



the Cohort

Office of Student Services

Fall Quarter 2008

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CALENDAR

NOVEMBER 2008

21st Fall Quarter Ends

JANUARY 2009

5th Winter Quarter Begins

FEBRUARY 2009

14th The Vagina Monologues
TBA PGSP Gala

Welcome to the Cohort Inaugural Issue

by Liz Hilt, Vice President of Student Services

The Cohort, PGSP's Student Services newsletter, proudly communicates the significant accomplishments of our nearly 500 undergraduate and graduate students. Space limitations necessitate only one article from each of our major programs. If your submission does not appear, it will likely be featured in the Winter 2009 edition.

This issue includes research on commercially sexually-exploited minors in foster care; development of a prevention program to enhance Latino children's resiliency; the judiciary's role in improving outcomes for children and families in legal cases; and alcohol abuse and risky sexual behavior in men who have sex with men. We feature one student's efforts to take action against human trafficking and child sexual exploitation in Cambodia. Clearly, PGSP students produce many articles and presentations that contribute to clinical psychology's body of knowledge, a hallmark of our outstanding training programs. We hope you enjoy reading the first edition of *The Cohort* and that you will consider submitting your own achievements in the future.

A Note from the New Clinical Training Director

by Robert Russell, Ph.D., Director of Clinical Training, Ph.D. Program

Like many of you, I am new to PGSP, having been here since September 1; however, even in this short time I have formed strong first impressions that I would like to share with you. I have been extremely impressed not only with the quality of your faculty, but most importantly, how they strive to make their expertise and guidance available to you through advising, research groups, and clinical supervision. I have also been most impressed with the professional development guidance you receive from Dr. Luli Emmons who provides a supportive and positive service to you in regard to practicum placement and securing predoctoral internships. Liz Hilt, who heads the Office of Student Services, appears indefatigable in her provision of a caring, fun, and supportive environment. Please do not neglect to take advantage of these extraordinary services.

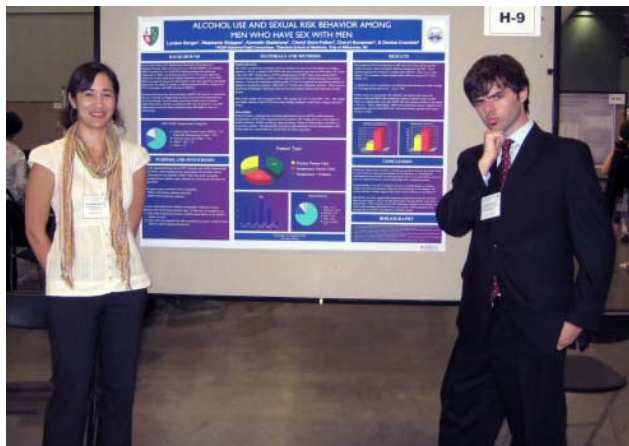
Likewise, the Gronowski clinic, with the leadership of Drs. Reiser and Macias, is a full service clinic, where you can learn not only the basics of clinical care, but also advanced techniques in empirically supported treatment and, most importantly, in the context of an enviable supervision to client load ratio.

Finally, I have been most impressed by the PGSP students themselves—in the Ph.D. and in the PGSP-Stanford Psy.D. Consortium. I hope that you all are taking advantage of every opportunity to forge lifelong professional and friendship relationships with your student colleagues. As the DCT, I hope to complement the faculty, staff, and services that have been assembled to provide not only a world class education but a memorable graduate student experience. I look forward to working with you and I hope that you will take the opportunity to stop by my office and introduce yourselves to me.

Research, Etc.

PSY.D. STUDENTS WIN APA POSTER AWARD

by Landon Berger, Stephanie Shippen, Ken Gladstone, Psy.D. Students



FROM THE LEFT: STEPHANIE SHIPPEN AND LANDON BERGER

In August 2008, we presented a poster entitled *Alcohol use and Sexual Risk Behavior among Men Who Have Sex with Men*, at the Annual Convention of the American Psychological Association in Boston, Massachusetts. To our surprise, we received the APA Division of Health Psychology Research Award for outstanding research poster in the Cancer, HIV, and other Chronic Diseases Poster Session.

Dr. Cheryl Gore-Felton and Dr. Cheryl Koopman provided us this wonderful opportunity while working within the Stanford Psychology and Behavioral Sciences Laboratory. In their lab, we work with HIV positive men and women in the Bay Area to develop effective interventions for people suffering from HIV and trauma. Thanks to everyone in the lab who supported us!

BORT CO-PUBLISHES LAW RESOURCE BOOK

by Alison Bort, J.D./Ph.D. Student

On behalf of the California Judges Association (CJA), joint J.D./Ph.D. student, Alison Bort, has co-published the final resource book in their grant-funded judicial education series, *The Judicial Role in Improving Outcomes for Court-Involved Children and Families*. In her work at CJA, Alison assisted in publishing 7 resource books distributed to over 400 judicial officers and community organizations throughout California.

Each resource book targeted a specific area of family or juvenile law and provided judicial officers with interventions and resources for improving the outcomes for these families. The final resource book, *Pulling It All Together*, is a compilation of these materials. For your pleasure, CJA donated a copy of all 10 resource books to the PGSP library.

PROGRAM TO ENHANCE YOUTH RESILIENCY

by Johanna Rengifo-Nevarez, M.S. Distance Learning

Johanna Rengifo-Nevarez will be presenting a research paper at the National Latino/a Psychological Annual Conference in Costa Mesa on November 15th and 16th, 2008. The paper titled *Desafiando Todo Pronóstico – Developing a Prevention Program to Enhance Resiliency in Latino Children* is a research proposal that Johanna helped to develop under the supervision of Dr. Maren Westphal for CorStone, a non-profit organization in Sausalito, CA. This program aims to build resilience among at-risk youth in Mexico City.

Despite the serious long-term costs of childhood psychopathology, prevention efforts have typically lagged behind treatment, even in developed countries. The program will integrate empirically-based family support and resilience models with CorStone's trained volunteer facilitator model. Obtaining longitudinal data on the impact of a comprehensive preventative program in Mexico City has the potential of contributing to current scientific knowledge of resilience in children by providing data on variability in outcome after exposure to childhood stressors and may clarify the extent to which risk factors can be modified through interventions.

PH.D. STUDENTS' POSTER PRESENTED AT APA CONFERENCE

by Siobhan Budwey, Ph.D. Student

Last spring Dr. Briscoe-Smith's entire research group submitted posters to APA, and all of these posters were accepted. I am proud to be a part of her lab, and to have the opportunity to work with her and the available data. All of the submitted posters centered around the special population of commercially sexually exploited minors. Cristin Runfola (another third year student) and I worked on a poster that observed mental health outcomes of foster care youth who were commercially sexually exploited as compared to foster care youth who were not exploited.

Significant differences were found between these two populations where the commercially sexually exploited youth had more psychiatric diagnoses overall and more mood disorder diagnoses than their counterparts. This research was presented in Boston at the 2008 Annual APA conference along with other lab members' research. Also of note, our poster was acknowledged and presented at a Datablitz that occurred at the conference.

Internships & Practica

PH.D. CANDIDATE ATTENDS NEUROPSYCH PRACTICUM IN GERMANY

by G. Marina Arzola, M.A., Ph.D. Candidate

Last year I attended a research practicum at the University Medical Center in Hamburg, Germany. The research we worked on was looking at cognitive processing styles of obsessive-compulsive disorder and depression. The results from these studies have now been published in peer review-journals *Memory and the Journal of the International Neuropsychological Society*.

Through this experience, I became interested in translating cognitive research into practice. As a result, I partnered with Dr. Steffen Moritz to work on the Spanish language cultural adaptation of the Metacognitive Training Program for Schizophrenia Patients, which he co-authored with Dr. Todd Woodward. This is a psycho-educational program based neuropsychiatric research and cognitive theory of Schizophrenia, and is designed to address cognitive biases and thinking errors exhibited by patients with Schizophrenia. Currently, our goal is to make this training program accessible in Spanish speaking countries and to promote cross-validation. The program is also available in German, English, Danish, and French.

P³ STUDENT WORKING AT BEREAVEMENT AND END-OF-LIFE COUNSELING CENTER

by Susan Lund-O'Brien, P³ Student

As part of my undergraduate training in the P³ program, I participate in an internship program at The Centre for Living with Dying in Santa Clara. This non-profit organization serves clients who are dying and their bereaving family members. The center is a refuge for people who are suffering with AIDS and other threatening illnesses.

Group and one-on-one counseling is provided. The grief counseling takes place in a relaxed and comfortably furnished environment. Frequently, candles are burned to remember the dead or dying. Community education and crisis intervention are services that are offered by specially trained professional staff. The Healing Heart program is intended for families who have lost a significant member. People meet in groups according to their age groups including adults, teen, and children of all ages. This is a very unique internship where emotional support is provided to adults and children who are facing life threatening illness or trauma or who are losing a loved one who is dying. I feel privileged to have the opportunity to work at the site.

Student Witnesses Human Trafficking in Cambodia

by Angel Daniels, Ph.D. Student

One day I read that human slavery not only still exists, but is the second most profitable illegal industry in the world. I haven't been able to get it out of my mind ever since. How can anyone not feel enraged when they hear that 27 million people live in slavery today, 2 million of whom are child sex slaves, and it's happening in our very own country?! The truth is that some people would rather plug their ears and hum than listen to something that they feel powerless to do anything about. But educating ourselves is doing something. Evil deeds are harder to do when people are paying attention.

This summer, I took action in the only way that I knew how: learning. I traveled to Cambodia, which has one of the highest rates of human trafficking and child sexual exploitation worldwide, to see for myself what was happening and how we in psychology can help.

And I saw more than I ever wanted to. I saw brothels where the girls wore numbers pinned to their chest so that men could order them from the window. I played with children whose parents had sold them into sex slavery as toddlers. I sang songs with adolescents who were struggling to see themselves as anything more than a used-up product. I saw the darkest side of humanity while watching American men walk into child brothels, and I saw the lightest side while spending time with the people who work tirelessly to help these children and women recover. The point is that I now know what's happening out there, and I'm telling people. And now you can tell people. And we can send the message that it is not OK. If you can do nothing else, just educate yourself on other people's realities. It's the most important step toward change.

Community (Not Otherwise Specified)

COME JOIN THE BAY TO BREAKERS RUN

by Andi Scott, Ph.D. Student



FROM THE LEFT: ANDI SCOTT AND JEN CHEN

On October 5, 2008, I ran the San Jose Rock and Roll Half Marathon. There were thousands of runners. As I lined up in my corral to prepare for the start of the race, I started talking to the girl next to me. When she asked me what college I attended, I told her that I was a student at PGSP and she excitedly replied, “Me too!” It turns out, she, Jen Chen, is a 1st year Psy.D. student and I’m a 1st year Ph.D. student. The chances that the two of us would end up next to each other in the same start corral and strike up a conversation are slim to none. We promised to stay in touch and each took off for our 13.1 mile “stroll”.

So, here’s where all of you come in. May 17th is the popular 12k Bay to Breakers, which is not a competitive run, but more like a 7.5-mile party. It has a reputation for being one of the wildest “runs” out there. People from all walks of life show up to strut their stuff. I want to register a group of interested PGSP students and staff to participate! Don’t worry if you’re not the athletic type, it’s intended to be a fun event. So please save the date, get a little exercise in, and save some money for registration. Email me at ascott@pgsp.edu by December 13th if you are interested in participating.

WEEKLY MEDITATION GROUP OPEN FOR ALL

by Alli Shapiro, Ph.D. Student

Each week since the beginning of this school quarter, there has been an open meditation group at the PGSP Redwood City campus. The group involves discussions on various aspects of meditation and we sit for about half an hour of meditation. People attending the group range from first-time meditators to individuals who have been practicing for many years.

Group members ask questions and offer insight based on their experience with meditation. We have discussed aspects of Vipassana, Zen, Tonglen, Loving-Kindness and other types of meditation. If you find yourself thinking that you would love to just sit and breath but you don’t have time for it, visiting the meditation group can offer that opportunity.

All PGSP students, faculty and staff are welcome to come and share in this experience. No experience needed, please come and check us out! The meditation group will meet at 3:15pm on Mondays in Classroom 3 at the main campus until Thanksgiving. The group will continue throughout the year, so look for signs or contact ashapiro@pgsp.edu for more information.

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