



2013

# Palo Alto University Annual Report

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REMEMBERING DR. NIGEL FIELD

THE GENDER AND YOUTH PROGRAM

PHONATHON

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PHONATHON



Dear PAU Community

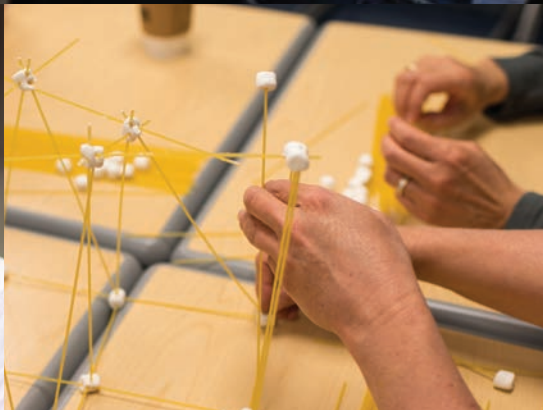
I am very proud of the advancements Palo Alto University made in the 2012-2013 academic year. The talent and commitment of the university's students, faculty, staff, and board of speak for themselves in the way the university operates, focuses on growth, and its commitment to the community. We saw our enrollment numbers increase, we recruited some fine additions to our faculty, we successfully completed a \$1 million endowment campaign to support the Gronowski Center, and we made significant strides to grow our degree programs to meet the ever-changing needs of our students and the community at large.

A value that I live by every day encompasses how I see Palo Alto University. Leviticus 19:16 tells us: "thou shalt not stand idly by while thy neighbor bleeds." Palo Alto University exemplifies this statement in how it operates throughout the world. While Haiti does its best to rebuild after the devastating earthquake in 2010, a group of six of our students went out to the Caribbean country to help build houses. In Thailand and Cambodia, faculty member Nigel Field and his students carried out extensive research, examining complicated grief and PTSD stemming from genocide during the Khmer Rouge regime. In our own community, our Gronowski Center gives our students the opportunity to receive valuable clinical training in the field of mental health while they concurrently offer therapeutic services to individuals throughout the Bay Area.

It has been my pleasure to be president of this institution for the past thirty years. I have seen it grow from one degree program serving about forty students to a full-fledged university, offering graduate as well as undergraduate degrees, serving over 800 students. PAU has made a marked impact on society in the area of mental health. And our work is not finished. We will continue not to stand idly by while the world needs help.



Allen D. Calvin, Ph.D.  
President  
Palo Alto University



DEAR PAU COMMUNITY

REMEMBERING DR. NIGEL

ALUMNI OVERVIEW

PAU ALUMNI DINNER

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GRONOWSKI CENTER

DEAR PAU COMMUNITY

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I4 Health at PAU  
Good Paths to a Healthier Life

Closing the Gap:  
Reducing global health disparities

Due to geographic and economic obstacles, most people around the world do not have proper access to health or mental health services. One of the first steps toward reducing global health disparities is to provide self-help tools at little-to-no cost to the user. By using the Internet and mobile application technology, our team is committed to developing, testing, and making available to the public behavioral and mental health interventions that can be used again and again by anyone who needs them around the world.

Our Roots:  
Reaching Many with Non-Consumable Health Services

It all began in 1998 at the University of California, San Francisco, Department of Psychiatry. In an effort to create a nonconsumable health service that could reach many and cost little, Ricardo Muñoz and a team of colleagues created a smoking cessation website. The website has since grown and evolved, now, having helped thousands of people all over the world quit smoking in English, Spanish, Russian and Chinese.

Since the establishment of the website, Ricardo and his Latino Mental Health Research Program have worked toward meeting health and mental health needs around the world through global mindedness, technology and innovation. Projects have focused on depression prevention and treatment and smoking cessation, using internet and mobile phone technology. I4health, established in 2012, works towards further developing the websites and apps conceived by the LMHRP, as well as devising new ways to reach people around the world and meet their health and mental health needs.

Making of the Team:

What makes i4health strong is our diverse team. Bringing PAU faculty, staff, and students together, our individual experiences, cultural background and skillsets combine to give us a unique perspective on global health issues and a propensity for innovation. In addition to our diverse local team, we are collaborating with teams abroad, including Prof. Eduardo Bunge's team in Buenos Aires, Argentina, la Fundación Equipo de Terapia Cognitiva Infantil-Juvenil, as well as Prof. Lucy Yardley and Prof. Adam Geraghty's team at the University of Southampton in the UK. We are also looking forward to working with Prof. Carmem Beatriz Neufeld of the University of São Paulo.

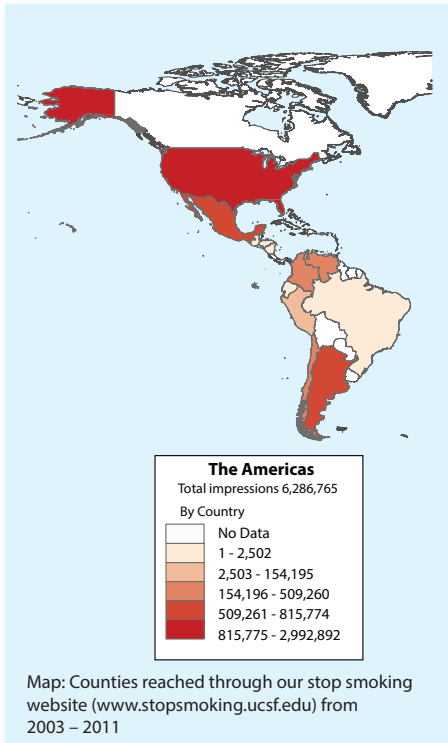
Remembering Dr. Nigel Field



Dr. Nigel Field, Professor, received his Ph.D. in clinical psychology at York University in Toronto, Canada. He did a postdoctoral fellowship at UCSF with the McArthur Foundation funded Program on Conscious and Unconscious Mental Processes directed by Dr. Mardi Horowitz prior to his position as a full-time faculty

member at Pacific Graduate School Psychology, Palo Alto University (PAU), in September 1995. Dr. Field's area of expertise was in bereavement, with focus on spousal bereavement, child loss and pet loss. He was one of the first investigators to develop the concept of the continuing bond. More recently, Dr. Field extended his program of research to Thailand and Cambodia. As part of this work, he examined complicated grief and PTSD stemming from genocide during the Khmer Rouge regime in Cambodia. He was the Associate Editor for Death Studies and a member of the editorial board of Journal of Loss and Trauma. At PAU, he taught classes in

Brief Dynamic Psychotherapy, Clinical Group Supervision, Psychodynamic Psychotherapy, Social Psychology, Theories of Personality, and Cognitive and Affective Bases of Behavior. Dr. Nigel Field loved working with his students and is responsible for many students becoming clinical psychologists. In his memory and gratitude for his work at PAU, President Dr. Allen Calvin has created a \$50,000 student fellowship in Nigel Field's name. In addition, a Student Assistantship Award will be made in his honor. Dr. Field will be missed by those of us privileged to learn from him and work with him.



The Gender and Youth Program:  
Supporting the Voice of Transgender Youth

As adults, we can look back on our teen years and remember how they brought challenges and trying times. Everyone wants to be accepted, to be liked. Everyone is trying to find out who they are and express that in the world. For transgender youth, this journey can be extremely challenging.

For transgender and gender-nonconforming youth, trying to find and explain who they truly are to their family and social circles can be extremely difficult and uncomfortable. These youth have been shown to be at risk for high levels of distress, with approximately one-third reporting that they have attempted suicide. These concerning rates of distress have been shown to relate to experiences of gender-based victimization, discrimination, and family and peer rejection. To date, a serious lack of evidence-based interventions remains to address mental health concerns among transgender and gender-nonconforming youth.

PAU is proud to highlight the work of the Gender and Youth Program, designed to support transgender and gender non-conforming youth both mentally and emotionally. Faculty member Peter Goldblum, Ph.D., MPH, is the Program Director and Lead Principal Investigator and Rylan Testa, Ph.D. is the Project Coordinator. The program develops, evaluates, and disseminates interventions that reduce psychological distress and increase resilience among transgender and gender-nonconforming youth.

*The Gender and Youth Program's vision is that all youth will have the social and emotional resources to develop and express positive identities congruent with their true selves.*

In partnership with national researchers, data on national and statewide samples of transgender and gender nonconforming people were analyzed to better understand factors that drive distress and that promote resilience in transgender and gender non-conforming individuals. Findings were published as articles in peer-reviewed journals with wide readership. Articles covered subjects such as: risk and resilience during transgender identity development, in-school gender-based victimization and suicide attempts among transgender people, the effects of violence on transgender people, and understanding risk and resiliency in transgender and gender non-conforming individuals.

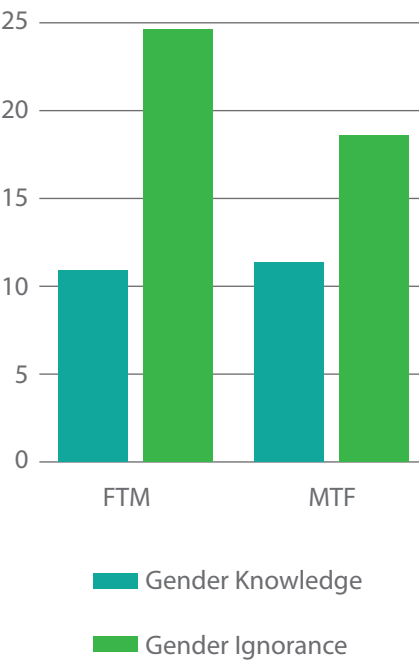
The past year's efforts of the Gender and Youth Program have focused on development of an intervention to address the factors found to drive distress and resilience in transgender and gender nonconforming youth. In order to be accessible to all transgender and gender nonconforming youth, this intervention has been formatted as a workbook, written to serve as a self-help resource for those who are unable to access culturally competent clinical services, and as a client workbook for those who are able to engage in services to address gender-related distress. A companion manual is also being created for clinicians working with these clients.

Utilization of the workbook and clinician companion manual will be piloted, working with transgender and gender nonconforming clients presenting for therapy at Palo Alto University's Gronowski Center and partnering providers. Outcome data for different aspects of the clinic-based protocols will be assessed and evidence-based treatment protocols will be disseminated widely.

Internet-based resources will begin development. Elements of the evidence-based intervention will be expanded and disseminated online in a format most engaging to youth, incorporating aspects such as gaming and social media. Internet-based resources will complement clinic-based treatment as well as further extend services to those who cannot access clinic-based psychotherapy, allowing the GYP to best serve the broadest population of youth with deepest effectiveness and sustainable efficiency.



Rylan Testa, Ph.D. Program Manager,  
Gender Identity Program



*Transgender people given access knowledge about gender diversity were about half as likely to experience suicidality during their identity development process.*





## Phonathon

In May 2013 we had our first Annual Phonathon. Our students' contacted PAU alumni throughout the country to build relationships, provide updates on campus events and news, and secure support for the Gronowski Center. We received a lot of good feedback from our alumni about their experience and how they would like to be involved with PAU. We received 128 new gifts, and we are very grateful for the generosity of PAU alumni. Their support contributed significantly to the Gronowski Center Quasi-Endowment.



## Few Highlights

Our Masters Program hired two new faculty members, while expanding the number of degree programs and student enrollment. The online Masters in Counseling program added two new emphasis areas: Addiction & Recovery and Cross-Cultural Trauma & Crisis Counseling. PAU launched a Masters in Counseling Psychology program in San Mateo bringing it to three campuses. PAU has added outreach to Latin America through Global Advancement of Counseling Excellence. PAU'S Global online Masters programs are not only serving students primarily in California, but also in a dozen other states as well as France, Germany, Norway, Israel, Uruguay, Argentina, India, Japan, and China.

- CAFÉ (The Child and Family Emphasis) is very proud to be sponsoring two children through the Save the Children Organization.
- This Winter quarter, four distinguished students in Dr. Robert Friedberg's research group and the Center for the Study and Treatment of Anxious Youth (CSTAY) presented at the second Annual International Conference on Cognitive and Behavioral Psychology (CBP) in Singapore. Ph.D. students Nina Pacholec, Lisa Hoyman, Rosa Poggesi, and Melissa Tamas each presented their own papers at the conference.



## Awards



Professor Peter Goldblum earned the APA's Division 44 Distinguished Contributions to Education and Training Award. Division 44 is the Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender (LGBT) issues. Dr. Goldblum also co-directs CLEAR (the Center for LGBTQ Evidence-based Applied Research), which also received a Presidential Citation by Dr. Noriega. CLEAR was launched by PAU in 2007 to conduct applied research that has a direct impact on the mental health and wellbeing of LGBT and Questioning (LGBTQ) individuals and their families.



Assistant Professor Joyce Chu earned the Asian American Psychological Association's (AAPA) Early Career Award for Distinguished Contribution to Research. Dr. Chu was selected for this award for demonstrating outstanding achievement in research and scholarship for someone so young in her career. Dr. Chu runs PAU'S Ethnic Minority Mental Health Research Group and co-leads PAU'S Multicultural Suicide Research Center. Her research is focused around understanding and improving mental health services for ethnic minority individuals with depression, particularly among older adults and Asians.



## PAU Alumni Awards Dinner

On the evening of March 7th, 2013 the PAU Alumni Awards Dinner honored six outstanding alumni who have made notable contributions to the field of psychology. The honorees demonstrated outstanding achievements in areas of "Creating Compassionate Global Communities," the theme of the Alumni Honor Awards.

*Award Winners included:*



**CAPT. Scott L. Johnston, Ph.D.**  
a clinical psychologist, and the Director of the Naval Center for Combat & Operational Stress Control (NCCOSC).



**Lisa Brown, Ph.D.**  
Chair of the University of South Florida Research Council and member of the Senate Executive Committee.



**Maggie Chartier, Psy.D., MPH**  
National Program Coordinator for the Veteran Health Administration's in the Office of Public Health.



**Eval Gal-Oz, Ph.D.**  
Adjunct clinical faculty Stanford department of Psychiatry and Behavioral Sciences and private practice in Palo Alto.



**Jorge Wong, Ph.D., CCEP, CHC**  
Director of Clinical and Regulatory Affairs at Asian Americans for Community Involvement (AACI).



**Michael Kerner, Ph.D.**  
a Clinical and Forensic Psychologist with a practice in San Jose for over 27 years.



## Alumni Overview

During the 2012-2013 academic year the Office of Alumni Relations had some major developments and advances in our mission to provide our graduates with support and alumni services on their paths following graduation from Palo Alto University.



## SoCal PAU Alumni Reunion

On the evening of February 16, 2013 the first annual Southern California PAU Alumni Reunion took place, providing a space to connect for graduates who migrated south to continue their exceptional work in psychology. The event was well attended and included graduates from multiple graduates from different PAU programs. This event will occur annually and we hope to continue to expand and support our alumni who work in the Southern California area.



## PAU Mascot

The verdict is in and the students have spoken. Palo Alto University's official mascot is the Mountain Lion. Indigenous to Northern California, this wild feline represents the strength, agility and determination of our University. Thank you to PAU Ph.D. student Rossa Poggesi for coming up with the designed.



## Financial Overview

Fiscal year 2012-13 reflected a substantial increase in enrollment and related Revenues and Expenses. Revenues totaling \$24.7M (after discounts) were up 13% from 2011-2012. Expenses totaling \$24.6M were up 25% from 2010-2011. Contribution to Net Assets for the 2012-2013 year was \$108K.





Gronowski Center

We are pleased to report that Palo Alto University has reached its goal of raising \$1 million for the board-designated endowment to support the Gronowski Center in perpetuity, so that we can guarantee its services for years to come. Thank you to our donors because of whom we were able to achieve our goal.

The Gronowski Center is named in honor of former PAU board member Kurt Gronowski, and his wife, Barbara. The center carries on their tradition of generosity and community service. Our students receive valuable, hands-on training at the Gronowski Center through providing counseling services to clients throughout the community. The Gronowski Center offers services on a sliding fee scale as a part of its mission to serve the mental health needs of our community, regardless of people's ability to pay. Services are provided by doctoral level students under the supervision of licensed psychologists. Within the center, there are various specialty clinics that serve specific needs that are pertinent to our community. For example, the Sexual and Gender Identities Clinic offers supportive services to individuals who identify as gay, lesbian, bisexual or transgender. We also have a PTSD/Trauma-Early Intervention research group at the center. About 76 student therapists work at the Gronowski Center, and collectively serve about 340 clients per week. To further our reach in the community, PAU is partnering with Palo Alto Medical Foundation, Arbor Free Clinic-Stanford and El Camino Hospital to have them refer patients to the Gronowski Center for mental health services. We wish to acknowledge the individual, corporate and foundation supporters whose charitable contributions and pledges between August 1, 2012 and July 31, 2013 helped raise the Gronowski Center Board-Designated Endowment fund to \$1,000,000.00 goal.

Gronowski Center Board Designated Endowment Fund Donors

(\$50,000+)

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Please note that this report includes total gifts and pledges raised for the Gronowski Center Board Designated Endowment Fund.



# Thank You To Our Donors!

We wish to acknowledge the 113 individual, corporate and foundation supporters whose charitable contributions received between August 1, 2012 and July 31, 2013 helped fund scholarships, fellowships, new program initiatives and other facets of PAU’s capacity for improving lives through education, research and community service. Because PAU is revenue-neutral in its current operations, the annual contributions listed below represent a true investment in PAU’s ongoing ability to improve lives.

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\* Names with an asterisk indicate a contribution received that is part of a multi-year commitment.