

**Health Psychology and Education Research Group**  
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Health Psychology and Education applies the discipline of psychology to the promotion and maintenance of health, the prevention and treatment of illness, and the identification of relationships between psychological and behavioral problems, physical wellbeing and dysfunction and education and learning. Trauma and the resultant PTSD (violence, aggression) alters the function of the brain resulting in learning difficulties will be the focus of the group. Group members will participate in proposal grant writing, learn how to enter data, manage and create databases, participate in school and district in service training are some of the skills learned in the research group.

Some examples of the functions of Health Psychologists in education are:

- Roles of assessment, treatment, cultural diversity, consultation-liaison, multidisciplinary team membership, supervision, teaching, research, health promotion, program development, advocacy/public policy, etc.
- Medical Settings (outpatient: cultural diversity, primary care and specialty medical clinics; inpatient medical units)
- Educational Issues including learning, retention, attention & concentration, social economic status, cultural diversity, etc.
- Cycle of violence; exposure to violence leads to aggressive behavior as well as stress related symptomatic distress
- Presenting Problems (e.g., stress, violence, anger, aggression, coping abilities, pain, nicotine alcohol and substance dependence, obesity, adherence to medical recommendations, adjustment to chronic and terminal illness, readiness for organ transplantation, sexual dysfunction, insomnia, behavior management and learning difficulties)

## **Meetings:**

Bi-Weekly Meetings will be scheduled for one and a half to two hours. Meetings will address research proposal writing, presentations, and project management strategies.

## **Objectives:**

- To provide the student with an understanding of the roles and work settings of a Clinical Health Psychologist, the theoretical perspectives relevant to physical health and health behavior, basics of various disease states and the influence of behavior on disease onset and progression, and a range of clinical intervention techniques.
- To enhance students' abilities to read, understand, and critique research literature in general, and empirical studies in health psychology in particular.

- To facilitate students' understanding of ethical (informed consent, competence, confidentiality) and diversity (disability, age, gender, sexual orientation, SES differences, ethnic/cultural) issues related to health and behavior.
- To teach students a broad-range of clinical skills in Health Psychology and Behavioral Medicine and to provide them an opportunity to gain experience in their use. Instruction emphasizes application of these skills in a broad range of clinical settings and with patient populations diverse in presenting problems and ethnic/cultural backgrounds

## **Research**

The research group will focus broadly on life stressors—its characteristics, causes, and consequences—and more specifically on the manner by which stressors affect cognitive functioning, learning modalities, and psychological and physical health. Studies will consist of the examination of post traumatic stress responses as they relate to cognitive functioning, aggressive behavior, Reliant on these research findings novel evidence based interventions will be devised implemented, and monitored for efficacy through rigorous research.

### **TO APPLY PLEASE SUBMIT THE FOLLOWING:**

1. Resume
2. A one page statement regarding your reason for an interest in the group
3. List any previous life or research experiences upon which you can draw that will contribute to or enhance the group's work
4. List of emerging focus or foci for dissertation or in-depth study in which you are interested