black Scholarship from the College of Arts and Sciences Dean's office was bestowed upon three Psychology majors this year: Sierra Vigneron, Madeline Hutley, and Brittany Campos
- ◆ Bianca Tucker was awarded the Ritchie, Wright, Maxwell Scholarship from the College of Arts and Sciences Dean's office
- ◆ The Dean's office also awarded Psychology major Luiz Alcantara with a combined award from four different funding sources.
- ◆ The Washburn Psi Chi Honors Society Chapter granted each Grace Loya and Shea Freeman a scholarship for their academic performance and dedicated service to the club
- ◆ The Psychology Department Scholarship went to Desiree Cain and Minami Isobe
- ◆ Jerry R. & Jeny Morris Williams Scholarship went to Shaeley Day
- ◆ The Outstanding Senior Psychology Major Award for 2023-24 was bestowed upon Chloe Taylor and Quinn Leffingwell this year

## **2023 Graduate Awards and Scholarships**

- ◆ The First Year Student awards went to Isabella Hubbell and Josie Powell
- ◆ The Second Year awards went to Jordan Jennings and Jordan DeHerrera
- ◆ The Graduates for Graduates Scholarship was awarded to Haley Richards

# Undergraduate Scholarship Awards



Top Row: Dr. Holly O'Neill, Assistant CAS Dean (Left) & Acting Dean of the CAS, Matt Arterburn (Right) award Luiz Alcantara (Left Image) & Brittanny Campos (Right) their CAS Awards.

Middle Row: Dr Cindy Turk, Department Chair, awards Desiree Cain (Left) & Emma Bluml (Right) their Psychology Undergraduate Scholarships

Bottom Row: Dr Cindy Turk, Department Chair, awards Aiden Nemechek (Left) Emma Bluml (Center) & Sadie Keller (Right) their Psychology Undergraduate Scholarships



# In Memoriam: The Dr. Gary Forbach Memorial Scholarship

Our dear friend Dr. Gary Forbach, Professor Emeritus of Psychology, passed away on February 18, 2023 from ALS complications. Gary had a 42-year long career at Washburn so in his honor we crowd funded a one-time scholarship to award one of our top tier students. The Dr. Gary Forbach Memorial Scholarship was proudly presented to Sadie Keller in May at the Annual Psi Chi Honor's Society Spring Inauguration & Picnic. (Sadie's photo on page 4, bottom row and more picnic pictures are on page 7.)

Gary taught and mentored hundreds of students while here at Washburn. He was also a leader, serving as the chair of the Psychology Department, as the founding director of the Leadership Institute, and as the interim dean of the College of Arts and Sciences twice. His Washburn colleagues describe Gary as a person with tremendous integrity, courage, kindness, patience, curiosity, and caring. In his honor, current faculty and staff at Washburn University donated for this special one-time award. Gary encouraged everyone to be the best person they can be, and we encourage all of you to do the same.

Thank you to all the faculty and staff and friends who donated in his honor.

Thank you also goes to the WU Foundation for assisting us with the paperwork and process.

And finally, thank you Gary for enriching our lives.



# PSI CHI UPDATE 2023

**By: Grace Loya, Club President**

Despite the lasting impact of COVID-19 on higher learning institutions and social clubs, Psi-Chi and Psychology club have had a successful year!

In the Fall we saw some of our greatest accomplishments, namely with fundraising efforts. We hosted our bake sale, in which baked goods were donated by various members of the club and Psychology Department, and we earned an outstanding \$385! We were able to accept electronic payments via Venmo & CashApp. We would like to thank everyone who donated baked goods or spent the time to help the fundraiser! In addition, we began our efforts in creating a t-shirt for the Psychology Club, we hoped to have the t-shirt design finalized for the Spring semester to begin selling them to members of the club or department. We are incredibly excited to present the design at our first informational meeting in the Spring semester.

We also hosted two informational meetings that discussed graduate school. Our first informational meeting hosted a current Clinical Psychology Graduate Student, Wednesday Falck, where she discussed her experiences applying to graduate school and her experience at the Washburn program. In our second informational meeting, Dr. Tucker Jones and I discussed our experiences in applying for PhD programs and the preparations necessary to apply.

At the end of the semester, our standing leadership team discussed expanding the leadership roles to better fit our goals of expanding the organization. We are excited to announce the new leadership team for Spring: Grace Loya (president), Kenzie McMahon (vice president), Desiree Cain (secretary), Sierra Vigneron (treasurer & community liaison), Carter Johnston (public relations), and Nell Altena (socials chair). Our new leadership team has begun efforts in preparing for the Spring semester, and we cannot wait to see what next year will bring!

If you are interested in more information on Psi Chi or the Psychology Club, please email Dr. Tucker Jones, at [tucker.jones@washburn.edu](mailto:tucker.jones@washburn.edu), or Dr. Angela Duncan, at [angela.duncan1@washburn.edu](mailto:angela.duncan1@washburn.edu).





## 2023 PSI CHI INDUCTIONS

Psi Chi Honors Society sponsored the Psychology Department Scholarship Awards Picnic on April 24, 2023.

At the event we handed out sixteen undergraduate scholarships (see pg 3 for full list) and then Psi Chi inducted a new group of honors society members as well.



The picnic celebrated undergraduate accomplishments throughout the 2022/23 academic year and we had a chance to celebrate the life and legacy of Dr. Gary Forbach (see pg 5 for full details).



Below are the new Members of Psi Chi and their faculty club sponsors.



Back row (L-R)- Desirée Cain, Adrienne Davidson, Emma Bluml, Dr. Angela Duncan, Shea Freeman, Sadie Keller, & Dr. Tucker Jones

Front row (L-R) – Michelle Lavin, Brittany Campos, Chamiel Thompson, Alyssa Hutcherson , & Sierra Vigneron

# MAPY CLASS OF 2023

On Thursday May 11th we celebrated the hard work of all the graduate students but especially those graduating this year with a fun filled banquet of food and frivolity!

We celebrated all the third-years and here they are L-R: Jameson Brehm (back row), Shelly Davenport, Anna-Marie Lauppe, Kiley Monaghan, Stephanie Morrow, Justine Kovatch, Holly Swearingen, Lydia Shontz-Hochstedler, & Nicole Miller up front. Not pictured: Jordan DeHerrera



# THE CELEBRATIONS CONTINUE

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WU's MAPY's  
Clinical Quotes Bible

Class of 2023

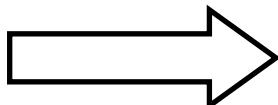


Anna-Marie MC'd a murder mystery game for everyone to try and solve & then she read from the newly created "WU MAPY's Clinical Quotes Bible" created using funny quotes she and her classmates jotted down over the years



"PARENT-CHILD  
RELATIONSHIPS ARE  
HISTORY, NOT  
DESTINY"

D. PROVORSE, PHD



Dr. Dave Provorse serenaded us with help from many people. On the left we have Shelly Davenport (center) & Justine Kovatch (right) joining in.



# Psychology Department Research Night – 2023

BY: Isabella Hubbell

Each semester the Psychology Department hosts an Undergraduate Research Night, where undergraduate psychology students have the opportunity to participate in a variety of psychological research studies. This year's event on October 11th, 2023, was organized by Dr. Michael McGuire and myself, the graduate student Research Coordinator.

Research Night had a great turnout this year, which was especially exciting given that 2023 marked the event's second year back after the COVID-19 pandemic! Undergraduate students enjoyed Papa John's pizza provided by the Psychology Department and participated in studies conducted by students and faculty. Student volunteers included: first-year clinical graduate students Chamiel Thompson, Eddie Parma, Fred Moore, Angela McGinnis, Anna Gorham, Michelle Lavin, Osbaldo Gonzalez-Reyes, Taylor Louthan, and Hanna Dykes; second-year clinical graduate students Ethan Nelson, Sam Hubbell, and Emma Hamilton; and third-year clinical graduate student Alex Heidorn.

Thanks to the help of graduate student volunteers, psychology faculty members, department Admin, Theresa Young, and all the undergrads who showed up to participate. The event was a success!

Ψ

We would like to express our gratitude to everyone involved in this year's Research Night and in getting our students involved in important psychological research!



# Sports Performance Enhancement

## Team

By: Jordan Jennings

IN the Fall Dr. Dave Provorse and I managed the Sport Performance Enhancement Team (SPET). First year clinical graduate students Kyle Rock, Angela McGinnis, Eddie Parma, Fred Moore, and Destiny Duran were excited to participate with us. Second year clinical graduate students Isabella Hubbell, Sam Hubbell, Ethan Nelson, Brittney Stanley and third year clinical graduate student Jane Carver, also joined the SPET team to learn about mental skills training, team cohesion skills, and aid in the continued partnership with the Washburn athletic department.

Members of 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 women's basketball, women's soccer, and track and field teams reached out and expressed an interest in working in a group setting with the program. The track team received services from the team for the past few semesters and were a delight to work with for a third time. The women's basketball team requested a single session, or condensed version of the SPET content, and it was so much fun getting to know the coaches and players. We were also able to work with the women's soccer team again and helped cheer them on as they advanced to the national championship for the first time in program history!

Under the supervision of Dr. Provorse, the SPET team was able to develop and provide one 90 minute session of mental skills training for the women's basketball team, five 60 minute sessions of mental skills training for the women's soccer team, and seven 60 minute sessions of mental skills training for the track and field team.

The women's soccer and basketball groups met in the Petro Allied Health Center for psychoeducation and for the development of each skill. The track and field group met in the new Indoor Athletic Facility so they could practice engaging in the skills on the track. Each session focused on a specific mental skill that 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 motivation, goal setting, positive self-statements, emotion regulation, visualization, imagery, and mindfulness.

Overall, the general feedback from 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 upcoming semesters. Dr. Provorse and us graduate students enjoyed great experiences working with each team this semester and are looking forward to watching all of the athletes use their mental skills training in the Spring season. Sko Bods!

To read more about the program see WIBW's coverage here "Washburn student-athletes receive free mental health care from fellow students"

<https://www.wibw.com/2023/08/31/washburn-student-athletes-receive-free-mental-health-care-fellow-students/>

# FALL 2023 HOMECOMING



The 2023 Washburn University Homecoming celebrations took place the week of October 23 - 28. The theme was Boots, Bling & Bods.

We celebrated in the fun events and Psi Chi entered into the Top Hat competition again this year. Shea Freeman, club secretary, designed and decorated the hat.

This year Homecoming featured inauguration festivities celebrating our new president, Dr. JuliAnn Mazachek, who became the first woman to lead Washburn on Feb. 1, 2023.

Psychology Major Luiz Alcantara was the 2nd Ichabod of Honor chosen during homecoming this weekend. The award previously called "Top Bod," was renamed to Ichabod of Honor so the award is now more inclusive. During halftime, President JuliAnn Mazachek crowned the 2023 Ichabods of Honor.

In photo order L-R:

President JuliAnn Mazachek, Luiz Alcantara, senior psychology major, won second place. Phillip Canady, senior finance and marketing major, who took first place and Chloe Chaffin, senior political science major, won third place.



# WASHBURN PSYCH SERVICES CLINIC: TRAINING CLINIC GROWING THROUGH POPULAR DEMAND

By Lydia Shontz & Sarah Berke

Since 2019, Washburn University's graduate program in Clinical Psychology has done its best to accommodate larger class sizes than experienced in previous years. With this expansion of class sizes, Washburn Psychological Services Clinic (WPSC) has also seen an increase in clients by approximately 15-20%, including more requests for teletherapy and technology-based services. Prior to 2019, WPSC served approximately 75-85 in-person clients within any given academic year. Approximately 2/3 of these clients were Washburn students, 1/3 were non-student clients, and roughly 90% resided within Shawnee county.

In response to this growth, WPSC has made several changes in recent years, with the goal of increasing the proficiency of services. These updates include revising several operations-based policies and procedures, the reorganization of files, assessments and clinic documents, and the preparation for more transparent documentation practices. Additionally, ongoing discussions regarding how to increase students' access to technology within WPSC are beginning to yield exciting conclusions, as technology has been recognized as an essential element to delivering a wide range of mental healthcare solutions along with quality clinical training to graduate student therapists. First and foremost, by increasing telehealth services, WPSC is hoping to expand services to reach more underserved regions, such as individuals within rural and low-income areas. Also, the Washburn Student Government has recognized the need for more students to receive mental health services and allotted funds to provide financial assistance for students seeking services at WPSC during this academic year, including free intake sessions for new therapy clients and discounted assessments.

For many of our clients, WPSC is a necessary alternative to expensive private practice services, insurance restrictions, and long waitlists. So, through popular demand, the Psychology department is doing what they can to support the growth of the graduate program and its training clinic. With this growth, WPSC will be able to serve more people in need. This is likely to decrease the number of clients waitlisted between semesters, thus bolstering the local economy from the bottom-up. If you are interested in receiving services or referring someone to the **Washburn Psychological Services Clinic, or if you have other questions about the clinic or graduate program, please call us at 785-670-1750, or stop by our clinic located in Henderson Learning Center, room 111.**

If you would like to make a financial contribution to support the growth of the WPSC training clinic, please see the "how to donate" section at the end of this newsletter and specify 'WPSC' in your giving.

# MEET OUR NEW 2023 GRADUATE STUDENT COHORT



We are pleased to introduce our new Clinical Psychology graduate students who started in the Fall semester!

Back Row: Osbaldo Gonzalez-Reyes, Kyle Rock, Fred Moore, Angela McGinnis, Michelle Lavin, Chaaya Minhas, James Richardson.

Middle Row: Taylor Louthan, Anna Gorham, Eddie Parma, Chamiel Thompson, Hannah Dykes,  
Front Row: Destiny Duran

Not pictured are two Special Students who study parttime: Holly Ugo & Mary Stringfellow

Please join us in congratulating Dr. Michael McGuire on his promotion to Professor at the WU Board of Regents meeting on March 23, 2023. The promotion is a result of many years of high-quality work and is well deserved.

Thank you for all that you do, Dr. McGuire!!



# ACTIVITIES AROUND CAMPUS

This year marked the 15th annual Women in Science Day at Washburn! The event took place on Monday, October 16th and the students visited many buildings and took part in multiple STEM workshops.

Dr. Linzi Gibson (top left in both photos) with the help of graduate student Sarina Russo (far right in the top photo) held two Psychology related science labs for the middle students to participate in.



Pictured on the left are the 2023 Student Employees of the Year for the University as a whole! Their hard work and dedication help make Washburn University a great place to learn and work! This year five students were celebrated in five different categories. In photo order L-R: Bryce Liedtke (Critical Thinking category), **Psychology major Pateue Moore** was the Diversity category winner, University President Dr. JuliAnn Mazachek in the middle, then Elizabeth Pendergrass (Community Service category), Logan Ayers (Leadership category), & Rachel Henry (Technology & Innovation category).

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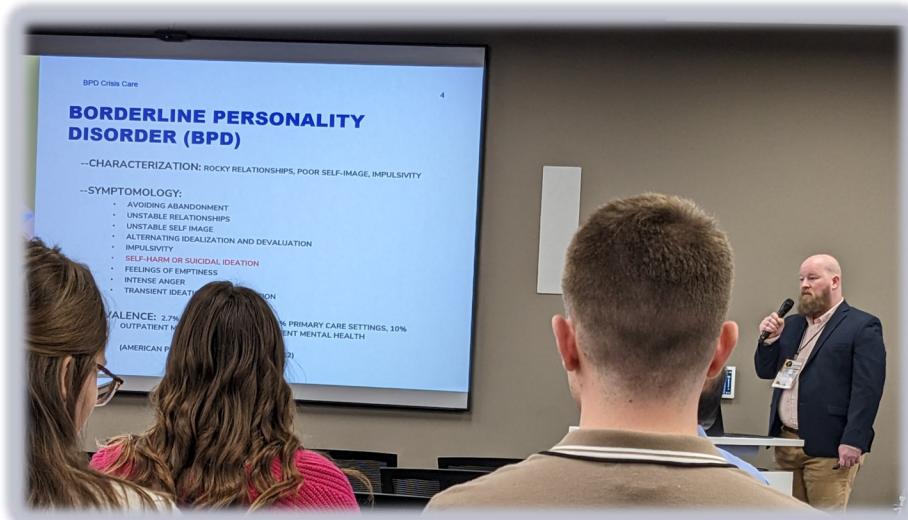


# Great Plains Student Psychology

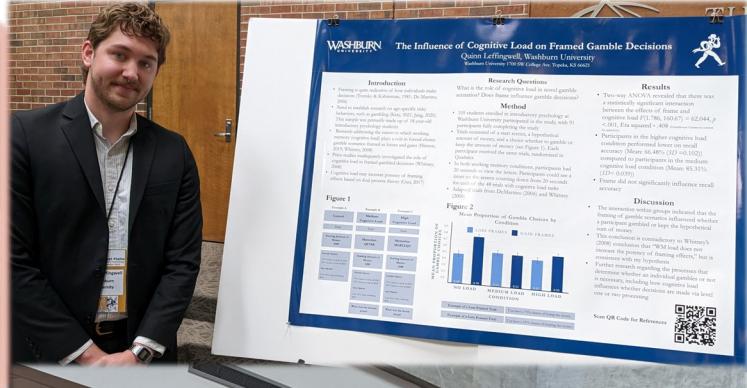
## Convention—2023

◦ We had many students travel to the Great Plain conference this year on April 8th, three of which won awards!

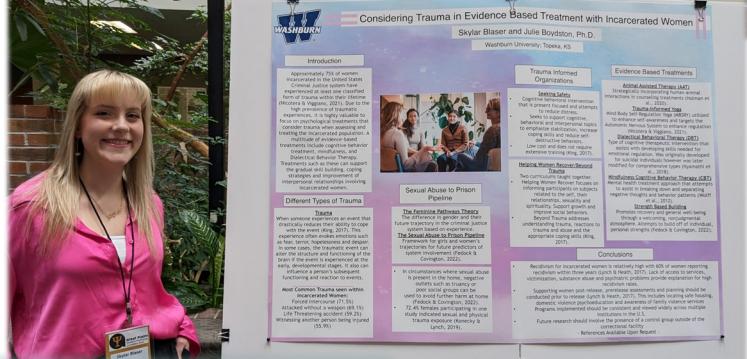
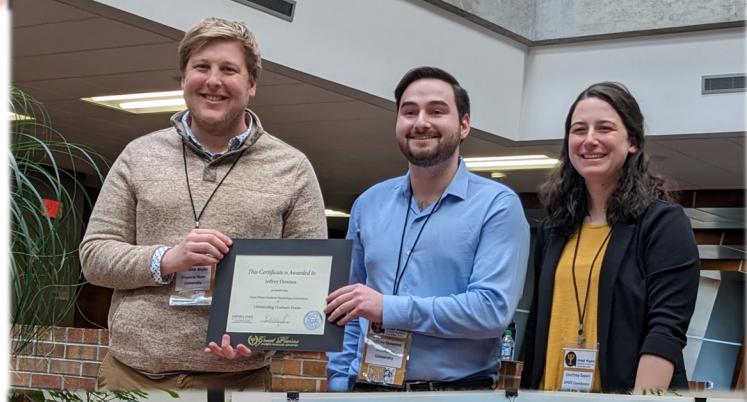
1. Graduate student Jeff Downes presented a poster on *Mental Health Outcomes of People Experiencing Homelessness with Adverse Child Experiences* and Jeff **won the Outstanding Graduate Student Award**. (see pg 17 middle R)
2. Undergraduate student Skylar Blaser presented a poster on *Considering Trauma in Evidence Based Treatment with Incarcerated Women* and Skylar **won the Outstanding Undergraduate Student Award**. (see pg 17 R)
3. Undergraduate student Quinn Leffingwell presented a poster on *The Influences of Cognitive Load on Framed Gamble Decisions* and he **won an Outstanding Undergraduate Student Award** as well. (see pg 17 top R)
4. Graduate Student Jameson Brehm presented a poster on *Humor's Impact on Third Party Evaluation of Clinicians*.
5. Undergraduate student Kelsie Quaney presented a poster on *Scents that Transcend Time: A Study in Olfaction and Memory*. (see pg 17 top L)
6. Charles Ashley conducted an oral presentation on *Issues Related to Crisis Mental Health Care for Individuals with Borderline Personality Disorder*. (see image on R)



# Photos from Great Plains



7. A group of graduate students also presented their combined research poster entitled, *An Examination of the Relationships Among Worry, Emotion Dysregulation, and Self-Compassion*. Photo below are the authors in order L-R Jeff Downes, Nida Ali, Jordan De Herrera, Kara Love, Sam Hubble, and Jameson Brehm.



# The Nebraska Symposium on Motivation and the Trans-ilience Research Lab

By: Lydia Shontz

In April of 2023, the University of Nebraska held its annual symposium on motivation. This past year, the topic was gender resilience, focusing on trans and gender diverse (TGD) research, feminism, and human sexuality. This symposium was an excellent opportunity for graduate students in Washburn's Clinical Psychology M.A. program to gain more knowledge about important topics relevant to working with a diverse clientele. Those traveling to Lincoln, Nebraska for the conference included Dr. Cindy Turk's first-year Advanced Psychopathology class and a few second- and third-year students. Student travel was supported by a Washburn Transformational Experience grant. Wednesday Falck, Lydia Shontz, Kara Love, and Ethan Nelson presented their research project at the symposium's poster session. This poster drew the attention of Dr. Jae Puckett, director of the Trans-ilience research lab at Michigan State University; Dr. Puckett was one of the symposium's keynote speakers.

A few months after the conference, graduate student Lydia Shontz, who was inspired by the symposium, reached out to Dr. Puckett to inquire about joining the Trans-ilience research lab. After a formal interview process, Lydia was invited to join the team. The multimethod research conducted by the Trans-ilience research team centers on TGD minority stress and resilience. It examines strengths and challenges in equal proportions. During her time at Washburn, Lydia dedicated herself to similar topics, including completing her M.A. capstone project on TGD minority stress and resilience. Lydia's goal is to improve the quality of local affirmative-based mental health services. Given the similarity in interests, Lydia was an excellent fit with the Trans-ilience team.

Currently, the Trans-ilience research team is conducting a scoping literature review. The purpose of this project is to examine the literature of TGD resilience measures systematically. The result of this critical review will provide a clearer picture of definitions, features, and key elements of resilience as it relates to TGD populations. This review will also clarify how research on resilience with TGD communities is being conducted and analyze gaps within the compendia. Having already completed the title and abstract screening portion of the review, the team is approaching the final stages of this project, which include full-text review, and extraction of relevant data. Lydia is assisting with these tasks. Once these objectives have been met, the team plans to present the findings and publish the results. More information about current research projects can also be found online at <https://www.trans-ilience.com/research>.

# Nebraska Symposium Pictures



Top Photo from left: Lydia Shontz, Emma Hamilton, Jeff Downes, Ethan Nelson, Katrina Escobar, Kara Love, Sarah Berke, Jordan Jennings, Alex Heidorn, Josie Powell, Brittney Stanley, Dr. Cindy Turk, Samantha Hubbell, Isabella Hubbell, Jameson Brehm, and Wednesday Falck.



Bottom photo, from left:  
Wednesday Falck, Lydia Shontz,  
Kara Love, and Ethan Nelson

Shontz, L., Falck, W., Love, K., Nelson, E., Provorse, D., & Turk, C. L. (2023, April). *Sex and gender minority groups: From minority stress to affirmative care*. Poster presented at the Nebraska Symposium on Motivation, Lincoln, NE.

## GRADUATE INTERNSHIP TRIP TO KJCC

The third year students conducted a site visit & tour at the Kansas Juvenile Correctional Complex in March 2023. They were guided by two Washburn MA graduates and employees at KJCC, Soliel Wall, Director of health services and Janeen Taceey, the Director of mental health services (not-pictured).

Photo L-R: Nicole Miller, Anna-Marie Lauppe, Shelly Davenport, Justine Kovatch, Dr. Dave Provorse, Holly Swearingen, Lydia Shontz- Hochstedler, Stephanie Morrow, Jameson Brehm, and Kiley Monaghan.



# COMMUNITY ENGAGED LEARNING IN PSYCHOLOGY

**By: Julie Boydston with Sarina Russo and Jeff Downes**

Since returning to Washburn in Fall 2022, I have been working to re-develop a research program with students at Washburn. My passion is working with community-based organizations, so these interests mixed well with Community Engaged Learning at Washburn. I was chosen as a Community Engaged Learning (CEL) scholar in Spring 2022 to develop CEL for my undergraduate and graduate research courses. Developing CEL research projects significantly enhanced my Student Learning Outcomes because it laid the groundwork for students to do research projects in the “real world” with children and families through community agencies. This community outreach takes more time but is worth it. My CEL syllabus outlines for students a collaborative structure to be sure partners feel engaged in the project and the results. In addition, I can model and discuss with students the importance of connecting with community partners, collaborating on ideas for research projects that meet mutual needs, and receiving feedback throughout the process.

The CEL scholar program supported our engagement with several different community partners. Jeff Downes, masters student, completed a literature review on childhood trauma, homelessness, and mental illness in preparation for working with the Topeka Rescue Mission and completed a poster presentation at the Great Plains Student Psychology Convention in April 2023 where he won an Outstanding Graduate Student award. Jeff and I also participated in a roundtable at the Michael Tilford Conference with Kourtney Barr and Kodee Christensen from Topeka Rescue Mission focused on looking at barriers for students experiencing homelessness and Adverse Childhood Experiences (ACEs). Jeff’s master’s thesis includes Topeka Rescue mission data examining homelessness and how ACEs are related to mental health issues. Sierra Vigneron is also completing her undergraduate capstone with Topeka Rescue Mission, examining psychological outcomes and experience of the foster care system. In addition, Jordan Jennings has partnered with her internship site, Wyandotte Jail, for her master’s project examining mental health experiences of inmates before and after COVID. The Community Engaged Learning experience has laid the groundwork for further projects. Currently, new projects we are working on include –

# COMMUNITY ENGAGED LEARNING IN PSYCHOLOGY

— Sarina Russo who will do her master's thesis research with Family Service Guidance Center on ADHD child and family groups at their setting. In addition, Chelsea John, will be working with Boys and Girls Club of Topeka to examine child outcomes in their setting. I look forward to future research opportunities with community partners so that students can receive real-world experiences of child and family outcomes!

Sarina Russo's experience with CEL: Community engaged learning has taught me more about accessibility and implementation of treatments in communities. Family Service and Guidance Center is a community that I have been part of for over a year now. Through this experience I have grown as an individual and student therapist. I have developed key skills when working with children. This community allows for growth and new experiences. By making connections and expressing my interests I was able to develop an ADHD group therapy for children and parents. I am looking forward to the process of continuing to engage with clinicians and doctoral students at FSGC through this group therapy. This community provides students with hands on experience and applications of content taught in class.

Jeff Downes' experience with CEL: Being involved in the Community Engaged Learning experience has come with many opportunities for both professional and personal growth. Through this partnership with Topeka Rescue Mission, I have gained professional experiences through presenting a literature review poster and co-leading a roundtable discussion. Above all, these experiences have demonstrated the value and importance of collaborating with community members and intentionally fostering a space where all in the community are valued and heard. Where this was most concrete for me was during our roundtable at the Tilford conference. After we introduced our topic, national and local statistics, and the reasons the topic was important to discuss, we turned to those in attendance to discuss their opinions and experiences. The roundtable consisted of faculty members from multiple universities in Kansas, but also community members, staff members, and students. The diverse array of attendees resulted in a diverse range of resources and experiences being shared. The most salient example of this was in a student who had gone back to school after experiencing homelessness themselves. They spoke about their own experience, and this gave me the opportunity to listen and grow from the discussions in this room and highlighted the importance of collaborating with community members for the betterment of the community.

# SOUTHWESTERN PSYCHOLOGICAL ASSOCIATION ANNUAL 2023 CONVENTION

The 2023 SWPA Convention was held at the Embassy Suites by Hilton Dallas Frisco Hotel & Convention Center in Frisco, Texas on March 31, 2023 - April 2, 2023.

Dr. Angela Duncan and Dr. Julie Boydston hosted a SWPA Symposium with two other colleagues from other universities entitled, ***To Pay or Not to be Paid: Student Perceptions of Open Education Resources (OER)***- L-R in photo order — Dr. Amy Madewell, Southeastern Oklahoma State University, —Her talk was on “Faculty Perceptions Related to Creating or Utilizing Open Educational Resources (OER)”

Dr. Angela  
Duncan— Her talk  
was on “Student  
Perceptions of Open  
Education  
Resources (OER)”

Dr. Julie Boydston—  
Her talk was on  
“Faculty Typical  
Process for  
Publishing a  
Textbook”

& Dr. Lee Daffin—  
His talk was on  
“Faculty Process for  
Writing an OER  
Textbook”



## DATA SCIENCE IN PSYCHOLOGY EDUCATION

By: Chamiel Thompson

At the Southwestern Psychological Association (SWPA) this year, they hosted a five-hour pre-convention workshop entitled “Data Science in Psychology Education” on Thursday, March 30th. It was a competitive opportunity I applied for requiring two short essays. One aim of the grant funding is to increase diversity in data science by equipping diverse psychology students with skills in data science. I was one of only 25 students who were selected and received a generous grant to attend this exclusive workshop.

During my time there I gained invaluable experience with coding and with using unfamiliar programming software to create a mock study while networking with other psychology students. Afterwards we all attended a panel discussion with representatives who work for Meta, Google, Fitbit, and the Toyota Research Institute. I also participated in a research study being conducted at the University of Central Arkansas focused on integrating data science into undergraduate education in an informal manner.

The convention was an amazing opportunity to discover new research interests and attend my first psychology convention in such a

fun town. I was also able to gain insight from all the different student presentations which will help inspire me in my graduate studies here at Washburn’s Master’s program. I feel very prepared to present at a convention for the first time in upcoming years, and I look forward to attending future conventions!



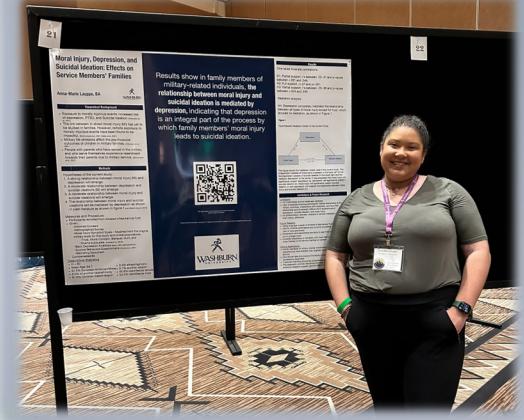
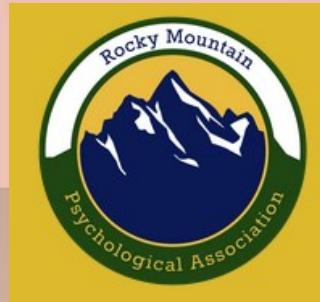
**WASHBURN**  
UNIVERSITY

Psychology Department

# ROCKY MOUNTAIN PSYCHOLOGICAL ASSOCIATION CONFERENCE

The 93rd Annual RMPA Conference was held in Albuquerque, New Mexico this year April 13 –15, 2023.

Third year, Anna-Marie Lauppe, presented her thesis research during the poster session entitled, *Moral Injury, Depression, and Suicidal Ideation: Effects on Service Members' Families*.



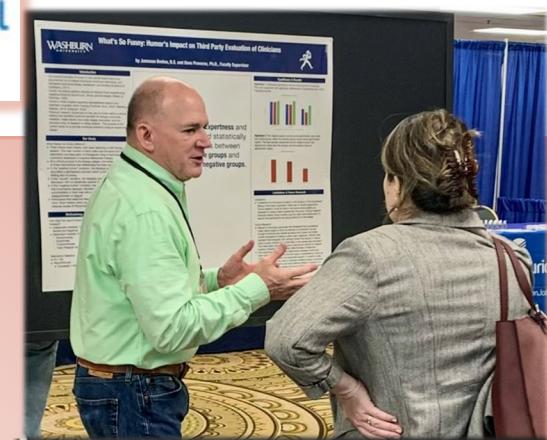
The 95th annual meeting of Midwestern Psychological Association Annual Conference, was held in Chicago, April 20-22, 2023. It was a research filled weekend where psychologists connected with psychological scientists from across the Midwest and the world.

Third years Justine Kovatch and Stephanie Morrow presented thesis projects posters and Holly Swearingen gave a thesis oral presentation at MPA. Faculty supervisor Dr. Dave Provorse also presented a poster on research conducted with Jameson Brehm, then they went for deep dish pizza afterwards at the famous Giordano's open since 1974!

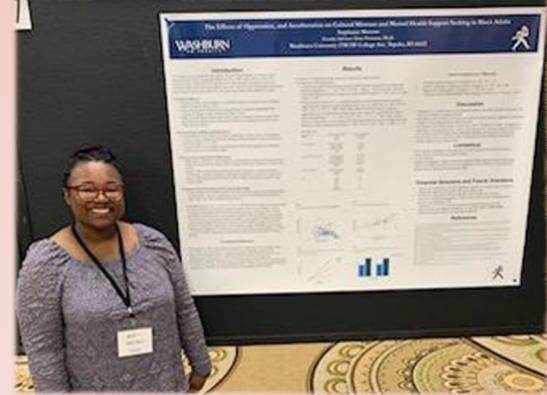


Left Pic: Dr. Dave Provorse, Justine Kovatch, Holly Swearingen, & Stephanie Morrow

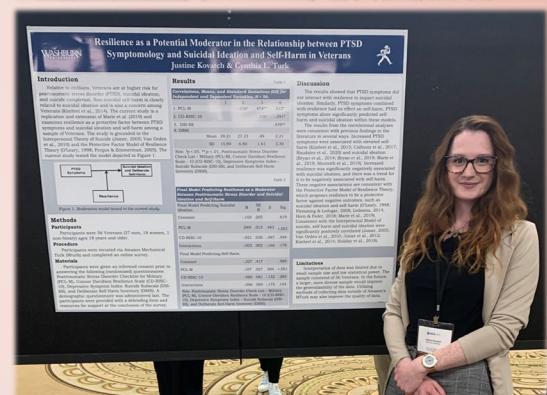
Jameson Brehm & Dr. Dave Provorse  
*Humor's Impact on Third Party Evaluation of Clinicians.* Poster presented, Chicago, IL.



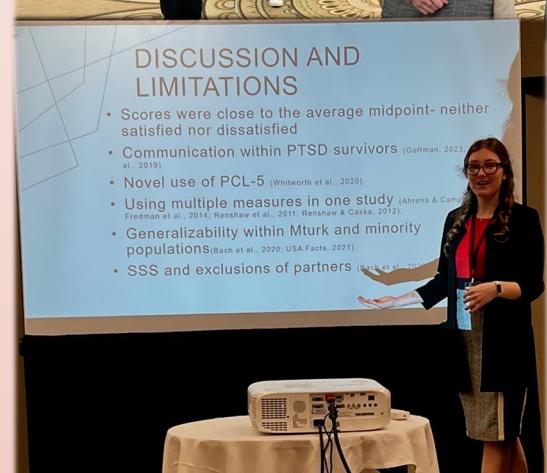
Stephanie Morrow, *The Effects of Oppression and Acculturation on Black Adults.* Poster presented, Chicago, IL.



Justine Kovatch, *Relationships Between Resilience, PTSD, Suicidal Ideation and Self-Harm in Veterans.* Poster presented, Chicago, IL.



Holly Swearingen,  
*Surviving Sexual Assault Together: Partner's Perceptions of Relationship Distress.* Oral presentation, Chicago, IL.



## PSYCHOLOGY ACCOMPLISHMENTS AND PUBLICATIONS CONT..

- Rebecca Griffith, MA '19, who is a current NIH F31 Predoctoral Fellow/ Doctoral Candidate in the Clinical Child Psychology Program at University of Kansas will be headed to the University of Pittsburgh Medical Center/ Western Psychiatric Hospital for additional clinical opportunities with adults and children, and will stay on there for postdoctoral fellowship.
- Carolina Blair Gómez, MA '12, received the award in July of 2022, for best professor of the Psychology Department at the Universidad de San Buenaventura in Medellin , Columbia. The award is titled, "Maestro Huella" in Spanish, which means "professor who leaves a mark!!" This year she was chosen to be the Faculty representative for her department, and also for the entire Medellin sectional before the National Board of Directors of the University.
- Jessica Barron, MA '19, grew up in the Topeka boxing community and after graduation opened JB Boxing Club in 2023 at 1410 NE Seward Avenue. Barron, a former National Women's Golden Gloves winner, winner of the junior Olympics, and a bronze medal winner at the USA Boxing Women's National Championships was a member of the Topeka Golden Gloves (TGG) during her youth. She opened this gym especially for TGG to have a new home and the gym is doing well under Jessica's leadership. See their website for more details [jbboxingtopeka.com](http://jbboxingtopeka.com)
- Aubry Dauber, MA '20, published a continuation of her research started here at Washburn entitled, *Facial EMG startle response and self-report reactions after exposure to severely underweight and severely obese body images in individuals with disordered eating: An examination of motivational responses, International Journal of Psychophysiology, Vol. 194, December 2023.*



# 2023 BIRTH ANNOUNCEMENTS !!!

- Dr. Tucker Jones and his wife Carolyn welcomed their first daughter Aspen on March 26th, at 6:16pm and she weighed 6lbs 2oz! Because she was born a bit early she was automatically transferred to the Neonatal Intensive Care Unit (NICU) for a few days but she was home before they knew it!
- Dr. Jericho Hockett and her partner Eddy welcomed their second daughter, Ophelia, on March 12th and she was 7lbs 4oz. She is happy, healthy, and there were no complications with the home birth other than the speed: miss Ophelia beat the midwife to the big event! Big sister Evelynn is photographed here holding baby Ophelia.
- Aubry Dauber, MA class of '20, and current Doctoral Student in Clinical Psychology at Bowling Green State University welcomed baby Rhys John Dauber Gabriel in November 2023. After a long 20 hour labor process he was welcomed by her & her husband weighing 8lbs 8oz and he was 22 inches long.



## **THE PUMPKIN HOUSE IN COLLEGE HILL !!!!!**

Current Adjunct instructor, Dr. RaLynn Schmalzried & her husband, Joe Schmidt, along with their children, have officially been dubbed,

### **“The Pumpkin House in College Hill”!**

They started this décor project seven years ago with around 20 pumpkins, but this year they had almost 200 on display around Halloween. The demand to see them was so high the pair created a Facebook page dedicated to the decorations, to announce the days/times they were ready for trick-or-treaters and other visitors to stop by. With a plethora of Disney characters to famous historical figures and some of Halloween’s most iconic faces, everyone can find a carving to enjoy at the Pumpkin House in College Hill.

Next Fall make sure and visit their [Facebook](#) page to see the day/times you can stop by and marvel at them all!

Some of the following was originally printed <https://www.ksnt.com/news/local-news/topeka-house-displays-almost-200-pumpkins-in-halloween-spirit/> )



## ACCOMPLISHMENTS AND PUBLICATIONS

- Dr. Julie Boydston recently authored/co-authored: Boydston, J., Downes, J., Barr, K. & Christensen, K. (2023, October). *Investigating and Addressing Barriers Present for College Students Experiencing Homelessness with Histories of Adverse Childhood Experiences*. Roundtable presented at the Michael Tilford Conference on Diversity and Multiculturalism, Topeka, KS. (Pic above: Dr. Boydston, Kodee Christensen, Kourtney Barr, and Jeff Downes)
- Dr. Boydston was awarded the following grants in 2023: Washburn C-TEL Small Grant funds to attend the Lilly Evidence Based Teaching and Learning Conference in San Diego, CA in January 2024. Washburn C-TEL Community Engaged Learning (CEL)/ Pathways Grant to re-develop the community-based psychology internship capstone course in psychology. Washburn C-TEL Assessment Grant to work with Dr. Duncan to re-develop the Student Learning Outcomes (SLOs) for the General Education Abnormal Psychology course. Washburn Faculty Development Grant to support travel to American Psychological Association Convention in Washington, D.C.
- Dr. Julie Boydston also was a Washburn representative with Police Chief Enos to the all day Topeka and Shawnee County Community Violence Summit.
- First year Graduate Student, Osbaldo Gonzalez-Reyes, was a featured artist at the Lawrence Arts Center Sept 8—Oct 21st. His show was entitled, ***Ma an Tsabāl- Desde la Tierra- From the Earth*** - and featured clay hand processed from Kansas deposits then they are fired outdoors in a traditional adobe kiln or a pit fire. “His artwork draws inspiration from his family’s heritage and his upbringing as the child of immigrant parents in Kansas. His family originates in the Huasteca region of Mexico. “ <https://lawrencekstimes.com/2023/09/06/arts-center-new-exhibitions/>



## PSYCHOLOGY ACCOMPLISHMENTS AND PUBLICATIONS CONT....

Department Chair, Dr. Cindy Turk, recently authored/co-authored the following:

- ◆ **Turk, C. L.** (2023, May). *Understanding social anxiety*. Talk given for the University of Miami, Coral Gables, Florida— (See photo on the right)
- ◆ **Turk, C. L.** (2023, May). *Social anxiety: Diagnosis, conceptualization, and treatment*. Workshop to be given for the University of Miami Counseling Services, Coral Gables, FL.
- ◆ **Turk, C. L.** (2023, January). *Diagnosis and assessment of social anxiety disorder*. Talk given for the Behavioral Health Symposium at Stormont Vail Health, Topeka, KS.
- ◆ Shontz-Hochstedler, L., **Turk, C. L.**, & Provorose, D. (2023, October). *Sex and gender minority groups: Application of a novel resilience-focused integrated treatment approach*. Poster presented at the annual Michael J. Tilford Conference on Diversity and Multiculturalism, Topeka, KS.
- ◆ Kovatch, J., & **Turk, C. L.** (2023, April). *Relationships between resilience, PTSD, suicidal ideation, and self-harm in veterans*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- ◆ **Turk, C. L.**, De Herrera, J. M., & Day, K. B. (2023). CBT for social anxiety. In C.B. Nemeroff & W.E. Craighead (Eds.), *ADAA Patient Guide to Mood and Anxiety Disorders*. Washington, DC: American Psychiatric Association, Publishing.



Dr. Tucker Jones, Assistant Professor, recently authored/co-authored the following:

- ◆ **Jones, T. L.**, & Saucier, D. A. (2023). Overcoming the narrative of indifference: A discussion on how first-generation college students are unique. *Journal of First-Generation Student Success*, 3(3), 207-217.
- ◆ Saucier, D. A., Renken, N. D., Schiffer, A. A., & **Jones, T. L.** (2023). Recommendations for contextualizing and facilitating class discussions about diversity, equity, inclusion, belonging, and social justice. *Applied Economics and Teaching Resources*, 5, 1-9.
- ◆ Saucier, D. A., **Jones, T. L.**, Miller, S. S., Schiffer, A. A., \*Mills, H. D., & Renken, N. D. (2023). Cueing engagement: Applying the trickle-down engagement model to instructors' in-class behaviors. *Teaching of Psychology*.
- ◆ Saucier, D. A., **Jones, T. L.**, Schiffer, A. A., & Renden, N. D. (2022). The empathic course design perspective. *Applied Economics and Teaching Resources*, 4(4), 101-111.
- ◆ Renken, N. D., Schiffer, A. A., **Jones, T. L.**, \*Fulton, C., & Saucier, D. A. Students' perceptions of instructors' gratitude, supportive behaviors, and unsupportive behaviors. *Society for Personality and Social Psychology (SPSP)*, Atlanta, GA. February, 2023.

## PSYCHOLOGY ACCOMPLISHMENTS AND PUBLICATIONS

- Adjunct Faculty Member Tom Stone co-authored the following: Foster, J., Stone, T., Jawahar, I.M., Steinheider, B., Gray, T., *Reputational self-awareness: an innovative career development tool*, *Career Development International* Volume: 28 Issue 6/7 (2023) ISSN: 1362-0436 Online ISSN: 1758-6003.
- Tom also took part in a 13.1 half Marathon last November in Lawrence and his time was 2:57:22. (see his finish line photo on the right)
- Lastly, Dr. Stone's paper was voted Best Paper at the International Administrative Sciences Association of Canada conference entitled, *Other-rated Personality Traits vs. Self-ratings Predicting Student Cheating*, Thomas Stone, Jeff Foster (Missouri State University) & I.M. Jawahar (Illinois State University).
- Department Administrative Specialist, Theresa Young, participated in the National Salute, on November 11, 2023. At 11:00 am she played Taps in her yard along with thousands of other buglers across America on Veterans day.
- Holly Swearingen accepted a GTA position and is teaching undergrad courses at KU where she is completing her PhD in counseling.
- Jameson Brehm accepted an GRA position in his PhD program in clinical psychology at UMKC.
- Pamela Aguilar, MA '21, current doctoral student at Texas A & M, is doing a practicum in Austin, TX at the Travis County Sheriff's Office. She is working with incarcerated individuals doing individual therapy, assessments, and a DBT group in Spanish!



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



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