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## Direct from the DCT



**Dr. Vicky Phares with Alum Dr. Julie Reich (far left) and Former Clinic Director Dr. Maria dePerczel Goodwin**

Greetings from USF! Well, actually, greetings from the paintball field at which I am writing this note (because doesn't every peace-loving, non-violent, hippy momma have a 13-year-old-son who is obsessed with paintball?!). Anyway, given that the title of this article is "Direct From the DCT," I should let you know that I am in my final year as DCT (applause, applause and sniff, sniff). I have been wanting to spread the joy of the DCT-role for many years and we were lucky enough to hold a national search for a new faculty member to take over this important role.

We were extremely lucky to hire Dr. Edelyn Verona, who will take over as the Director of Clinical Training at USF in August of 2014. As you will see from the interview later in this newsletter, Edelyn is a superb scholar, a wonderfully thoughtful administrator, and a terrific mom. Talk about work/family balance—she can do it all!

Edelyn and I will be working together with our faculty, students, and staff to make the transition as seamless as possible. Happily, I will remain very involved with our current graduate students as well as our alumni and I may just appoint myself Czarina of Alumni (or some such title). Since joining the faculty in 1992, I made it a point to get to know all of our students and I'm pretty sure that I could still pick you out of a line-up (although why you would be in a line-up is another question). Anyway, I am looking forward to continuing to serve our terrific program in any and all possible ways.

And speaking of our terrific program, sit back and enjoy this newsletter—with stories from the past, the present, and the future. From the past, you'll get to hear about the first year that we recruited graduate students (that would be 1971 in case you're keeping track). For the present, you'll hear from Dr. Jack Darkes on the state of our clinic, and you'll hear from Dr. Jon Rottenberg about an exciting new anti-sigma campaign that he is spearheading. And for the future, you'll hear from some of our first year students who interviewed Dr. Edelyn Verona. In addition, nearly 40 of our alumni have contributed to this newsletter in one way or another and I am so very grateful to have you all representing our beloved program. USF Clinical rocks!



**Vicky Phares, Director of Clinical Training**

**Vicky with 13-year-old man-child, Carson**

**Come  
out of  
the dark**



## Helping Our Community, One Wristband At A Time

by Jon Rottenberg, Ph.D.; Associate Professor

This past month, I started a depression anti-stigma campaign called Come Out of the Dark (and got a bit more than I bargained for). I started the campaign for two reasons. In a message to the clinical area, I noted that as a non-clinician on a clinical faculty for years I felt guilty about doing depression research but not "really helping" any one. And I was also hoping that an anti-stigma campaign would tie into my book about depression, called THE DEPTHS, which is mostly science, but also part advocacy (due for release February, 2014). So about a month ago, as part of the campaign, I had the idea for a depression wristband, akin to the Livestrong wristband for cancer, in that it sends a positive message about the condition. The bands are glow in the dark and they are printed with the phrase COME OUT OF THE DARK. I made an offer on my Facebook author page that I would give away a wristband to anyone who would be willing to send a picture of themselves wearing it. After a tepid initial response, thousands of responses came flooding in from around the world. These included requests from parents for their depressed children. From people who lost loved ones to suicide. From teachers for their classrooms. From therapists for their patients. From counselors for their support groups. And from many individuals who have been touched personally by depression, both those who have conquered depression and those who are still struggling. The slogan, which has several possible meanings, may explain the appeal of the campaign.

- \* Let's end society's ignorance about depression.
- \* Let's support depressed people so they get well and stay well.
- \* Let's create an environment where people can speak freely about depression and no one feels compelled to conceal their pain.

So as the requests piled up, I bought thousands more wristbands and enlisted friends, family, students, and total strangers in an effort to respond to the messages and prepare a mailing. The clinical area has rallied and caught wristband fever, donating several hundred dollars in postage. Many are sporting wristbands in support of the campaign. A mailing party was held at the Rottenberg residence on September 27th.

Best wishes to all who are able to come out of the dark.

For a gallery of photos from the clinical area, see:

<https://www.facebook.com/media/set/?set=a.656657674358028.1073741836.624509620906167&type=1&notif t=like>

To see the wristbands in action:

<https://www.facebook.com/media/set/?set=a.641798339177295.1073741832.624509620906167&type=3>

If you want to donate to the Come-Out-of-the-Dark-Campaign, please send a check to Dr. Jon Rottenberg; USF; 4202 E. Fowler Avenue, PCD 4118G, Tampa, FL 33620



**Dr. Jon Rottenberg (center) and his students fighting stigma against depression**



## Family Focus

Our “Family Focus” section is usually based on happy news, but sadly, we have lost a number of good souls from our USF psychology family since our last clinical newsletter.

Dr. Charlie Spielberger  
(1927-2013)

Dr. Miles Hardy  
(1926-2013)

Dr. Jim Jenkins  
(1923-2012)

May they rest in peace.

# NITOP: Another Great Reason to Visit the Tampa Bay Area

Do you love to teach? Do you dream about being on a warm beach in early January? Do you wish you had a reason to visit the Tampa Bay area and possibly have your employer pay for it (or at least write off the trip as a business expense)? Well, then the National Institute on the Teaching of Psychology (NITOP) is just for you!

Since 1978, NITOP has been holding a wonderful conference that celebrates all aspects of teaching. In recent years, the conference has been held each January in St. Pete Beach and has had strong involvement by a number of USF faculty and graduate students. Co-sponsored by the Association for Psychological Science, the USF Department of Psychology, and the Society for the Teaching of Psychology, NITOP is a terrific conference where teachers of psychology get to learn from each other. Also, our graduate students routinely volunteer at NITOP and get to stay at the beach for free!

Dr. Jane Noll (USF Psychology Cognitive/Neuroscience Alum, 1999, and current USF Director of Introductory Psychology) is now a member of the NITOP Program Committee. She stated, “NITOP has been a fun time for USF grad students and faculty. Not only does it provide some time at the beach, but NITOP is small and intimate, compared to many conferences we go to. At NITOP you can chat with respected researchers and authors, and the whole conference is geared toward innovative and effective teaching strategies.” I should add that our own Dr. Doug Bernstein (USF Courtesy Professor of Psychology and Professor Emeritus at the University of Illinois) has been extensively involved in the leadership of NITOP for 35 years and just recently stepped down as Chair of NITOP—so he’ll be even more available to hang out with at NITOP this upcoming year.

In 2014, NITOP will be held from January 3<sup>rd</sup> to 6<sup>th</sup> at the Tradewinds Island Grand Hotel. For more information, check out their website: [www.nitop.org](http://www.nitop.org). We hope to see you there!

Dr. Jane Noll (left) at NITOP with recent alumni Dr. Meredith Elzy and Dr. Ross Krawczyk



## Welcome to our Baby Bulls (Entering Class of 2013)!!

<u>Name</u>	<u>Advisor</u>	<u>Undergraduate Institution</u>
Elysse Arnold	Thompson/Storch	University of South Florida
Ena Begovic	Rottenberg	Eckerd College
Melanie Bozzay	Karver	George Mason University
Lex Cowden Hindash	Rottenberg	U of Colorado, Boulder
Ashely Nelson	Jacobsen	San Diego State University (Masters)
Kim O'Leary	Rottenberg	U of Wisconsin, Madison
Luis Ordaz	Thompson	Bradley University
		University of South Florida

## Congratulations to our Internship Class of 2013/2014!!

Bryan Heckman	Charleston Consortium (formerly MUSC)
Heather McGinty	University of Florida Health Sciences Center
Beth Morris	University of Oklahoma Health Sciences Center
Jennifer Park	Mass General Hospital/Harvard Medical School
John Ray	St. Louis VA Medical Center
Heather Smith-Schrandt	James A. Haley Veterans Administration Hospital (Tampa)

## Congratulations to our Recent (and Soon-To-Be) Graduates Who All Landed Fantastic Positions!!

Yasmin Asvat	Postdoctoral Fellow at Rush University Medical School
Ty Brumback	Postdoctoral Fellow at the University of California, San Diego
Meredith Elzy	Assistant Professor at the University of South Carolina, Aiken
Brian Gonzalez	Postdoctoral Fellow at the Moffitt Cancer Center
Ross Krawczyk	Assistant Professor at the College of St. Rose
Christa Labouliere	Postdoctoral Fellow at Columbia University
Jessie Menzel	Postdoctoral Fellow at the University of California, San Diego
Kristi White	Postdoctoral Fellow at the University of Minnesota School of Medicine

## What's Up in the Clinic?

by Jack Darkes, Ph.D.; Clinic Director;  
USF Psychological Services Center

**Clinic Director and USF Alum, Dr. Jack Darkes with Clinic Assistant Directors Rheanna Ata (left) and Megan McMurray**



Things continue to move right along in the USF Psychological Services Center. We are fortunate to have two outstanding Clinic Assistant Directors this year - Rheanna Ata and Megan McMurray –and are happy to be welcoming our new group of therapists into the clinic. Welcome!

We had a great time showing off the ongoing clinic beautification efforts in August when the clinic hosted the celebration for our summer clinical psychology graduates (Dr. Yasmin Asvat, Dr. Meredith Elzy, Dr. Brian Gonzalez, Dr. Ross Krawczyk, Dr. Christa Labouliere, and Dr. Kristi White). All of our efforts have been supported by our generous students and alumni and are greatly appreciated. The efforts to create a comfortable and hospitable place for both clinicians and clients continue. As the Fall term began, we went online with phase one of our upgrades to the clinic video system. For those who remember the old VHS tape-based system that was old before it was new, you should see the new DVD recorder system we have connected to 7 of the 12 assessment/therapy rooms. It is a much more reliable and higher quality system. This process continues as well, as we hope that soon we will be able to move the last rooms on to that system over the coming semester break.

In other news, as some of our supervisors move on, we have fortunately persuaded some of our own exceptional alumni to join us as supervisors. Dr. Steffanie Sperry has agreed to supervise the WELLNESS group and Dr. Lora (Azzarello) Thompson has taken on a supervision group as well. We are happy to have both on board with us in the clinic. They join a wonderful group of alumni who serve as adjunct supervisors; Dr. Monica Epstein, Dr. Holly Steele, and Dr. Katurah Jenkins-Hall. Oh, and one who serves as the Clinic Director.

The clinic remains a busy place as we work to create as many interesting and challenging training opportunities as we can. Our efforts to become more involved in Veteran's services and issues on campus continue. We continue to provide assessment services to children (e.g., gifted, learning disorders, ADHD) although our adult assessment services are on hold while Dr. Cimino is on medical leave. Our therapy services for general adult issues, as well as Eating disorder/body image -related, trauma-related and substance-related specialty services are still going strong, as is our group therapy program, which offers both Insomnia treatment and Weight Management across the course of the year.

As always, our work and success are a team effort, with students, staff, faculty and alumni all working together to make the clinic a pleasant environment in which to learn the science of doing therapy and assessment. We love to have company and to show our friends how the clinic has grown and changed over the years, so if you are ever in the neighborhood, please feel free to let us know. We'd love to show you around.

## Clinical Alumni Award for Citizenship

In 2004, a group of our awesome alumni began the Clinical Alumni Award for Citizenship, which honors a current graduate student who has shown particularly impressive “citizenship” behaviors in the previous year. Borrowing from the Industrial/Organizational literature, the term “citizenship” refers to individuals who go above and beyond the call of duty and who give back to the program selflessly.

### Previous Winners of the Clinical Alumni Award for Citizenship

2005: Demy Kamboukos and Elena Lopez

2006: Qutayba "Q" Abdullatif

2007: Susan Himes

2008: London Butterfield, Ty Brumback, and John Ray

2009: Lindsay Brauer

2010: Christa Labouliere and Ariz Rojas

2011: Jason Chen

2012: Yasmin Asvat and Kristi White



**John Correa running the raffle**

For 2013, we are thrilled to announce that John Correa was selected unanimously for the Clinical Alumni Award for Citizenship. John single-handedly ran a community-wide raffle (with great prizes, like free-passes to Busch Gardens, the Glazer Children's museum, the Columbia Restaurant, tickets to Tampa Bay Rays games, movie tickets, and many more fun items). He raised nearly \$800, all of which goes to graduate students' travel to professional conferences where they present their latest research findings. In addition to running this raffle, John has given selflessly of his time, including helping provide food and beverages for the clinical brown bag series in his first year, helping coordinate the speakers for the clinical brown bag series in his second year, serving on the Development Steering Committee, helping with admissions open houses, helping with the graduate teaching assistant (GTA) training, helping with the annual giving tree event for survivors of torture, and helping with a number of diversity and cultural events. John is the epitome of a good citizen of the department. Way to go, John, and thank you!

## SNEAK PEAK

With the recent retirement of Dr. Bill Kinder and the upcoming retirements of Dr. Ellis Gesten and Dr. Bill Sacco in 2014, plus the fact that more and more alumni are sharing their exciting news about retirement—we thought that it was high time that we discussed retirement in our newsletter. So, stay tuned for an upcoming newsletter story on ways to enjoy retirement. For now, here is a link to the AARP website, where there are lots of retirement resources including an interesting “life re-imagined” section: <http://www.aarp.org/>

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### USF-West Campus

For many years, USF-Tampa has sent some of our best interns and alumni out to San Diego. As a native of San Diego myself, I can attest to the similarities between these two great cities (superb beaches, great outdoor living 12-months a year, healthy lifestyles, terrific cultural events, amazing diversity, wonderful universities, etc.). Plus—there’s no humidity or mosquitos in San Diego! In fact, we are thinking of starting up a USF–West Campus out there.

Here are just a few of our recent alumni who have traveled through San Diego for their training, many of whom now call it home.

- Greg Aarons, Ph.D.
- Q Abdulatif, Ph.D.
- Nicole Bekman, Ph.D.
- Ty Brumback, Ph.D.
- Inna Fishman, Ph.D.
- Amy Green, Ph.D.
- Sheri (Jacobs) Hartman, Ph.D.
- Michael Hunt, Ph.D.
- Jessie Menzel, Ph.D.
- Kristi Wells, Ph.D.

Of course, we could say the same for new USF campuses in Chicago, New York, Boston, and many other locales—so be on the look-out for those USF Bulls. We’re everywhere!

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### Here are a Few of the Current Sites For Students’ Research and Clinical Training Activities:

- USF Psychological Services Center
- Moffitt Cancer Center
- James A. Haley Veteran’s Administration Hospital (Tampa)
- Bay Pines Veteran’s Administration Hospital (St. Pete)
- Rothman Center for Neuropsychiatry
- USF Counseling Center
- USF Pediatrics
- USF Neurology
- Children’s Home
- Manatee Glens Hospital
- Hillsborough County School District
- USF Student Disability Services
- USF Mental Health, Law, and Policy (at FMHI)
- USF College of Behavioral and Community Sciences
- USF Interdisciplinary Center for Evaluation and Intervention

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### Book-Club Anyone? Trivia Night Anyone? Creative CEUs Anyone?

We are trying to get creative with our offerings of continuing education units (while still following the Florida Board of Psychology rules!). As you likely know, we have a clinical brown bag series that runs every first and third Friday of the month from noon-1:00 in PCD 1134. See the USF Psychology Department Calendar for the slate of speakers (where you can earn free CEUs):

<http://psychology.usf.edu/events.aspx>

We are also thinking about trying a few other fun ways to earn CEUs. For example, we might start a book-club, where the group would read a psychology-related memoir and then discuss it at a pre-determined meeting at USF. Or we might hold a few psychology trivia nights where teams could compete for small prizes by showing their knowledge of psychology-related topics (that would, of course, provide the “enhancement of psychological skills or knowledge” per Florida Board of Psychology 64B19-13.004).

Interested? Contact Vicky: [phares@usf.edu](mailto:phares@usf.edu)



## Introducing Dr. Edelyn Verona— Our New DCT in August, 2014

By Elysse Arnold, Kim O'Leary, and Ashley Nelson (First Years, Clinical)



Dr. Edelyn Verona and her family (from left to right):  
Molly, Ken, Hector, and Edelyn

**Professional Background:** Dr. Edelyn Verona will be returning to her home state when she begins as our new director of clinical training. Originally from Miami, Edelyn did her undergraduate work at the University of Miami and attended graduate school at Florida State University. After completing internship, she landed a faculty position at Kent State University. Currently, she is a faculty member at the University of Illinois.

**Personal Background:** Edelyn works hard to keep that work-life balance...well...balanced. Her advice involves staying organized and planning ahead. For the most part, her work is kept at work and her time at home is spent with her family. In her down time, Edelyn spends time with her 1 ½ year-old son and her partner. She advocates walking-friendly activities and is a history lover who enjoys reading non-fiction history books.

**Research Interests:** Edelyn noted that a big shift she has seen during her career is the push toward biological measurement of psychological phenomena. And more specifically, there has been an emphasis upon a multi-disciplinary approach. Edelyn incorporates this approach into her research which aims to establish biopsychosocial models of psychopathology, particularly externalizing behavior and psychopathy.

**Transitioning to USF:** Professionally, Edelyn expressed excitement regarding her new role at USF. She feels ready to take on a more active leadership role and thrives in administrative work. More than this, Edelyn wants the program to continue to produce equipped psychologists who bridge the gap between research and practice. The challenges she described were balancing DCT duties with her research and replacing Vicky, who is "a hard act to follow."

**Advice for Students:** Edelyn described her graduate school experience as formative. Exciting, but also a time of self-doubt. She got through it by working hard and proving herself. She also received support from a senior graduate student who acted as a mentor and a teacher. Although grad school started with self-doubt, Edelyn's hard work paid off and she felt well-equipped for a faculty position. Her advice involves pushing away that self-doubt, seeking out support, and working hard yet efficiently.

**Advice for Alumni:** Edelyn pointed to funding as a big issue for researchers. It impacts if and when you can take students and what kind of research you can conduct. In order to combat the decrease in funding, Edelyn suggests a multi-disciplinary, collaborative approach as a potential solution.

**Final Thought:** As a director of clinical training, Dr. Edelyn Verona will have a lot to juggle. From the successes of her past, it seems clear that she is ready to take on the new challenge and help improve USF. Whether it is maintaining work-life balance, pioneering new research, or reaching across domains for collaboration, Edelyn will undoubtedly take on this new role with hard work and elegance. Welcome to USF, Edelyn, we look forward to meeting you and to getting to know you better.

## Clinic Re-Opening and Graduation Celebration

On August 10, 2013, we held a clinic re-opening and summer graduation celebration. The graduation celebration is self-explanatory (congratulations graduates!), but the re-opening was related to our recent efforts to improve the atmospherics of the clinic (like getting artwork on the walls after a mere 12 years in the building). Much of the clinic artwork was created by our current graduate students (including some wonderful photographers and painters!). For the celebration, over 70 graduate students, faculty, alumni, faculty, family members, and friends of the program attended. It was a blast! Here are some photos to enjoy (and make sure to check out the great artwork behind the smiling faces).



Earn a Ph.D.—get a cake!



Dr. Vicky Phares, Dr. Yasmin Asvat, Dr. Christa Labouliere, and soon-to-be Dr. Natasha Burke



Dr. Maria dePerczel Goodwin and Dr. James Epps



Dr. Marc Karver with recent alumni: Dr. Meredith Elzy (left) and Dr. Christa Labouliere



Alum, Dr. Julie Reich (center) with Ms. Eileen Sacco and Dr. Bill Sacco

## Treatments and Relationships That Work

In the past few decades, there has been an explosion of research on treatments that work and therapeutic relationships that work. Multiple APA Task Forces and other national and international efforts have been launched to identify the most efficacious assessments and treatments and then to figure out how to disseminate the results to the professional community for wide implementation of these evidence-based practices. Here are a few highlights from these research initiatives:

### **Treatments That Work For Adults (“Strong Research Support”)**

#### Psychological Treatment

Acceptance and Commitment Therapy  
Behavior Therapy/Behavioral Activation  
Behavioral Couples Therapy  
Cognitive Behavioral Therapy

Cognitive Therapy

Dialectical Behavior Therapy  
Exposure and Response Prevention  
Interpersonal Therapy

Motivational Interviewing  
    Motivational Enhancement Therapy (MET)  
    MET plus CBT  
Problem Solving Therapy  
Prolonged Exposure

#### Diagnosis or Clinical Problem

Chronic Pain  
Depression  
Alcohol Use Disorders  
Binge Eating Disorder  
Bulimia Nervosa  
Depression  
Generalized Anxiety Disorder  
Panic Disorder  
Social Phobia/Public Speaking  
Depression  
Obsessive-Compulsive Disorder  
Borderline Personality Disorder  
Obsessive-Compulsive Disorder  
Depression  
Bulimia Nervosa  
Substance and Alcohol Use Disorders  
  
Depression  
Posttraumatic Stress Disorder

### **Treatments That Work For Children and Adolescents (“Well-Established”)**

#### Psychological Treatment

Behavior Therapy (Lovaas Method)  
Behavioral Classroom Management  
Behavioral Parent Management Training  
  
Behavioral Parent Training  
Behavioral Peer Interventions  
Family Therapy (Multidimensional; Functional)  
  
Interpersonal Therapy  
Cognitive Behavioral Therapy  
Cognitive Behavioral Therapy (Group)  
Cognitive Behavioral Therapy  
    (Trauma Focused CBT)

#### Diagnosis or Clinical Problem

Autism Spectrum Disorder  
Attention Deficit/Hyperactivity Disorder  
Oppositional Defiant Disorder/  
    Conduct Disorder  
Attention Deficit/Hyperactivity Disorder  
Attention Deficit/Hyperactivity Disorder  
Anorexia (Adolescents)  
Substance Use Disorders (Adolescents)  
Depression (Adolescents)  
Depression  
Substance Use Disorders (Adolescents)  
Posttraumatic Stress Disorder

Treatments and Relationships That Work, cont.

### **Relationships That Work**

Factors that are “demonstrably effective”

Higher levels of empathy

Collecting client feedback

Factors that are “probably effective”

Positive regard toward the client

Strong goal consensus with the client

A sense of collaboration with the client

For more information and additional training resources in these techniques, check out:

<http://www.psychologicaltreatments.org/>

<http://effectivechildtherapy.com/>

Norcross, J. C. (Ed.) (2011). *Psychotherapy relationships that work: Evidence-based responsiveness (2<sup>nd</sup> ed.)*. New York: Oxford University Press.

We are excited to announce our new Clinical Psychology Alumni Society!

**Check us out on the web:**

<http://usfalumni.org/s/861/internal.aspx?sid=861&qid=1&pgid=2756&sparam=clinical%20psych&scoid=0>



Demy Kamboukos, Ph.D. – Chair

Julie Reich, Ph.D. – Vice Chair

Ariz Rojas, Ph.D. – Communications Chair

Lora Thompson, Ph.D. – Treasurer

Monica Epstein, Ph.D. – Special Events Chair

Vicky Phares, Ph.D. – Faculty Chair

You are welcome to join the university-wide USF Alumni Association for a modest price (usfalumni.org), but even if you're not a member—you're welcome to become involved in the Clinical Psychology Alumni Society at no cost. Just let us know of your interest:

[usfclinpsychalumni@gmail.com](mailto:usfclinpsychalumni@gmail.com)

How can we serve you better? Thanks to everyone who has already completed the brief survey that asks how we can serve you better. If you haven't completed the survey yet, please consider doing so (it's only 5 questions!!): <http://www.surveymonkey.com/s/TZNTVVS>

Thanks team!



## Alumni Updates

### Entering Class of 1973

#### David E. Anderson, Ph.D.

[anderzona@comcast.net](mailto:anderzona@comcast.net)

I am currently the Manager of Behavioral Health Services at Palo Verde Hospital, a 48-bed inpatient psychiatric hospital in Tucson, AZ., presumably and hopefully the last position before retirement in just a few years. I've been in academia and private practice, but my career has mostly been in hospital management. I am grateful to my training at USF those many years ago for giving me the skills to maneuver through all the twists and turns of health care in general, and the ever-changing and challenging world of behavioral health in particular. I'm a single guy these days, and very proud of my 21-year old daughter who is at the University of Arizona majoring in, what else?, psychology!

#### Stevan E. Hobfoll, Ph.D.

[Stevan\\_Hobfoll@Rush.edu](mailto:Stevan_Hobfoll@Rush.edu)

I am the Judd and Marjorie Weinberg Presidential Professor and Chair of Behavioral Sciences at Rush University Medical Center. I continue to work on stress and trauma impacting inner-city women and in mass casualty situations in the Middle East. Married 36 years to Ivonne (also a psychologist) and enjoying empty nest in Chicago. Sailing my sloop Blue Dragon whenever I can.

### 1974

#### Suzanne K. Zoss, Ph.D. (AKA Kathy, formerly Hernandez)

[skzoss21943@gmail.com](mailto:skzoss21943@gmail.com)

I am now retired and living in Fort Myers.

### 1975

#### Bob Moverman, Ph.D.

[bmoveyman@gmail.com](mailto:bmoveyman@gmail.com)

I've been working over 25 years now in a neuro-rehab setting but doing a variety of general clinical work. Psychology has been very good to me as a career. I have 3 daughters who are now grown and out the door (college, grad school, working) and a wife that continues to be by my side. Still in touch with a few folks from USF and that's very good too!

#### David Wolfe, Ph.D.

[david.wolfe@camh.ca](mailto:david.wolfe@camh.ca)

I head a small research centre affiliated with the Centre for Addiction and Mental Health (CAMH) and the University of Toronto. I am fortunate to be able to devote my time almost entirely to prevention programming, primarily involving schools. I have three great kids (adults, really) involved in law, journalism, and environmental studies, and we spend time together at our cottage in Muskoka Ontario (google it!).

### 1976

#### Joe Denicola, Ph.D.

[denicolajoe@yahoo.com](mailto:denicolajoe@yahoo.com)

#### Ted Ines, Ph.D.

[theodore.ines@va.gov](mailto:theodore.ines@va.gov) or [tedines@aol.com](mailto:tedines@aol.com)

I live in Clifton Park, NY with my wife and 3 children, ages 10, 12, and 15. I currently work at the Albany VA hospital as psychologist and Health Behavior Coordinator, with clinical responsibilities focused on health promotion, wellness, and prevention programs for the entire upstate NY catchment area.

#### Nancy Pape, Ph.D.

[npape@tampabay.rr.com](mailto:npape@tampabay.rr.com)

#### Elisabeth "Beth" Reading, Ph.D.

(813) 404-8939

[ereadingphd@verizon.net](mailto:ereadingphd@verizon.net)

I'm in practice in 2 locations in Tampa (North: 17427 Bridge Hill Court, Suite L, 33647; South: 508 South Habana Avenue, Suite 390, 33609) and see clients across the developmental spectrum. And since I've been at this awhile, I am available for consultation and/or supervision as well. I have 2 older grandchildren in college (wow!) and 2 younger grandchildren who are in Baltimore these days (the loves of my life)! My husband and I are happy to be back in Tampa, after a hiatus in Panama City Beach for a few years. We love the arts community here and support the Florida Orchestra, Stageworks Theatre, and the Straz. I continue to love reading and gardening and I'm learning to love walking and swimming as my knees can't handle tennis anymore. My husband is still actively playing tennis and continues to read extensively and write scholarly works (not bestsellers). We are enjoying having the time to travel (off to Spain next week) and just do whatever we like. I would love to hear from old friends.

#### Steve Walfish, Ph.D.

[psychpubs@aol.com](mailto:psychpubs@aol.com)

I have a busy practice in Atlanta. Lisa Grosman and I will have our edited book, *Translating Psychological Research into Practice* published next month by Springer. Dave Barlow did the Foreword with many USF connections as contributors.

### 1977

#### Joe Sclafani, Ph.D.

[jsclafani@ut.edu](mailto:jsclafani@ut.edu); on LinkedIn

I stepped down from administration (voluntarily!) after serving as a dean (twice) and associate provost. Now teaching clinical courses and love seeing students get engaged. I am now Director of the SACS Reaffirmation Project at the University of Tampa so I have no free time.

# Alumni Updates

## **Rick Weinberg, Ph.D.**

[weinberg@usf.edu](mailto:weinberg@usf.edu)

I recently developed a new course for USF World. The course, Intimate Relationships, was taught in Florence, Italy to 34 USF and UF students in May and June. My wife and I had a fantastic six weeks in Florence. All three of our kids managed to get over for part of the time as well. During the academic year I continue teaching Family Therapy, Couples Therapy, and Medical Family Therapy; and an undergraduate course, Behavioral Health and the Family; along with 2 days/week in private practice. Also have a chapter on Family Therapy with Families who have Adolescents with Conduct Disorder, in Steve Walfish's latest book.

## **1978**

### **Tom Clark, Ph.D.**

[thomas.lyon.clark@gmail.com](mailto:thomas.lyon.clark@gmail.com)

Tallahassee continues to be so good to us! Our door is open to you if you're ever here on business or passing through.

## **1979**

### **Deborah Graves McFarlane, Ph.D.**

[dgmcfarlane@gmail.com](mailto:dgmcfarlane@gmail.com)

Shareholder/Licensed Psychologist  
HRC Behavioral Health and Psychiatry, PA  
Offices in Chapel Hill and Raleigh, North Carolina  
Joined HRC, formerly Human Resource Consultants, in 1997

## **1980**

### **Richard Schulman, Ph.D.**

[dr.richardschulman@yahoo.com](mailto:dr.richardschulman@yahoo.com)

[www.2Transformation.com](http://www.2Transformation.com)

[www.dr-richardschulman.com](http://www.dr-richardschulman.com)

I'm in private practice in Sarasota and work at times with a body therapist, specializing in trauma release. My older son, Jonathan, earned an M.A. in Forensic Psychology and works for a Crisis Team in Boston, MA. My younger son, Daniel, is in high school here in Sarasota. I am currently co-teaching a free course for the Recovery community in Sarasota titled, "Life Skills and Recovery. I am learning the intricacies of recording, mixing and mastering my own songs via the Logic Pro digital audio workshop and while it's a bit like learning how to fly the space shuttle, the process brings me much joy.

## **1984**

### **Julie Hotard, Ph.D.**

[jhotard@hotmail.com](mailto:jhotard@hotmail.com)

## **1985**

### **Lynda Scaff-McIver, Ph.D.**

[lscaffmciver@gmail.com](mailto:lscaffmciver@gmail.com)

Office: 813-839-2288

I'm enjoying my private practice in S. Tampa (2510 S. MacDill Ave, Ste B 33629). Will soon complete my training as a psychoanalyst at the International Institute for Psychoanalytic Training in Washington, DC.

## **1986**

### **John Steven Shealy, Ph.D.**

[John@BeMindful.org](mailto:John@BeMindful.org)

I'm recently back from 4 years in the developing world - Peru/Ecuador then Swaziland, Africa as a Peace Corps volunteer then Thailand/Cambodia/Laos. It was a great adventure! (link to photos/stories at [www.bemindful.org](http://www.bemindful.org)) My wife, Jordan, and I are now settled in Louisville where I am offering MBSR programs and building a part-time private practice. While still re-integrating into America, I'm enjoying our little 70-year-old home, our organic garden and gathering up some really neat tools for making sawdust and generally getting geared up for this next phase of life.

## **1987**

### **B. Christopher Frueh, Ph.D.**

[frueh@hawaii.edu](mailto:frueh@hawaii.edu)

In addition to my work at the University of Hawaii, I am entering my sixth year of directing the research programs at The Menninger Clinic in Houston. Also, writing as Christopher Bartley, I recently published a series of historical noir crime novels set in the 1930s with a small UK press. "They Die Alone" and "Sleep Not, My Child" are available in paperback.

## **1988**

### **Marlene R. Bloom, Ph.D.**

[marlenebloom@hotmail.com](mailto:marlenebloom@hotmail.com)

After 14 wonderful years at The Children's Home, Inc., it was time to move on. I resigned in December and am now working primarily in my private practice in South Tampa. I am seeing children and families, providing therapy and assessment. I also do a great deal of work for Eckerd Community Alternatives, the agency that manages the county's foster care system. For Eckerd, I do assessments focused on individual child needs and complex long-term planning issues - very interesting and rewarding work, which keeps me connected to the child welfare system. Last, I work for a local preschool, providing child consultations and teacher training -also really enjoyable work. On a personal note, we just sent our first child to college!

## **1989**

### **Stacey Tantleff Dunn, Ph.D.**

[Stacey.Dunn@ucf.edu](mailto:Stacey.Dunn@ucf.edu) (work);

[drstdunn@gmail.com](mailto:drstdunn@gmail.com) (personal)

I am now the Director of the UCF Clinical Psychology MA program. Our program just moved to a fantastic new facility on our UCF Sanford/Lake Mary campus and we are enjoying a great deal of support from our department and the university. There are very few Clinical Psych Master's program left, but we are going strong. I also have a small private practice in Winter Park where I specialize in working with couples. Mike is still on the faculty of the doctoral program at UCF. His email is michael.dunn@ucf.edu. Our girls are now 14 (Nickie) and 9 (Cassidy) and doing well. We are so grateful.

## Alumni Updates

### Erik Fisher, Ph.D.

[DrE@DrEPresents.com](mailto:DrE@DrEPresents.com)  
 website: DrEPresents.com email:  
 Twitter: Dctre Facebook:  
<https://www.facebook.com/DrEakaDrErikFisher> YouTube:  
[www.youtube.com/drerikfisher](http://www.youtube.com/drerikfisher)  
 I have had the most abundant fortune of having a wonderful wife and daughter, and in my career have had the pleasure of working with a diverse clientele and seeing them grow, as well as myself. Over the past decade, I have had the honor of becoming a trusted source for on-air commentary and analysis for CNN, HLN, CNN-I, FOX... on breaking news stories and am working toward full-time work in the industry. I have two published books and a children's book series for which I am seeking publication and animation contracts.

### Dennis Kramer, Ph.D.

[dkramer@drdkramer.com](mailto:dkramer@drdkramer.com)  
 I am teaching Psychology at several community colleges within the broader district here in Phoenix.

## 1990

### Martha Gomez, Ph.D.

[mgo418@hotmail.com](mailto:mgo418@hotmail.com)  
 I continue to volunteer as a girl scout leader and recently joined Support Our Scholars, an Orlando organization that provides mentors and financial support to low income, high achieving students entering college. I spend a lot of time playing tennis and have taken up surfing in my old age. Scott and the kids are doing great.

### Laura Liljequist, Ph.D.

[liljequist@murraystate.edu](mailto:liljequist@murraystate.edu)  
 I have just started my 16<sup>th</sup> year in the Psychology Department at Murray State University. We love this small community, but never thought we'd stay so long. We have made great friends here and live better than many in higher education given the low cost-of-living. My son, Hank, just started Kindergarten this Fall and takes up most of my time spent away from the office. For anyone keeping track, our current animal count is 11, but 6 of those do live outside.

### Kevin D. Stein, Ph.D.

[Kevin.stein@cancer.org](mailto:Kevin.stein@cancer.org) (also on FB), web link to my department at ACS:  
<http://www.cancer.org/research/acsresearchers/about-the-behavioral-research-center>

Hi Everyone! Hope all is well down at USF!!! I still spend time down that way as my parents live in St. Petersburg. Anyway, by way of professional and personal updates, I am the director of the American Cancer Society's Behavioral Research Center (BRC), managing a staff of 12 including 5 doctoral level Behavioral Scientists, 4 master level Research Analysts, 1 Biostatistician and several support staff and interns/graduate students. The BRC is one of 5 programs within the Intramural Research Department at the ACS. Our work focuses primarily on the study of the quality of life and psychosocial functioning among cancer patients, survivors, and their loved ones. We also do some behavioral research in the area of cancer prevention, mainly focused on health behaviors (smoking, cancer, screening, diet and physical activity) and cancer disparities. I also am an adjunct Associate Professor in Emory University's Rollins School of Public Health. Personally, I have been married for 15 years and have two daughters, ages 12 and 10. We live in Atlanta, GA where the ACS has its national headquarters. I keep in touch with a few of my USF colleagues/classmates but would love to hear from others.

### Kristi Weiner, Ph.D.

[kweinerphd@verizon.net](mailto:kweinerphd@verizon.net)  
 Still plugging along and going into my 10<sup>th</sup> year of private practice down the street from USF (13357 N. 56<sup>th</sup> St) after leaving the USF Psychiatry Center in 2004. I primarily treat anxiety/OCD and eating disorders and see all age groups but still prefer the kids and adolescents. Rachele graduated from the University of Miami and is an actor living in NYC. Ben is a freshman at UF studying Political Science. I am still trying to figure out how I raised an actor and a politician! Bruce is at Moffitt and we are currently enjoying the "empty nest."

## 1991

### Greg Aarons, Ph.D.

[gaarons@ucsd.edu](mailto:gaarons@ucsd.edu)  
 In professional news I was just elected to serve as the Scientific Director of the Child and Adolescent Services Research Center, I completed a commissioned paper on implementation science for the Institute of Medicine, and am serving on an NIH workgroup on research design and methods in implementation science. In other news, I completed two half-marathons and one Olympic distance triathlon this season. Finally, I am very excited that my stepson Ben is engaged to be married to a wonderful woman.

### Heidi Liss Radunovich, Ph.D.

[hliss@yahoo.com](mailto:hliss@yahoo.com)  
 I am as associate professor in the Department of Family, Youth and Community Sciences at University of Florida and loving my job! My husband and I have a 4 year old daughter in preschool. In addition to e-mail, I am also on Facebook, and would love to hear from old friends.

### Kathy Wood, Ph.D.

[kcw60068@gmail.com](mailto:kcw60068@gmail.com)

# Alumni Updates

**1992**

**Karen Nicholson, Ph.D.**

[Karen.nicholson@va.gov](mailto:karen.nicholson@va.gov);  
[karenjnicholson@gmail.com](mailto:karenjnicholson@gmail.com)

I am still working at the Haley VA in Tampa as the Assistant Training Director for the Psychology Internship Program and now as an inpatient health psychologist. I train providers in Motivational Interviewing and serve as a VA national consultant and trainer for both Motivational Interviewing and Motivational Enhancement Therapy. I spend part of my time in Tampa and 2-3 days on weekends at my condo in Bradenton, where my husband Nick and I dote on our 18-month-old granddaughter, Akira, my older son, Eric's daughter. My younger son, Evan, recently moved to South Carolina and is reporting that he is enjoying his work and his old and new friends there. Life is pretty good in Southern Florida, in my opinion, so I can't complain . . . .

**1993**

**Laurie (Ehrbar) LaMonde, Ph.D.**

Last year, I rejoined the VA and work at the Community Based Outpatient Clinic in Cadillac, Michigan. I have the honor of working with our nation's Veterans. On the personal side of things, my husband and I continue to stay quite busy with our five amazing sons. The best way to reach me is by email at [Laurie.LaMonde@va.gov](mailto:Laurie.LaMonde@va.gov)  
Wishing you all the best!

**Amina Porter, Ph.D.**

[aminaporters@yahoo.com](mailto:aminaporters@yahoo.com).

**1994**

**Marla Bartoi, Ph.D.**

[marla.bartoi@gmail.com](mailto:marla.bartoi@gmail.com)

I am still working at Wayne State University in Detroit and have a small side practice in Grosse Pointe, MI. We have 3 children, ages 6, 4 and 4. Being a parent of twins gets easier and easier every year :). We get asked to be in a lot of research studies, which I happily agree to.

**Kerri Schneider Flaum, Ph.D.**

[kerrischneiderphd@gmail.com](mailto:kerrischneiderphd@gmail.com)

I am also on Facebook.

I have a private practice in Lake Worth, Florida where I complete evaluations and conduct therapy for children and adolescents. I am married and have a 10-year-old son and an 8-year-old daughter. I also have two dogs.

**Staci Martin Peron, Ph.D.**

[scm913@outlook.com](mailto:scm913@outlook.com)

Also on Facebook, Linked In, and Research Gate

Life is great. I'm still working as Training Director at the National Cancer Institute's Neurobehavioral Group, doing research, clinical work, and supervision. I also am enjoying being on the board of directors of the Mid-Atlantic chapter of the Association of Contextual Behavioral Science, which promotes ACT. Personally, I love spending time with my husband Lee, and two beautiful kids, Jack (6) and Ella (3 going on 13).

**Kim Renk , Ph.D.**

[kimrenkphd@gmail.com](mailto:kimrenkphd@gmail.com)

I am still at the University of Central Florida and just transitioned into the Director of Clinical Training position this past summer (carrying on the tradition of a really great major professor... ;). I have some really wonderful graduate students working with me right now and am especially excited about some of my current research, which includes a collaboration with Nemours Children's Hospital to provide evidence-based parenting services in the child welfare system. In all of my spare professional time, I have a small private practice serving families in the Orlando area. Personally, Rob and I are in the midst of trying to keep up with our two boys, with one starting Fifth Grade and one starting Kindergarten (sniff sniff). Hope everyone is well!

**Marc Steinberg, Ph.D.**

[marc.steinberg@rutgers.edu](mailto:marc.steinberg@rutgers.edu)

I continue to do research on tobacco dependence treatments and predictors of tobacco dependence treatment outcome (i.e., task persistence) in smokers with and without serious mental illness. I am now at Rutgers University because our medical school was integrated with Rutgers, so my email address is different, but my job really isn't. A new professional role is as an Associate Editor for the journal Nicotine & Tobacco Research. At home, Laura and I are still happily busy with our three kids, Dana, Robert, and Evan.

**1995**

**Ray Santa Lucia, Ph.D.**

[rsantalucia@tampabay.rr.com](mailto:rsantalucia@tampabay.rr.com)

...can also be found on the internets using the Google machine.

I am glad to see that Demy and company are still organizing and energizing things. Some people are just naturally inspiring. I'm doing well- best to all.

**1996**

**M. Monica Watkins-Clay, Ph.D.**

[monicawatkins@fairpoint.net](mailto:monicawatkins@fairpoint.net);

Facebook as "Monica Clay"; I have a Twitter account, but am not sure of the purpose of Twitter or how to use it (I think that means that I'm old); I'm also "Monica Clay" on LinkedIn.

David and I are well and busy raising two beautiful girls. Our oldest is a freshman in high school and our youngest started Kindergarten a few weeks ago. I continue to find satisfaction working with Veterans at a small VA clinic in Marianna, Florida.

**Scott Young, Ph.D.**

[syoung1@usf.edu](mailto:syoung1@usf.edu)

**1997**

**Katherine Seelig Blake, Ph.D.**

On Facebook

We recently moved to Kensington, MD. I keep busy doing psychological evaluations part-time and caring for my kids full-time: Ryan (age 8), Audrey (age 5), and Ethan (age 10 months).

**Lora Azzarello Thompson, Ph.D.**

[Lora.thompson@moffitt.org](mailto:Lora.thompson@moffitt.org)

We're on Facebook!  
Join our group now:  
USF Grad Psych

## Alumni Updates

### Jenny Irvin Vidrine, Ph.D.

[jirvinvidrine@mdanderson.org](mailto:jirvinvidrine@mdanderson.org) (I am also on Facebook and LinkedIn)

I am an Associate Professor and Deputy Department Chair in the Department of Health Disparities Research at the University of Texas MD Anderson Cancer Center. My research program focuses on tobacco cessation among underserved individuals and has been supported by grants from the NIH, the CDC, and the Cancer Prevention Research Institute of Texas (CPRIT). I am happily married to Damon Vidrine, an Associate Professor in the Department of Behavioral Science at MD Anderson. We have a three year old son named Beckett, and a Labradoodle named Sophie.

### Andrea H. Weinberger, Ph.D.

[andrea.h.weinberger@gmail.com](mailto:andrea.h.weinberger@gmail.com)

I am also on Facebook (Andrea Weinberger)  
I'm still an Assistant Professor of Psychiatry at the Yale University School of Medicine doing research that focuses on nicotine dependence with a focus on smokers with depression, female smokers, and behavioral treatment development. I'm a Deputy Editor at *Nicotine and Tobacco Research* and do work with Yale's Forensic Drug Diversion Clinic and Women's Health Research at Yale. When I'm not traveling over to Long Island, I am in Hamden, Connecticut with my miniature dachshund Andy who is still goofy and grumpy and also a bit greyer.

### 1998

### Vani Nath Simmons, Ph.D.

[Vani.simmons@moffitt.org](mailto:Vani.simmons@moffitt.org)

I continue to enjoy working as an Assistant Member in the Department of Health Outcomes and Behavior at the Moffitt Cancer Center. I am very lucky to work with and be supported by an amazing group of people. My husband David and I are grateful to be parents to Bella (8) and Brady (5) who provide us with constant entertainment!

### 1999

### Hemal Shroff, Ph.D.

[hemal.shroff@gmail.com](mailto:hemal.shroff@gmail.com)

### 2000

### Christine Totura, Ph.D.

[cmwtotura@gmail.com](mailto:cmwtotura@gmail.com)

I am currently a Research and Faculty Associate in the College of Education with Northern Arizona University and am a lead researcher on a large federal grant to assess school climate factors that encourage student engagement. Recently, we just added a new little member to the family - our son, Reece McAlpine, was born on July 15th at a lean and mean 6lbs 0.7oz. Big sister, Anneliese, is very proud of "her" baby!

### 2001

### Sylvia Herbozo, Ph.D.

[smh28080@yahoo.com](mailto:smh28080@yahoo.com)

I'm currently living in Pasadena and loving it out here in southern California! On the work front, I'm an assistant Professor in the Psychology Department at a small private university. I recently reviewed a minority program award from the National Heart, Lung, and Blood Institute, which is providing me with great research opportunities.

### Susan Himes, Ph.D.

Please contact me through the USF alumni Facebook page

I'm currently a Clinical Research Psychologist at Brown Medical School/Lifespan Hospitals, where I work with the obesity and bariatric psychology program. I conduct bariatric assessments, lead pre and post-bariatric groups, and provide individual and group therapy for weight loss, binge eating, depression, and adherence. Some of the recent research projects I've worked on include 1) a pilot project to treat disordered eating behaviors and weight regain in the post-bariatric population and 2) a pilot project to treat excessive vomiting in the Lap-Band population.

### Sherecce A Fields, Ph.D.

[safields@tamu.edu](mailto:safields@tamu.edu)

I am currently stating my fourth year as an Assistant Professor at Texas A&M University. My current research focuses on impulsivity as a trans-disease process in adolescent health risk behaviors. Specifically, I am interested in how impulsivity and other family, process and psychosocial factors interact to affect prevention and treatment outcomes for adolescent addictive behaviors.

### Kristi Wells, Ph.D.

[kwells@mail.sdsu.edu](mailto:kwells@mail.sdsu.edu); twitter:

DrKristenWells

In January 2013, I started a job as an Assistant Professor in the Department of Psychology at San Diego State University, following a coast-to-coast move. Hope that each of you is doing well.

### 2002

### Kelli Harford, Ph.D.

[kelliharford@gmail.com](mailto:kelliharford@gmail.com)

I am still a pediatric psychologist at the University of Wisconsin Hospital & Clinics/American Family Children's Hospital and recently got promoted to Senior psychologist. I'm enjoying the clinical aspects as always, but have begun to do more training of practicum students and interns over the past few years which has been particularly rewarding. Madison is a great place to spend the summers and we plan vacations to survive the winters!

### 2003

### Nicole Caporino, Ph.D.

[ncaporino@gsu.edu](mailto:ncaporino@gsu.edu)

I recently joined the clinical faculty in the Department of Psychology at Georgia State University. I love it here in Atlanta!

### Idia Binitie Thurston, PhD

[bturston@memphis.edu](mailto:bturston@memphis.edu)

I recently accepted a tenure-track assistant professor position in the Psychology Department at the University of Memphis. My husband – Rashard, 18-month-old son – Zele, and I all relocated to Memphis, TN this summer and are looking forward to milder winters, delicious barbeque, and being closer to our families.

# Alumni Updates

## 2004

### Molly Below, Ph.D.

[Maureen.below@va.gov](mailto:Maureen.below@va.gov)

I've recently begun a staff psychologist position at the VA Boston Healthcare System. My work is in residential substance abuse treatment and I will also soon be working in a domiciliary program. I love the administrative and research aspects of my job in addition to the clinical; I find our veterans with co-occurring PTSD and cluster B features to be particularly engaging. My family and I love spending time around Boston- especially when that involves a visit to Fenway!

### Sari Chait, Ph.D.

[sari.chait@va.gov](mailto:sari.chait@va.gov)

### Sarah Tarquini, Ph.D.

[sarah\\_tarquini@dfci.harvard.edu](mailto:sarah_tarquini@dfci.harvard.edu)

## 2005

### Erika Litvin Bloom, Ph.D.

[erika\\_bloom@brown.edu](mailto:erika_bloom@brown.edu)

It's been a good year! I completed my postdoctoral fellowship in the spring of 2013 and am now an Assistant Professor (Research) in the Department of Psychiatry and Human Behavior at the Alpert Medical School of Brown University in Providence, RI. I'm enjoying life in Providence with my husband and our dog.

### Michael S. Boroughs, Ph.D.

[mboroughs@mg.harvard.edu](mailto:mboroughs@mg.harvard.edu)

I am continuing with my postdoctoral training in Behavioral Medicine. My primary responsibility is as a Project Director for an NIMH funded R01 that is a multi-site trial examining CPT v. Supportive Psychotherapy to treat HIV-uninfected men with history of childhood sexual abuse. I am also submitting a K23, career development award, this cycle, to develop a modular transdiagnostic psychological intervention to address bullying among LGBTI emerging adults. It will combine Barlow's unified protocol with some of the work of my Harvard mentors that will adapt it for sexual minority folks with health disparities and syndemic conditions. I'm keeping my fingers crossed that it will get funded.

### Lauren Bylsma, Ph.D.

[BylsmaL@pitt.edu](mailto:BylsmaL@pitt.edu) or

[BylsmaLM@upmc.edu](mailto:BylsmaLM@upmc.edu)

<http://www.pitt.edu/~bylsma/>

[http://www.researchgate.net/profile/Lauren\\_Bylsma/](http://www.researchgate.net/profile/Lauren_Bylsma/)

<http://pittsburgh.academia.edu/LaurenBylsma>

I am just starting my 2nd year of postdoc on a NIMH-funded T32 training grant in child and adolescent psychiatry at the University of Pittsburgh under the mentorship of Marika Kovacs, Ph.D. I'm working with several large longitudinal projects examining the course of early-onset depression, including correlates and predictors of the onset and course of depression, as well as a more recent treatment study of a novel psychotherapy for depression focusing on emotion regulation skills in adolescents (contextual emotion-regulation therapy). I'm about to submit an application for an NIMH career development award (K01) to examine neural and behavioral correlates of emotional processing in youth at high risk for depression.

### Ariz Rojas, PhD

[ariz.rojas@mssm.edu](mailto:ariz.rojas@mssm.edu); LinkedIn

Working as an Assistant Professor in the Division of Tics, OCD, and Related Disorders at the Icahn School of Medicine at Mount Sinai. Loving living in NYC and visiting Florida for vacation!

### Kristi White, Ph.D.

[kristiwhite03@gmail.com](mailto:kristiwhite03@gmail.com)

I am currently awaiting the start of my 2-year postdoctoral fellowship in behavioral medicine through the University of Minnesota Medical School's Department of Family Medicine and Community Health. My family and I are loving the Twin Cities area and are excited to be back in our Midwest homeland. It has been wonderful to be reunited with friends and family!

## 2006

### Yasmin Asvat, Ph.D.

[yasvat@gmail.com](mailto:yasvat@gmail.com), also on

LinkedIn

I am completing a 2 year post-doctoral fellowship in Psychosocial Oncology at Rush University Medical Center in Chicago, where I'm doing a little bit of everything: clinical work, research, and teaching. I'm happy to be part of a growing group of USF Psych grads in Chicago!

### Lindsay Brauer, Ph.D.

[lbrauer2@mail.usf.edu](mailto:lbrauer2@mail.usf.edu)

Recently completed a post doctoral fellowship at Northwestern University Feinberg School of Medicine, and will be starting as an Assistant Professor in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago this fall. The role is largely clinical, but also allows for active involvement in training and research.

### Meredith Elzy, Ph.D.

[meredithelzy@gmail.com](mailto:meredithelzy@gmail.com)

I am currently in my first year as an Assistant Professor at the University of South Carolina - Aiken and I love it! We like our new location, and the family is adjusting well. If anyone is ever in the area, please let me know.

### Ross Krawczyk, Ph.D.

[krawczyk@strose.edu](mailto:krawczyk@strose.edu)

I am an assistant professor of psychology at the College of Saint Rose, a small liberal arts college in Albany, NY. I spend my time teaching clinical and research methods classes, as well as continuing my research on body image. My wife and I are expecting our new baby, due October 2nd!

## Enjoy eating out?

Then consider joining Good Dining:

<http://www.gooddining.com>

If you select USF Clinical Psychology as your charity, then a portion of all of your purchases at selected restaurants will be donated back to our clinic. Enjoy!

## Alumni Updates

**Christa D. Labouliere, Ph.D.**

[labouli@nyspi.columbia.edu](mailto:labouli@nyspi.columbia.edu)

I'm very excited to have received my Ph.D. at long last from USF this past summer! I recently moved back to Manhattan, and began a T32 postdoctoral fellowship in Translational Research in the Department of Child and Adolescent Psychiatry at Columbia University Medical Center/New York State Psychiatric Institute. I will be conducting research on psychosocial and neurobiological indicators of youth suicidality and non-suicidal self-injury, as well as how these indices can inform self-harm prevention efforts.

### 2007

**Brian Gonzalez, Ph.D.**

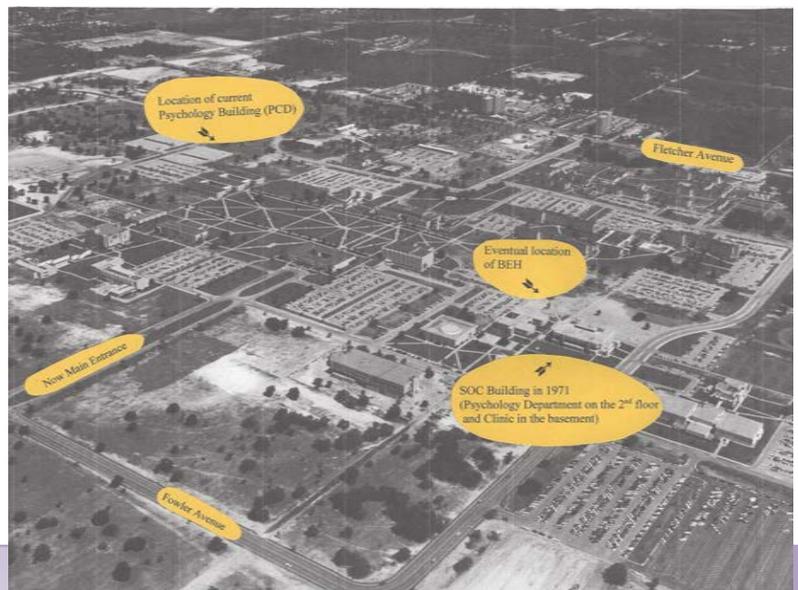
[BDGonzalez@live.com](mailto:BDGonzalez@live.com)

I've just begun a 2-year research postdoctoral fellowship under Heather Jim, PhD and Paul Jacobsen, PhD at the Moffitt Cancer Center. I'll be examining biomarkers of the impacts of cancer and cancer treatment on psychological well-being and cognitive function. The Gonzalez family is thrilled to be back in Tampa, and we look forward to reconnecting with friends in the area.

**USF circa 1971 with a few updates; Original Photo Courtesy of USF Special Collections**



**Congratulation USF Summer Graduates of 2013!  
(From Left to Right): Dr. Kristi White, Dr. Yasmin Asvat, Dr. Brian Gonzalez, Dr. Christa Labouliere, and Dr. Meredith Elzy**



## Then & Now

The USF Clinical Psychology Doctoral Training Program recruited its first cohort of graduate students in the Fall of 1971. The charter class of three brave souls (Dr. Bill Anton, Dr. David Meyers, and Dr. Jerry White) as well as others might be surprised at how things have changed over the years. Here's a look at then and now.

	<u>1971</u>	<u>2013</u>
First-class postage stamp	8-cents	46-cents
Average cost of a gallon of gasoline	40-cents	\$3.65
Average cost of a movie ticket	\$1.50	\$8.38
Total number of USF students	17,900	47,000
Number of Ph.D. programs at USF	6	45
Number of Tenure-Track USF Psychology Faculty	18	38
Number of Clinical Psychology Doctoral Alumni	0	315
Tuition/fees for full graduate credit load		
In-state	\$175	\$3879
Out-of-state	\$475	\$7695
Best place to see a movie in a Mediterranean courtyard under twinkling stars	Tampa Theatre	Tampa Theatre

## Past, Current and Future Clinical Faculty, Mentors, Co-Mentors, and Supervisors



Some of our clinical faculty (from left to right):  
Dr. David Drobos, Dr. Tom Brandon, Dr. Paul Jacobsen, Dr. Jon Rottenberg, Dr. Vicky Phares, Dr. Cindy Cimino, Dr. Marc Karver

If you'd like to reach out to any of our faculty, mentors, co-mentors, and supervisors, here you go...

**Marina Bornovalova, Ph.D.**  
bornovalova@usf.edu

**Tom Brandon, Ph.D.**  
Thomas.brandon@moffitt.org

**Cindy Cimino, Ph.D.**  
cimino@usf.edu

**Jack Darkes, Ph.D.**  
darkes@usf.edu

**Dave Drobos, Ph.D.**  
David.Drobos@moffitt.org

**Monica Esptein, Ph.D.**  
Mepstein@usf.edu

**Ellis Gesten, Ph.D.**  
gesten@usf.edu

**Mark Goldman, Ph.D.**  
mgoldman@usf.edu

**Maria dePerczel Goodwin, Ph.D.**  
mgoodwin@usf.edu

**Evelyn Hernandez, Ph.D.**  
drevey@aol.com

**Paul Jacobsen, Ph.D.**  
paul.jacobsen@moffitt.org

**Marc Karver, Ph.D.**  
mkarver@usf.edu

**Bill Kinder, Ph.D. (Emeritus)**  
bkinder@usf.edu

**Brook McClintic, Ph.D.**  
brook@judishouse.org

**Vicky Phares, Ph.D.**  
phares@usf.edu

**Jon Rottenberg, Ph.D.**  
rottenberg@usf.edu

**Bill Sacco, Ph.D.**  
sacco@usf.edu

**Steffanie Sperry, Ph.D.**  
slwilso5@mail.usf.edu

**Trevor Stokes, Ph.D.**  
Stokestf@jmu.edu

**Eric Storch, Ph.D.**  
estorch@health.usf.edu

**Kevin Thompson, Ph.D.**  
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### Calling All Cooks!

The Practice Institute (where Dr. Steve Walfish, entering class of 1976, is a Founding Partner) is publishing a cookbook, *The Favorite Recipes of Mental Health Professionals*. They are looking for contributions where you share your favorite recipe (it does not have to be original; recipes are exempt from copyright law) along with a piece of mental health wisdom.

If you would like to contribute, please go to:

<http://thepracticeinstitute.com/contribute-your-recipe-to-tpis-cookbook>

Bon Appetite!

## Alumni Give Back

When Stefanie Gilbert joined the Clinical Psychology Doctoral Training program in 1992, she was already an accomplished journalist and feminist advocate with a BA in psychology from Harvard University and an M.A. in political science from the University of Pennsylvania. Stefanie was poised to make a significant impact on the field of psychology with her unique blend of talents. After completing her masters thesis, major area paper, and doctoral dissertation with Dr. Kevin Thompson in the area of gender differences, body image and eating disorders, she then completed her clinical internship at Howard University Counseling Service.

With an incredibly impressive C.V., Stefanie was able to complete her Ph.D. (including internship) in just 4 years. (Yes, current students—that's 4 years total!) After graduating, Stefanie joined the faculty in the Psychology Department and Women's Studies Graduate Program at Howard University, where she eventually earned tenure and was promoted to Associate Professor. Although she loved academia, she found that she wanted to get more involved in applying clinical science, so she left Howard and developed her own independent practice where she currently treats individuals with eating disorder and body image issues. She remains an active writer and scholar, and is raising her wonderfully talented 16-year old son.

What is especially impressive about Stefanie is that she wanted to give back to the USF Psychology Department to encourage other young researchers to continue their scholarly work toward the betterment of women's issues. Thus, she started the Stefanie Gilbert Award for Research on Women to encourage research relevant to women's issues. More recently, she re-named the award the Stefanie and Adele Gilbert Award for Research on Women in honor of her beloved mother who passed away.

Mrs. Adele Gilbert was herself a dedicated clinician, scholar, and philanthropist. She graduated from Simmons College in 1960 and, while raising three children, became a certified biofeedback therapist. At the age of 55, Mrs. Gilbert earned her Master's degree in Mental Health Counseling. She volunteered at the Gulf Coast Jewish Family Services program as a mental health counselor, where she eventually was elected to the Board of Trustees and was honored with a Lifetime Achievement Award. In honor of her generous work on behalf of the program, Gulf Coast Jewish Family Services named their residential treatment program after her. The Adele Gilbert Residential Treatment Program is a 16-bed facility for adults with chronic mental illness, many of whom have co-occurring substance abuse issues. In addition, for numerous years Mrs. Gilbert served as the facilitator of the South Pinellas County Holocaust Survivor Support Group.

In addition to her work in the mental health field, Mrs. Gilbert was an avid art-lover. In 1975, she and her husband (Stefanie's father, Dr. Gordon Gilbert, a neurologist) enrolled in a year-long art history course at what is now St. Petersburg College. Together, they developed a life-long hobby involving art and established one of the country's foremost private collections of 16<sup>th</sup> and 17<sup>th</sup> century Dutch paintings.

Like mother, like daughter. Both Dr. Stefanie Gilbert and Mrs. Adele Gilbert have given back to the community in immeasurable ways. As for the Stefanie and Adele Gilbert Award for Research on Women, each year a graduate student at USF is selected for this prestigious award to honor someone who has conducted research that focuses on the well-being of women.



**Dr. Stefanie Gilbert and her beloved mother, Mrs. Adele Gilbert**

## Alumni Give Back (cont.)

Here is what this award means to some of the past recipients:

**Marla Green Bartoi, Ph.D.**  
**(Entering class of 1994)**

"I am very appreciative to have won the award. My research was on the long-term effects of sexual abuse. I was struck by the high prevalence rates of sexual abuse in the literature and how my research on campus matched those prevalence rates. Gender issues have always been very important to me. We need to keep looking at these issues because while there have been some positive changes over the years, women are still dealing with discrimination, lower pay, sexual abuse and harassment, unfair maternity leave laws (worse than most other countries), domestic violence, etc. The keys to continue moving forward include activism, awareness, and ongoing research. I'm pleased that USF continues to support graduate students with this award while continuing to promote this type of research."

**Ari (Blum) Steinberg, Ph.D.**  
**(Entering class of 1995)**

"Given that my line of research throughout graduate school was focused on disordered eating and body image disturbances in women as well as children, it was such a thrill to receive the Stefanie Gilbert Award for Research on Women. Having attended Wellesley as an undergraduate and considering myself a "feminist", women's issues had always been a priority for me in my personal and educational life so to receive this award for my master's thesis was such an honor!"

**Hemal Shroff, Ph.D. (Entering class of 1999)**

"I am honored that I won the Stefanie Gilbert Award so many years ago. It meant much to me for many reasons; the appreciation, recognition of my hard work, and let's be honest, the money was good. But after all these years when I think about it, it means more now for other reasons - I have come to realise that yes, it is important for people to get recognition for doing research on women's and girls' issues, but it is especially important for women to get that recognition. For so long, everything that we have learned has been studied or discovered by a man and so, it is important to not just have women's issues studied, but studied from a woman's perspective (that may so often be different from a man's). It's time to look at the world in more ways than the default, which has been the man's view for far too long. Good luck to past, present and future award contenders and winners and hope the numbers keep increasing."

**Elena Lopez Khoury, Ph.D. (Entering class of 2001)**

"Winning the Stefanie and Adele Gilbert Award for Research on Women was great in so many ways. Practically, it was a huge help to have extra funding to assist me in working on my research. More importantly though, it was wonderful to have attention drawn to an area of research that is vitally important and often neglected - women's issues. I'm grateful and honored to have received this award."

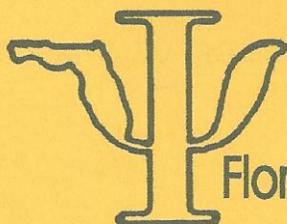
**Sari Chait, Ph.D. (Entering class of 2004)**

"Winning the Stefanie and Adele Gilbert Award was a great source of pride for me. Having devoted a significant amount of time and effort to completing my thesis, it was an honor to be recognized not just with a degree, but with true appreciation for my work. Winning this award served as a reminder of the meaningful impact our research can have, particularly for populations who historically have been disregarded or have had assumptions made about them without the empirical support."

Thank you to Dr. Stefanie Gilbert, Mrs. Adele Gilbert, Dr. Gordon Gilbert, and all of the clinical alumni and their families who give back to our program and to the field. We promise that we will honor your wishes to improve the field in whatever way you see fit.

Three cheers to USF Clinical Psychology alumni giving back!!

If you're a practicing psychologist in the state of Florida, you might want to consider joining the Florida Psychological Association (FPA) if you haven't already done so. Dedicated to education, training, research dissemination, enhancement of clinical skills, and advocacy, FPA is a wonderful opportunity for networking with other psychologists in the state of Florida. Check it out: <http://www.flapsych.com/>



Florida Psychological Association

[www.flapsych.com](http://www.flapsych.com)

Thank you again to everyone who has contributed their hard earned cash (and inherited stocks!) to help keep our wonderful program thriving. As you likely know, we continue to have many needs in our program, including:

- \*Student travel to conferences (They're so darn productive!)
- \*The Clinical Alumni Award for Citizenship (They're so darn helpful!)
- \*Adopt-A-Client (They're so darn desperate for affordable, high-quality services)

Happily, since we are a 501 ( c ) 3 non-profit charitable organization, your generous donations will also come with tax benefits. And who doesn't need some extra tax deductions at this time of year?

"Named" opportunities are also available at the \$1,000 donation level (for a program fund that continues until the money runs out) and at the \$25,000 level (for an endowed fund that lives in perpetuity and is funded from interest on the principle of the endowment). If you're interested in discussing these options, please contact me ([phares@usf.edu](mailto:phares@usf.edu); 813-974-0493) or our terrific Senior Director of Development for the College of Arts and Sciences: Nico Karagosian ([nkaragosian@usf.edu](mailto:nkaragosian@usf.edu); 813-974-5764)

On the off chance that you're creating or updating your will, you may want to consider a bequest to the USF Clinical Psychology Doctoral Program so that your memory lives on in the hearts and minds of our students and faculty forever.

Whether or not you are able to give back at this time, I want you to know what a sincere honor it has been to work with you all these years. I'm not going anywhere after I step down as DCT (well, I might go to the beach more often, but that's another story).

Anyway, please know that the USF Clinical Psychology Doctoral Program is flourishing because of **YOU**. You have changed the landscape of our knowledge in clinical science. You have impacted countless clients who have improved their lives drastically because of your efforts. You have trained the next generation of clinical psychologists (and sometimes the next and the next...) to reach the highest level of ethical and professional attainment possible in this field. And you have made us so very proud to have been part of your journey. Thank you for all that you do and as always, I wish you peace. Vicky

If you'd like to donate with a credit card, here is the link:

<https://adv-rpttest.forest.usf.edu/Giving/default.aspx?fund=421210&a=DEPT>

If you would prefer to go old-school, please make your check out to: USF FOUNDATION and send it to:

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In every language imaginable, we thank you!