



# CAFE Chronicle

## Child and Family Emphasis



Issue #5, Fall 2013

### Letter from the Editor

By: *Ellen Soukup*

Greetings to my fellow students in the Child and Family Emphasis, as well as our colleagues. This issue of the C.A.F.E. Chronicle marks our fifth publication as a student organization and the first edition compiled by yours truly, the new Editor-in-Chief. This is an exciting time for C.A.F.E. as we welcome a new board of elected officers who are eager to provide students in this emphasis with many enriching opportunities. See page 3 for introductions of our new board members!

I would like to extend my gratitude to the CSTAY (Center for the Study and Treatment of Anxious Youth) research group, particularly Jenna Paternostro, for organizing and providing the Child Recycling Therapy workshop over winter break. It was a unique and educational experience to learn such groundbreaking techniques in child therapy directly from its founding researchers. For more details, see the article on page 2.

I would also like to thank my editors and writers for making this edition of the Chronicle possible. Managing Editor Ashley Elefant and I look forward to making future publications even better, so please provide us with feedback and ideas at any time! If you would like to write for the chronicle, e-mail us! [cafechronicle@paloaltou.edu](mailto:cafechronicle@paloaltou.edu)

### Faculty Spotlight; Amy Haas, Ph.D.

By: *Ashley Elefant*

Dr. Haas has spent her career researching the high-risk drinking and drug use behaviors of adolescents, specifically college students. She first became interested in working with this population when an opportunity arose while she was working on her

master's degree at San Diego State University. She pursued this interest at the University of South Florida, where she completed her Ph.D.

At various points during her career, Dr. Haas has had the opportunity to work with many age groups, however, she enjoys working with adolescents the most. This age group is significant to her since it is a vital period in which self-identity grows in importance. According to Dr. Haas, the high amount of freedom combined with the low levels of responsibility make it easy for adolescents to form bad habits including high-risk drinking, especially when they begin college. Dr. Haas' current research focuses on high-risk alcohol consumption by college students and understanding the college environment in which this occurs.

For students interested in working with adolescents in the future, Dr. Haas' advice is to "try and be flexible." This means that it is important to recognize that what we think and how we think are not necessarily the same as the way adolescents think. Dr. Haas believes that it is important to listen to adolescents and normalize their experiences since many have a sense of invincibility and fall victim to the personal fable.

Dr. Haas loves being part of the PAU community because of the amazing colleagues and students that she has the pleasure of working with every day. When she is not teaching or working on her research, Dr. Haas enjoys running, gardening, and spending time with her children.



### CAFE Mixer

Food \* Refreshments \* Raffle

Thursday 1/30, 6-9pm

The Boardwalk Restaurant



4940 El Camino Real, Los Altos

*\*\*\*Walking distance from the clinic!\*\*\**

All students and faculty welcome

RSVP by 1/27 to [cafe@paloaltou.edu](mailto:cafe@paloaltou.edu)

*\*\*Must be 21+ to drink alcoholic beverages*

## **CSTAY Presents Child Recycling Therapy (CRT) Workshop**

**By: Jenna Paternostro, CSTAY Special Events Coordinator**

The Center for the Study and Treatment of Anxious Youth (CSTAY) research lab hosted Brazilian researchers, Renato and Marina Caminha, for a workshop on Child Recycling Therapy: A New CBT-Based Approach. This was the first time the CRT protocol was introduced in the United States, providing a once-in-a-



CSTAY lab members with Renato and Marina Caminha  
From left to right: Marina Caminha, Renato Caminha, Dr. Friedberg, Paul Sullivan, Jenna Paternostro, Marisa Keller, Simone Behar, and Micaela Thordarson

lifetime opportunity for the students and faculty at PAU. With the help of their admired colleague and translator, Simone Castiel, the Caminhas held the three-day workshop on the CRT protocol for working with children. While CRT stands for Child Recycling Therapy, its main message is to “Care about your Emotions, Recycle your Thoughts, and Transform your Behavior.” The innovative approach utilizes special cards which aide children in identifying their emotions, thoughts, and behaviors. The protocol first uses the Deck of Emotions as an assessment instrument, then

works with the Deck of Thoughts for cognitive restructuring, and finally the Deck of Behaviors, thus completing the basic model of CBT. Through interactive exercises, videos, and didactics, participants gained a thorough understanding of the CRT protocol and how to implement the techniques while working with children. CSTAY would like to express our great appreciation for everyone who participated in this unique and

groundbreaking workshop! It was an honor to bring such an incredible team of researchers and developers to PAU and we hope to provide more opportunities like this in the future!



## **Quest Camp Presents Exciting and Challenging Opportunity for Students**

**By: Wil Firmender**

Waking up at 6:30 am during the summer? Check. Being exhausted by 3:30 pm every day? Check. Having a ton of fun and honing clinical skills? Check. Getting paid and potentially getting therapy hours? Check.

Quest Camp was created in order to give children with disabilities a place to go each summer to help them gain knowledge and acquire skills necessary for their continued social development. However, it also provides a crash course for graduate students interested in working with children.

Six PAU students were counselors at Quest Camp during the summer of 2013, including 2<sup>nd</sup> year student David Reed, and 3<sup>rd</sup> year students Aisling Forbes, Mickey Stein, Ashley Boyer, William Firmender, and Ting-Ting Shiu. Responsibilities ranged from the creation and implementation of therapeutic games and activities to managing specific groups of 5-7 campers and chaperoning field trips to lakes and amusement parks. Weekly supervision is provided by a licensed psychologist, and as of last summer, there were two locations: one in the East Bay and one in Menlo Park.

Quest camp is an exciting opportunity, and is not necessarily limited to students within the Child and Family Area of Emphasis. Anyone is welcome to apply, especially since the camp enrollment is expected to continue increasing.

# Welcome Board Members!

By: *Ellen Soukup*

The Child and Family Emphasis student organization, C.A.F.E., would like to introduce your newly elected board! However, we must first thank our founders: Fazia Eltareb (President), Yvonne Delzenero (Vice President), Rosa Poggesi (Treasurer), Natasha Quinn (Secretary), Ting-Ting Shiue (Events Coordinator), and Sarah Tabbarah (Editor-in-Chief). You have laid the foundation for us and we hope we can sufficiently fill your shoes! Now introducing....



## **Fazia Eltareb, Co-President**

Fazia returns as Co-President this year. She is a fourth year Ph.D. student interested in working with children with developmental disabilities as well as children and families diagnosed with chronic illnesses. Her research interests surround culture and the psychosocial stressors associated with chronic illnesses.



## **Ting-Ting Shiue, Co-President**

Ting-Ting is a third year student and is currently working with children and families from a Narrative approach in San Jose elementary schools. Her interest is to help children cultivate an awareness of their internal resources for coping and help them utilize these resources to their advantage. Recently, her research and clinical interests have gravitated toward Compassion, its benefits, and how it can be incorporated into everyday life to support well-being.



## **Megan Jones, President Elect**

Megan is a first year student and is interested in working with children with autism as well as adolescents with substance abuse problems. She currently works as an aid for children with autism at a clinic in San Jose. In the future, she hopes to continue working with children with autism in some capacity, as well as work as a child and family psychologist.



## **Jennifer Coleman, Vice President**

Jennifer is a first year student and is interested in working with adolescents who deal with substance abuse and related issues. She has worked at outpatient treatment programs before and wants to continue working with and helping adolescents in those programs.



## **Priscilla Duong, Vice President Elect**

Priscilla is a first year student who is interested in pursuing neuropsychology as well as child and family psychology. She is particularly interested in working with children with autism, an interest which developed while she worked as a behavioral therapist in the past year.



## **Judy Feezer, Treasurer**

Judy is a first year student and has experience providing Applied Behavior Analysis services for children with Autism Spectrum Disorder (ASD), ages 18 months – 15 years old. After completing her doctorate at Palo Alto University, she hopes to continue to work with children diagnosed with ASD.



## **Tracy Vargo, Secretary**

Tracy is a first year student and is interested in neuropsychology and working with children with special needs. This includes children on the Autism Spectrum and those with other pervasive developmental disorders. She is furthermore interested in early childhood trauma as well as the concept of emotional intelligence and how we teach emotions to children.



## **Erynn Macciomei, Events Coordinator**

Erynn is a second year student and is currently in Dr. Patel's Cultural Transitions research group. She is interested in working with at-risk immigrant populations.



## **Ellen Soukup, Editor-in-Chief**

Ellen is a first year student who loves working with children in any context. She has done so as a behavioral therapist for children with behavioral disorders and also spent a few years teaching preschool. Her research interests include animal-assisted therapy, child development, and the relationship between the two. She is also interested in working with child victims of abuse.



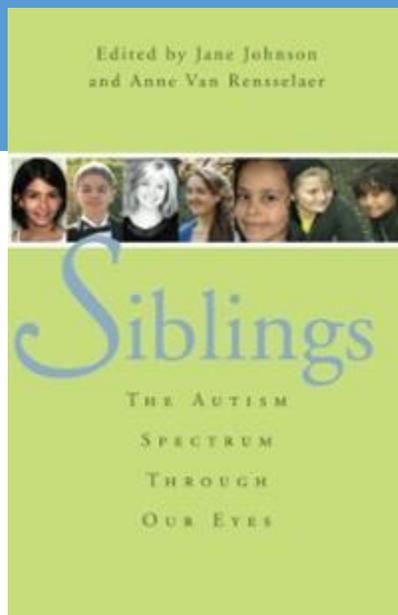
## BOOK REVIEW

### SIBLINGS: THE AUTISM SPECTRUM THROUGH OUR EYES BY JANE JOHNSON AND ANNE VAN RENSSELAER

By: Simone Behar

A quick browse through the PAU library highlights the predominance of textbooks in our reading lists (as should be expected!), but sometimes it is a nice break and important to take in lighter fare. “Siblings: The Autism Spectrum through Our Eyes” is just that. A compilation of short, autobiographical stories written by both children and adults who have siblings on the spectrum provides perspective that a textbook cannot. The book was written to give hope and a sense of community to families with members on the autism spectrum, and is also a look into the impact of having a family member with a disorder. It is divided into two parts: one targeted toward younger children and one for teenagers.

Clinical psychology often focuses on symptoms of various disorders and their impact on the individuals with the disorder but frequently neglects the impact of a disorder on others. This book bridges the gap between knowledge of autism as a disorder and what it truly feels like to live with someone who has autism. Most of the storytellers in this book are between 9 and 14 years old. This lends a raw and open voice to what it is like to live with a sibling on the spectrum, highlighting both the good and the bad. Each story is unique and yet they all end with a similar message: to be strong in the face of challenges and to cherish your family for their extraordinary qualities.



## CAFE Brewings

*Robert L. Russell, Ph.D.*

*CAFE Director*

For the past several years, I have taught the first professional standards course to the first year class. In that class, students learn ethical principles and codes of conduct from a variety of disciplines in



order to gain a perspective that invites comparison and contrast and, hopefully, critical thinking about psychology’s basis as a moral and pragmatic discipline. Additionally, every year I wonder with students whether psychology’s principles and codes of conduct are circumspect enough and/or incontestably apt for the field. I try to enlist students in the task of reviewing, ratifying, amending, adding, and transforming the principles and codes as they feel necessary to guide psychology’s aspirations and conduct. Recently, I had an opportunity to review certain strands of both “pagan” and “catholic” ethics, both often deemed types of virtue ethics. I was humbled by how much I had forgotten and edified in terms of the convergence of these two traditions around four “primal” virtues: prudence, justice, temperance, and fortitude. If I get the chance to teach the professional standards course again I will be sure to ask if we (the class and I) are satisfied that our ethical principles and codes of conduct are inclusive of these virtues and further inquire how their observance might be taught, not just to graduate students in psychology but to our society’s children.

## CAFE CHRONICLE STAFF CREDITS

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