



Fall 2010

## New Post-Traumatic Insomnia Workbook Co-authored by PAU Alumna C. Laurel Franklin, PhD

Difficult and traumatic life experiences affect our lives in unexpected ways and can even change the way we sleep. In fact, up to 75 percent of all people who have experienced abuse, violence, or traumatic incidents have sleeping problems after these events, even after all other trauma-related symptoms have diminished. If you've experienced these problems for yourself, *The Post-Traumatic Insomnia Workbook* is for you.



[Read more about the Workbook and purchase your copy today!](#)

### About C. Laurel Franklin, PhD



C. Laurel Franklin, PhD earned her BA degree from Loyola University, New Orleans in psychology and her MS degree in psychology from University of South Alabama. Her doctorate was awarded in 2001 by Pacific Graduate School of Psychology (now Palo Alto University). Dr. Franklin completed her pre-doctoral internship at the New Orleans VA Medical Center (now Southeast Louisiana Veterans Health Care System). She completed a two-year postdoctoral fellowship at Brown University/Rhode Island Hospital, where her research focused on assessment and diagnosis of Posttraumatic Stress Disorder (PTSD). Dr. Franklin currently is a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Tulane University. She also works as a clinical psychologist on the PTSD clinical team at the Southeast Louisiana Veterans Health Care System. Dr. Franklin has had grant funding in the area of assessing and treating PTSD and trauma-related insomnia. Currently, she has a grant examining whether cognitive behavioral treatments for insomnia can be effectively applied using telemedicine in veterans who have post-traumatic insomnia.

## New Mentorship Program Launching in 2011

PAU is excited to announce a new Mentorship Program, featuring alumni panel talks and discussions, starting in Spring 2011. We invite alums to participate and share ideas. Please contact Kemper Mitchell at [kmitchell@paloaltou.edu](mailto:kmitchell@paloaltou.edu) for more information.

## Alumni Spotlight

**Greg Salerno, Ph.D.**  
**PGSP Class of 1983**

Greg is a member of the PGSP Founding Group and graduated with the Ph.D. in 1983. After completing a fellowship in college mental health at Stanford's counseling and psychological

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### Help Us Continue Building for the Future!

Thanks to the dedication of our generous friends, alumni and donors, we now boast a number of fellowships, student assistantships and other support for our best students, our faculty and our research programs. As we settle into our new campus and continue to expand our programs and research, our needs continue to grow as well. Your tax-exempt contribution will help us Build for the Future. [Donate to Palo Alto University today.](#)

### Keep in Touch!

Have you moved? Changed jobs? Got a new email address? Whatever you're doing, we'd love to hear from you...

Contact Kemper Mitchell  
Alumni Relations  
[kmitchell@paloaltou.edu](mailto:kmitchell@paloaltou.edu)  
650-433-3835

services he worked as the director of the Guidance Clinic at Santa Clara County Juvenile Hall, provided psychological reports and expert testimony in Family, Criminal, and Civil Court, and lectured in psychopathology at JFK University in Campbell. He now works full time in private practice in San Jose, and continues to provide expert testimony for the mental health LPS calendar in Santa Clara County Superior Court.

» [Share your story!](#)

## News from PAU

### Dr. Phillip Zimbardo at PAU

**October 25, 2010**

Philip Zimbardo is internationally recognized as the “voice and face of contemporary American psychology” through his widely seen PBS-TV series, *Discovering Psychology*, his classic research, *The Stanford Prison Experiment*, authoring the oldest current textbook in psychology, *Psychology and Life*, in its 18th Edition, and his popular trade books on Shyness in adults and in children; *Shyness: What it is, what to do about it*, and *The Shy Child*. Dr. Zimbardo is the past president of the American Psychological Association, and the Western Psychological Association.

Dr. Zimbardo addressed a group of students, faculty and staff at Palo Alto University on Monday, October 25, 2010. Topics discussed included Dr. Zimbardo’s recent appearance on the [Dr. Phil](#) show and Dr. Zimbardo’s recent book [\*The Lucifer Effect: Understanding How Good People Turn Evil\*](#)

### Multicultural and Psychology Academic Leader Dr. Stanley Sue Joins PAU Faculty

**September 7, 2010**

Palo Alto University announced that Dr. Stanley Sue has joined the faculty. Dr. Sue is a clinical psychologist expert in ethnic and cross-cultural influences on behavior. His focus is on mental health and personality issues, specifically as they pertain to ethnic communities, especially Asian Americans. [Keep reading...](#)