

## CONGRATULATIONS!

It is time to say good-bye to several of our students as they head off to their new internships.

Meg Reuland will be heading off to Boston with a placement at Harvard Medical School/Children's Hospital Boston.

Riana Anderson will be in Connecticut with a placement at Yale University, Psychiatry.

Jenna Rowen will be in Baltimore, Maryland at the Kennedy Krieger Institute at Johns Hopkins University.

Jen Green will travel south to the University of Alabama.

Chris Beam will be at the University of Washington, School of Medicine, Department of Psychiatry.

We would like to congratulate all of you and wish you the best of luck in your new endeavors!

Congratulations are in order for our recent graduates as well! HyunJoo Shim and Shari Steinman are pictured below with Lee Llewellyn and Bethany Teachman. Also participating in the May 2014 ceremony were Christina Emeh and Megan Schad.



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## In the Spotlight: Gilmer and Sports!

For this year's fun photo theme I asked faculty and students to send in sports related pictures of themselves or family, anything from participating in a sport, to being at a sporting event, or just wearing their favorite team's apparel!



Bethany Teachman's daughters Joni and Haven, left, and above with Bethany, after she completed the Zombie Run.



Erin Horn with her championship winning little league team. Her team won both the McIntire Little League and City Championships this year!!!



Jeff Glenn in Colorado this summer.



## In the Spotlight: Sports Fun!



Elie Hessel and Emily Loeb hiking Humpback Rock, Spring 2014



Lee Llewellyn with her husband Filip in the French Alps this summer. Lee is wearing a University of Alabama sweatshirt.



Left: Susan Lane with her son Parker, who participated in the Dogwood Duathlon in May. Above, Noelle Hurd's daughter Laila (top row, 2nd from right) with her basketball team.

## Awards and Honors: Students and Faculty

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### **Riana Anderson:**

- 2014 A. Toy Cadwell-Colbert Student Contribution Service Award - APA Division 45
- 2014 Outstanding Graduate Student Award - Office of Graduate Diversity (University of Virginia)
- 2014 Ford Foundation Fellowship Program Alternate & Honorable Mention - Dissertation Award
- 2014 Outstanding Graduate Student Award - Black Student Alliance/Black Leadership Institute/NAACP (University of Virginia)
- 2014 Society for Research on Adolescence (SRA) Junior Mentor

### **Diana Dinescu:**

- 2014 Received a Doris Buffett Fellowship for volunteering at the Mediation Center of Charlottesville

### **Jeff Glenn:**

- 2014 Received a Raven Fellowship for his project “Our Future Emotional Selves: The Role of Emotion Prediction Accuracy in Social Anxiety”

### **Gena Gorlin:**

- 2014 Received a Raven Fellowship for her project “Combining Abstract and Concrete Goal Construal to Combat Rumination: A Novel Intervention Strategy”

### **Noelle Hurd:**

- 2014 William T. Grant Foundation Scholar

### **Alison Nagel:**

- 2013 Winner of national APAGS/Psi Chi Junior Scientist Fellowship (\$1,000)

### **Bethany Teachman:**

- 2013 Fellow, Association for Psychological Science
- 2014 The Association for Behavioral and Cognitive Therapies Outstanding Mentor Award

### **Yishan Xu:**

- 2014 Received a Buffet Fellowship to run a parenting workshop in China

Jeff Glenn and Gena Gorlin receive Raven Fellowships this spring at the Raven Society Dinner.





## Gilmer in the News

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**Joe Allen's** recent article in Child Development "What Ever Happened to the "Cool" Kids: Long-term Sequelae of Early Adolescent Pseudomature Behavior", co-authored with **Megan Schad** and **Joanna Chango** got picked up by more than 250 outlets, and was the single most widely viewed article on the New York Times web site the week of 6/27/14. See the New York Times story "Cool at 13: Adrift at 23" at [http://well.blogs.nytimes.com/2014/06/23/cool-at-13-adrift-at-23/?\\_php=true&\\_type=blogs&\\_r=0](http://well.blogs.nytimes.com/2014/06/23/cool-at-13-adrift-at-23/?_php=true&_type=blogs&_r=0)

**Noelle Hurd's** research was featured in a UVA Today article recently. Read more about her exciting work and her selection as a William T. Grant Foundation Scholar at <http://news.virginia.edu/content/promising-uva-youth-development-researchers-win-major-research-support>

Research by **Meg Reuland** and **Bethany Teachman** was featured in the Daily Progress:

[http://www.dailyprogress.com/news/local/uva-study-on-treating-social-anxiety-in-youths-seeks-participants/article\\_7b1f856a-383f-11e3-b11a-0019bb30f31a.html](http://www.dailyprogress.com/news/local/uva-study-on-treating-social-anxiety-in-youths-seeks-participants/article_7b1f856a-383f-11e3-b11a-0019bb30f31a.html)

## Awards and Honors: Alumni

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### **Felicia Smith (2003)**

- 2013 Elected 2013 President of the Kentucky Psychological Association
- 2013 Awarded the 2013 Sheila Schuster Advocacy Award
- 2013 Elected to the APA Committee of State Leaders, member-at-large

### **Heather Bender (2004):**

- 2014 Asked to serve as the Clinical Psychologist on the Cleft and Craniofacial Team at St. Mary's Hospital in Richmond, VA

### **Anthony Chambers (2004):**

- 2013 Had a beautiful daughter, Allison Lauryn Chambers
- 2013 Fellow, American Psychological Association
- 2013 Diplomat, ABPP in Couple & Family Psychology
- 2013 New Director of the Postdoctoral Research and Clinical Fellowship Programs in Couple and Family Psychology at the Family Institute at Northwestern University
- 2013 New Director of the Couple Therapy Program, Family Institute at Northwestern University.
- 2013 Selected to be a member of "Family Process" editorial board
- 2013 Selected to be a Fellow and Board of Directors Member, American Academy of Couple and Family Psychology
- 2013 Named one of the top 99 Professors in Therapy & Psychology by MastersinCounseling.org
- 2013 Alumnus of the Year Award by The Family Institute at Northwestern University
- 2014 Selected to be a Director and Board of Directors Member, Family Process Institute
- 2014 Appointed Associate Editor of APA Journal: "Couple and Family Psychology: Research and Practice"
- 2014 Elected President of APA's Division 43 (Society for Family Psychology)





## Awards and Honors: Alumni

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### **Amy West (2004):**

2013 Promoted to Director of Psychology Training in the Department of Psychiatry at UIC. She will be directing the Clinical Science Pre-doctoral Psychology Internship program.

### **Brian D'Onofrio (2005):**

2013 Spence Award for Transformational Early Career Contribution from the Association for Psychological Science

### **Andreana Haley (2006):**

2014 Promoted to Associate Professor with tenure in the Department of Psychology at the University of Texas at Austin, effective August 2014

### **Susan South (2006):**

2014 Promoted to Associate Professor with tenure at Purdue University, effective August 2014

### **Elise Clerkin (2010):**

2013 Received the Center for the Enhancement of Learning, Teaching, and University Assessment, Small teaching grant award, Miami University. This small grant, funded by Miami University's Center for the Enhancement of Learning, Teaching, and University Assessment helped fund representatives from the National Alliance on Mental Illness (NAMI) to discuss their experiences of mental illness with her students through a program called "In Our Own Voice."

2013 A grant funded by the National Institute on Alcohol Abuse and Alcoholism, was awarded to Miami University. Elise and her colleagues are developing and testing a computer-based experimental intervention called AMP, which stands for Attention Modification Program. AMP is designed for individuals with co-occurring symptoms of social anxiety and alcohol dependence, and its goal is to try to change mental habits that have become so automatic that they are difficult to "catch" or change on purpose.

### **Jennifer O'Neil (2011):**

2014 Became a Certified Provider of Interpersonal Therapy for Depression and started the Interpersonal Therapy Consultant-in-Training which is sponsored by the VA Interpersonal Psychotherapy Training Program, Veterans Affairs Central Office.

2014 Manuscript accepted for publication: O'Neil, J., Chaison, A. D., Cuellar, A. K., Nguyen, Q. X., Brown, W. L. & Teng, E. J. (accepted). Development and Implementation of a Mentoring Program for VA Psychology Trainees. Training and Education in Professional Psychology.

### **Matt Lerner (2013):**

2014 Appointed Assistant Professor of Psychology, Psychiatry, & Pediatrics at Stony Brook University

2014 Director's Early Independence Award: Finalist. National Institutes of Health (NIH)

2014 Young Investigator Award: Best Clinical Empirical Paper of 2013. International Society for Autism Research (INSAR)

2014 Who's Who Featured Person, Spring 2014. Asperger Syndrome and High Functioning Autism Association of New York (AHANY)

2013 National Institutes of Health (NIH) - Director's Early Independence Award: Nominee. Stony Brook University-wide search

2014 Best Submission & Keynote Address Winner - 2013 Autism Spectrum & Developmental Disorders Special Interest Group (ASDD SIG). Association for Behavioral and Cognitive Therapies (ABCT)

2013 Dissertation Award: Best Clinical/Behavioral Dissertation of 2012. International Society for Autism Research (INSAR)

## Featured Research: Shari Steinman

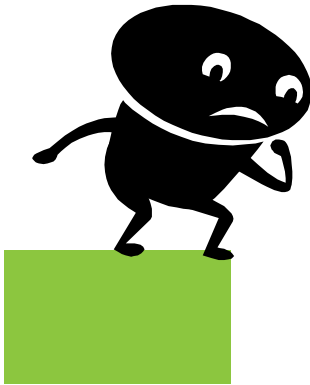
Imagine the thrill of approaching a large drop on a roller coaster, the excitement of looking down at the ground below from the top of a skyscraper, or the wonder of looking at a beautiful view from the top of a mountain. If you had a fear of heights, instead of judging these situations as thrilling, exciting, and wonderful,

you would likely interpret them as terrifying, dangerous, and intolerable!

Cognitive models of psychopathology

suggest that this tendency to interpret ambiguous information in a negative way maintains, and potentially causes, anxiety disorders.

Cognitive Bias Modification for Interpretations (CBM-I) is a novel anxiety treatment based on cognitive models of anxiety, that reduces anxiety through training individuals to interpret ambiguous information in a more positive, less negative manner. CBM-I is completed on a computer, without any therapist involvement. For my dissertation (Steinman & Teachman, 2014, Jour-



nal of Consulting and Clinical Psychology), I created a CBM-I program designed to shift height-relevant interpretation bias, and consequently reduce fear of heights. I compared CBM-I to a control condition, the current gold standard treatment for height fear (therapist-directed exposure therapy), and a combination of CBM-I and exposure therapy. Results suggested that CBM-I, alone or in combination with exposure therapy, was as effective as exposure therapy at reducing height fear symptoms. This finding highlights the causal role of interpretations in anxiety, and provides evidence that shifting interpretations (even without therapist involvement) can reduce fear as well as therapist-directed exposure therapy. This suggests that CBM-I may one day be an alternate treatment option for fearful individuals who do not have access to evidence-based clinicians.

*-Shari Steinman ('14)*



*A notation to last issue's featured research: Some contributors were left out of the article describing Eric Pettersson and Eric Turkheimer's personality questionnaire. Please note the instrument was also developed by the Turkheimer lab in general, with contributions in particular by Erin Horn and Derek Ford.*



## Alumni News - Update from Brian D'Onofrio

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I received my doctorate in 2005 after completing my clinical internship at Children's Hospital Boston. My wife, Danica, and I then moved to Bloomington, IN for a position in the Department of Psychological and Brain Sciences at Indiana University (IU). I am now a Full Professor and the Director of Clinical Training in the Clinical Science Area (starting July 2014).

My research focuses on the etiology and treatment of psychological disorders using epidemiologi-

cal designs and longitudinal analyses. My recent studies have focused on early risk factors, such as prenatal exposures, and the benefits and side effects of ADHD medications. I work with several international research teams, including with collaborators at the Karolinska Institute in Stockholm, Sweden and the University of Chicago. My colleagues and I have received funding from the National Institutes of Health, IU, private foundations, and international funding agencies. I have also received several

awards for this research, including awards from the Association for Psychological Science and the Society for Research in Child Development.

I teach Abnormal Psychology at the undergraduate level and several graduate courses, including the Introduction to Clinical Science and Developmental Psychopathology. I also mentor several undergraduate, graduate, and postdoctoral students as head of the Developmental Psychopathology Lab at IU. I must admit that it is hard work to just keep up with my wonderful students.

Danica and I have two children, Dominic and Caelan. We spend most of our "free" time at the boys' sporting events—whatever sport is in season...baseball, soccer, hockey, and basketball. We enjoy Bloomington, given the great family opportunities, cultural events (the IU Music School is fantastic), and IU sports. However, we never miss an opportunity to get back to Charlottesville (Danica and I were also undergrads there!)

- Brian D'Onofrio ('05)



Danica, Brian, Caelan, and Dominic at Caelan's Kindergarten Graduation in May 2014



## End of the Year Fun: Gilmer Celebrates!

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Clinical faculty, students, staff, and their guests enjoy the End of the Year Party at Bethany Teachman and Brian Nosek's home, May 2014.





# Welcome First Year Students!

The Clinical Department welcomes First Year Students Alexandra Werntz, Audrey Wittrup, and Jessica Kansky. Please read on to learn a little more about them!

Jessica Kansky (pictured here) graduated Summa Cum Laude from the University of Pennsylvania (C'11)



with a B.A. in Psychology and Anthropology minor. Jess is very excited to join Dr. Joseph Allen's Virginia Adolescent Research Group to further study her specific research interests in optimal development during adolescence and young adulthood. In particular, she would like to study the impact of close social relationships (peer, familial, and romantic) on adolescents' mental health and development as they transition into adulthood. She is

also interested in interventions that may promote healthy social relationships associated with positive adjustment and functioning .

Alexandra (Alex) Werntz has been living in Richmond, VA for the past year. She is a UVA grad ('11), worked with Bethany after graduation, and recently realized that she just couldn't stay away from Gilmer. She is excited to work with the PACT lab again and to collaborate with others! Her research interests include cognitive processing biases that influence our mental and physical health, in addition to understanding how these biases predict our health care and treatment decisions .

Audrey Wittrup (pictured right) is from Boston Massachusetts. She recently graduated from the University of Michigan, Ann Arbor, where she completed an Honors Thesis titled, *The Relationship between Academic Self-Concept and*



*Achievement in High School and Risky Sexual Behavior in College-Aged Females Over Time.* More broadly, her research interests include school-based interventions and the promotion of positive development for vulnerable populations. She is very excited to begin work in Dr. Nolle Hurd's lab.

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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)*



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

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