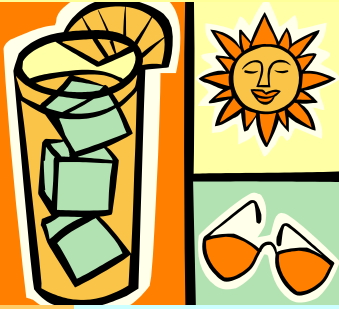


Third Edition  
Summer 2013

Susan Lane, Editor



UNIVERSITY OF VIRGINIA

# Gilmer Gazette

## Clinical Program is Accredited for 10 years!

We received official word in June that our clinical program was accredited by the Psychological Clinical Science Accreditation System (PCSAS). This is great news, and we were accredited for the full 10 years. The reviewers were extremely positive, and this was in large part due to the outstanding accomplishments of our graduates (they note, “the *sine qua non* of gaining PCSAS accreditation is the documentation of a strong record of consistently graduating productive clinical scientists”). A few quotes from their review to make you feel good...

“Virginia’s doctoral program in psycho-

logical clinical science is regarded as a model that has proven its elite status by compiling an impressive record over many years of training students who have gone on to prominent careers in which they have made significant contributions to advancing psychological clinical science—through research, teaching, service, and professional leadership.”

“The program clearly has developed a formula for inculcating strong scientific, ethical, and professional values in its students; for arming the students with cutting edge knowledge, skills, and methods; and for supporting

and mentoring graduates once they’ve left the program to pursue their careers.”

“Virginia has one of the most productive clinical science programs in the country, with a diverse, exceptional, and influential faculty.”

Hooray! (no quotes – that was me)

Thank you everyone for taking the time to complete the alumni survey for this review. We truly appreciated it.

-Bethany Teachman,  
Director of Clinical Training

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## In the Spotlight: Summer Fun!

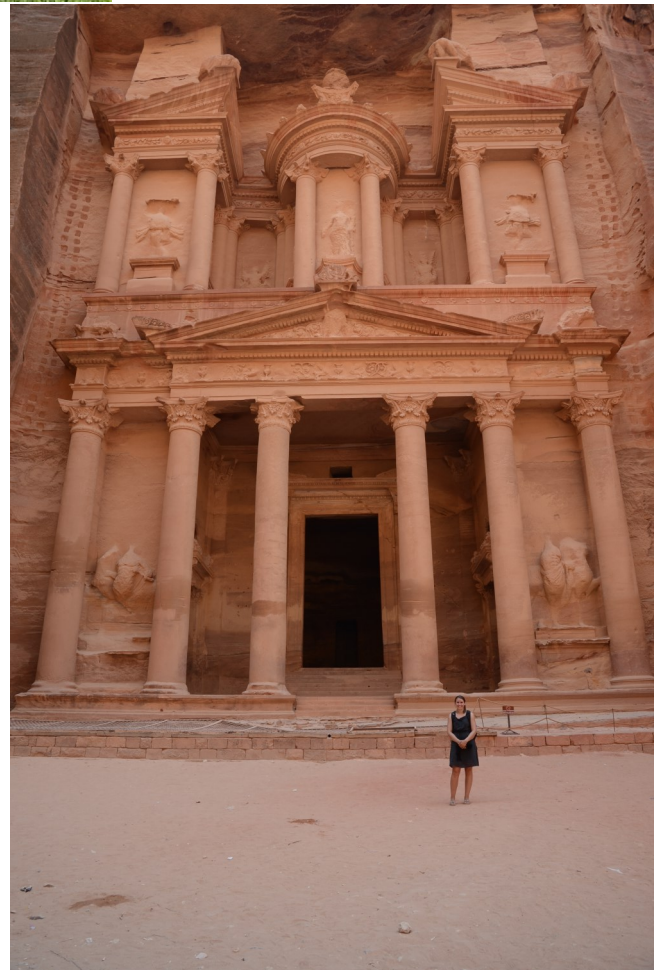
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Erin Horn with her Little League team (left), and on her trip to Israel (below)



Jeff Glenn on vacation in Cartagena, Columbia





## In the Spotlight: Summer Fun!



Elissa Twedt (Cognitive), Shari Steinman, Joanna Chango, and Carlee Hawkins (Social) last summer in Baltimore.

Bethany Teachman's daughters Haven and Joni at Disneyworld.



Susan Lane's son Parker at his 8th birthday party handing out ice cream to his friends!



Lee Llewellyn's daughter Marguerite and her fiancé on the night of their engagement this summer in Alabama



## Mary D. Ainsworth Clinic Renovation

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During the months of February and March, the Ainsworth Clinic underwent a major renovation. The floors were completely removed and replaced with bright, fresh carpet. All walls were given a new coat of paint and beautiful canvas artwork was added. The stained and broken ceiling tiles were replaced, and a soothing, inviting type of fluorescent lighting was installed. Comfy and durable furniture has replaced the well loved pieces of the past. A big thanks to all involved with this project, especially the clinic renovation committee: Meg Reuland, Elie Hessel, Susan Lane, and Lee Llewellyn. The results are outstanding! Here are some before and after photos showcasing the renovation. Photos courtesy of Jeff Glenn, Jen Green, and Elie Hessel.



Two of the Therapy rooms Before (on the left) and After (on the right)!



# Mary D. Ainsworth Clinic Renovation



Storage Room "G" Before (left) and After (right)



The front desk area floor before (on left) and the front desk area after (on right).



The newly renovated waiting room.



## Featured Research

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- ◆ Erik Pettersson developed a personality questionnaire with Eric Turkheimer during his time at UVA. That questionnaire has recently been put online. It is designed to describe a host of basic personality traits. Personal information is not required, and upon completion of the questionnaire, it does provide you with individualized feedback. If you are interested in taking the questionnaire, please check it out online (see the link below) .

<http://sliderbar.driftgruppen.se/>



## Recent Awards Received by Faculty and Students

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- ◆ Bethany Teachman was appointed as a Fellow of the Association for Psychological Science
- ◆ At the 2013 Huskey Research Exhibition, Alison Nagel placed first in her poster session., and Yishan Xu and Erin Maresh came in second with their posters. Congratulations!
- ◆ Shari Steinman received the 2013 Clinician Trainee Award from the Anxiety and Depression Association of America . She also received UVA’s Psychology Graduate Teaching Assistant Award for 2013.

## Media Mentions

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- ◆ 12/6/12: The Chronicle of Evidence-Based Mentoring featured an interview with Noelle Hurd.
- ◆ Eric Turkheimer and Jon Haidt were quoted on genetics and behavior in an opinion piece in the *Milwaukee Journal Sentinel*. Also, Eric’s research on genes and IQ was topic of discussion on the Scientific American blog, and Big Think.



## The LIFE Program

You may have heard about the LIFE academies from your peers...*sure* we get a chance to go to two international conferences, shack up in Wintergreen, and go to the Virginia of the midwest (University of Michigan - GO BLUE!), but we also have an extremely intensive week of networking, presenting, and absorbing fantastic research. Let me rewind a bit to give you the full picture:

After you apply in July for a spot as one of the four Virginia fellows, you are welcomed into a greater network of fellows from UVa, U of M, the Max Planck Institute in Berlin, Germany, and the University of Zurich, Switzerland. You will attend your first academy and be utterly overwhelmed - there are SO many intelligent people there that you may question how Steve Boker (in all of his infinite wisdom) chose you in the first place. You will be able to meet with professors whom you have stalked,

errrrr, admired for many years. Be ready to talk about future steps - you may have the opportunity to do a research exchange for 2 months in their lab! You will also be able to hear faculty and students share their work. Again, keep those ears open - there are plenty of collaborations to be had.

At your second through fourth academies, you will be asked to present your own work. This isn't your run-of-the-mill conference where *maybe* a few people will trickle into your talk. Nope. About 3 people you've cited are sitting smack in front of you (and, if you're lucky enough, serving as your discussant!) and ready to provide feedback . . . your fellow fellows (we have fun with our terms) will have amazing contributions too! After an exhausting day, we know how to have fun. We engage in group dinners, explore the towns that the academies are in, and forge rela-

tionships that are truly impressive over our two years together.

In short, LIFE has been an exceptional part of my academic career, replete with networking, advancement, and mentorship. I would thoroughly recommend exploring the LIFE program, and I know the Virginia fellows (who meet monthly for a journal club) would be happy to answer any questions. Enjoy your LIFE this summer! :o)

*-Riana Anderson, UVA  
LIFE Fellow Speaker 2011-2013*



Riana with fellows from the LIFE program



## Alumni News - Updates from Monnica Williams & Allan Clifton

Monnica is the Associate Director of the Center for Mental Health Disparities (CMHD) at the University of Louisville, which is within in the Department of Psychological and Brain Sciences, where she is an Assistant Professor. She teaches undergraduate and graduate courses on multicultural topics and psychopathology.

She coordinates several research projects, and is actively collecting data for two OCD studies focused on instrument development and relationship satisfaction.

Monnica received her doctorate from UVA in 2007, after completing a clinical internship at McGill University Health Centre, Montreal General Hospital site. Prior to joining the faculty at the University of Louisville, Dr. Williams was an Assistant Professor at the University of Pennsylvania School of Medicine in Philadelphia for four years, where she instructed medical residents, practicum students, and undergraduates. Dr. Edna Foa was her research mentor, and their work was focused on OCD and PTSD.

Monnica is licensed in KY and PA. She



provides cognitive-behavioral treatment for adults and adolescents at her private practice. She enjoys working with clients who have the most severe cases of OCD and providing clinical training to practicum students. She also likes to write, and has a blog on Psychology Today called Culturally Speaking.

Monnica enjoys living in Louisville, which is known for the Kentucky Derby, the Kentucky Fair, and its championship college basketball team (Go Cards!). When not at work, Monnica likes to spend time with her husband and children. Her two oldest sons, Daniel and Paul, are undergraduates attending college in Pennsylvania. Her daughter Jasmine lives at home and will be starting her sophomore year at U of L in the Fall. Her daughter Zoe is 13, and her son William is 4.

Recent media mentions for Monnica include:

Williams, M. T.: *Exercising Demons Away Can Backfire*, *New York Times*, *Room for Debate*, online edition, June 24, 2013.

HuffPost Live, Online Network, "A Link Between Racism and PTSD?" May 28, 2013.

WYPR National Public Radio (NPR), *Maryland Morning with Sheilah Kast*, *The Lines Between Us*, Baltimore, MD, Apr 26, 2013.

I am an assistant professor at Vassar College, in Poughkeepsie, New York. I've been at Vassar since 2006, after completing my clinical internship and a 2-year research postdoc at Western Psychiatric Institute and Clinic in Pittsburgh. At Vassar, I teach 5 undergraduate classes per year, primarily in psychopathology, personality, and statistics. I'm also conducting research on personality and social networks.

This past year we (me, my wife, and our two kids) moved into a dorm on campus to be "House Fellows" for three years. This entails helping to bridge students' residential life with academic life, as well as providing support and a family influence on the dorm. Another highlight of the past year was Eric Turkheimer's visit to Vassar, where he gave two fascinating talks on behavior genetics and personality. Being at a small liberal arts college like Vassar has been a great fit for me- I love teaching and working with undergrads, and I'm able

to stay very active in research with slightly less pressure to "publish or perish." (Incidentally, I'd be happy to talk with any grad students who may be considering careers at small liberal arts colleges- feel free to get in touch if you have any questions.)

- Allan Clifton





# Welcome First Year Students!

The Clinical Department welcomes First Year Students Jamie Albright, Matthew Domiteaux, Karl Fua, and Rachel Narr. Please read on to learn a little more about them!

Karl Fua is from Singapore. Very generally, he is interested in anxiety disorders and Cognitive Bias Modification methodologies, in particular the cognitive mechanisms underpinning cognitive biases. Though his background is in Electrical Engineering, some of his more recent research involved building computational models of personality based on Jeffrey Gray's Reinforcement Sensitivity Theory. He was also involved in a project that examined how one might use digital games to measure cognitive functioning of elders over time. He looks forward to joining the department (and especially the PACT lab)

this fall!

Rachel Narr has spent the majority of her life in California, and completed her undergraduate majors in Psychology and English at the University of California, Davis. Rachel is thrilled to be moving to a completely new part of the country and beginning her graduate work at UVA with Dr. Joseph Allen. She plans to study adolescent clinical psychology; in particular, her interests involve comorbidity of disorders as well as the positive and negative impacts of different types of close relationships during adolescence.

Matthew Domiteaux graduated with his B.A. in Psychology from the University of Texas (2012) where he completed an Honors Thesis, *Individual Differences in Attention-*

*al Bias and Risk Taking Behavior.* He is looking forward to combining his interest in behavioral genetics and personality theory while working with Professor Eric Turkheimer. He also loves rock climbing and illustration and hopes he will still have a little time for both during graduate school.

Jamie Albright is from Charlotte, North Carolina, and is a recent graduate of Elon University ('13) with a B.A. in Public Health Studies. Her previous research has focused exclusively on adolescents living with perinatally acquired HIV infection, an unprecedented population facing the challenges of adulthood in the context of HIV. Moving forward, her research interests include predictors of positive health outcomes among adolescents of ethnic minority and/or low socioeconomic status.

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*Let me know about your recent awards and media mentions so that I may include you in our next newsletter! (send updates to Susan Lane, [sfl3f@virginia.edu](mailto:sfl3f@virginia.edu))*



**We're on the Web - Check out the new website!**

**<http://avillage.web.virginia.edu/Psych>**