

WASHBURN UNIVERSITY

Psychology Department Newsletter

FROM THE CHAIR

— BY CINDY TURK

2025 was a year of significant change for our department. The most difficult challenge – which we are still working on -- has been finding our way forward after the unexpected loss of Dr. Dave Provorse in December 2024. We honored his life and legacy through a memorial held during the spring semester, a tribute at our annual banquet, and support of the 5K run in his honor this fall. Emily Hoopes, Gwyn Arnold, and Katie Gregg also led a “group group” experience during the fall semester, passing on knowledge from what was perhaps Dr. Provorse’s favorite course to teach (Tech II would have been in the running for his favorite). We miss him and continue to feel his presence in the work we do.



Other changes this year have been more positive. Dr. Angela Duncan transitioned from her lecturer role into a tenure-track position and has taken on additional leadership responsibilities, including serving as faculty clinic director. We were also pleased to welcome Dr. Daniel Garlock, who joined us this fall as a full-time lecturer. A clinician with a thriving private practice, he brings an Acceptance and Commitment Therapy approach that adds a new and valuable theoretical perspective to our department. In addition, we moved into Psychology Hall (formerly ZTA House) at the end of the spring semester, and we are enjoying our homey new space. Finally, our incoming class of first-year MA students began the new graduate curriculum this year, marking an important step forward for our program.

As I reflect on this year, I am grateful for the resilience, compassion, and collegiality of everyone in our department. I look forward to the year ahead.

Did you hear we've moved?



The Psychology Department & Psychological Clinic are now in Psychology Hall, 1845 Jewell Ave. This will be our temporary home for the next 12 months.

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A Memorial Service at Washburn University



Following the tragic death of Dr. Dave Provorse and his wife, Marcia, Washburn University and the Psychology Department hosted a memorial service on Thursday, January 30, 2025, in the Memorial Union, allowing us to mourn together as a community.

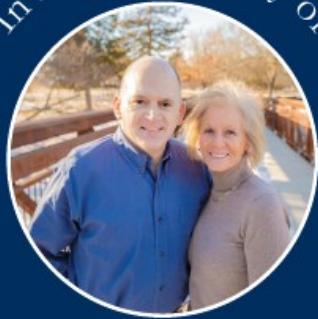
Many were unable to attend the funeral held in late December in Grand Island, Nebraska, due to challenging weather and road conditions. The campus service provided a meaningful opportunity to acknowledge our profound loss and to recognize Dr. Provorse's significant and positive impact on our campus and department.

Through technology, we enabled friends and colleagues from afar to join us online via a YouTube live stream. Throughout the evening, we celebrated the lasting influence Dr. Provorse had on those around him, expressed our gratitude to his family for sharing him with us, and reflected on the lives of both Dr. Provorse and Marcia, along with their profound contributions to our community.

If you would like to watch or rewatch the memorial service, it is available on the University's YouTube page, [HERE](#). (See the order of service with speaker names on page 3.)



In Loving Memory of



Dave & Marcia Provorse

6 p.m. | Jan. 30 | 2025

Washburn Rooms A&B, Memorial Union

Memorial Service

Welcoming Remarks

Dr. Joe Hendrixson, retired executive director of
Kansas Ecumenical Ministries

Speakers

Dr. Cindy Turk, chair of the psychology department at Washburn
Dr. Laura Stephenson, Emeritus Washburn

Musical Performance

Rebecca Livgren, Licensed Master's Level Psychologist (LMLP),
Washburn alumna

Closing Remarks

Dr. Joe Hendrixson



WASHBURN

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In lieu of flowers and in memory of Dave and Marcia, please consider a memorial contribution to Washburn University's Master's Degree Psychology Scholarship, a fund they established and deeply valued. Gifts can be mailed to Washburn University Foundation, 1729 SW MacVicar, Topeka 66604, or by scanning the QR Code.



2025 PSYCHOLOGY UNDERGRADUATE HONORS LISTS

Dean's List (3.5 GPA)

President's List (4.0 GPA)

Brittish Allen	Kailey Hill	Jessica Simmons
Nell Altena	Brynne Hoeme	Isaiah Terry
Sidney Anderson	Alyssa Hutcherson	Kalanise Swindell
Zayla Ball	Jenna Joiner	Aries Tisinger
Kali Befort	Alondra Jurado	Natalie Ulrich
Reagan Bosch	Brooklyn Kling	Taylor Unfred
Jayce Brenner	Nai Krein	Alexandra Venegas-Flores
Desiree Cain	Abigail Leaf	Kirsten Walton
Chelsea Cole	Keara Leiser	Aleks Westjord
Andrea Cook	Lois Liljestrom	Alyssa Whye
Brynn Cordova	Sydney Lobato	Falan Workman
Meila Crowder	Nia McKenzie	Annie Wright
Lily Czechanski	Nick McKinney	
Paris Daniels	Jane Medina	
Cloe Derr	Karla Mercado Morales	
Grace Edmonds	Michael Morgenstern	
Megan Emmel	Tyler Naquin	
Amira Finklea	Olivia Ndungu	
Bridget Fowler	Madisyn Nistas	
Kenna Gales	Jamarcus Piper	
Avigya Ghimire	Grace Pittaway	
Scott Gillin	Maddie Rice	
Bekah Gomel	Gracie Rodriguez	
Lauryn Grospitch	Jayson Rowan	
Gary Hardy	Kamren Schiffelbein	
Addie Harmison	Jacenda Schnacker	
Sascha Harmon	Dani Schuetz	
Rosemary Harrison	Keira Scott	
Justin Heberlein	Sae Seino	

Leif Oscar H. Adolfsson	Timberlee Leduc
Zoey Banta	Grace McCoy
Leif Oscar Henrik Adolfsson	Nia McKenzie
Zoey Banta	Aiden Nemechek
Shannon Barta	William Nowak
Kyra Beard-Alvarado	Illiana Outcalt
Mia Benjamin	Artee Pant
Madison Branham	Geneva Percival
Aliyah Chandler	Grace Pittaway
Grace Claspill	Grace Poirier
Emily Crossland	Fathima Razick
Anthony Dallam	Keaton Remp
Cortlin Dalton	Maddie Rice
Kaitlyn Durham	Jack Rogers
Kaylee Freeman	Kendel Rose
Rachel Gaul	Chloe Salazar
Scott Gillin	Keira Scott
Robert Gillis	Archita Shrestha
Sascha Harmon	Kendyl Simnitt
Sylecia Herron	Elyana Simnitt
Kailey Hill	Ciara Sloan
Rayonnah Inman	Natasha Smith
Alishia Jackson	Haley Tenney
Ziona Jackson	Anniston Trevarrow
Carter Johnston	Natalie Ulrich
Frances Knudsen	
Nai Krein	



2025 Departmental and CAS Dean's Undergraduate Scholarships: see the photos on pg6



- ◆ Two Psychology Majors, Lauryn Grospitch and Shannon Barta, both won the Yelen Award
- ◆ Grace Claspill, Carter Johnston, and Aiden Nemechek were all awarded the Joseph and Marjorie Harshbarger Latas Scholarship from the College of Arts and Sciences
- ◆ Mariah Farmer won the College of Arts and Sciences Dean's office Scholarship
- ◆ Grace Poirer won the Salustro Award for 2025-26
- ◆ The Jerry R. & Jeny Morris Williams Scholarship went to Leona Vinsonhaler
- ◆ The Outstanding Senior Psychology Major Award for 2025-26 was bestowed upon William Nowak & Shannon Barta

The 2025 Dr. Dave Provorse Master's Degree Scholarships were awarded in May to the following graduate students:

- ◆ There were three outstanding First Years awarded this year: Sierra Vigneron, Katie Gregg, and Jaelyn Compton all were deemed exceptional in their class. (all three photographed below in L-R order)
- ◆ We awarded one remarkable Second Year Student for their exceptional qualities, Fred Moore, who was also nominated and confirmed as the 2025 student Clinic Director, see his Psych Clinic article on pg21.
- ◆ The Graduates to Graduates scholarship is a Psychology MA alumni funded gift and was bestowed upon current 3rd year, Kyle Rock. (far right photo below)



2025 Undergraduate Scholarship Picnic & Awards



Top photo Left-Right: CAS Dean, Dr. Kelly Erby with Aiden Nemechek, Mariah Farmer, Grace Claspill, & Carter Johnston



Middle Photo Left-Right: Shannon Barta, Grace Poirer, & Lauryn Grospitch with Dr. Michael McGuire



Lower Left Photo: Shannon Barta and William Nowak, the 2024–25 Outstanding Psychology Seniors, with the Department Plaque.



Lower Right Photo: Dr. Michael McGuire and Leona Vinsonhaler who was awarded the Jerry R. & Jeny Morris Williams Scholarship.





2025 Psi Chi Inductions

After the picnic in May, Psi Chi inducted a new group into the honors society as well. Sylecia Herron, Grace Poirier, and Bridget Fowler were all inducted as new members of Psi Chi by their faculty club sponsors and given a white rose



Welcome to Psi Chi
everyone!



Left-Right: Dr. Angela Duncan, Sylecia Herron, Grace Poirier, Bridget Fowler, and Dr. Tucker Jones



Please join us in congratulating Dr. Linzi Gibson for winning the 2025 Ned Fleming in Teaching Award at the Employee Appreciation Celebration held in the Memorial Union on April 16, 2025. She is photographed on the left between President JuliAnn Maza-chek and Provost and Vice President of Academic Affairs, John Fritch.



Also in the ceremony, College of Arts & Sciences Assistant Dean, Dr. Tracy Routsong, won the Muriel D. Clarke Award! And lastly, please congratulate Dr. Tucker Jones for being nominated for the A. Roy Meyers Excellence in Research Award and Dr. Cindy Turk for her 20 years of service to the University.

PSI CHI UPDATE 2025



By: Carter Johnston, Club President, and Grace Claspill, Club Vice President

2025 was a year of continued growth and engagement for Psi Chi and the Psychology Club. By combining meetings and events, both organizations strengthened their impact while highlighting meaningful accomplishments across the Spring and Fall 2025 semesters.

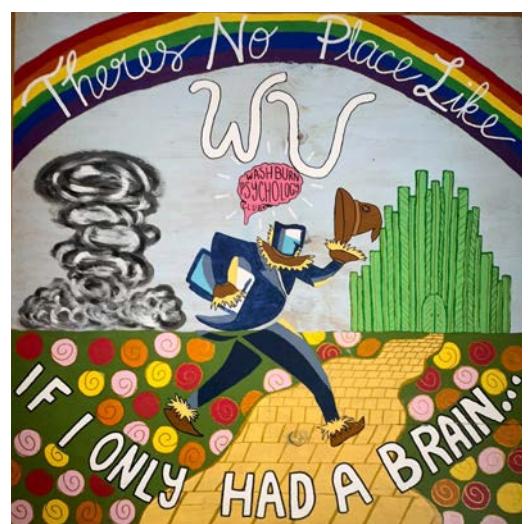
In **Spring 2025**, we focused on community service and mental wellness. Highlights included an on campus Blood Drive with the American Red Cross, promotion of campus mental health resources through the Psychological Services Clinic, and our *Animal Social with Team Kitten* during Success Week. Special topic meetings included *Connecting Through Psychologists of Color and Love Languages, Stress Awareness Panel with Clinical Psychology Graduate Students, and Happy Place Nutrition Information Panel*. The semester concluded with the annual Scholarship Picnic and Spring 2025 Psi Chi inductions. (see pg 4 & 5)

In **Fall 2025**, we welcomed our new leadership team: Carter Johnston (president), Grace Claspill (vice president), Sylecia Herron (secretary), Annie Wright (treasurer), Kiki Brooks (community liaison), Shannon Barta and Kailey Hill (public relations), and Tyler Naquin (socials chair). Some of our meeting topics included, *Psychology Club Trivia Night, Psychology Club Informational, a Graduate School Talk with Dr. Jones, and a ADHD and Depression Panel*. Psi Chi and the Psychology Club earned third place in both Homecoming Top Hat Decorating and Lawn Board competitions. Fundraising and service efforts included a Bake Sale raising over \$400 and a clothing drive for *The Boys and Girls Club* “Free Clothing Wardrobe for Teens”.

We concluded the year with a relaxing *Color and Connect* social event to help Psychology majors relax and to raise awareness of the campus *Bods Feeding Bods* program at the same time.

We will be combining our 2025 Fall Psi Chi induction with our 2026 Spring Psi Chi induction this academic year. We look forward to all that 2026 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, or Dr. Daniel Garlock, at daniel.garlock@washburn.edu.



ACTIVITIES AROUND CAMPUS

This year marked the 17th annual Women in Science Day at Washburn! The event took place on October 14th and the Topeka 501 students visited many buildings and took part in multiple STEM workshops put on by professional female scientists. Our very own graduate students held two Psychology related science labs for the middle students to participate in. Thank you Emily Hoopes, Sarah Sanders, Anna Lester, Claire Vigezzi, and Jaelyn Compton for making the day memorable for all.



Psychology Department Sibberson Award Finalist

Shannon Barta, one of our Outstanding Senior Psychology Major Award winners for 2025-26 was also selected as a College of Arts and Sciences Sibberson Award finalist in December 2025. To be eligible, a student must be graduating from an undergraduate program leading to their first BA degree, have a minimum of 60 credit hours completed at Washburn and attained a 4.0 grade point average at Washburn. Congratulations Shannon on your nomination!

Shannon is on the right with University President, Dr. JuliAnn Mazachek



Where is Benton Hall & What Happened to the Henderson Learning Center?

By: Theresa Young

Have you heard Washburn is doing a little bit of construction? (Pun intended.)

The Henderson Learning Resources Center was constructed following the devastating June 8, 1966 tornado that struck campus. Designed for durability and safety, the building was made of solid stone and set into the south hillside of campus. When completed in 1971, Henderson was considered state-of-the-art; however, by the 1980s, advances in smaller, more portable technology had already outpaced the large video projector housed in its central core, which occupied the entire center of each floor.

Henderson has served as an academic building for over 50 years with only minor renovations. Despite updates in the 2000's, modernization needs remained, leading Washburn to plan a major \$35 million renovation.

Henderson houses the School of Business, the College of Arts and Sciences, many undergraduate nursing classes, the university's media labs, the Honors Program, and of course our very own Psychological Services Clinic, making it one of the most heavily used and academically central buildings on campus.

The new building will no longer be named for former Washburn University President John W. Henderson (1965-1980), it will be renamed "Advisors Excel Hall." The renaming reflects a partnership between Washburn University and Advisors Excel, a local company founded by Washburn alumni Cody Foster and David Callanan. This renovation goes beyond physical upgrades, reflecting Washburn's commitment to offering an exceptional learning environment designed to better support today's students.

An architectural rendering shown on page 11 of AE Hall shows the newly designed south side, which will feature the Psychological Services Clinic.

The photo of AE Hall was originally posted here: <https://washburnreview.org/52992/news/henderson-to-be-renamed-advisors-excel-after-35-million-renovation/#> and the other was originally published in the October, 2025 Washburn CAS August Newsletter.

Where is Benton Hall Continued



The new Psych Services Clinic will include state-of-the-art sound-masking upgrades, built-in technology for recording therapy sessions, a new larger psychology computer lab, and also new stand-alone research

spaces. Lastly, the NEW Clinic will have its own exterior door, reducing one more barrier to care for our community and campus clients.



Also under construction, or destruction at it is now completely torn down, is the 100-plus year old Benton Hall. One day when CAS Dean, Dr. Kelly Erby left her office to teach class, Benton Hall was partially standing; when she returned 75 minutes later, she only saw a pile of rubble.

Built in 1923, Benton Hall served Washburn University for over a century, evolving from a women's dormitory to a men's dorm, then to an academic building. Ultimately, continued repairs and upgrades to the aging building

became financially impractical. While Benton Hall the structure is gone, the legacy it created through shared learning and connection remains.

We will be in our Temporary home, Psychology Hall (Former ZTA House) for two more semesters, but we are excited for the new AE Hall!

The photo of AE Hal was originally posted here: <https://washburnreview.org/52992/news/henderson-to-be-renamed-advisors-excel-after-35-million-renovation/#> and the other was originally published in the October, 2025 Washburn CAS August Newsletter.

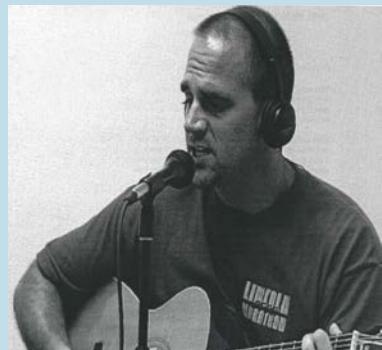
CELEBRATING THE LEGACY OF DR. DAVE PROVORSE THROUGH HIS STUDENTS

By: Theresa Young

When Dr. Dave Provorose announced his retirement timeline in 2024, plans began for what was shaping up to be the largest End-of-Year Banquet and Retirement Party the department—along with his family and the Alumni Association—had ever organized. Following the tragic passing of Dr. Provorose and his wife, the purpose of the event changed, but we knew we still needed to celebrate his remarkable career and his beloved singing voice one more time. What had been planned as a retirement celebration with his entire family present became a Commemorative Gathering—one that honored Dr. Provorose's lasting legacy while also celebrating the dedication and accomplishments of his graduate students during the year.

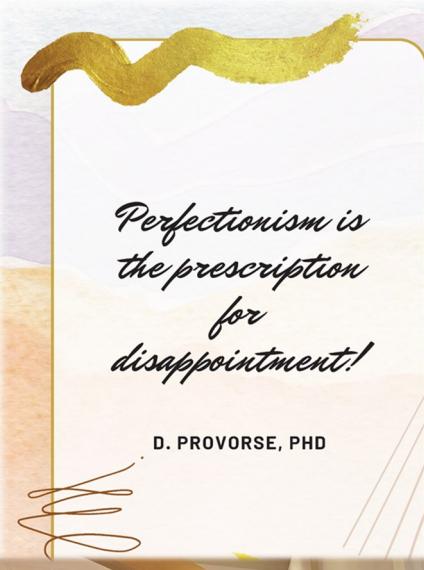
The banquet was held in the Memorial Union Washburn A and catered by Chartwells. It featured a cash bar and a floor full of balloons that Dr. Provorose's grandchildren and their cousins thoroughly enjoyed. A jazz ensemble provided lively music during dinner. A slideshow curated by current adjunct faculty member and alumna Anna-Marie Lauppe played on the screens throughout the room. The slideshow featured 37 quotes from Dr. Provorose—heard both in and out of the classroom—beautifully capturing his humor, joy, and depth of knowledge (see the top of page 13).

Dr. Provorose's musical talents were honored through two singalongs, and he was remembered as a friend, colleague, and mentor through heartfelt remarks from several speakers and performers. The commemorative portion of the evening concluded with a meaningful surprise: a long-lost video of Dr. Provorose performing "GIVING," an original song he wrote for the Faculty Giving Campaign in 2001. Though recorded nearly twenty-four years before it was rediscovered on an old hard drive, the smile he shared at the end was the same one he gave us every day, and it was warmly received by his family, students, alumni, and colleagues.



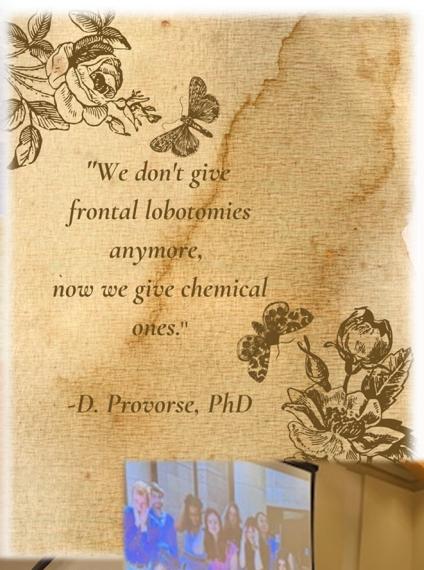
The evening then transitioned to the presentation of the 2025–26 Graduate Student Scholarships, awarded this year by Dr. Michael McGuire (see page 5 for a full list and photos). We celebrated those graduating (see the group photo on pg13) with cards and flowers. We then played three entertaining games, emceed by senior graduate student Katrina Escobar. After final refreshments, the event concluded around 6:00 p.m.

In every moment—from music and memories to student recognition—the gathering reflected the profound impact Dr. Provorose had on generations of students and the enduring community he helped build. Thank you to all the Provorose family members, alumni, and others for attending.



*Perfectionism is
the prescription
for
disappointment!*

D. PROVORSE, PhD



"We don't give
frontal lobotomies
anymore,
now we give chemical
ones."

-D. Provorose, PhD

"we don't tell
ourselves to
cry...

...water just
shoots out of
our eyes.

-D. Provorose, PhD



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Psychology Department

Research Night — 2025



We hold Research Night once a semester and both of the 2025 events were wonderful successes!

We would like to express our gratitude to all of the graduate students and Psi Chi officers who were involved in this year's two separate Research Nights. It would not be possible to get that many students involved in important psychological research without their help. Below are photos from the March 7, 2025 event and the graduate student volunteers who managed the event.





Apeiron Spring 2025 Highlights

Apeiron took place on April 25, 2025. It is a forum designed to be inclusive with respect to student research, scholarship, creative activities, and community engagement.

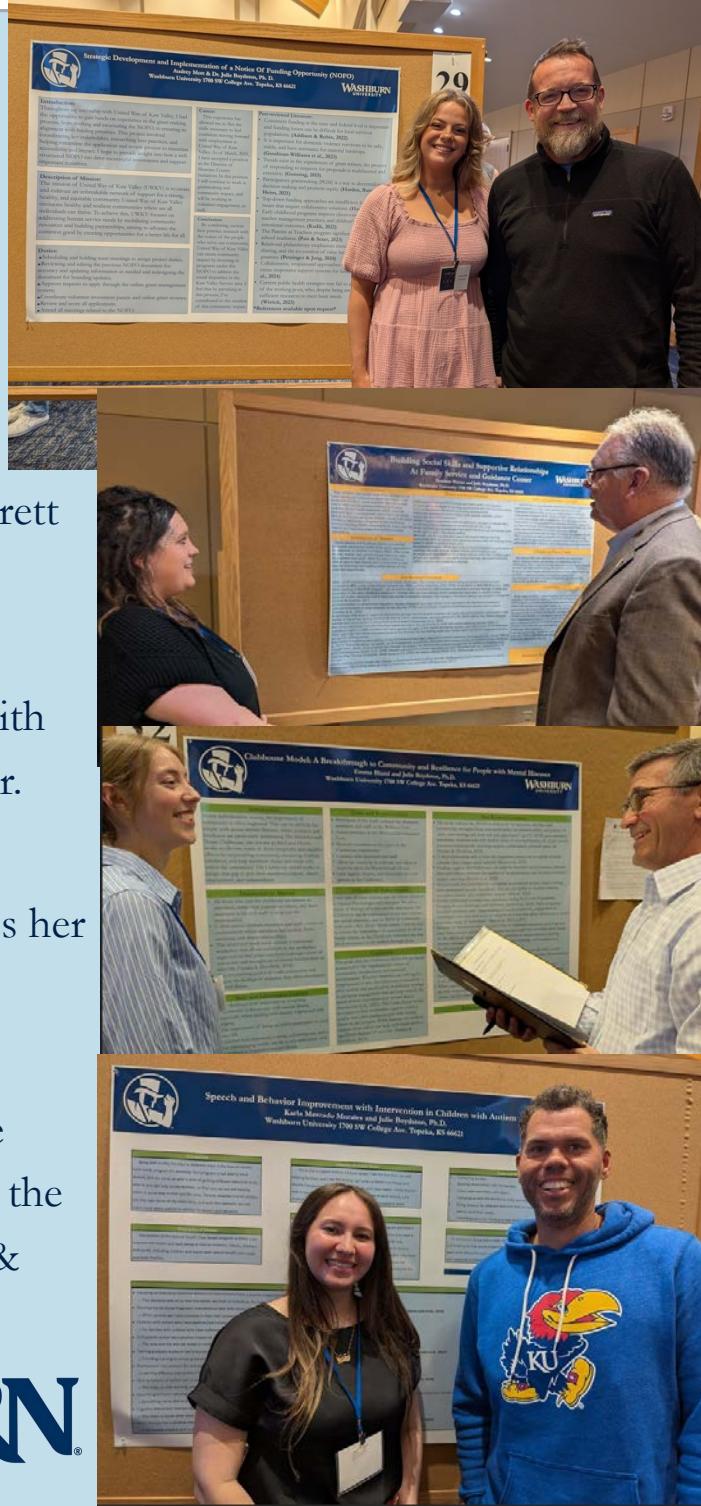
Top photo: Audrey Mott with her internship Site Supervisor Brett Martin of United Way of Kaw Valley.

Next photo: Destinee Warner with Washburn University Provost Dr. John Fritch.

Next photo: Emma Bluml shares her research with Dr. McGuire.

Bottom Photo: Karla Mercado Morales with her Internship Site Supervisor, Drew Duncan from the Kansas Department of Health & Environment.

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MEET OUR NEW FALL 2025 GRADUATE STUDENT COHORT



We are pleased to introduce the newest cohort of graduate students who started in the Fall of 2025.

Kenzie Liby, Claire Vigezzi (not in this photo) Savannah Maloney, Kian Beemer, Jake Andersen, Lorelai Alexia Buford, Cloee Derr, Matthew Ryan Ferrell, Garrett John Ramirez, Mela Reina, Payton Reynolds, Brian Sweeney, & Maude Steinbeck



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Psychology
Department

OUR CLINIC IN THE NEWS

By Brent Palmer TOPEKA, Kan. (WIBW)

Washburn University's Psychology Services Clinic is hosting several group therapy sessions that can help one learn coping mechanisms to tame their anxiety.

The Anxiety Group is an empirically supported approach to help individuals with the disorder face their fears, in a peer-to-peer environment.

The group not only helps people having problems with their anxiety but teaches therapists in training how to deal with these clients.

This meeting is free to all participants, and anyone in the community can attend.

Group leaders can even give you sage advice to calm you during stressful times.

"Stepping back and looking at the thoughts that are generated by the news and trying to take a broader perspective, that maybe things aren't really as bad as the news sometimes portrays," said Cindy Turk, the Chair of the Psychology Department at Washburn. "Even though terrible things happen, that doesn't mean that they're typical."

"As a direct suggestion, talk about it. I know a lot of times, we don't want to burden others, so I would just recommend talking," said Fredrick Moore, a graduate student and one of the leads of The Anxiety Group.

The group start[ed] on Monday, February 3rd at 5:30 pm, in. Meetings will be held on Mondays until March 25th at the same location and time.

No session will be held on March 17th during spring break.

Spots are limited, with 9 out of 15 spots already filled. You can contact 785-670-1750 and tell them you would like to join the group or email the clinic at fredrick.moore@washburn.edu.

See the full video here: <https://www.wibw.com/2025/01/31/free-therapy-sessions-may-help-ease-anxiety/> Originally published online, January 30, 2025

Free therapy sessions may help ease anxiety



GROUP THERAPY TRAINING EXPERIENCE

By: Emily Hoopes, Gwyn Arnold, and Mary Gregg

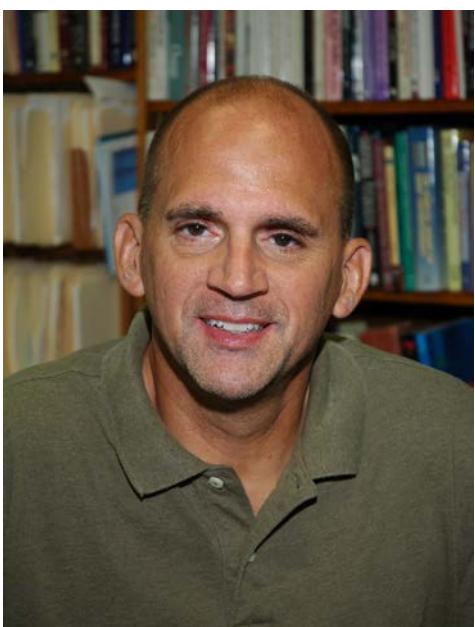
Dr. Dave Provorse taught numerous classes over his decades of teaching at Washburn University, leaving an impact on many practicing clinicians today. One of the most unique classes he taught in Washburn's Clinical Psychology Master's Program was the Group Therapy Training Experience. Group Therapy is a rarity in graduate programs, yet it provides a unique set of skills for students. These unique skills include developing communication skills in an environment containing multiple individuals, leadership experience, collaborative support, therapeutic growth regarding interpersonal styles, and knowledge of a true process group's underlying goal. Dr. Provorse provided these opportunities to students, allowing them not only to learn to facilitate group therapy but also to gain firsthand experience as a group member.

He focused his class learning objectives on teaching students how to run a true process group. The goals of process group therapy are to provide symptomatic relief, foster characterological change, and activate present-moment experiences and considerations. As the group continues to meet, it progresses through different stages of group development. These shifts are prompted by the facilitators' use of various structured activities, in conjunction with sharing time, to strengthen the group's trust, support, cohesion, and depth. Sharing time is a dedicated portion of the group session in which members volunteer to discuss their personal experiences. The first two structured activities focused on "breaking the ice" among members by discussing commonalities and answering questions. As the group sessions continued, structured exercises became more complex. For example, cards were used with various response categories to practice alternative communication styles; the environment was changed by adjusting seating position, lighting, and physical proximity during sharing time; or a kinetic family structure was created using members as placeholders for family members.

GROUP THERAPY CONTINUED

Not only do the structured exercises provide learning opportunities for members, but they also provide deeper, more meaningful interactions among members. After his passing, we, Gwyn Arnold, Katie Gregg, and Emily Hoopes, wanted to keep his memory alive by providing a process group therapy learning experience to the incoming students in the program. We saw the impressive value this experience gave our cohort, not only as individuals but as clinicians as well. Therefore, the incoming students who joined participated in a 10-session educational and true process group therapy experience.

The first two group sessions were educational, providing the students with a “crash course” on the material taught by Dr. Provorse. Following those sessions, the students attended two sessions led solely by us facilitating to demonstrate the educational material in action. The next five sessions were facilitated by one of us and two of the members to allow the students to apply their skills in the facilitator role. The last session was facilitated by us in a less-structured manner, focused on debriefing the group experience with the remaining members. Members noted they gained skills to advance their



therapeutic abilities while also learning about their own communication styles and how they may be received by others. The experience provided opportunities for members to practice being in a therapeutic role, along with gaining insight into how members or clients may experience the sessions.

Overall, the group went extremely well, bringing us joy as we could see Dr. Provorse’s process in action while passing the knowledge on to others. ♥

NEURODIVERSITY SUPPORT GROUP FALL 2025

By: Osbaldo Gonzalez-Reyes, Adrienne Davidson, and Anna Lester

Beginning this past fall, our neurodiversity support group began as a way to help neurodivergent community members find peer support and work through common challenges neurodivergent individuals face. Over the course of the semester, a total of seven participants joined the group and participated in group activities and discussions. Common topics included understanding their own experiences and self-acceptance, as well as managing stress and understanding relationships. Over the course of the group our participants continued to be more open and develop supportive relationships with each other.

In tandem with conversations and assigned chapters, the support group utilized activities that paired with the weekly topics. Activities varied in structure, format, and difficulty in order to provide an array of opportunities to engage in and incorporate newly discussed topics. One example of an activity promoted self-acceptance and involved intentionally uneven sheets of paper folded into an origami rose. While each rose ended up unique to each participant, all origami roses were recognizable as roses. The goal of this activity was to highlight that while we are not in control of our genetic makeup (the paper dimensions), variance and differences are not something to be ashamed of, nor do they reduce one's value. Participants were initially frustrated by the uneven edges and imperfect folds, but as the origami roses took shape and were all combined to form a bouquet. The minor differences became strengths in determining which roses belonged to whom and how all roses blended together to form a bouquet and a representation of community. Overall, the neurodiversity support group has demonstrated the value of creating an affirming space where neurodivergent individuals can explore their identities, build meaningful connections, and develop tools for navigating everyday challenges.

The neurodiversity support group plans on continuing into spring semester of 2026 with more emphasis on skills that participants can use in day-to-day life. Incorporating feedback from participants, some of the topics and skills that will be discussed include further conversation around building and maintaining relationships and balancing stress and responsibilities while feeling overwhelmed. As the group moves forward into the spring semester, it is well positioned to continue fostering growth, acceptance, and mutual support among its members.



WASHBURN PSYCHOLOGICAL SERVICES CLINIC REPORT—2025

By: Fredrick Moore, Graduate Student Clinic Director 2025-2026

Washburn Psychological Services Clinic (WPSC) had another productive year, highlighted by our move to a new location at 1845 SW Jewel Ave—right across the street from our previous space. We continued serving the community through psychoeducation forums, outreach, and our student-led training clinic providing individual and group therapy, while strengthening community partnerships.

This year, forums expanded to campus Greek life and parent-teacher organizations to promote mental health awareness. Outreach efforts included screenings for depression and anxiety, along with child and adult assessments for learning disabilities, IQ, giftedness, and personality testing. These services give student clinicians valuable hands-on experience while offering affordable, local care to the community. Additionally, our group services have expanded to include neurodivergent individuals, providing a space to practice social skills, and discuss ways to navigate the world around them.

Generous support from the Washburn Student Government Association and the Brenneman Series Project Funding helped keep services low-cost or free for Washburn students. Funding also provided new assessment tools, including the WAIS-5, and iPads to enhance training and service delivery.

We also continue to honor the legacy of Dr. Dave Provorse, whose 34 years of mentorship, compassion, and expertise shaped generations of students. Affectionately known as “Dr. P,” he remains remembered for his clinical wisdom, warmth, and the memorable personality he brought to our program.



GAPS ACTIVITIES IN 2025

The Graduate Association of Psychology Students (GAPS) was very active this year, organizing various volunteer events aimed at giving back to the community and campus. Sierra Vigneron, the club's Event Coordinator, connected with the Topeka Civic Theatre and discovered they needed assistance with their production of *Anastasia*. GAPS club members pitched in by building sets and decorating pillars. The volunteers were also invited to watch the show, making for a great experience!



In the left photo is Sarah Sanders, Claire Vigezzi, Major Copeland, Adrienne Davidson, Payton Rice (Club Treasurer), & Sierra Vigneron (Event Coordinator). In the photo on the right you can see Sarah up on a lift with Payton & Claire working down below.



Sierra is also closely connected with the Topeka Rescue Mission, she is doing her thesis research there, and knows they have a lot of volunteer needs. So in the Spring, GAPS helped prep breakfast and lunch meals one day, staying to hand out lunch, as well as help the support staff in the stock room.



On the left is Jaelyn Compton, Gwyn Arnold, and Katie Gregg. In the center photo is Gwyn, Jaelyn, Katie, Payton, & Adrienne with two other volunteers.

GAPS ACTIVITIES CONTINUED

At the GAPS winter banquet, the group chose to make it a community volunteer event once again, this time supporting the Topeka Helping Hands Humane Shelter. They created handmade thank-you cards for individuals who adopt pets throughout the year

Here is everyone who came and participated: Sierra Vigneron (Event Coordinator), Kayla Beyer, Anna Lester (vice-president), Destiny Duran (President), Adrianne Davidson, Katie Gregg, Major Copeland, Sarah Sanders, Payton Rice (treasurer), Jake Andersen, Osbaldo Gonzalez-Reyes (GAPS officer), and Lorelai Buford.



Honoring the lives of the Provorse family

Written by: Jaema Bordelon, originally printed in the Washburn University Review, September 2, 2025

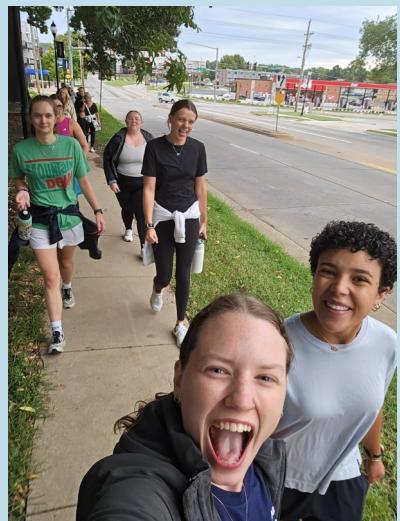
A crowd of runners gathered at Washburn University Student Recreation & Wellness Center, at 8 a.m., on September 1st to run a 5k in honor of Dave and Marcia Provorse. The Sunflower Striders, a local running club, hosted this 5k event, it was in memory of Dave and Marcia Provorse, who passed away unexpectedly, in a car crash in Dec. 2024. Tracy Wagner, Washburn associate professor of biology, is a member of the Sunflower Striders. “Because of the Provorse’s commitment to running and the community, and they had intersected with the Striders, we wanted to make this in memory of them this year,” Wagner said.

There was a scrapbook available to view containing many pictures and articles of the Provorses that demonstrated their deep commitment to running... Dave Provorse spent 34 years working for the Washburn psychology department. He and his wife, Marcia Provorse, were also big advocates of running and fitness.

Amanda Strassburg, the daughter of the Provorses said “my dad always encouraged running at a conversational pace,” and “he wanted people to stay alert and aware and connected. Although running is often seen as an independent activity, he wanted people to have a united experience.” In 1996, Dave Provorse collaborated with the Washburn physical education department to create a marathon training class, which helped students learn how to tackle long distance running. Registration for the event was free. However, any donations raised will purchase a memorial statue that will be placed on the Shunga Trail in honor of the Provorses. Remaining funds will go towards a scholarship established by the Provorses for psychology students obtaining a masters degree. Strassburg spoke to the runners at the starting line, before the event began.

“Each of you here has contributed to healing our hurt. There is power in communities united by pain and there is celebration in communities united in joy,” Strassburg said. “Together we have the capacity to heal each other’s broken hearts. By sharing our stories and supporting one another, and staying connected, we can be sure that their legacy lives on.”

Photo on the right are a few of our graduate students running in the marathon: Sierra V., Emily H., Katie G., Jaelyn C., and Major C.

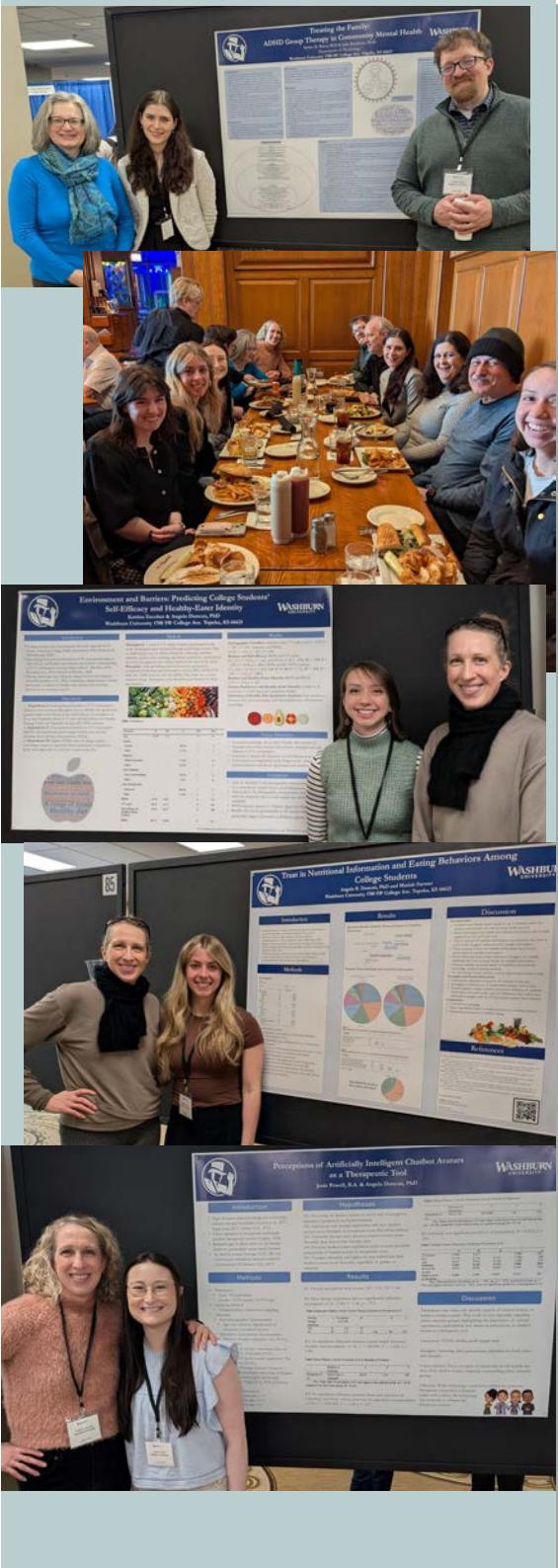


Graduating Third Years Thesis Presentations

1. Jeff Downes presented his thesis research in poster form at the American Psychological Association Convention, Seattle, WA. Downes, J. & Boydston, J. (2024, August 8-10). *Adverse Childhood Experiences (ACES) and Psychopathology in Adults Experiencing Homelessness.*
2. Katrina Escobar presented her thesis research at Midwestern Psychological Association Conference in Chicago Ill. Escobar, K. & Duncan, A. B. (2025, April). *Environment and barriers: Predicting college students' self-efficacy and healthy-eater identity.*
3. Chris Grisafe-Pont presented his EST Case Study research in an oral presentation at KUCAPS, entitled *Treating Self-Stigma Present in an Anxiety Disorder*, April 2025.
4. Emma Hamilton has submitted her Thesis manuscript for publication: Hamilton, E. & Hockett, J. M. (Under review). LGBTQ+ minority stress and community connectedness. *Psychology of Sexual Orientation and Gender Diversity*. (Research manuscript)
5. Isabella Hubbell presented her thesis research in poster form at the Annual Meeting of the Anxiety and Depression Association of America, Las Vegas, NV. Hubbell, I. & Gibson, L. (2025, April). *The Influence of Symptom Variation on Attention in Individuals with Post-Traumatic Stress Disorder.*
6. Sam Hubbell presented her thesis research at Midwestern Psychological Association Conference in Chicago Ill. Hubbell, S. & Jones, T. L. (2025, April). *Shame, parental invalidation, and borderline features in sexual/gender minorities.*
7. Ethan Nelson presented his case study in poster form at the Annual Meeting of the Anxiety and Depression Association of America, Las Vegas, NV. Nelson, E. H., & Provorse, D. L. (2025, April). *Combining self-compassion and cognitive behavioral therapy to treat persistent depressive disorder.*
8. Josie Powell presented her thesis research at Midwestern Psychological Association Conference. Powell., J. & Duncan, A. B. (2025, April). *Perceptions of artificially intelligent chatbot avatars as a therapeutic tool.*
9. Sarina Russo presented her thesis research at Midwestern Psychological Association Conference. Russo, S. & Boydston, J. (2025, April). *Treating the family: ADHD group therapy in community mental health.*
10. Brittney Stanley presented her case study in poster form at the Annual Meeting of the Anxiety and Depression Association of America, Las Vegas, NV. Stanley, B., & Turk, C. L. (2025, April). *Incorporating culture and confronting bias in the evidence-based treatment of a Black woman's social anxiety disorder. .*



The 96th Annual Meeting of the MIDWESTERN PSYCHOLOGICAL ASSOCIATION (MPA) APRIL 10-12, 2025 Chicago, IL



Dr. Jones, Dr. Duncan, and Dr. Boydston all took students to the annual Midwestern Psychological Conference held in Chicago last April.

Top Photo: Sarina Russo & Dr. Julie Boydston on the left, with their poster *Treating the family: ADHD group therapy in community mental health*, and Dr. Tucker Jones on the right.

Next photo: The group of scholars & family members had lunch at Berghoffs with the faculty.

Third photo: Katrina Escobar & Dr. Angela Duncan with their poster, *Environment and barriers: Predicting college students' self-efficacy and healthy-eater identity*.

Next photo: Dr. Duncan & Maria Farmer, with their poster, *Trust in nutrition information and eating behavior among college students*.

Bottom photo left: Jossie Powell & Dr. Angela Duncan, with their poster, *Perceptions of artificially intelligent chatbot avatars as a therapeutic tool*.

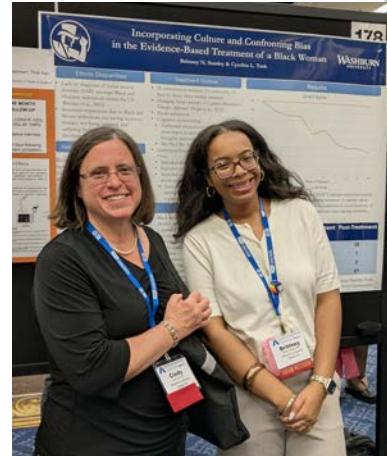
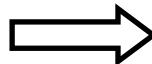
Bottom photo right: Sam Hubbell & Dr. Tucker Jones, with their poster, *Shame, parental invalidation, and borderline features in sexual/gender minorities*.



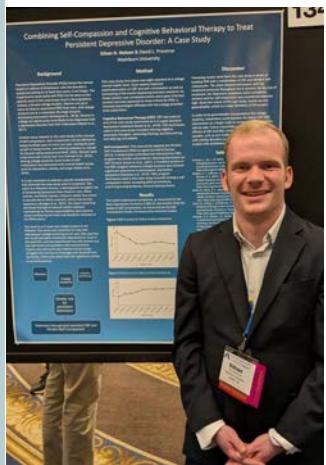
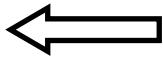
2025 Anxiety and Depression Association of America (ADAA) Annual Conference April 3- 6, 2025 Las Vegas, NV

The 2025 Anxiety and Depression Association of America conference was held in Las Vegas, Nevada this year April 3- 6 and the conference title was *Navigating the Youth Mental Health Crisis: From Science to Solutions*.

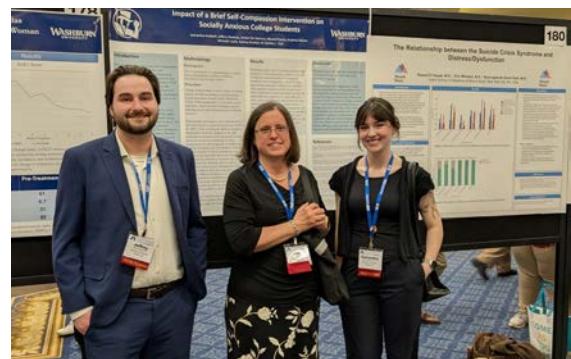
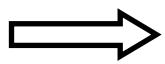
On the right is a photo of Brittney S. with Dr. Cindy Turk. and their poster, *Incorporating culture and confronting bias in the evidence-based treatment of a Black woman's social anxiety disorder*.



Ethan N. is on the left with his poster, co-authored with Dr. Provorose entitled, *Combining self-compassion and cognitive behavioral therapy to treat persistent depressive disorder: A case study*.



Next we have Sam H. and Jeff D. on the right presenting their poster with Dr. Turk. Entitled, *Impact of a brief self-compassion intervention on socially anxious college students*.

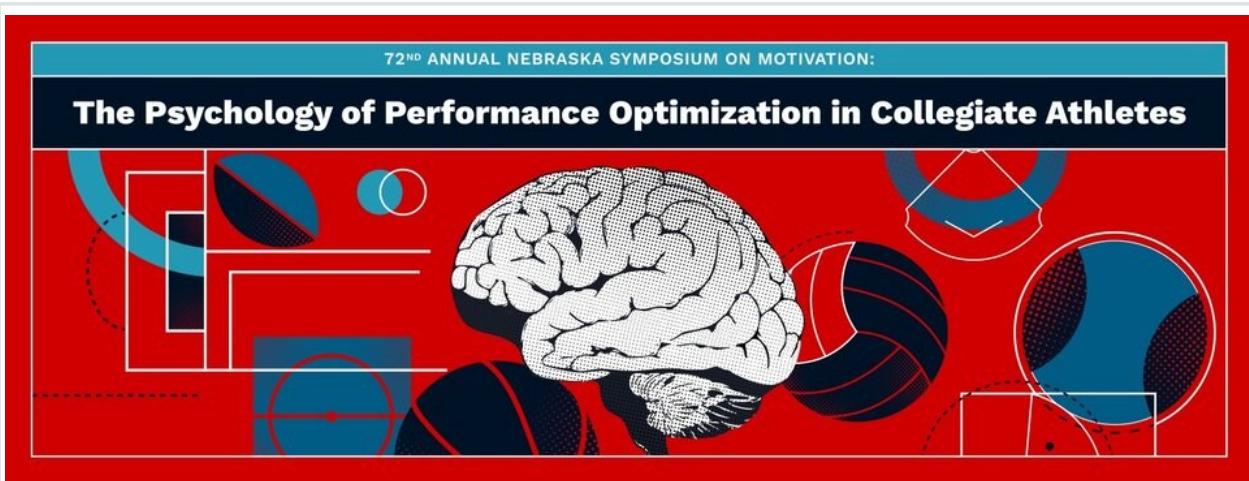


On the left is a group photo of all who traveled to Las Vegas out enjoying the sights of the city that never sleeps!!

L-R : Brittney Stanley, Isabella Hubbell, Sam Hubbell, Chris Grisafe- Pont, Jeff Downes, & Ethan Nelson. Josie Powell isn't in the photo, but she did attend the conference.

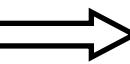


Nebraska Symposium on Motivation



Dr. Cindy Turk and 13 graduate students traveled to the University of Nebraska–Lincoln last April to attend the Nebraska Symposium on Motivation. The graduate students who attended included Emma Hamilton, Kyle Rock, Eddie Parma, Jaelyn Compton, Emily Hoopes, Gwyn Arnold, Luiz Alcantara, Anna Lester, Katie Gregg, Major Copeland, Payton Rice, Osbaldo Gonzalez-Reyes, and Sarah Sanders.

At the conference, Emma Hamilton, Kyle Rock, and Eddie Parma presented a poster titled Athlete Performance Enhancement: Group Skills Training with Female Collegiate Basketball Players, based on a group they led under the supervision of Dr. Dave Provorse (bottom photo on pg29).

After the first day of the conference, the group celebrated with dinner at Leadbelly's (top photo on pg29). There, Luiz Alcantara bravely accepted his classmates' challenge to conquer the infamous Full-Leaded Jacket—a white cheddar chili burger on a cinnamon roll bun with brown sugar glaze, candied bacon, a fried egg, tomato, red and green onion, sour cream, and fries—and emerged victorious after finishing the entire plate.  Everyone was impressed.



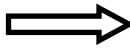
Nebraska Symposium Continued



KCKCC Student Research Conference in the Psychological Sciences

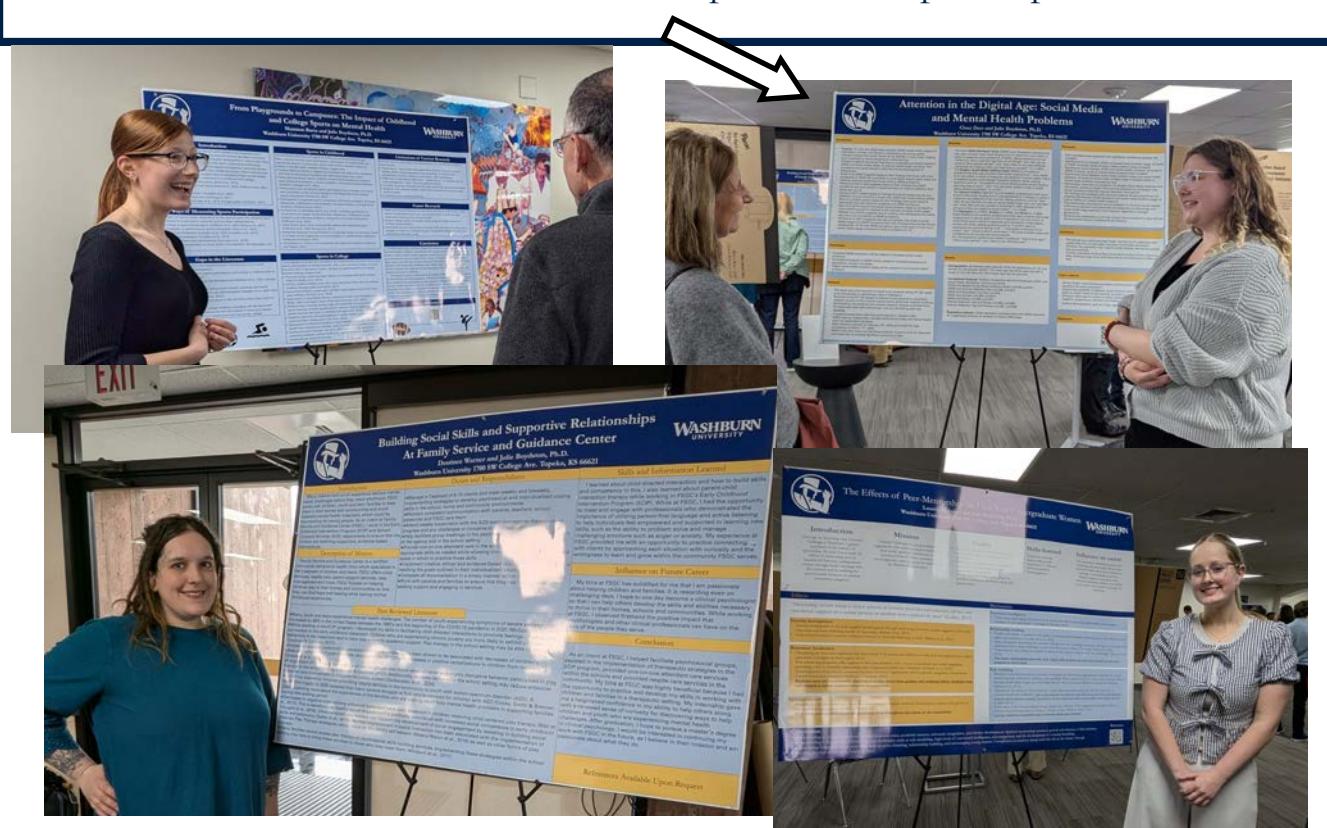
KCCC hosted one of the region's newer conferences this spring. Washburn faculty and students had a great experience, especially considering the cold, rainy weather we had last April.

Dr. Boydston attended with four student presenters, Cloee Derr, Shannon Barta, Destinee Warner, and Lauren Mehnert, who all described the conference as a valuable learning opportunity (see their photos below). Throughout the day, they explored a variety of engaging presentations, and universities from across the region who were well represented.

The group even had the chance  to meet American Psychological Association President Dr. Debra Kawahara, and get photo with her during lunch.



With more than 30 posters presented, the day concluded on a high note as Washburn's own Cloee Derr earned second place for her poster presentation.





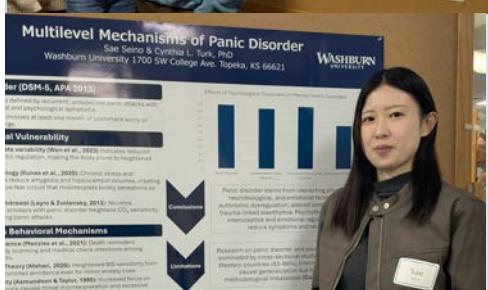
2025 DAY OF TRANSOFRMATION



The 2025 Day of Transformation took place on Thursday, November 20, from 1-3:30pm in the Plass Resources Center (the new library). Here are our Psychology students who presented their research and/or their WTE projects.



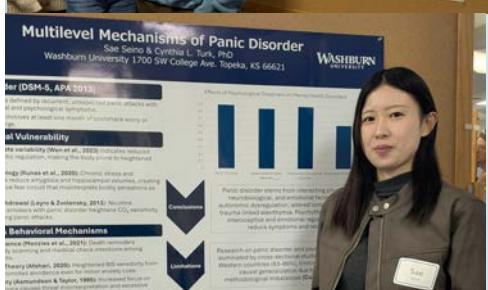
1. Gracie Watkins presented her poster & research with Dr. Julie Boydston, entitled *The Benefits of a Guidance & Counseling Program*, top left.



2. Jayce Brenner presented his poster and research with Dr. Julie Boydston, entitled *Impact of Adverse Experiences on Children as Seen Through Attendant Care Eyes*, 2nd photo on the left



3. Kendyl Simnitt presents her poster and research with Dr. Julie Boydston, entitled *Complex Trauma in Youth Assigned Female at Birth Residential Mental Health Facilities*, 3rd photo on the left.



4. Sae Seino, presented her PY 389 literature review and research on panic disorder with Dr. Cindy Turk, entitled *Multilevel Mechanisms of Panic Disorder*, 4th photo on the left.



5. Shannon Barta presented her research with Dr. Julie Boydston entitled, *The Mental Game: Sports and Mental Health in Young Adults*, and posed with her parents for the bottom left photo.

6. Taylor Unfred & Carter Johnston, both PY389 students of Dr. Boydston's, present their posters together and are photographed below on the right with their community partner, Isabella C. from the Topeka Rescue Mission.



PSYCHOLOGY ALUMNI ACCOMPLISHMENTS, NOTEABLES, AND PUBLICATIONS

- Master's Alumni, Kristin Stock, was June's Everything Woman on KSNT. It's an ongoing series where they feature rising women in leadership in the community, during the channel 27 News on the last Tuesday of each month. <https://www.ksnt.com/everythingwoman/shes-using-psychology-and-leadership-skills-for-the-greater-good/>
- MA Alumni, Aubrey Gabriel (Dauber), completed her PhD at Bowling Green State University. Aubrey Dauber, Ph.D. is now a Post-Doctoral Fellow at Clear Path CBT, <https://clearpathcbt.com/provider/aubrey-dauber-ph-d/>
- MA Alumni Jessica Barron, photographed on the right, is the owner of a new boxing gym here in Topeka. She is the daughter of a Topeka Golden Gloves coach Raul Barron and grew up in the boxing world with an impressive boxing record herself. She was featured in a news article in the Capitol Journal for her work as a boxing coach and skilled trainer. <https://www.cjonline.com/story/business/2025/09/04/jb-boxing-gym-focuses-on-discipline-and-work-ethic-for-topeka-boxers/85857829007/?tbref=hp>
- Alumni & professional football player Kyle Hinton has signed with a new team for 2025 as an offensive lineman, photos below. He has appeared in 35 NFL games since 2022 for the Minnesota Vikings and now with the Atlanta Falcons. Kyle appeared in 17 games in 2024, contributing on offense and special teams. While at WU he was a four-time all-MIAA selection on the offensive line, earning all-region honors in 2018 and 2019.

PSYCHOLOGY ALUMNI ACCOMPLISHMENTS, NOTEABLES, AND PUBLICATIONS

- Current graduate student, Kenzie Liby, worked on a grant this past summer at Kansas State, that collaborated with the computer science department at KSU. Kenzie says, “The goal of this grant is to create an AI model that is able to screen social media for drug-related behaviors. From a psychology perspective, her and her team were tasked with evaluating social media posts to create data that can then be used to train the model to know what kinds of behaviors to look for. For example, how drugs can serve as different kinds of reinforcers in behavior. We discussed current literature and differences in vocabulary to create the best possible ontology for the model to follow.” She is excited to see how the tool develops as the team reviews more and more data.
- Dr. Tucker Jones has completed the following publications in 2025: O’Dea, C. J., *Rapp, S., **Jones, T. L.**, & Saucier, D. A. (In Press). “Stand up for yourself!” Masculine honor beliefs and expectations for bullied youth. *Personality and Individual Differences*.
- Saucier, D. A., Renken, N. D., Martens, A. L., Strain, M. L., **Jones, T. L.**, & Prokhorets, S. (2025). She’s everything: Reactions to and perceptions of the Barbie (2023) movie as subversive versus disparagement humor. *Humor, Published Online*. <https://doi.org/10.1515/humor-2024-0117>
- Schiffer, A. A., England, K.D., **Jones, T. L.**, Renken, N. D. & Saucier, D. A. (In Press). “Stay in your lane!”: Student perceptions of instructors sharing personal versus professional opinions. *Journal of the Scholarship of Teaching and Learning*.
- Saucier, D. A., Renken, N. D., Schiffer, A. A., & **Jones, T. L.** (2025). What GTAs need: Implications from a survey of the goals, concerns, and questions of graduate teaching assistants. *Journal on Centers for Teaching and Learning*, 16, 141-162
- Saucier, D. A., **Jones, T. L.**, Lawless, T. J., Martens, A. L., O’Dea, C. J., Prokhorets, S., & Stratmoen, E. (2025). Using role play during teaching demonstrations to practice active learning and classroom management techniques. *College Teaching*, 73(1), 31-37. <https://doi.org/10.1080.87567555.2023.2222524>

ACCOMPLISHMENTS AND PUBLICATIONS CONTINUED...

- Dr. Jones presented a paper at MPA with his co-authors, Amanda Martens, Simpson College; Conor J. O'Dea, Butler University; Megan Strain, University of Nebraska at Kearney, entitled, *All the things, all the time: Starting a family pre-tenure*, in April, 2025. This panel discussion was a supportive space for early career professionals and new parents to ask questions related to the challenges of simultaneously starting a family and a career in academia, see the photo on the left.



- Recent Graduate Jeff Downes has since had his Master's thesis research published. Downes, J., & Smith-Boydston, J. M. (2025). *Childhood homelessness as an Adverse Childhood Experience (ACE): Adult Mental Health Outcomes*, Community Mental Health Journal, <https://doi.org/10.1007/s10597-025-01466-9>

- Adjunct Dr. Tom Stone had two papers presented at this years Administrative Sciences of Canada conference in Waterloo Ontario in mid May. Stone, T. H., Good, J., Oldfin, B., (May 2025) *Multiple Commitments and Personality Across Time*. & Samnani, A. and Stone, T. H. (May 2025) *Extending Social Capital: Developing a Theory of Social Capital and Reputation*.
- In March 2025, the Washburn University Regents voted to designate the late Dr. Dave Provorse as associate professor emeritus (posthumously). Dr. Provorse, an associate professor in the Psychology Department, taught at Washburn University for nearly 34 years. Students he trained can be found working in almost every mental health clinic in Kansas.

ACCOMPLISHMENTS AND PUBLICATIONS

CONTINUED...

- On December 3rd, the Washburn Winter Piano Salon Program featured piano solos by both Dr. Michael McGuire & Mrs. Jeannette Nobo (photo on the right) of the Psychology Department. Dr. McGuire played *Song Without Words* by J.B. Duvernoy and Jeannette played, *A Song for You* by Catherine Rollin.
- Ichabod's Speak Out, a publication Dr. Jericho Hockett was heavily involved in, was featured in the news broadcast on April 28th, for sexual assault awareness month. Entitled "Salute Our Heroes: Two Washburn professors teach a unique approach to healing." <https://www.wibw.com/2025/04/29/salute-our-heroes-two-washburn-professors-teach-unique-approach-healing/>
- One of our MA graduates, Anna Hunter, was at the annual meeting of the Anxiety and Depression Association of America this year as part of the prestigious Alies Muskin Career Development Leadership Program. She had to apply and was selected. Her award components included complimentary conference registration (a \$500 value), \$500 cash award, complimentary two year ADAA membership, a full day of small-group mentoring sessions at the annual conference, assignment of a senior mentor, recognition at the conference, case consultation session with a senior clinician from the ADAA membership. Featured profile on the ADAA website.



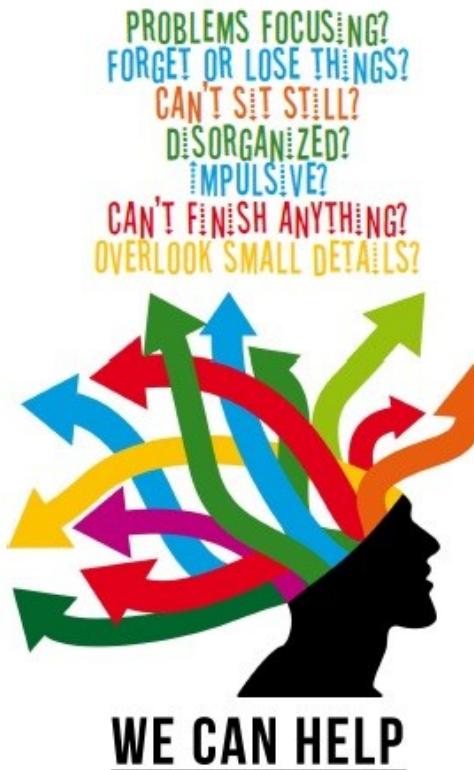
2025 Anxiety & Depression Conference ADAA 2025

April 3-5, 2025 Las Vegas, NV Youth Mental Health: Treatments that Work and Opportunities for Prevention

2025 Anxiety and Depression Conference
Alies Muskin Career Development Leadership (CDLP) Program

CDLP Clinical Awardees

Headshot	Name	Affiliation
	Jessica Badawi, MA, PhD	UTHealth Houston, TX
	Joel Dresnick, LICSW	E&R Psychology New York, NY
	Anna Hunter, MA	Kansas City Center for Anxiety Treatment Overland Park, KS
	Danielle Ibarra, PsyD	University of Miami Coral Gables, FL
	Kathy Shekhtman, PhD	NYU Langone Medical Center New York, NY
	Elyse Stewart, PhD	New England Center for OCD & Anxiety Melrose, MA
	Sarah Sullivan, MS	Graduate Center, City University of New York New York, NY



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