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Don Kiesler Passes On, His Legacy Remembered

Donald J. Kiesler, Ph.D., Professor Emeritus and former Director of the Doctoral Program in Clinical Psychology at Virginia Commonwealth University, died Wednesday, May 16, 2007.

Coming to VCU, he was director of the doctoral program in clinical psychology initially from 1973-1976, then resumed the directorship position from 1992-1998. In 1975, he spearheaded the effort to obtain full accreditation of the clinical psychology program, the first accredited clinical program in the commonwealth. His impact on the field of Clinical Psychology and on our program has been profound.

Dr. Kiesler was a well-known expert in psychotherapy and in interpersonal assessment and diagnosis. His writings in the 1960s and 1970s on experimental designs for psychotherapy research were influential in shaping the deluge of psychotherapy outcome research that followed in the next two decades. His work in the 1980s and 1990s in interpersonal psychology were the hallmark of his career.

Born in 1933 in Louisville, Ky., in 1958 he completed his undergraduate work at Bellarmine University in Louisville. In 1963 he was awarded his Ph.D. in clinical psychology from

the University of Illinois at Champaign. During 1963-1964 he was first a U.S.P.H.S. Postdoctoral Research Fellow and subsequently director of the Carl R. Rogers psychotherapy research project at the University of Wisconsin Psychiatric Institute in Madison. From 1964-1967 he served as assistant professor in psychology at the University of Iowa in Iowa City, and from 1967-1973 as associate professor and professor of psychology at Emory University in Atlanta.

Dr. Kiesler was director of psychotherapy research for the Wisconsin Study of psychotherapy for patients with schizophrenia (Rogers, Gendlin, Kiesler & Truax, *The Therapeutic Relationship with Schizophrenics*, 1967). In addition, he helped develop and validate the Rogerian Experiencing Scale as an observer coding measure of patient involvement and improvement during psychotherapy sessions. The coding manual he developed with Marj Klein, Philippa Mathieu-Coughlan and Eugene Gendlin served as a prototype for coding systems developed by subsequent process researchers.

His 1966 *Psychological Bulletin* article, "Some myths of psychotherapy research and the search for a paradigm," was widely her-



Research Fellowship in Don's Memory

The Donald J. Kiesler Fund for Clinical Psychology has been established by the faculty of the program to honor Don's memory and to highlight his many contributions to the program and the field. This fund is a permanent endowment intended to support and enhance the Clinical Psychology Program in the Department of Psychology. The funds will support graduate students in the program. The Kiesler Fund will also support a biannual lecture series in which distinguished program alumni and others will be invited speakers and will be honored for their career contributions.

As you may know, our ability to recruit top graduate students depends, in part, on our ability to offer financial aid, as well as provide the best possible experiences. If we can create a sizable endowment for the Donald J. Kiesler Fund, we have the opportunity to enhance the program with resources not otherwise available. A \$10,000 endowment would afford the program \$500 annually; a \$20,000 endowment would support us with \$1,000. To date, more than \$14,500 has been gifted or pledged from colleagues in the Clinical Psychology Program.

If you would like to contribute to the Donald J. Kiesler Fund, please contact Arnie Stolberg (astol@vcu.edu, 804-828-1242) or Lois Badey (labadey@vcu.edu, 804-827-0856).

D I R E C T O R ' S U P D A T E

The academic year 2007-2008 has been a good one for our doctoral program. We have made significant progress on training components and on meeting strategic planning goals. Reorienting the program to focus on training in Child Clinical and in Behavioral Medicine has been substantially accomplished. Two distinct tracks now exist with unique



curricula and practicum experiences defining the tracks. Division 53 of APA, The Society of Clinical Child and Adolescent Psychology, presented our Child Track with the 2007 Outstanding Training Program Award. We have also continued with our self-study of training components and have completed both the assessment training and the practicum experience reviews. A new training component, the Capstone Clinical Presentation, has been piloted and finalized. Third year students preparing to leave the Center for Psychological Services and Development are now required to discuss a current clinical case in the Presentation, emphasizing relevant scientific underpinnings, contemporary empirically evaluated treatment strategies, and objective outcome evaluations.

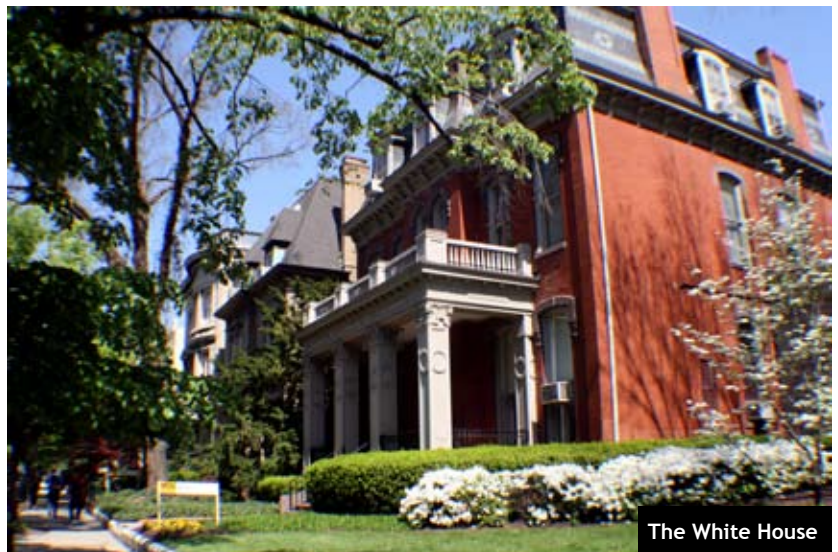
Aligning with university priorities has also been a goal of the program. Collaborative training efforts with the Schools of Engineering, Business, Arts, and Public Health are now underway. We are participants in the daVinci Center, a multi-disciplinary effort drawing on the skills of engineering, business and art students to solve real business problems by uniting the talents of these diverse students. We also have several students pursuing joint degrees in Clinical Psychology and Public Health.

Internationalization of the program mirrors the internationalization of the Virginia Commonwealth University. On one admissions interview day, we had applicants visiting from Russia, San Juan, Hong Kong, and Poland. (We also had two applicants currently working at the National Institute of Mental Health.) Through the Latino Child and Family Mental Health Clinic, we are exploring a unique sub-specialty. Student will integrate their studies in Clinical Psychology with the study of Spanish. We are working with the International Hospital for Children to place students in pediatric health and mental health practica both in Richmond and in the Caribbean.

Program changes often include personal changes. I have decided to step down and let someone else take the helm. I have finished my 30th year at VCU this month. As I look at my professional legacy, I have concluded that I have one important project to complete. That is the final development, evaluation, and manualization of my Intensive Co-Parenting Therapy program. It takes about a decade to complete a major of study. The program faculty have elected Dr. Bruce Rybarczyk to take on directorship of the program at the end of the summer. This is not a new role for Bruce. He was Director of Training at Rush Presbyterian Medical University in Chicago. We are in good hands.

Sincerely,

Arnie Stolberg, Ph.D.
Professor of Psychology and Director of
Clinical Training
Editor, *From the White House*



The White House

Child Track Named 2007 Outstanding Training Program by Division 53 of APA

By Arnold L Stolberg, Ph.D.,
Director,
Clinical Child/Adolescent Track

The Clinical Child/Adolescent Track has continued its evolution from its early days under the able direction of Professor Marilyn Erickson. We have made important strides in the last year on three fronts: improving national ranking, collaborating with others in the university, and internationalizing the program.

The track was presented with the 2007 Outstanding Training Program Award from Division 53 (the Society of Clinical Child and Adolescent Psychology) of American Psychological Association. Dr. Michael Southam-Gerow successfully shepherded our application for the award through the competitive review process.

Some longstanding efforts to formalize our relationships with other teaching units have been achieved. We now have a Developmental/Child Clinical Scholars Program that admits students concurrently into the Department's Developmental Ph.D. Program and into the Clinical Psychology PhD Program, Child Track. Four extraordinary students are currently enrolled in the program and two additional students have been admitted into next year's class.

This has been a very successful program for many reasons. The teaching perspectives of both of the doctoral programs have been expanded. We are able to attract stronger students in both programs. We are

drawing on the strengths of previously independent units.

The gentle, decades old, collaborative efforts between the Child Track and the TC Williams School of Law at the University of Richmond have led to formal clinical relationships between the two programs and the School of Social Work at Virginia Commonwealth University. Through a grant to the University of Richmond from the Lipman Foundation, a multidisciplinary forensic/mental health clinic has been established on Broad Street in the middle of downtown. The building renovation, entrance into Richmond of permanent staff, and plans for student training are underway. The establishment of this clinic is being mirrored within the Center for Psychological Services and Development with the development of a Divorce and Forensic Psychology Clinic.

Finally, we joined the university's efforts to take Virginia Commonwealth University into the international health and education forum. The Latino Child and Family Mental Health Clinic under the leadership of Dr. Rose Corona and Dr. Lettie Flores has joined with the Richmond-based Inter-

national Hospital for Children to develop a sub-specialty within the child track in working with Latino communities. While in its early, defining stages, the sub-specialty will involve training students to proficiency in Spanish through classes in the School of World Studies, supervised clinical cases conducted in Spanish, and practicum experiences through joint efforts with the International Hospital for Children working with their patients here at the Medical College of Virginia Hospitals and in the Caribbean.



The Williams House

The continued growth of the Child Track reflects very exciting opportunities for our students and for the program. We are certainly attracting the best students in the country. We are offering the most diverse and intensive training opportunities. We owe a great deal to Marilyn Erickson for the work she did to build the very strong foundation of the track. From her work, we have had the opportunity to develop into the number one ranked child track in the country.

Behavioral Medicine Growing

By Bruce Rybarczyk, Ph.D., Director

It was a good year for Behavioral Medicine at VCU. We officially changed to a two track clinical psychology program, with B-Med as the second major focus. This allows us to be more effective in getting the message out to prospective students that this is a great place to come and train in this exciting new specialty area of psychology. Recent graduates have obtained jobs in top notch medical centers and current students have landed internships at top notch places, including Rush University Medical Center (my former place of employment) and the Durham VA Hospital, affiliated with Duke. We held the Sleep Across the Lifespan Conference in October and the keynote speaker was our program alumni Jack Edinger ('77).

In the Fall I thoroughly enjoyed rolling out a new graduate class for the B-Med Track, Clinical Applications of Health Psychology, which covers the clinical methods employed in the many different subspecialty areas for psychologists within B-Med, including behavioral sleep medicine, rehabilitation psychology, psychosocial oncology, cardiac psychology, pain management, GI psychology, and transplant psychology. A series of guest speakers from throughout the Richmond area were featured in the class. We are also for-



tunate to have a Counseling Psychology doctoral program with a major emphasis in Health Psychology, so the class consisted of a 50/50 blend of students from both programs. It is apparent that our department has a unique convergence of resources in this important and growing area of psychology.

To encourage interdisciplinary collaboration, we also hosted four Behavioral Medicine Interest Group (BMIG) meetings on the MCV Campus. Dr. Aimee Danielson of Georgetown University Medical Center spoke on "Psychosocial Aspects of Infertility, Pregnancy, and Postpartum" and Dr. Kathy Sikkema of Duke University presented "Intervention trials to enhance coping with trauma among HIV+ adults."

Upcoming for next year is a plan to launch an add-on practicum experience at the Primary Care clinic. In the process of planning for this initiative, I have been very impressed with the level of enthusiasm the newer generations of physicians and nurses have for collaborating with psychologists to make their care more holistic and inclusive of the biopsychosocial perspective. Rather than providing traditional psychotherapy services to a small number of individuals with depression and/or anxiety disorders, the goal for our students will be to provide brief assessments and interventions to a wide range of medical patients who are coping with chronic disease and disability. The interventions would include such things as psycho-education on stress and coping, motivational interviewing to facilitate health behavior change, and brief behavioral interventions to reduce chronic pain and insomnia.

STUDENT FOCUS

Going on Internship

KAREN E. STEWART, M.S.

I am actually 5th year, but am leaving for internship in June. I currently work with Sandy Gramling, Kirk Brown (social psych), and Nancy McCain (nursing). I'm conducting my dissertation in the HIV clinic entitled "Biobehavioral mechanisms of emotion and HIV disease" and have an F31 NIH training grant by the same name. I'm going to Rush University Medical Center in Chicago where I will complete a Health Psychology internship with rotations in sleep medicine, oncology, geriatrics and rehabilitation, and outpatient psychotherapy. I'm considering applying my training in Psychoneuroimmunology (PNI) to explore connections between sleep, obesity, and diabetes.

MICHELLE GREENE, M.S.

My advisor is Clarissa Holmes and I am currently working with her on a prevention program for youth with type 1 diabetes that she recently developed. I'm a 4th year going on internship this summer. My internship is at Rush University Medical Center, specifically, the Child and Adolescent Program. There I'll be doing therapy and assessment with pediatric and more general child and adolescent populations.

JENNIFER J. RUNNALS, M.S.

I work with Scott Vrana and am currently collecting data for my dissertation, which looks at factors that may contribute to the development of postpartum PTSD symptomology (that is, PTSD that may result from childbearing). I am going to the Durham VAMC for internship where I anticipate training in women's health (they have a specific women's health rotation), treatment for PTSD, and behavioral medicine.

OTHER EXCITING NEWS:

- **STEPHANIE WOLF**, 2nd year, gave birth to a little boy named Max
- **KARI MORGAN**, 2nd year, got engaged
- **CARLA SHAFFER**, 3rd year, gave birth to daughter, Isabel, in September 2007
- **HENRY LEE**, 4th year, and the clinical intramural volleyball team, named the "allstars" made it to the first round of the VCU IM play-offs.
- **AMIE BETTENCOURT**, 4th year, received an F31 training grant from NIMH that will start in May, for her dissertation project entitled: Urban adolescents' cognitive responses to verbal victimization: Does psychosocial adjustment play a role?

C P S D U P D A T E

**Center for Psychological Services and Development
Leticia Flores, Ph.D., Director**

Dr. Leticia Y. Flores assumed permanent direction of the CPSD in December. Since taking on the position, she has worked to give the clinic both a face-lift, as well as performed a number of serious operations on the internal workings of the center.

The clinic received a fresh paint job in the fall of 2007, so now it sports a cool beige exterior with rust and white trim. Hopefully, the paint job has made the clinic more inviting for the approximately 100 active patients receiving services.

Inside the clinic, all the major rooms have been furnished over the past several months with both new and gently used tables, chairs and lamps, which have helped to make the clinic both more professional and more inviting for the patients and the increasing numbers of psychology students and faculty who are holding classes at the clinic. In May, the conference room will be fitted with a "smart room" technology, which will make better and more efficient use of the space for the many classes, staffings, meetings and conference activities.

Starting in January, the CPSD began using Titanium, a powerful client database that is used nationwide in university counseling centers (including VCU's University Counseling Services). The system has significantly improved tracking of patient demographics, billing and attendance, as well as improved the clinical and supervisory efforts of therapists and supervisors. As the clinic staff learns more about the capabilities of this new database, it will no doubt result in continually improved patient care as well as improved professional training for the students.

Assessment opportunities continue to increase for student therapists, as the CPSD has now contracted with 3 community psychologists to provide hourly supervision for the CPSD. This has enabled the current practicum students to get their feet wet with testing, as well as allowed more advanced students to return to the CPSD on a limited basis to gather additional assessment training, which is so important for internship.

Even as Dr. Flores has focused on improving the CPSD's own professional culture, she continues to look outside the clinic walls for partnerships with related disciplines. She continues to nurture the collaborative relationship with Psychiatric Nursing established by its previous director, Dr. Sonia Banks, and has had one NP student rotating through the clinic this past year. She has also helped to secure a grant with the UR School of Law to establish a multidisciplinary legal services clinic serving families in the Richmond area. Along with the UR School of Law, the clinic will be run in concert with Dr. Stolberg, as well as the VCU School of Social Work. The CPSD anticipates that some of the clinic's referrals will be directed to the CPSD, which will bring valuable experience to the students involved. In January, Dr. Joseph Walsh from the School of Social Work began seeing clients at the clinic, and plans on supervising 2 social work masters students who will begin rotating through the clinic in the summer. Dr. Walsh's clinical activity, along with the clinic-based work of Dr. Flores and Dr. Rybarczyk, now represent a solid faculty presence in the clinic. The students now have 3 professionals that can be observed doing therapy and clinical assessment, an exciting new educational component to the clinic. The hope is that a faculty practice model can be established at the CPSD in the future.

Keep posted for more developments at the CPSD, as Dr. Flores and the rest of the CPSD staff continue to seek ways to collaborate within and across the VCU campuses, as well as with the community. And if you are interested in getting involved with the clinic and getting to know some of the excellent students rotating through the CPSD, Dr. Flores is always happy to hear from a VCU alumnus.



VCU CLINICAL PSYCHOLOGY INCOMING CLASS OF 2008

NAME	TRACK	ADVISOR	UNDERGRAD	WHERE THEY ARE NOW
Cassidy Arnold	Child/Adolescent	Southam-Gerow	University of Colorado	University of Washington Dept. of Psychiatry Post BA Job
Shelley Avny	Child/Adolescent	McLeod	University of Maryland	Duke University
Hannah Lund	Beh Med	Rybarczyk	Bates College	Clinical Research Coordinator @ Mass General Bipolar Clinic and Research Program
Katy Maher	Child/Adolescent	Holmes	Mercer University	Research Assistant at VCU
Melody Mickens	Beh Med	Svikis	The College of William and Mary	The College of William and Mary (5/08 Graduation Date)
Kimberly Parker	Child/Adolescent	Stolberg	University of North Carolina Chapel Hill	Research Assistant @ Innovation Research & Training (Durham, NC)
Vivian Rodriguez	Beh Med	Corona	Carnegie Mellon	M.A. Catholic University
Lisa Ulmer	Developmental/Clinical	Sullivan	James Madison University	James Madison University (5/08 Graduation Date)
Danielle Worthington	Beh Med	Auerbach	Virginia Tech	M.A. University of Richmond
Nikola Zaharakis	Developmental/Clinical	Kliever	Hunter: The City University of New York	

VCU UPDATE

Broad Street Revitalized

Over 1 ½ decades ago, Dr. Eugene Trani decided to move the Monroe Park Campus of Virginia Commonwealth University north to Broad Street in an effort to maintain the integrity of the community of Oregon Hill. The

Because of the proximity of the two schools to the intersection of Lombardy and Broad Streets, the area has been reborn as an urban academic center in downtown Richmond.

The visual impact is remarkable. Gone are



result has been an investment of over \$105 million by VCU that has anchored the revitalization of Broad Street west of Belvedere. New to this part of the campus are buildings for the School of the Arts, Administrative Information Technology, Sports Medicine, the Siegel Center (an athletics and recreation center), student residences, and a combined bookstore and parking deck. Following the university's lead has been more than \$100 million in private sector development.

North of this area of renewal is a residential neighborhood made up of longtime residents in the area and students from both VCU and Virginia Union University.



Dawn Scott, CPSD administrative assistant



The Siegel Center

the broken down joints and boarded up storefronts. Groups of students and faculty, spectators to sports and major public events, such as Barack Obama's February visit to the Siegel Center, and visitors to downtown Richmond take their places. There is a sense of vibrancy in the area throughout the day and well into the night.

Psychology has a residence in the area. The Center for Psychological Services and Development has made its home in a renovated Richmond Ballet (aka the original Pleasants Hardware). The generous investments of Provost Gottfredson and Dean Holsworth, along with some design ideas from the School of the Arts, have transformed the building into a beautiful magnet for training and clinical activities. (See article on page 4.) Many students and faculty from both the Clinical and Counseling programs can be seen running around the halls of new center. It has been a far more successful training and service facility than ever anticipated.

Kiesler, continued from Page 1

added as a breakthrough publication in clinical psychology. In 1981, the article was awarded a special citation by the Institute for Scientific Information, being "identified as one of the most cited items in its field" based on data from the Science Citation Index (SCI) and the Social Sciences Citation Index (SSCI). In 1992, the article was cited by the journal *Clinician's Research Digest* as one of 12 "classic articles" in the field of clinical psychology and was honored again in 1996 by the journal *Psychotherapy Research* as a publication "that over the years ... had an unusual impact on psychotherapy research and moved the field in new directions."

Beginning in the late 1970s, Dr. Kiesler concentrated on developing and applying contemporary interpersonal theory to personality, psychopathology, and psychotherapy. He is one of the major developers and refiners of the interpersonal circumplex model, which for the past 50 years has been a major theoretical model for studies of personality, psychopathology, and psychotherapy.

Among his key interpersonal publications are the 1982 "Handbook of Interpersonal Psychotherapy," which he co-edited with Jack Anchin; his 1988 book, "Therapeutic Metacommunication: Therapist Impact Disclosure as Feedback in Psychotherapy;" his 1996 book, "Contemporary Interpersonal Theory and Research: Personality, Psychopathology, and Psychotherapy" and his 1999 volume, "Beyond the Disease Model of Mental Disorders."

Don's personal side was deep, warm and colorful. He was a member of a regular poker group for many years and was considered a very crafty player. He was very adept at taking the hard-earned funds of the likes of professors Auerbach, Danish, Farrell, Tipton, Gramling, Robbins, (Melanie) McGrath, Stolberg and Farrell.

Don's physical presence continued in the program after he retired. He never quit. He was appointed professor emeritus on his retirement and kept an office in 806. Until he became ill, he continued to publish, write grants, supervise students, communicate with former students and frequent some of Richmond's better lunchtime restaurants with Steve Auerbach.

Don's family was a great source of joy throughout his life. He talked often of Barry, of Ben, a beginning freshman at the University of Pittsburgh, of Sarah, a grade school teacher in Richmond, and of Allison, his wife.

LINKING TO VCU PRIORITIES



The da Vinci Center in the Pauley Pavilion at the new East Hall of the School of Engineering

Clinical Psychology PhD Students Partner with Students in Engineering, Arts and Business

Doctoral students Leila Islam and Matthew Bernard are partnering with students from the schools of Engineering, the Arts and Business in the daVinci Center for Innovation in Product Design and Development. Housed in the Pauley Pavilion in the School of Engineering, the center's goal is to prepare students to function effectively in an interdisciplinary, team-based, technology-driven environment where innovation in product development is the principle objective. It provides a framework for teaching and practicing the science and art of product development and brings together in a single venue students from diverse disciplines to engage the creative, technical and commercial elements needed for successful product development.

Clinical Psychology's role in the Center is to teach organizational skills and to help students understand their positive and problematic, interpersonal contributions to their team's effectiveness. Islam and Bernard organized a workshop on group process and are planning another on communication styles and conflict resolution strategies. They have also offered some assistance on specific group problem resolution.

Teams of students from each school and from Clinical Psychology take a semester long product development or design challenge posed to them by one of the center's industry partners. The School of Engineering also has sponsored a project, the design and development of an operating room table intended for construction in Bangladesh by its fledgling manufacturing sector as a way of resolving one of its health care problems. As a native of Bangladesh, this has been a particularly relevant engagement for Islam.

Our involvement in the daVinci Center is another example of Clinical Psychology's efforts to join in with the central foci of Virginia Commonwealth University.

Latino Mental Health Clinic Develops Collaborative Effort with School of World Studies and International Hospital for Children

Latinos are the largest minority group in the U.S. and their presence in the greater Richmond community is increasing dramatically. However, access to culturally-relevant and linguistically appropriate services is not easy to find. This is especially true in communities where the Latino population is less established, such as Richmond, and bilingual service-providers are less available.

The Latino Mental Health Clinic (LMHC), a specialty clinic within the Center for Psychological Services and Development, was established in 2005 in an effort to respond to this community need. Under the supervision of a bilingual and bicultural licensed clinical psychologist, Dr. Rosalie Corona, bilingual

graduate students in the clinical and counseling programs provide therapeutic services to Latino adults, children, and families. Although the specialty clinic has only been in operation for a few years, there is a waiting list highlighting a need for recruiting more bilingual graduate student therapists.

The LMHC also provides psycho-educational services to the community and partners with various community organizations. Drs. Rosalie Corona, Arnold Stolberg, and Leticia Flores are working to develop a new collaboration between the LMHC and the International Hospital for Children (IHC). This partnership is being developed to provide student therapists with in depth training in mental health service provision in international communities, and in providing consultation services to Spanish-speaking children and their families who come to the U.S. for medical care.



Using Science to Direct Public Policy

Archer Takes Central Role in Forging Virginia Family Law Policy

First year doctoral student Elizabeth Archer and her mentor, Dr. Arnold Stolberg, were central in effecting the repeal of Virginia legislative and case law that limited the testimony of mental health professionals in child custody and divorce disputes. Labeled "Restrictions on Judicial Discretion", the three-year-old bill prohibited the admissibility of evidence relating to a parents' and children's mental health, except in very limited circumstances. The effect of the law was to blind judges to essential information about parenting and adult and child functioning in contested family disputes. Virginia was the only state in the U.S. to pass such a restrictive legislation. The issue became more alarming as the Court of Appeals of Virginia interpreted the existing legislation more broadly with each case it heard.



Archer

Archer and Stolberg searched existing research on the topic. Empirical evidence, it was found, demonstrated that most parents will continue in and will seek to engage in therapy, even if relevant mental health evidence is disclosed to a court. As well, the current statutory exception through Court-ordered custody evaluations was found to be ineffective because of cost, time required, and lack of qualified professionals throughout the Commonwealth. The report was distributed to both psychologists and attorneys working towards repeal of the legislation.

Along with the hard work of attorneys including (Ron Tweel, Carol Schrier-Pollack and Glen Lewis) and psychologists (the late Ben Schultz, Michelle Nelson, Bob Archer, Leigh Hagan) the efforts were successful in this second "bite at the apple". The bill to overturn the 2003 legislation was unanimous in both the House and the Senate. For comparison a previous effort last year did not get out of the subcommittee hearing.

This is not the first time doctoral students have been instrumental in translating science into policy for Virginia. Dr. Michael T. Foot helped to stave off efforts to repeal the required training for guardian's ad litem in child development and the science of divorce. Through his master's thesis he demonstrated the continued need for such training by conducting an independent and empirical evaluation of the objective knowledge of these attorneys on associated topics. Dr. Eugene V. Gourley studied child custody evaluation procedures utilized by psychologists practicing in the Commonwealth. The results of this empirical investigation appeared in the 2000 Annual Report of the Executive Secretary of the Supreme Court of Virginia and have been used to set the standards for child custody evaluations in Virginia courts.

ALUMNI UPDATES

1969

After obtaining her M.S. in Clinical Psychology in 1969, **Carol Meese** practiced as a school psychologist for Richmond Public Schools for 32 years. Retired in 2000, she is a full-time painter and has her own gallery (www.carolmeese.com).

1983

Dr. Aaron Nelson has been in Boston since interning at the Boston VA in 1981. He is the Chief of Psychology and Neuropsychology at Brigham and Women's Hospital, and assistant professor at Harvard Medical School. He is involved in clinical work and training graduate students and postdoctoral fellows in Clinical Neuropsychology. He maintains a private practice with a forensic twist and finds time to write.

1985

Jesse Rabinowitz, Ph.D., has joined Tucker Psychiatric Clinic.

His new work number is 804-320-7881, ext 2117, and e-mail is jrabnowitz@tuckerpsychiatric.com.

Dr. Chris Bradshaw has lived with her husband, Bill, in Houston for 25 years. She serves as adjunct faculty at Houston Baptist University.

1989

Dr. Bob Falk lives in Chesterfield County with his wife, Gail, and two children, Nathan and Mattea. Bob is vice president and founding partner of Dominion Behavioral Healthcare, one of the larger mental health practices in the Richmond area. He was appointed to the Commonwealth of Virginia's Board of Psychology by Gov. Mark Warner in 2004.

1991

Dr. Michael Ellwood — with the help of staff psychologists at the Richmond VAMC including VCU

Psychology Alumni Drs. Bill Carne, John Lynch and Tony Mancini — had the opportunity to organize the resumption of the predoctoral internship program in Richmond. They will welcome their first class this September.

1994

Dr. Richard Gontang is the new director of psychology training at Saint Elizabeth's Hospital in Washington, D.C. They are an APA-approved training site for internships and post-doctoral residencies.

2002

Dr. Kate Macie has worked for the Department of Juvenile Justice since July of 2004, and for the past three years has been the supervisor of mental health services for girls at the Bon Air Juvenile Correctional Center. She married in 2006 and recently has become involved with VCU's psychology program again,

providing clinical supervision for student-therapists at the CPSD.

2007

Dr. Sandy Henderson, recipient of two independent Ph.D.s in Psychology (Development and Clinical) completed both her internship and post-doc at the Virginia Treatment Center for Children at VCU.

2008

Dr. Sharon Funari's rotations in Geropsychology, PTSD and Oncology/Palliative Care at the Quillen VAMC in Johnson City, Tenn., were tremendous. She's learned incredible amounts from her faculty mentors, as well as her fabulous patients.

Dr. Jill Ferrante Gasper is completing her internship at the Virginia Treatment Center for Children where she will soon begin her post-doc.

FACULTY HIGHLIGHT

Michael Southam-Gerow, Ph.D.

When Michael Southam-Gerow started graduate school in 1992, he and his first year classmates were asked the same question during a class offered by the director of training at Temple University (Philip Kendall, a VCU Ph.D. alum!): "What do you want the focus of your career to be?" At the time, Michael was not entirely certain what the shape of his career would be. But he knew one thing for sure — he wanted to focus on improving mental health services for youth and families.

That ambition carried him through graduate school at Temple, where he discovered a love, and a proclivity for research. He learned that because science could guide policies (at all levels), the impact of science on the mental health care of youth and families had great potential. Leaving graduate school, Michael decided not to pursue a tenure-track job offer, instead taking a post-doctoral position at UCLA so he could direct what he saw, at the time, as the study of his dreams.

Michael saw that a large possible obstacle to implementing treatments on a large scale lay in the reliance on what he called "research clinic samples" — that is, a lot of research studies recruited clinical participants via advertisements in newspapers whereas many community clinics did not, instead relying on referrals from other public agencies (e.g., schools). As a result, it seemed possible that youth in the research studies may differ from youth seen in typical care settings. If that was true, the applicability of the research could be questioned.

Michael arrived at VCU in 2001, with his aim to continue his mission of improving mental health services for children and families. To learn more about the translation process, his work has taken on a new direction. First, he applied for and received a federal grant to enhance his training through courses in qualitative research, advanced statistical methods, and health care economics.



Through the grant, he learned about partnership research and an approach called participatory action research (PAR). With PAR, researchers and stakeholders could work together to identify how to make sustainable changes in many contexts. A key notion in PAR is ownership of the research agenda by the community partners. Inspired, Michael began to experiment with using PAR in effectiveness research. The rest, as they say, is history.

Michael now conducts all of his research through partnerships with community agencies. To this end, his research currently focuses on adapting and testing evidence-based treatments in community settings through input from stakeholders in the community. He is currently in the third phase of a four phase NIMH-funded project examining the effects of adapting a treatment in partnership with a large community mental health clinic here in the Richmond metro area. The third phase consists of a pilot randomized controlled feasibility trial, comparing an evidence-based treatment (modular multi-focus therapy), adapted with stakeholder input, to the typical care provided at the public mental health agency. Michael and his collaborators eagerly await the results of this endeavor.

Michael has a busy research lab that is run by a terrific team of graduate students. His current team includes Lauren Miller, Ruth Brown, Shannon Hourigan and Alexis Boe. Dr. Alyssa Marder, the first graduate from the lab, is a post-doctoral fellow at the University of Hawaii, though she will shortly be relocating to UCLA.

Michael's time at VCU has been a productive one. But he and his family have also had time to learn to love Richmond. With proximity to the ocean and mountains, the family have enjoyed hiking and beach-going. In addition, Michael and his family have found a neighborhood in Richmond that surpassed his and his wife's hopes for a place to raise a family. As an example, on their first day in Richmond, their neighbors brought over a delicious hot meal. Now, seven years later, those neighbors are the godparents of both of Michael's children.

Fall 2007 Sleep Conference

On October 30th of 2007, our Clinical Psychology Behavioral Medicine Track hosted the second annual conference on Psychology and Public Health entitled, Sleep Disorders across the Lifespan: Recognizing, Treating and Referring Patients with Sleep Disorders in Your Practice. The event, co-sponsored by Ion Health Care, featured nationally recognized experts in the diagnosis and treatment of sleep disorders among children, adults, and older adults with a special emphasis on behavioral treatment of insomnia.

Dr. Jack Edinger, Professor at Duke University Medical Center and VCU Clinical Psychology alum, was the fea-



tured speaker of the day and delivered a keynote address on the behavioral treatment of insomnia. He was joined at the podium by Dr. Steve Burton, clinical psychologist and President and Founder of Ion Health Care; Dr. Daniel Lewin, Associate Director of Pediatric Sleep Disorders, Children's National Medical Center; Dr. David Leszczyszyn, Director of the VCU Sleep Disorders Center; and Dr. Bruce Rybarczyk, from the Department of Psychology. The one day conference was well attended by local and regional practitioners as well as by VCU Psychology faculty and graduate students. The conference drew superb reviews from those in attendance.

Edinger Presented First Distinguished Alumni Award

Dr. Jack Edinger was awarded the 1st Distinguished Clinical Psychology Alumni Award on October 31, 2007, for his significant contributions to the research on sleep and for his important contributions to the training of doctoral students in the field. During the ceremony, Dr. Edinger addressed an audience of graduate students and departmental faculty and spoke about the field of behavioral sleep medicine, his own career path as a clinical psychologist and offered career advice and encouragement to current students.

For more information about the Psychology Department and the College of Humanities and Sciences, please visit the Exchange, the official site for the College's online newsletter, at <http://www.has.vcu.edu/exchange/index.html>.

Continue the good work of the Psychology Department with your support. Make a gift online at <http://www.has.vcu.edu> (click on "make a gift online"). For more information about ways to give to VCU, contact Lois Badey, director of development, at (804) 827-0856 or labadey@vcu.edu.

To update your alumni information, please visit the College's site at http://www.has.vcu.edu/alumni/alum_update.html.

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