

Dr. Edelyn Verona and Dr. Vicky Phares

Direct from the DCT



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Greetings from USF! Or more accurately, greetings from my home “office” which consists of a laptop on the patio table near the pool with an umbrella for shade and a refreshing beverage for sustenance. Woo Hoo! I just love Tampa.

So anyway, after 13 years as the Director of Clinical Training, August 7th will be my last day as DCT (but who’s counting?). Thus, this is officially my last “Direct From the DCT” column for the alumni newsletter. Happily, Dr. Edelyn Verona will be taking the reigns of the program in August and she has kindly agreed to let me continue with our alumni outreach efforts, including the continuation of this newsletter, our continued efforts to meet alumni needs through continuing education offerings, and super important things like documenting the developmental progress of my man-child, 14-year-old Carson.

Edelyn, of course, will take over writing the “Direct From the DCT” column in future newsletters and she will be updating you on the terrific research and clinical training opportunities in our program. Of course, you can also expect a number of new developmental updates on her young son, 2 y.o. Hector. But watch out Edelyn—he will be a man-child in the blink of an eye.

All kidding aside, I want you to know that the absolute best parts of this job are the clinical graduate students and clinical alumni. I was the first in my family to attend college and I remain the only one to have earned a doctoral degree, so I know how precious this advanced training can be. I remain humbled by the amazing successes of our graduate students and alumni and I am so very thankful for you all. Please know that all of the clinical faculty will continue to try our best to advocate for our graduate students and alumni of this amazing program.

Having said all of that, please sit back and enjoy some news about the program, some walks down memory lane, and some visions of the future. The program has had an amazing time since the last alumni newsletter in the Fall of 2013—with many alumni coming back to visit the program, the inaugural Psychology Expo, and two new faculty hires in addition to Dr. Edelyn Verona—all set to join us in August of 2014. So, the program remains strong, with many improvements for the future. We are so very grateful to have our clinical alumni represent both the past accomplishments and the future additions to this terrific profession.

Go Bulls!! Vicky

Everything You Always Wanted to Know About Retirement (But Were Afraid to Ask)

With the recent retirements of Dr. Ellis Gesten and Dr. Bill Sacco, and with more and more of our early alumni announcing their retirement plans, I thought it would be fun to provide some resources and ideas about retirement.

Books

Cole, E., & Gergen, M. (2012). *Retiring but not shy: Feminist psychologists create their post-careers*. Chagrin Falls, OH: Tao Institute Publication.

Great collection of essays by retired feminist psychologists (note to you youngin's--many of us old-folks still think that "feminist" is a compliment that refers to folks who are committed to gender equality). One of the co-editors (Dr. Ellen Cole) is now on faculty with USF alum, Dr. Ross Krawczyk (entry year 2006) at the College of St. Rose in Albany, New York, and one of the essays is by Dr. Ellen Kimmel, who is a USF Emeritus Distinguished Service Professor.

Leider, R. J., & Webber, A. M. (2013). *Life re-imagined: Discovering your new life possibilities*. San Francisco, CA: Berrett-Koehler Publications.

In answer to the question, "What's next", this book discusses life transitions at any age, with special relevance for individuals considering career changes and retirement. There is also a related website, supported by AARP (see below).

Schlossberg, N. K. (2009). *Revitalizing retirement: Reshaping your identity, relationships, and purpose*. Washington, DC: American Psychological Association.

Engaging book about planning for retirement and enjoying retirement, with integration of research studies and case studies on the personal and social sides of retirement. Dr. Schlossberg was on faculty at the University of Maryland, College Park for over 25 years and remains actively involved in APA.

Websites

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

Official website of AARP, which is a "nonprofit, nonpartisan organization that helps people 50 and older improve the quality of their lives." See also their interactive website for life re-imagined: <http://lifereimagined.aarp.org/>

<http://money.cnn.com/retirement/guide/>

Provided by CNN, *Fortune Magazine*, and *Money Magazine*, this website focuses on the financial side of retirement.

<http://www.transitionsthroughlife.com/>

Evidence-based research is discussed regarding aging, retirement, and the many transitions through the life span.

Blogs

<http://wpfau.blogspot.com/>

With a Ph.D. in Economics from Princeton University, Professor Wade Pfau provides great financial advice regarding planning for and enjoying retirement.

<http://www.npr.org/blogs/money/>

From National Public Radio, this blog has a huge number of contributors, many of whom comment on the financial and personal side of retirement.

<http://70candles.com/>

Fascinating collection of posts from a diverse array of women in their 70's.

One thing that struck me as I read through these materials is that it's never too early to start planning for your own retirement. Even if you're just starting your post-doc or your first job, you may want to explore ways that you can prepare financially for your retirement. My daughter (Nicole Stokes, CLTC; Financial Representative at Northwestern Mutual; nicole.stokes@nmfn.com) noted that "One of the most important aspects of retirement planning is to get in the habit of saving. Pay yourself first, manage the risks, and develop a relationship with a trusted advisor who can keep you accountable to your goals."

On the personal and social side, a number of writers have noted that as life expectancy has increased over the past many decades, the number of years that we spend in retirement has also increased. Thus, most writers suggest that you not only prepare financially but also that you prepare personally and socially for this new phase of your life.

So, whether you are a newbie alum or someone who refers to our program as "Clinical-- Community Psychology" from back in the day, I hope that these resources can help you plan for and enjoy your golden years—no matter how close those golden years are.



Dr. Ellis Gesten and wife, Janet, in Florence



Dr. Bill Sacco and wife, Eileen, in Puerto Rico

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

Student Conference Travel: Your Dollars At Work

Given that clinical alumni have been so generous with their donations to support graduate student research and conference travel, we thought that it would be a good time to show “your dollars at work!” Here are a few examples of the many awesome conference presentations that our students (with names in **bold**) have completed recently, along with a few comments about what attending conferences means to our students. Thank you to all of our alumni who support the awesome research of our current graduate students!

Selected Conference Presentations

Ariel, I., Oliver, J. A., Brandon, T. H., & Drobles, D. J. (2014, February) *Reliability and validity within and across smoking and alcohol picture cue sets*. Presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.

Ata, R., Schaefer, L. M., Thompson, J. K., Menzel, J. E., & Heinberg, L. J. (2014, March). *Restraint, body mass index (BMI), and race/ethnicity: Low levels of restraint at high levels of BMI in Caucasian, African-American, and Hispanic women*. Poster presented at the annual Academy of Eating Disorders International Conference on Eating Disorders, New York, NY.

Cimino, C., **Johnson, P., Blinkoff, D., Butterfield, L., Kellogg, E.,** Elliott, K., & Sanchez-Ramos, J. (2014, February). *Differences evident at time of testing for the Huntington's Disease gene*. Poster session presented at INS Conference, Seattle, WA.

Coates, E. E., Davila, E., Brown, A. E., **Chen, J. I.,** & Schonfeld, L. (2014, August). *Veterans' reintegration quality as a moderator between veterans' and their children's mental health*. Poster presented at the American Psychological Association's 122nd Annual Convention, Washington, DC.

De Nadai, A. S., Wood, J. J., Ehrenreich-May, J., **Arnold, E.,** Fujii, C., Lewin, A. B., Murphy, T. K., & Storch, E. A. (2013, November). *CBT for youth with comorbid anxiety and autism spectrum disorders: Moderators and mediators of treatment outcome*. Symposium presentation conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

O'Leary, K., Panaite, V., Bylsma, L.M., & Rottenberg, J. (2014, May). *Sleep quality and emotional reactivity to daily events in depression*. Poster presented at the Association for Psychological Science 26th Annual Convention, San Francisco, CA.

Romero, G., **Brown, R.,** Gryglewicz, K., Partlow, N., Gleason, L, **Chen, J., Bozzay, M,** Witmeier, M. & Karver, M. (2014, April). *Examining differences in suicide identification and referral behavior among gatekeepers from various service sectors in youth suicide prevention: Who is using their gatekeeper skills*. Paper presented at American Association of Suicidology, Los Angeles, CA.

Clinical Students Give Thanks

"Clinical alumni support of current students' conference travel is highly appreciated because it allows for networking and professional development opportunities that may not have otherwise been possible. Thank you!"—Erica Coates, M.A.

"The best thing I gained from presenting at SRNT was getting to interact with leading researchers in my field and get their feedback on my ideas for future research"—Idan Ariel, M.A.

"The best thing that I gained from presenting at the American Association of Suicidality conference is being able to network with other researchers I read and cite in virtually all of my work. I wouldn't have that opportunity without the funding from our alumni. Thank you."—Renee Brown

"Being able to be present at a conference has been one of the most vital parts of grad school. Networking with other researchers and graduate students I would not otherwise meet and furthering my research by discussing my ideas with those doing similar research was invaluable. We are very lucky to have the travel funds to help make this possible!"—Pattie Johnson, M.A.

"The conference travel support from clinical alumni has provided invaluable career development opportunities for me, for which I am extremely grateful."—Alex De Nadai, M.A.

"In all honesty, I am not sure if I would have had the funds to attend the annual conference of the Society for Research on Nicotine and Tobacco had department funds not been available. I am very grateful that they were, as my dissertation research was recognized with an award and I led a pre-conference workshop for the first time. In addition to helping advance my career development, I was also able spend time with colleagues while enjoying Seattle for the first time. I very much appreciate the funds, and hope to someday pay it forward."—Bryan Heckman, M.A.

"The generous support of our alumni have helped me travel to the American Academy of Child and Adolescent Psychiatry convention. I really appreciated their support for helping to further interdisciplinary discourse and collaboration."—Jason Chen, M.A.



John Correa, Bryan Heckman,
and Dr. Joe Ditre (alum) at
SRNT in Seattle

Clinical Alumni Return to USF

Maybe it was the harsh winter and the polar vortex earlier this year or maybe it was the warmth of USF (or maybe both!), but we had a record number of clinical alumni visit us in the academic year of 2013/2014.

In January, Dr. Steve Walfish (entry year of 1976) provided a superb CEU event on how to run a financially successful independent practice in an ethical and evidence-based manner. It was a terrific talk and, in addition to practitioners from the community, we also had a bunch of clinical alumni join us for the talk (as seen in the photo from left to right: soon-to-be alum, Heather Smith-Schrandt, Dr. Vicky Phares, alum Dr. Jack Darkes, alum Dr. Marlene Bloom, alum Dr. Richard Schulman, Dr. Ellis Gesten, alum Dr. Norman Mallory, and alum Dr. Steve Walfish). Thanks Steve!

Dr. Tom Clark (entry year of 1978) was kind enough to visit us in December to observe a Clinical Brown Bag presentation and to join us for our winter holiday party and then he also gave an interesting talk as part of our Clinical Brown Bag series in March. Thanks Tom!

In addition, a bunch of clinical alumni returned from near and far for various CEU events and just to catch up with old (and aging!) friends and colleagues. Thanks friends and colleagues!

No matter how near or far you are, please consider visiting USF when your schedule permits. But hopefully it won't be because you are dodging another polar vortex next winter!



Clinical alumni attend CEU talk by Steve Walfish (far right)



Dr. Tom Clark returns to USF to give a Clinical Brown Bag talk



Clinical alumni return to USF for Common Read discussion (from left to right: Dr. Colleen Clark, Dr. Tangela Clark, Dr. Ashley Owen, and Dr. Holly Steele)



Alum, Dr. Idia Binitie Thurston, visits Tampa with her awesome family

Baby Bulls (Entering Class of 2014)

<u>Name</u>	<u>Advisor</u>	<u>Undergraduate/Graduate Institution</u>
Bryan Benitez	Mark Goldman	Northwestern University
Emily Choquette	Kevin Thompson	Wake Forest University
Bethany Edwards	Edelyn Verona	Purdue University
Claire Gorey	Marina Bornovalova	University of Kansas
Amy Hoffmann	Edelyn Verona	Brandeis University
Aisha Howard	Edelyn Verona	USF/University of Illinois Urbana-Champaign
Maureen Monahan	Marc Karver	George Washington Univ./Catholic University
Amanda Palmer	Tom Brandon	Hofstra University

Heading to internship (left to right):
Rheanna Ata, Dave MacQueen, Jason
Oliver, Brittany Kugler, Natasha Burke

**Internships (2014/2015)**

Rheanna Ata	Boston Consortium
Natasha Burke	Brown University
Brittany Speisman Kugler	Westchester Jewish Community Services
Dave MacQueen	University of California, San Diego
Laura Mayhew	Bay Pines VA
Joe McGuire	UCLA
Jason Oliver	Yale University

Postdoctoral Fellowships (2014/2015)

Bryan Heckman	Medical University of South Carolina
Heather McGinty	Northwestern University/Lurie Cancer Center
Beth Morris	Oklahoma City VA Medical Center
Jennifer Park	Massachusetts General Hospital/Harvard Medical School
John Ray	Central Arkansas VA in Little Rock
Heather Smith-Schrandt	Rothman Center for Pediatric Neuropsychiatry

USF Psychology Expo

On April 4th, the USF Department of Psychology held our first-ever Psychology Expo. With a talk on HIV/AIDS in South Africa by Dr. Seth Kalichman, student research posters, informational booths, and lab/clinic tours—the event was a huge success (although maybe that was also due to the free food and the prize giveaway at the end of the event?!).

Anyway, over 100 people attended the keynote address and nearly 200 attended the research poster session and tours, so we had a great turn-out! Although the event was focused on outreach to our undergraduate psychology majors and undergraduate alumni, there were a number of clinical psychology alumni involved (including Dr. Rick Weinberg and Dr. Jack Darkes).

Stay tuned for news on the second annual USF Psychology Expo next spring!



USF Psychology Expo Poster Session

Dr. Rick Weinberg and his graduate students provide career advice



Breaking News: E-Cigarettes

By Yohana Botero, Wendy Malagon, Idan Ariel, M.A., John Correa, Nicole Marquinez, M.A., and Lauren Meltzer; USF Department of Psychology and Tobacco Research and Intervention Program (TRIP) at the H. Lee Moffitt Cancer Center



E-Cigarette in use

What Are E-cigarettes?

E-cigarettes, also known as electronic nicotine delivery devices, were introduced to the U.S. market in 2006. E-cigarettes include a battery operated heating component which converts a liquid containing nicotine, glycerin, and propylene glycol into a vapor that can be inhaled by the user. A wide variety of brands, modifications, and flavorings exist. The U.S. has seen an exponential increase in the number of distributors and manufacturers of e-cigarettes in recent years. Evidence suggests that e-cigarettes are less toxic than tobacco cigarettes; however, the data regarding health risks and cessation are inconclusive, and e-cigarettes are not currently approved as smoking cessation aids by the U.S. Food and Drug Administration (FDA). Nevertheless, a 2010 survey found that approximately 3% of the U.S. population had used e-cigarettes, with the rate of use doubling to 6.2% of adults one year later. Furthermore, a significant proportion of e-cigarette users report that these devices help them quit tobacco cigarettes.

Policies

The FDA currently regulates the production of tobacco products, and as part of the Family Smoking Prevention and Tobacco Control Act signed by the President in 2009, the FDA has proposed to extend its authority to cover products not yet under FDA jurisdiction. One such product is e-cigarettes, and in April 2014, the FDA released several proposed regulations that e-cigarette manufacturers and distributors would have to follow. These include manufacturer registration with the FDA, reporting of ingredients in their products, restriction of sales to adults at least 18 years of age, and health warnings on e-cigarette packaging. These proposed regulations are currently in a 75 day public comment period which concludes in July 2014.

Research at TRIP

Several USF graduate students, undergraduate research assistants, and faculty are currently researching e-cigarettes, with many studies originating from the Tobacco Research and Intervention Program (TRIP) at the H. Lee Moffitt Cancer Center. TRIP recently released a nationwide online survey to examine e-cigarette users' knowledge, attitudes, and behaviors regarding e-cigarette use, perceptions, and beliefs. Several survey completers from the Tampa area were also recruited to participate in focus groups aimed to better understand the opinions and perceptions of these devices and their ability to help people quit smoking. Preliminary results suggest that e-cigarettes comprised the primary method used by participants to successfully quit smoking, and participants reported more positive perceptions of e-cigarettes in comparison to regular tobacco cigarettes, many stating that e-cigarettes were less harmful. In addition to the survey and focus groups, members of TRIP also recently published a review of the literature on e-cigarettes, focusing on data regarding safety and cessation efficacy. Some results from the review suggest that more research should be done to properly evaluate whether e-cigarettes effectively help smokers quit, and whether long-term use has any negative health outcomes. Finally, TRIP's director, Dr. Thomas Brandon, recently submitted a federal grant proposal aimed to adapt a validated self-help, smoking-cessation intervention to meet the needs of "dual users," or individuals who concurrently use tobacco cigarettes and e-cigarettes. This intervention would provide these individuals with new resources to help them quit smoking, as well as information about the content and efficacy of e-cigarettes that is based on the current research literature.



E-cigarette

E-cigarettes represent a paradigm shift in nicotine and tobacco research, and TRIP has found multiple ways to adapt to the ever-changing climate surrounding e-cigarettes. Stay tuned.



Clinic director, alum Dr. Jack Darkes, with clinic assistants, Michelle Kovacs (left) and Megan McMurray (right)

Updates from the Clinic

By Jack Darkes, Ph.D.

Clinic Director, USF Psychological Services Center and USF Alum

Ah, another academic year has come and gone – time flies. Of course, the PSC is working year-round and thanks to the efforts of all involved, from students, to alumni, to staff and supervisors, the PSC continues to grow. And, of course, with the changes and growth in our program, things are getting more than hectic - but exciting, too.

One good thing is that our “Families Serve Too” initiative focusing on helping veterans and their families continues to roll out. I did a few public relations spots on it and the interest seems to be growing. Hopefully things will keep gearing up as we go forward with our plans to help this well-deserving population.

As we begin planning for the fall, a number of interesting things are starting to happen.

Dr. Edelyn Verona, our new DCT, will be coming on board officially as the Fall term begins and will be working on establishing a Dialectical Behavior Group Therapy practicum in the PSC that will be open to students taking an accompanying seminar in the spring.

Dr. Carla Stover has established an externship in the PSC associated with her “Fathers for Change” program for treating Intimate Partner Violence. Not only will this be a great training experience for our students, but it will hopefully help us gain wider recognition in the community for services in the PSC.

Our research program in the PSC has continued. Lindsey Steding, John Correa, Robin Tan, and I submitted an abstract looking at predictors of termination that was accepted for presentation at the American College Counseling Association conference. John Correa is also working with Dr. Steffanie Sperry (clinical alum, entry year 2004) and me to put together a case study for publication.

As of April, we moved all rooms in the PSC over to our new digital/DVD-based recording system. It is great not to be calling IT every other week to fix the old VCR-system and we hope it will continue to fill our needs.

We recently went through the process of hiring Assistant Clinic Directors for the coming year. We are happy to be welcoming Michelle Kovacs into the clinic as of the beginning of May, but are saddened to see Rheanna Ata leaving the clinic – our loss is clearly the Boston VA’s gain. We also look forward to Robin Tan joining us in the Fall, but will miss Megan McMurray’s energy and enthusiasm.

We also have a couple of new externs coming on board as the summer progresses. Welcome Julie Cessna and Renee Brown! Lindsey Steding and John Correa have done excellent work, both supporting the Clinic Assistants and working on our PSC database and research. I hope they will want to stay involved in our clinic research efforts going forward.

As always the PSC appreciates the support of all of our current students, staff and faculty, as well as those of us who have been here to help us create our history. Please keep in touch with us and let us know if you have any ideas for doing the things we do even better. What we are today is the product of the efforts of many people over the years. Believe me, as I prowl the corners of the PSC and some of the old records, I am constantly reminded of that.

“Come Out of the Dark” Update

By Jon Rottenberg, Ph.D.

Come Out of the Dark was recognized as an official USF student organization this spring. Amazingly, we've already been contacted by students at three other universities, so stay tuned to Come Out of the Dark as a trend on college campus. Backed by amazing student support, we've continued with wristband mailings designed to raise awareness about depression and curb the stigma. We continue to be touched by the pictures and stories of people who have come out of the dark.



We've appreciated amazing support from current clinical graduate students and welcome any and all support from our clinical alumni. For example, we'd definitely appreciate your Facebook likes (<https://www.facebook.com/wearecotd>) and Twitter follows (<https://twitter.com/wearecotd>)! And donations of stamps or money are always treasured. If interested, please write Jon Rottenberg at rottenberg@usf.edu.

Dr. Jon Rottenberg (right) and the Come Out of the Dark student organization



Clinical Psychology Alumni Society

Thanks to everyone who completed the survey by our new Clinical Psychology Alumni Society! Based on your feedback, we hope to arrange for a CEU workshop connected to some family-friendly social events next summer. Stay tuned!

In the mean time, check out the society on the web:

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



Sneak Peak

In our next newsletter, you'll get to meet our two new junior faculty who will be joining the clinical program in the Fall of 2014.



New junior faculty: Dr. Diana Rancourt and Dr. Rob Schlauch



Vicky (top center) with one of her many Phares' families

Family Focus

Dr. Vicky Phares has established the Phares Family Fund for Clinical Psychology to make students' happy. Please consider contributing to the fund:

<http://bit.ly/1pRoKpC>



Entering Class of 1976

Joseph Denicola, Ph.D.
denicolajoe@yahoo.com
Also on Facebook

Ken Grier, Ph.D.
bluebandits@comcast.net
I've moved into my third year of retirement, although I am back at my old school psych job for about 10 hours a week. I'm still coaching and refereeing youth soccer and now I am Director of Coaching for our area soccer club (volunteer – no money!). I was well prepared as coach of the Psych Outs softball team all those years. Fortunately, I still have plenty of time for golf, bringing my handicap down to 8!

Steve Walfish, Ph.D.
psychpubs@aol.com
As a fundraiser for the Alumni Association in January I did a workshop at USF on "Financial Success in Practice." Quite fun and quite surreal to do a workshop where I got my degree. I have a new book (with Jeff Barnett and Jeff Zimmerman) coming out in June titled, *Ethics in Private Practice* published by Oxford. Perfect for those with sleep onset insomnia.

1977

Rick Weinberg, Ph.D.
weinberg@usf.edu
At this moment, I am sitting at a wifi cafe in Santorini, an incredibly beautiful Greek island. Next week we'll be in Florence, beginning a six week teaching assignment for USF World. Life is beautiful!!

1978

Tom Clark, Ph.D.
Thomas.L.Clark@ssa.gov
During two recent visits to the department I enjoyed rich conversations with Ellis Gesten, Bill Sacco, Judy Becker [Bryant], Jack Darkes and Vicky Phares, a holiday party that featured hilarious student skits, a superb presentation by grad student Andrew Kiselica (genetic factors in the association of early sexual initiation and sexual risk behavior) and the privilege of presenting to a roomful of sharp young colleagues. It has been so good to connect with old and new friends in the psych department – especially the youngsters! – and see some of the important and creative work they are doing. Thank you!

1982

Diane Elliot, Ph.D.
elliott_dc@mercer.edu
I am Director of Clinical Training for the Clinical Medical Program at Mercer University School of Medicine.

1984

Trish Amish, Ph.D.
trishamishphd@gmail.com
In private practice in Rochester, NY.

1989

Desiree (Weems) Murray, Ph.D.
desiree.murray@unc.edu
I have just moved to Frank Porter Graham Child Development Institute at UNC to more of a research position, focusing on implementation of social-emotional interventions in schools.

1991

Greg Aarons, Ph.D.
gaarons@ucsd.edu
<http://psychiatry.ucsd.edu/faculty/gaarons.html>
I am a Professor of Psychiatry at UCSD and took on a new role as Director of the Child and Adolescent Services Research Center. I have been applying both my USF clinical and I/O training by focusing on leadership and organizational development to improve the implementation of evidence-based practices in mental health and substance abuse treatment settings. I and my colleagues just published a new article describing the Implementation Leadership Scale (ILS) a new brief measure to assess leadership that supports implementation. It is an open access article and can be found here:
<http://www.implementationscience.com/content/9/1/45>

1992**Karen Nicholson, Ph.D.**

karenjnicholson@gmail.com

Karen.nicholson@va.gov

I am still working at the Tampa VA Hospital, now doing health psychology in both the inpatient and outpatient settings. I also teach two courses at UF in Gainesville about once a month. But the best part by far of what I am doing now is being a grandmother to my 2-year-old granddaughter (Eric's daughter). She is the best! Nick is semi-retired now (I say semi because he cannot stay still very long), and Eric and Evan, my sons, are now 34 and 27 years old (yikes!). They live in Bradenton, where I spend my 3-day weekends (another plus—full time work but 4 day/week). Life has been good . . .

Susan Stormer, Ph.D.

SusanStormer@yahoo.com

I am continuing to work hard and play hard as the co-owner of S&S Trail Services, L.L.C. along with my business partner/husband/partner in crime Ryan Spates. In addition to designing and building trails to help people get outdoors and be healthy, I've also returned to my behavioral medicine roots by speaking at trails conferences about the physical and mental health benefits of exercise and play in nature. Although I don't have much time to formally use the license I maintain, it is still nice to share the knowledge I learned at USF with friends and colleagues to help people that I care about to lead healthier and happier lives. I'd love to hear from my classmates, or anyone else from the program who would like to get in touch. Best wishes to you all.

1994**Marla Green Bartoi, Ph.D.**

mbartoi@med.wayne.edu.

I still live in the Detroit area, working at Wayne State University. I have a small private practice in Grosse Pointe, MI. My kids are 6 (boy), 4 (boy) and 4 (girl). It has been fun to observe some of the gender differences between my twins. I have tried to push back against the gender stereotypes, yet some things just seem to be unavoidable.

Staci Martin Peron, Ph.D.

sxm913@hotmail.com

I am on Facebook, Linked In, and Research Gate.

I am currently the Clinical and Training Director of the Psychology Group, National Cancer Institute, NIH, in Bethesda, MD. I also am still an adjunct faculty at the George Washington University in DC. In January 2014, I was elected to President-Elect of the Mid-Atlantic Chapter of the Association of Contextual Behavioral Science, the organization that promotes research and clinical work in Acceptance and Commitment Therapy. I also now lead the Clinical Pain committee of the Society of Pediatric Psychology. Personally, my husband Lee still works at the Pentagon, and our children – Jack (6 1/2) and Ella (4) - keep us busy and happy. After this past winter, I am kicking myself for ever moving away from Florida.

1995**Ray Santa Lucia, Ph.D.**

raysantalucia@gmail.com

All the best to Ellis on his retirement with fond memories of Ellis and everyone in the lab including one of my best friends Octavio and my superhero Demy!

1997**Andrea H. Weinberger, Ph.D.**

andrea.h.weinberger@gmail.com

I'm on Facebook (Andrea Weinberger) and, occasionally, Twitter (Andrea Weinberger, @WeinbergerAH)

After 10 years in the Department of Psychiatry at the Yale University School of Medicine, I am excited to be joining the faculty at the Ferkauf Graduate School of Psychology at Yeshiva University this fall. I will teach, mentor graduate students, and continue my research on nicotine dependence with a focus on smokers with depression, female smokers, and behavioral treatment development in their Clinical Psychology Health Emphasis PhD program. In other activities, I'm continuing my work as Deputy Editor at Nicotine and Tobacco Research, as the Tobacco Section Editor at Current Addiction Reports, and on the Treatment Network at the Society for Research on Nicotine and Tobacco.

2000**Christine Totura, Ph.D.**

christine.totura@auburn.edu (I'm also on Facebook)
I am starting a tenure-track Assistant Professor position in the Department of Psychology at Auburn University in August and am very busy packing up our family for the cross-country move. We are excited to return to the southeast and to make Alabama our new home. Anneliese (6) and Reece (10 months) are growing like weeds and a constant joy everyday!

2001**Kristi Wells, Ph.D.**

kwells@mail.sdsu.edu
My update: I am in my second year of a faculty position at San Diego State University. Our family is settling into life in California. I have been enjoying meeting new people and re-connecting with the southern California group of USF alumni!

2003**Idia Binitie Thurston, Ph.D.**

idia.thurston@memphis.edu
Enjoying my first year as a tenure-track assistant professor in the Psychology Department at the University of Memphis. I am also an adjunct assistant professor at LeBonheur's Children's Hospital/University of Tennessee Health Science Center where I am helping to develop a Pediatric Obesity Center. My husband, 2-year-old son, and I are loving life in Memphis, especially the BBQ and Blues.

2004**London Butterfield, Ph.D.**

londonbutterfield@gmail.com
Hi everyone! I am currently a Clinical Neuropsychology Postdoctoral Fellow in the Department of Clinical & Health Psychology at the University of Florida and Program Coordinator for the UF Health Vitality Mind program at The Village retirement community in Gainesville (vitalitymind.php.ufl.edu), a program that aims to identify and implement programs to boost cognitive, mood, and independent functioning in older adults through various "brain health" programs. The position is primarily a clinical research position although I carry a small case load of therapy clients on the side and have the option to be involved in neuropsychology clinics when interested. I love it!

2005**Erika Litvin Bloom, Ph.D.**

erika_bloom@brown.edu
I'm in my second year as 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.

Lauren M. Bylsma, Ph.D.

BylsmaL@pitt.edu
<http://www.pitt.edu/~bylsma>
I'm just finishing up my 2nd year of postdoc in a NIMH T32 program at the University of Pittsburgh/Western Psychiatric Institute in Clinic. During my postdoc, I've been working with Maria Kovacs examining emotional, psychophysiological, and neuropsychological characteristics of youth at high risk for depression. I submitted a K01 in October that recently received a fundable score that is anticipated to start in July, and then I will transition to faculty here at the University of Pittsburgh. In my K01, I'll be working with Cecile Ladouceur and Jennifer Silk to examine neural (using event related potentials, ERPs) and daily life correlates of emotional deficits and psychological flexibility in high risk youth and how these brain-behavior relationships predict symptom course. In July, I will be attending a NIMH funded training workshop on techniques using ERPs at UC Davis.

Ariz Rojas, Ph.D.

ariz.rojas@mssm.edu
Currently an assistant professor of psychiatry at Mount Sinai in NYC, where I work with children, adolescent, and adults with anxiety and OCD. Enjoying everything that NYC has to offer!

Alumni Updates

2006

Yasmin Asvat, Ph.D.

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!

Ross Krawczyk, Ph.D.

rkrwaczr@strose.edu

As one of six faculty members in the psychology department at a small liberal arts college, I teach a variety of courses including abnormal psych, psychotherapy, clinical seminar, research methods, and psychometrics. I conduct grant-funded research related to obesity and body image. I also mentor undergraduate honors research.



Dr. Karen Nicholson (alum)
with Dr. Cindy Cimino

Clinical Alumni Award for Citizenship

As you may recall from previous alumni newsletters, our awesome alumni developed the Clinical Alumni Award for Citizenship, which honors current graduate students who show extraordinary "citizenship" behaviors (i.e., they go above and beyond the call of duty to help out the entire clinical program). Previous award winners were:

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
2013	John Correa

For 2014, we are thrilled to announce the four winners of the Clinical Alumni Award for Citizenship: Renee Brown, Natasha Burke, Brittany Speisman Kugler, and Danni Ung. Their selfless acts are too numerous to mention, but please know that their dedication to the program and tireless efforts to improve the program are very much appreciated.

Many thanks to Carrollwood Jazzercise for their Move For Mental Health event, which benefitted the USF Psychological Services Center!
Check them out: www.jazzercise.com



Carrollwood Jazzercise instructors at USF

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

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

Margaret Booth-Jones, Ph.D.
Margaret.Booth-Jones@moffitt.org

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

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

Cindy Cimino, Ph.D.
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Jack Darkes, Ph.D.
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Dave Drobles, Ph.D.
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James Epps, Ph.D.
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Monica Esptein, Ph.D.
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Ellis Gesten, Ph.D. (Emeritus)
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Mark Goldman, Ph.D.
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Maria dePerczel Goodwin, Ph.D.
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Bill Kinder, Ph.D. (Emeritus)
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Vicky Phares, Ph.D.
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Kevin Thompson, Ph.D.
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Lora (Azzarello) Thompson, Ph.D.
Lora.Thompson@moffitt.org

Edelyn Verona, Ph.D.
everona@usf.edu



Dr. Kevin Thompson with some of his graduate students



Dr. Eric Storch and Dr. Vicky Phares with some of their grad students

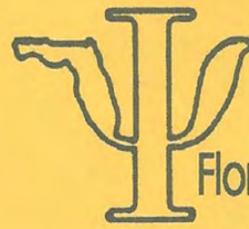


Dr. Tom Brandon, Dr. Mark Goldman, Dr. Toru Shimizu (Chair of Psychology) and Dr. Ellis Gesten



Dr. Jack Darkes (alum) and Dr. Maria dePerczel Goodwin

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

Lindsey Steding and Jason Chen at the Kansas Conference in Clinical Child and Adolescent Psychology



Dr. Helene Keery (alum), Lauren Schaefer, Natasha Burke, Dr. Hannah Jackson (U of Georgia), and Dr. Patricia van den Berg (alum) at the Academy for Eating Disorders in Montreal

Alumni Give Back

If you practice in Tampa, then you definitely know about and respect Dr. Sylvia Carra. Long-ago alumni have told me that forensic psychology didn't even exist in Tampa before Dr. Carra got back to town—but boy how she changed that landscape!

After earning her B.A. in Psychology from U.S.F. in 1969, Dr. Carra earned the prestigious National Defense Education Act fellowship in order to attend the Clinical Psychology Doctoral Training Program at the University of Mississippi. She completed an internship at the University of Alabama Medical Center as a Public Health Fellow and then returned to Tampa after graduating with her Ph.D. in 1973. From 1973 to 1976, she worked with the Hillsborough County Mental Health Center and since 1975, Dr. Carra has run a thriving independent practice with a specialty in forensic psychology.

She has earned tons of awards and accolades along the way, including the USF Distinguished Alumni Award in 1976 and most recently, the USF Distinguished Undergraduate Psychology Alumni Award. Dr. Carra is a former Board Member of the Florida Psychological Association and the Past-President of the Florida Psychological Association—Bay Chapter.

In addition to many philanthropic activities, Dr. Carra recently developed the Clinical Psychology Graduate Student Fellowship to help support clinical psychology students' clinical work and research during the summer months. As you may know, we have had over 30 years of success in funding all of our clinical psychology doctoral students during the academic year and until recently, we were also able to fund all of our students during the summers as well. But with cut-backs in state funding and especially with the decreases in federal grant funding, many students are going without funding during the summers. Thus, Dr. Carra's generous donations to help support students' clinical work in the USF Psychological Services Center and to support their research in their own labs are much appreciated. Dr. Carra noted,

“As a native to Tampa and one of the early USF undergraduate psychology students to earn a Ph.D. in Psychology, I am happy to develop this Fellowship. I hope that others will contribute to its growth. It is an honor to facilitate the education of graduate students in Clinical Psychology. The program at USF is selective and has successfully trained well-prepared psychologists that tout USF's excellence and benefit Psychology as a whole.”

For the Summer of 2014, Erica Coates, M.A. earned the Clinical Psychology Graduate Student Fellowship—Clinical Award to engage in additional work in the clinic (including with the Military Families Serve Too program, which helps veterans and their families, the Fathers For Change program, which deals with domestic violence in families, and the Child Assessment program) and Vanessa Panaite, M.A. earned the Clinical Psychology Graduate Student Fellowship—Research Award to conduct additional research with her mentor, Dr. Jon Rottenberg, on issues related to risk for juvenile onset depression. Congratulations to both Erica and Vanessa for earning these competitive fellowships!

And many thanks to Dr. Sylvia Carra for helping to support our program. You serve as an awesome role model for our graduate students and alumni alike. Thank you!



Dr. Sylvia Carra, being given the USF Distinguished Undergraduate Psychology Alumni Award



Erica Coates (left) and Vanessa Panaite (right), winners of the 2014 Clinical Psychology Graduate Student Fellowship

Giving Back

Thank you to our awesome alumni—who give back in so many ways. You share your research skills and help improve the scientific scholarship of our field. You share your clinical skills with clients and community organizations to give hope for a brighter future. You share your wisdom with the next generation of psychologists and guarantee a better profession for us all. You share your hard-earned cash to ensure that the USF Doctoral Training Program in Clinical Psychology remains vibrant and student-friendly.

If you wish to make a tax-deductible donation with a credit card, here are the links:

Clinical Psychology Program Fund:

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

Phares Family Fund for Clinical Psychology:

<http://bit.ly/1pRoKpC>

If you would prefer to go old-school, please make your check out to: USF FOUNDATION, make a note in the memo line about how you would like the money to be used, and please send it to:

Vicky Phares, Ph.D.
University of South Florida
Department of Psychology
4202 E. Fowler Avenue, PCD 418G
Tampa, FL 33620

Whether or not you are able to give back financially or otherwise at this time, I want you to know what an honor it has been to serve as your DCT for the past 13 years. I will happily continue to remain very involved in the program and with our alumni even after I step down in August. The absolute best part of being a professor is interacting with our students and alumni and that will never change. Thank you for being you, dear students and alumni. USF Clinical Rocks! As always, I wish you peace. Vicky



Thank you,
alumni!