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Letter from the Chair

Dear Western Alumni, Students and Friends,

Another year has passed and the Psychology Department remains as busy as ever. The department had the great opportunity to recruit a new faculty member who joined us in the Fall of 2014. Dr. Anna Ciao is a clinical psychologist who comes to us from the Eating Disorders Program at the University of Chicago. She received her Ph.D. from the University of Hawaii at Manoa. Anna's research interests include the examination of protective and risk factors for the development of eating disorders and obesity. She is also interested in prevention and early intervention for eating disorders. In particular, she has developed a community-based approach to treatment. Anna grew up in the Pacific Northwest so this is a welcome home for her.



The annual celebration of research, PsychFest was held on June 6th, 2014. The event was very successful, with over 70 students presenting their research through talks or posters. The keynote speaker was Dr. Kevin Haggerty, from the University of Washington. He spoke on "The Power of Family to Promote Well Being: Results from the Family Connection Studies". All alumni are invited to attend PsychFest and the next PsychFest is scheduled for Friday, June 5, 2015, from 9 a.m. – 5 p.m. in the sky bridge in the Academic Instruction Center.

The past academic year was productive for faculty research. The Psychology faculty authored 36 papers, 20 book chapters and 98 conference presentations. Most of these included student authors (for a complete list of faculty and study publications, see:

<https://chss.wvu.edu/sites/chss.wvu.edu/files/Psychology/Publications2013-2014b.pdf>).

In the case of student conference presentations, the department was able to provide funding from donations to help students travel to conferences. These activities are directly reflected in the classroom instruction that students receive, resulting in an up-to-date knowledge base for students. As well, many students participated in service learning components to their courses.

The activities of students and faculty require increased funding to assure the highest possible quality of education. This is especially true at this time when the costs of higher education are on the rise. Your generous donations to the Western Washington University Foundation in the past have helped us support students in both the undergraduate and graduate programs by providing funding for student scholarships, conference registration fees, travel to conferences, computer software to help support instruction, and computer lab maintenance. To make a gift, you may visit the Psychology Department website:

www.wvu.edu/psychology/support-department-psychology. We appreciate your support in the past and look forward to your continued support in the future.

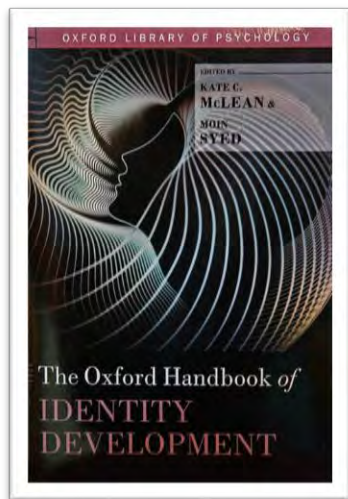
Sincerely,



Larry Symons, Ph.D.
Chair, Department of Psychology
November 2014

Faculty Notes and Activities

Kate McLean



During the 2013-2014 school year, Dr. Kate McLean spent one year of professional leave at the University of California, Santa Cruz (UCSC). Broadly, her research focuses on the development of narrative identity during adolescence and emerging adulthood. She examines how individuals construct a personal story about how they have come to be the person they are. During her time at UCSC she wrote a book on the role of family stories in adolescent and emerging adult identity development. The basic premise of the book is that individuals are not only defined by their own personal stories, but also by *other's* stories. She examined the role of other people's stories about the self (e.g., the stories parents tell about their children), as well as how other's personal stories (e.g., parent's stories) are important in understanding our own identity development. The book is titled, "The Co-authored Self: Family Stories and the Construction of Personal Identity," and will be published by Oxford University Press in the coming year. In 2014, Drs. Kate McLean and Moin Seyed edited The Oxford Handbook of Identity

Development. Drs. Kate McLean and Adriana Manago of the Department of Psychology contributed several chapters to the book.

Jennifer Devenport

Dr. Devenport's research focuses on eyewitness reliability and legal safeguards designed to protect defendants from wrongful convictions resulting from mistaken eyewitness identifications. In 2011, the New Jersey Supreme Court implemented a reform that allows jurors, hearing cases involving eyewitness testimony, to be provided with instructions that caution jurors about factors known by scientific research to influence the reliability of eyewitness identifications. Other states have begun to follow suit, creating similar scientific-based jury instructions. Last year, Dr. Devenport was granted professional to examine the effectiveness of this reform. While on sabbatical, Dr. Devenport, in collaboration with the Washington State Defender's Association, designed a study to examine the efficacy of scientific-based jury instructions currently being created in Washington to assist jurors in evaluating eyewitness identification accuracy in cases involving cross-race identifications.

Robinder (Rob) Bedi

Dr. Rob Bedi is currently serving as the Chair of the Counselling Psychology Section of the Canadian Psychological Association for a two-year term of 2014/15 to 2016/17. He served as Chair-elect from 2013/14 to 2014/15.

Dr. Bedi received a WWU Summer Teaching grant in the 2014 Summer Quarter for a project entitled, "Improving the Addictions Curriculum in the Undergraduate Psychology Major and the Graduate Programs in Mental Health Counseling and School Counseling."



The following publication is based on the thesis of a master's of science degree student in Mental Health Counseling that Dr. Bedi supervised:

Richards, M., & Bedi, R. P. (in press). Gaining perspective: How men describe incidents damaging the therapeutic alliance. *Psychology of Men and Masculinity*.

This coming year, students in Dr. Bedi's research lab will be collaborating with faculty and students from the University of Colorado and Punjabi University in Patiala, India on research projects related to love marriages in India and counseling psychology in India, respectively.

Adriana Manago

In June 2014, Dr. Adriana Manago travelled to Ben Gurion University in Beer Sheva Israel to continue work on a research project funded through the *United States-Israel Binational Science Foundation*. She is collaborating with a multicultural team of researchers, Michael Weinstock, Patricia Greenfield, Rana Igbariya, Maysam Ganayiem, and Turkey Abu Aleon, to study intergenerational value change among Arab and Arab-Bedouin families in Israel. Despite differences in ethnic and religious backgrounds, they are united in their desire to understand how families are negotiating rapid social changes under contemporary circumstances of globalization. Since 2012, the members of the research team have been interviewing adolescents, parents,



and grandparents in the Arab Triangle and in communities near the Negev desert about their perspectives of change happening in their communities due to increasing materialism, urbanization, and multiculturalism, and higher levels of formal schooling and use of communication technologies. The researchers' main focus is on the way norms and values for gender roles and gender relations shift alongside these kinds of sociodemographic changes. Their research activities this past summer were hampered by the war in Gaza, which began after they had arrived in Israel. Because of the constant threat of sirens alerting them to rockets firing into Beer Sheva, they stayed indoors near shelters and could not travel to meet with their Arab and

Arab-Bedouin collaborators in their villages. Dr. Manago was especially disappointed to have missed an opportunity to celebrate Ramadan with their Bedouin team member.

In 2013, the researchers trekked out to these villages in order to construct culturally nuanced interviews. Before Dr. Manago visited the villages in the Arab triangle, she had imagined small agrarian hamlets. However, these Arab villages, just off the highway to Haifa, are densely populated with beautiful multi-story homes of marble tiles and expensive fixtures. The Arab collaborators graciously hosted them for multiple meals replete with delectable Kanafeh desserts while they learned about how rituals surrounding marriage have changed and how gender roles in the home are starting to shift as girls pursue a university education. Yet, some things also stay the same: the father of one of their collaborators preferred to sleep outside, as he did when he was a boy tending his goats, despite the accommodations of his modern home.

The Arab-Bedouin communities near the Negev desert are quite different. When the Israeli government occupied the Negev desert for military purposes, families were forced to transition from a nomadic to a sedentary lifestyle. Some Bedouin have settled in villages recognized by the state and other have settled in areas that are not officially recognized. There are no services in these unrecognized villages, no power, running water, or paved roads, and children sometimes travel by camel to get to school in nearby villages. One of the most powerful memories Dr. Manago has of her time in these Bedouin villages was seeing a home recently built for a newlywed couple in a pile of rubble, bulldozed by the Israeli government because of its location in an unrecognized village. Even in her brief encounters with life in Israel over these past couple of years, Dr. Manago has seen a great deal of variation and complexity in the ways families are coping with rapid social changes occurring across generations.



The research team's first study with families in the Arab triangle has just been published:

Weinstock, M.P., Igbariya, R., Ganayem, M., Manago, A.M., & Greenfield, P.M. (in press). Societal change and values in Arab communities in Israel: Intergenerational and rural-urban comparisons. *Journal of Cross-Cultural Psychology*.

David Sattler

Dr. David Sattler has studied various factors associated with catastrophic events, both naturally occurring and human initiated. For example, he has studied resilience and post-traumatic growth following hurricanes, volcanic eruptions, tornadoes, tsunamis, and the terrorist attacks of September 11, 2001. In November 2013, Super Typhoon Haiyan caused catastrophic damage in the Philippines. It ranks as one of the most powerful storms to make landfall in recorded history. Six weeks after the typhoon, Dr. David Sattler and Richard Atienza (faculty member at the University of Washington)



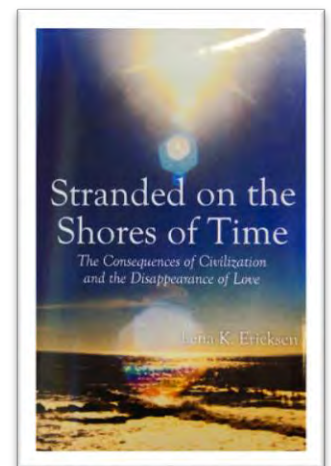
surveyed 335 survivors living in two coastal villages in the Philippines to examine attitudes and concerns about the contribution of global warming to typhoon intensity and destructive potential, resource loss as a result of Super Typhoon Haiyan, posttraumatic stress reactions, and posttraumatic growth. They presented the findings at the International Conference on Climate Change: Impacts and Responses.

Jeff King

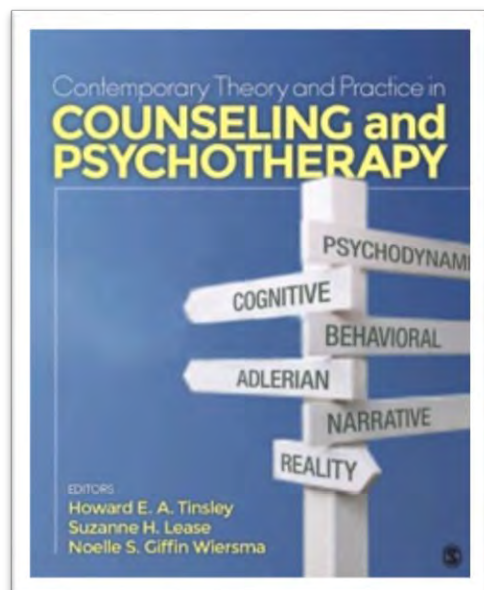
Dr. Jeff King spoke on the role of culture in education in Justina Brown's seminar "Race, Class, and Privilege" (Frames of Mind) in October. In addition, he was part of the "Internationalizing the Curriculum 2014-2015" meeting sponsored by the Provost's Office and the Center for International Studies in October. Dr. King will also continue to meet with the President's Taskforce on Equity, Inclusion, and Diversity. He was a contributor to the Faculty Orientation Diversity Training Unification Luncheon on November 10. In addition, Dr. King is a member of the Search Committee for the position of Counseling Center Director at Western Washington University.

Lena Ericksen

Dr. Lena K. Ericksen recently completed on book about love titled "Stranded on the Shores of Time." In this book, she addresses the following questions: What has happened to love? Where does love figure in the technology-based global economy that orders our lives? What has happened to that most splendid of feelings? The book is published by Xlibris Publishing and is available through Amazon as well as Barnes and Noble. More information on this book is available at: <http://www.prweb.com/releases/2014/LenaKEricksen/prweb12271867.htm>.



Tony Tinsley



Howard E. A. (Tony) Tinsley, research associate, has completed work on his edited volume, "Contemporary Theory and Practice of Counseling and Psychotherapy". Dr. Tinsley worked as editor-in-chief with two of his former doctoral students on the volume. A team of internationally acclaimed, award winning experts contributed chapters on their approach to therapy. Dr. Tinsley authored chapters on "Contemporary Approaches to Counseling and Psychotherapy," and "Developing Your Personal Theoretical Orientation." Dr. Tinsley and his team departed from the traditional approach in theory texts—describing the initial introduction of the theory with a step-by-step summary of modifications to the approach—to focus tightly on the contemporary status of each theory as it is practiced by expert therapists. The volume, now in production with Sage Publishing, will be available in March 2015.

In addition, Dr. Tinsley and his wife published a chapter in the recently released "APA Handbook of Career Intervention" on the social psychology of leisure:

Tinsley, H. E. A. & Tinsley, D. J. (2015). Leisure. In P. J. Hartung, M. L. Savickas & W. B. Walsh (Eds.). *APA Handbook of Career Intervention, Vol. 2. Applications* (pp. 209-222). Washington, DC: APA Books.

Faculty Honors

Jeff Grimm

Dr. Jeff Grimm was named the 2014 winner of the Paul J. Olscamp Research Award at Western Washington University. During his graduate studies in Experimental Psychology at Washington State University, Dr. Grimm



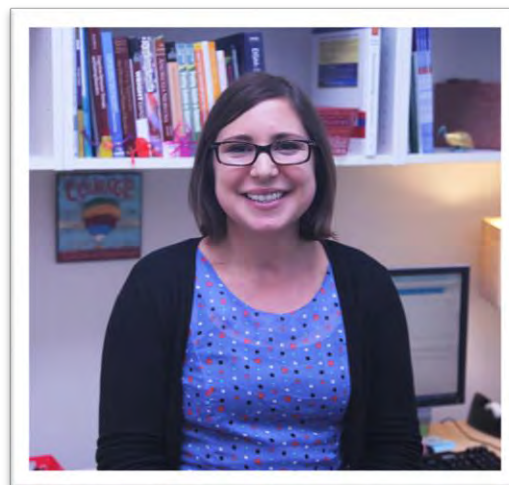
studied the neurochemical effects of antipsychotic drugs and also cocaine relapse in a rodent model of addiction. He continued this program of study during his post-doctoral fellowship at the National Institute on Drug Abuse, where he co-authored a study describing abstinence-related increases in drug craving ("incubation of craving"). While at Western, Dr. Grimm has continued to examine this effect, including molecular events related to it, with a focus on sugar as the "drug" of choice. Since 2003, his research has been continuously funded by the National Institutes of Health. During that time, Dr. Grimm was capably assisted in his research by

dozens of undergraduate students as well as several graduate students. Forty of those student have been co-authors on published manuscripts and over 100 on presentations at professional meetings. Dr. Grimm is the fifth faculty member of the Department of Psychology to receive this award since its inception in 1983. Past winners include Dr. George Cvetkovich (1989), Dr. Walter J. Lonner (1993), Dr. Ronald A. Kleinknecht (1996), and Dr. Joseph E. Trimble (1999).

Welcome to New Faculty

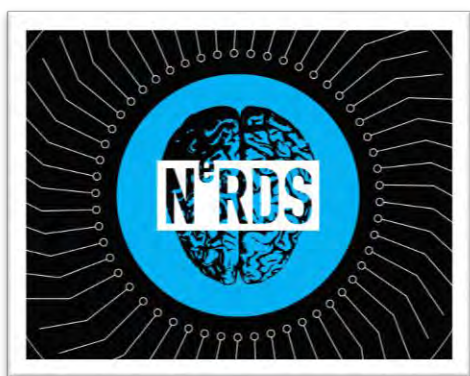
Anna Ciao

Dr. Anna Ciao is a new assistant professor in clinical psychology. She earned her B.A. in Psychology from Trinity University and her M.A. and Ph.D. in Clinical Psychology from the University of Hawaii at Manoa. She moved to Bellingham from Chicago, where she completed her predoctoral clinical psychology internship and a postdoctoral research fellowship at the University of Chicago. Her clinical and research interests are in eating and weight disorders. She is primarily interested in understanding how and why eating and weight disorders develop and her research investigates avenues for prevention and early intervention. She is also passionate about increasing access to psychological interventions, with a specific focus on eliminating barriers to health service utilization and partnering with communities to deliver evidence-based care. Dr. Ciao is especially looking forward to teaching courses in abnormal psychology at Western.



Student Notes

Neuroscience Research Drive Students (NeRDS)



The NeRDS club maintained a high level of on- and off-campus activity in the 2013-2014 academic year. These activities included outreach at campus events such as Compass-2-Campus, Western's Fall Family Open House, Western Preview, and Back2Bellingham as well as fielding a team at Western's Relay for Life in May 2014 (where they raised \$1200 to support cancer research). Off-campus, the NeRDS continued their outreach efforts in local elementary schools and at the quarterly Neuroscience on Tap events held at Club Glow. In the spring quarter, the NeRDS (with the support of the Dean's office) created a short video describing their on- and off-activities for the year; the

CHSS plan to use this video to highlight student activities in the college (see <https://chss.wvu.edu/psychology/wvu-student-clubs>). Monthly journal club presentations, a variety of fund-raising events to support attendance at the annual Society for Neuroscience meeting, and the soon-to-be famous Ice Cream'n'Bowling (Fall) and Grill-Off (Spring) events rounded out the year . . . with the NeRDS being voted the best academic club on campus for the 2nd year running! You can keep up with the activities of the NeRDS on Facebook at <https://www.facebook.com/WWUNeRDS>.

WWU Psychology Club

The WWU Psychology Club has been involved in a number of activities during the past year. As a club that is open to all WWU students, we focus on understanding the principles of psychology that we experience in our everyday lives. We take the opportunity to include social events in which we can discuss psychological constructs. For example, last spring we visited the Woodland Park Zoo to observe primate behavior which we discussed at our next meeting. In October, we saw the movie *Shutter's Island* and went to a Halloween haunted house as a basis for discussing fear responses at a meeting. Drs. Jeff Carroll, Alex Czopp, and McNeel Jantzen

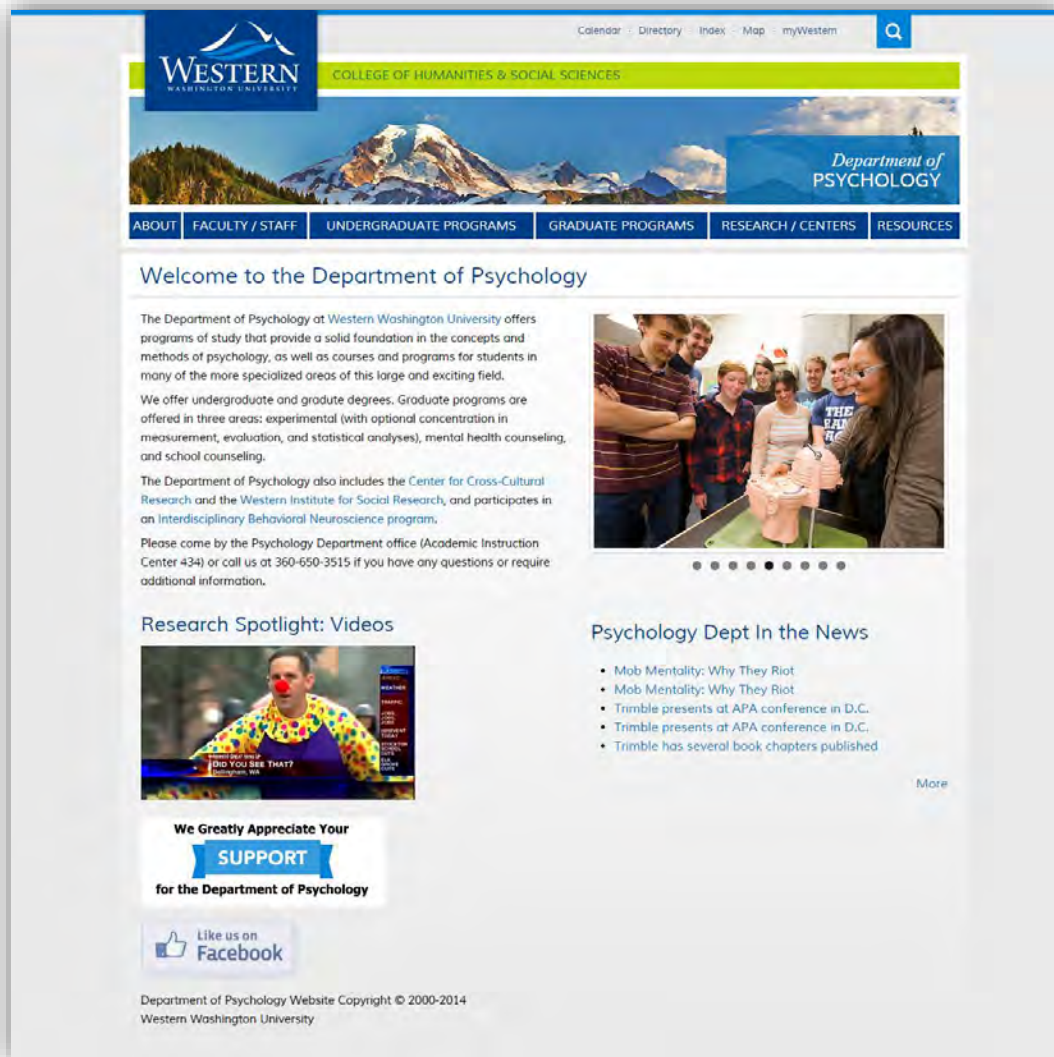


attended a meeting to inform the members about their programs of research and how to get involved in faculty members' research labs. Dr. Jim Graham made a presentation to the Club on the psychology of romantic relationships and Dr. Jeff King talked about the importance of all psychological principles being examined under the lens of culture. Dr. Lena Ericksen made a presentation on what has happened to love in a world heavily influenced by social media. Members of the Psychology Club are also working to become certified to work with the Darkness-to-Light program at the Brigid Collins House. We have been involved in several fund-raising efforts to fund students to attend professional conferences in the region. This past year we were able to partially fund nine members of the Psychology Club to attend the Western Psychological Association's annual conference which was held in Portland, Oregon. If you are interested in following the activities of the Psychology Club, you can find us on Facebook at <https://www.facebook.com/WWUPsychologyClub>.

Alumni Comings and Goings: Send Us an Update!

Please let us know about your "comings and goings" in the next year so that we can include them in the next Department of Psychology Newsletter. We are always interested in the paths that your lives have taken after you graduated from Western Washington University and we believe that your classmates will also be interested. We encourage you to send a brief summary of no more than 125 words at any time during the next year. Your news items can be sent to Dr. Dale Dinnel (Dale.Dinnel@wwu.edu), Dr. David Sattler (David.Sattler@wwu.edu) or Dr. Alex Czopp (Alex.Czopp@wwu.edu).

Check Out Our New Website!



The Psychology Department is pleased to announce the launch of our newly updated website. It is an excellent source for information with a fresh new look. We've added new content, including a list of faculty and student publications and conference presentations, videos featuring members of the department, and many photos of students and faculty. Check it out today at www.wvu.edu/psychology.