

# Fall 2018 VCPCP Newsletter



## What's New?

By Robin Lewis, Ph.D., DCT

Happy fall to all of our students, faculty, and alumni! This autumn marks the 40<sup>th</sup> anniversary of the Virginia Consortium. While there have been many changes since the Program began in 1978, our dedicated faculty and supervisors remain deeply committed to training our excellent students.

We are continuously striving to improve the training we provide. When our students graduate from the program, they enter the workforce as skilled clinical psychologists who contribute to the well-being of individuals, families, and their communities.

As always, we hope you have a peaceful holiday season and a happy and healthy New Year,

Robin  
 Robin Lewis  
 Director of Clinical Training



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# Highlighting New Students

## Charlotte Dawson

From: Virginia Beach, Virginia

Education: Charlotte graduated from the University of Virginia in 2016 earning a B.A. in Psychology and a minor in Spanish.

Research Interests: Sexual minority health, women's health, and romantic relationships

Fun Fact: Charlotte enjoys going to the beach, playing tennis, and traveling.

## Gina Alexander

From: Lynchburg, Virginia

Education: Gina earned a B.S. in Psychology and an M.S. in Psychology with a clinical concentration from Virginia State University.

Research Interests: HIV/AIDS in older minority populations, healthy behaviors, relationships, and parenting

Fun Fact: Gina loves being with her family, eating good food, and listening to music.

## Rachel Davies

From: Fort Collins, Colorado

Education: Rachel earned a B.S. in Psychology from Colorado State University.

Research Interests: moral injury, reintegration, and substance use in veteran and military populations

Fun Fact: Rachel enjoys cooking, doing spa activities, hiking, and camping.



Pictured left to right: Charlotte Dawson, Rachel Davies, and Gina Alexander

## New Consortium Faculty



**Pictured: Dr. O'Shan Gadsden**

### O'Shan Gadsden

One of our newest faculty members is Dr. O'Shan Gadsden. He earned a Ph.D. from Howard University in Counseling Psychology in 2012, and he completed his APA accredited pre-doctoral internship at the University of Delaware's Center for Counseling and Development. After graduating, he began post-doctoral training as a Clinical Fellow at the JFK Behavioral Health Center in Philadelphia, PA. Then, he accepted his first academic appointment as Assistant Professor of Clinical Psychology at Alliant International University-California School of Professional Psychology. He is currently an Assistant Professor at NSU. His clinical areas of expertise include the psychological development of black masculinity, relational psychoanalysis, non-traditional spiritual frameworks with oppressed populations, psychotherapy processes and dynamics, and self-reflexivity. His research and practice both focus on serving traditionally marginalized-misunderstood populations. Welcome to the Consortium, Dr. Gadsden!

### Leah J. Floyd

Another new faculty members is Dr. Leah J. Floyd. She is currently an Associate Professor at NSU. She earned a Ph.D. from Howard University in 2002. Her research interests involve psychosocial and neurobehavioral risk and protective factors associated with substance use and HIV risk-taking behaviors. She is additionally interested in mental health and substance use co-morbidity and the influence of environments on health behaviors and outcomes. She primarily studies young adult, African American populations. We are excited to have Dr. Floyd as a new Consortium faculty member!



**Pictured: Dr. Leah Floyd**

## VCPCP Research Day at NSU

On Friday, October 12th, a group of 2nd and 3rd year students participated in VCPCP's sixth annual Research Day held at NSU. During this event, students within the program are given the opportunity to show off their hard work to their peers and faculty! We saw a wide variety of research topics from TMS to e-cigarette use. Research Day continues to be a great opportunity for students and faculty to be exposed to the diverse research being conducted by Consortium students! Below is a list of this year's student presenters and their respective research projects.

### Dan Schaffer

Faculty Mentor: Dr. Serina Neumann (EVMS)

**Testing the Efficacy of Transcranial Magnetic Stimulation (TMS) in Treating Depression in Patients with Cognitive Impairment**

### John Schwartz

Faculty Mentor: Dr. Skye Margolies (EVMS)

**The Influence of Mindfulness and Stress on Sleep Quality in the Student Veteran Population**

### Kelly Romano

Faculty Mentor: Dr. Kristin Heron (ODU)

**Disparities in Psychological Well-Being Based on Subjective and Objective Eating Disorder Recovery Statuses and Recovery Status Concordance**

### Kelsey Ellis

Faculty Mentor: Dr. James Paulson (ODU)

**Examining the Role of Behavioral Inhibition in Harsh Parenting Preferences: An Analog Study**

### Laurel Brockenberry

Faculty Mentor: Dr. Paul Harrell (EVMS)

**The Association Between Emotional Competencies and E-Cigarette Susceptibility**

### Phoebe Hitson

Faculty Mentor: Dr. Barbara Winstead (ODU)

**Relationship Investment and Unwanted Pursuit: An Experimental Study**

### Rachel Amerson

Faculty Mentor: Dr. Robin Lewis (ODU)

**The Relationship of Intimate Partner Violence and Help-Seeking with Eating Disorder Symptoms**



Pictured left to right: Dan Schaffer, Kelsey Ellis, Laurel Brockenberry, Rachel Amerson, Kelly Romano, Phoebe Hitson, and John Schwartz

## Tides Game Happy Hour

On Friday, June 1st the Virginia Consortium cheered on the Norfolk Tides against the Rochester Red Wings. This was the program's 2nd annual Tides game happy hour. The event was a great way for students, faculty, and their families to relax and spend time together outside in the warm summer weather! We look forward to continuing this new tradition!



## VCPCP Diversity Club

The diversity committee has been working to cultivate the Consortium's openness and celebration of diversity. During the fall semester, the committee hosted a "Speed Monitoring" social event.

Graduate students had one-on-one conversations with each faculty member. The committee also organized volunteers to sort and deliver food for Thanksgiving to ODU employees in need. The committee looks forward to planning future events that promote a culture of openness and celebration of diversity. Please contact **Dr. Matt Judah** or **Dominique Blanchette** if you would like to get more involved or have any suggestions or questions.

-Dr. Matt Judah



Pictured above: Dr. Desi Hacker and Peter Preonas



Pictured below: Dr. Robin Lewis, Nathan Hager, Lydia Qualls, and Dr. Matt Judah

## Morning of Hope

On Saturday, September 8th, VCPCP faculty and students attended the Hampton Roads morning of hope. The morning of hope is an annual walk around Mount Trashmore that seeks to raise awareness about depression and suicide in the local area. The Hampton Roads Survivors of Suicide Support Group sponsors the event, and all donations assist the group in offering free support to those who have lost a friend or family member to suicide. A program of remembrance took place prior to the walk in honor of recent victims of suicide.

Local people impacted by depression and suicide shared their personal stories, and licensed counselors were present at the event to answer any questions and offer support. This was the second year that the Consortium made a presence at the morning of hope, and we plan to continue this tradition. The morning of hope is a powerful reminder of the significance of our work as current and future clinical psychologists.

## Welcome Reception

Per tradition, VCPCP DCT, Dr. Robin Lewis, hosted a welcome reception at her home on Friday, September 17th to welcome the incoming cohort. This is an event that we all look forward to each year as it gives incoming students the opportunity to get to know the faculty and their peers in a relaxed, fun environment.

As always, the food was delicious, and the company was great. Thank you for opening up your home to us all, Dr. Lewis!

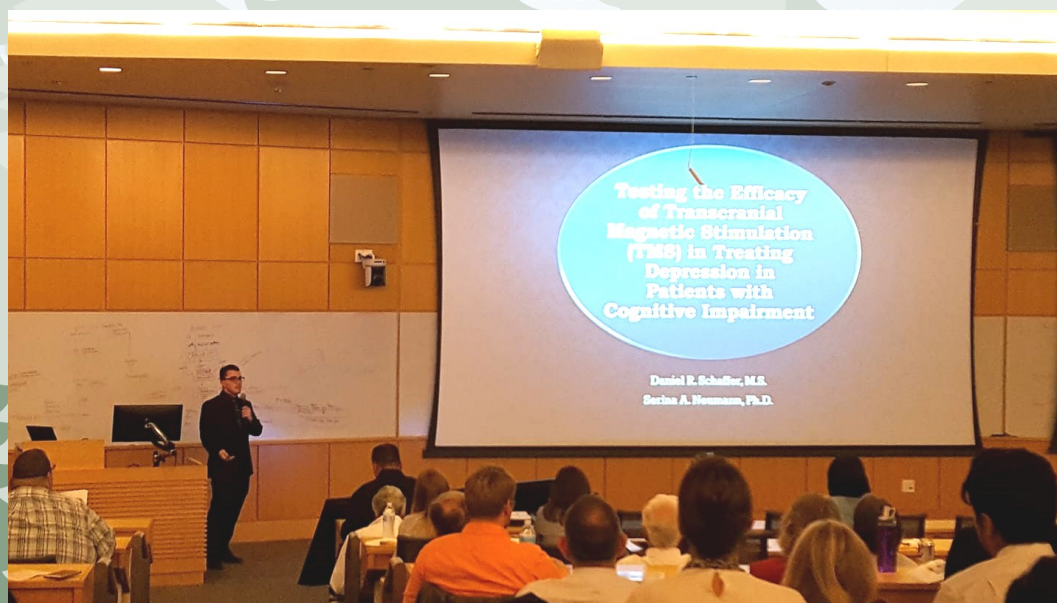


## Recognizing Students

**Phoebe Hitson** was awarded the ODU Department of Psychology Outstanding Graduate Student Teaching Award. Congratulations, Phoebe! Her dedication for her role as a TA at ODU stood out among her peers.

**Allison Battles** was awarded the Travel Award from APA Division 19 (Society for Military Psychology) to attend the American Psychological Association Conference in August of 2018. Congrats!

**Dan Schaffer** was selected to present his research as part of the 30th Annual EVMS Research Day on Friday, October 12th. Dan's project was one of a small handful selected out of hundreds of abstract submissions to be presented at the event. Congratulations, Dan!



Pictured: Dan Schaffer presenting at EVMS Research Day

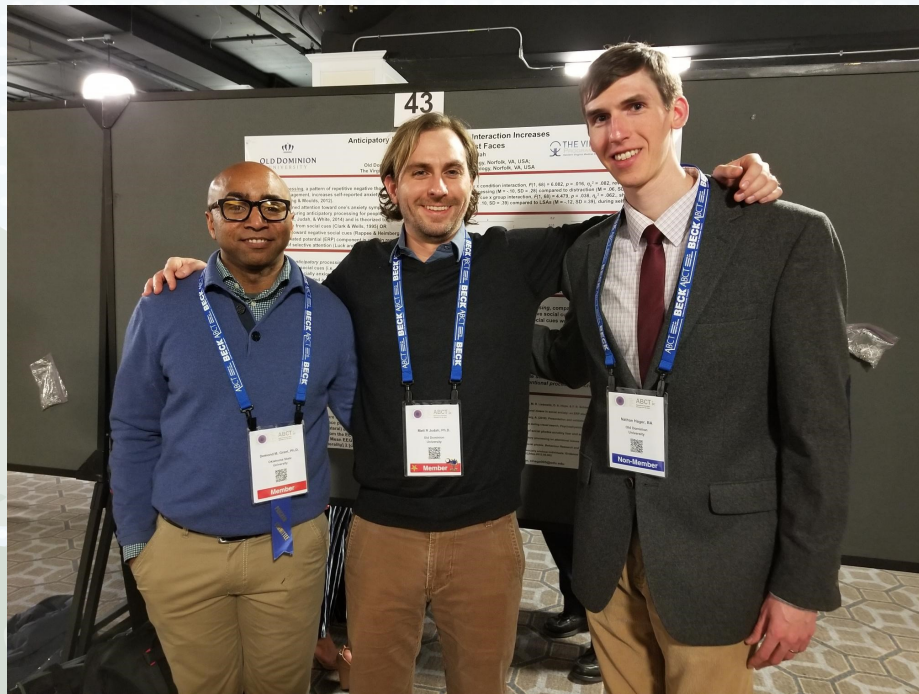


## Recognizing Students

**Nathan Hager**, under the mentorship of Dr. Matt Judah, was awarded the American Psychological Foundation/Council of Graduate Departments of Psychology 2018 Clarence J. Rosecrans Scholarship.

This \$2,000 award will support Nathan's research project entitled "Detecting a Neural Marker of Impaired Reward-Related Memory in Depression." The study will use electroencephalography to examine whether weak neural response to receiving a reward may explain why depression is associated with poor reward-related memory.

**Congratulations, Nathan!**



**Pictured above: Dr. DeMond Grant of Oklahoma State University, Dr. Matt Judah, and Nathan Hager at ABCT 2018.**



## Recognizing Faculty

**Dr. Michelle Kelley** of ODU was elected Fellow for Association for Psychological Science. Congratulations!



Pictured: Dr. Michelle Kelley

In the summer of 2018, **Dr. Kristin Heron** of ODU received an Educational Program Grant from the Eating Recovery Foundation to bring her Body Project training to ODU this year. Her student, **Rachel MacIntyre**, was involved in preparing the grant application as well. Congrats, Dr. Heron!



Pictured: Dr. Kristin Heron

**Dr. Kelli Will** and **Dr. Paul Harrell** of EVMS were recently awarded \$450,000 from the Virginia Foundation for Healthy Youth to fund their project entitled, “A Social Ecological Approach to Alternative Tobacco Education.” Congratulations, Dr. Will and Dr. Harrell!



Pictured: Dr. Paul Harrell

## Recognizing Faculty

**Dr. Kelli Will** has received well-deserved recognition for her work in child passenger safety, specifically for the *Boost em' in the Back Seat* video that she created and disseminated in the fall of 2018. She received a \$150,000 grant from The U.S. Department of Transportation and Virginia Department of Motor Vehicles to fund the video. She also received the following awards:

- Governor's Transportation Safety Award in Occupant Protection
- Outstanding Contribution to EMS for Children, Regional Award, Tidewater EMS Council
- Commonwealth Award of Excellence in Public Service, Virginia Public Relations Association
- Capital Award of Merit in Organic Social Media, Virginia Public Relations Association
- Telly Award, Silver Winner in Safety Category, for *Boost em' in the Back Seat* Video
- Circle of Excellence Silver Award in Social Media, Council for Advancement and Support of Education



To check out *Boost em' in the Back Seat* and the Car Safety Now campaign, visit this link:  
<https://www.boosterseats4safety.org/>



Pictured: Dr. Kelli Will

## Warning: Very Cute News!

Many of our students, faculty, and recent alumni welcomed new children into the world this year. Enjoy looking at cute pictures of the newest members of our VCPCP family!

Third-year Consortium student, **Quandrea Barnes**, welcomed **Levi Christian** on October 25th. Congrats!



Recent alumnus, **Dr. Cristina Bain**, welcomed two twin boys, **Garret and Grayson**, on August 5th. Congrats, Dr. Bain!



**Dr. Alan Meca** welcomed his first child, **Mia Alyza**. She was born on September 14<sup>th</sup> and weighed 7 Lb, 13 ounces. Congrats, Dr. Meca!



**Dr. Abby Braitman** welcomed her first-born, **Benjamin**, earlier this year! Congratulations!

