



November 2022
VCPCP Newsletter





November 2022 VCPCP Newsletter

As we break away from the harsh, persistent pandemic, we hope you and your loved ones have remained physically and psychologically healthy. The VCPCP has also emerged with several substantial transitions:

- as of 2023, EVMS will no longer be a separate consortium member, with a planned merger between ODU and EVMS expected by Fall 2023;
- Robin Lewis retired from ODU and as DCT (see p. 9);
- Assistant DCT, Desideria Hacker, has stepped away from the Consortium to devote her attention to her NSU administrative role (see p. 10)—both will be deeply missed;
- Andrew Franklin at NSU has assumed the ACDT role;
- I have assumed the role of DCT effective Fall 2022 (p. 4) alongside the new Program Administrator, Kionna Teague (see p. 8);
- we have several new faculty affiliated with the program (check out pp. 5-7);
- the program office has officially moved to ODU, 234 Mills Godwin Building
- and we now have active social media accounts (see below)—send us your news and updates!

We continue to have the opportunity for folks to help financially support the program and its mission, with funds earmarked to support students and their training: check out <https://sci.odu.edu/vcpcp/alum.html> for our ongoing fund-raising campaign, which is a great opportunity to ‘pay it forward’ to our current students.

I am committed to working to keep strengthening the reputation of this established program and ensuring we remain a well regarded, fully accredited program by APA. Toward that end, I want to express my appreciation for your steady contributions (and your patience!) on our regular surveys so that we can maintain that critical accreditation status that benefits our current students and alumni alike.

This is an exciting time in the VCPCP as we forge additional relationships in the community and continue to build on the program’s strengths. I am honored to lead this effort...

—*Christina*

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Check our social media!
Twitter —@VCPCLinPsych
(<https://twitter.com/VCPCLinPsych>)

Facebook — VCPCP ODU

Welcome 2022 New Students

Join us in welcoming the 2022 incoming class of six 1st-year students!

Danielle De Lucia

From: Matthews County Virginia

Research Interest: School-aged Children

Flavor of Ice Cream? Coffee

Favorite Hobby: Reading & crochet



Tiana McKan

From: Virginia Beach

Research Interest: Religion, trauma, and children

Flavor of Ice Cream? Snickers

Favorite Hobby: Beach & travel



Alicia Moulder

From: Fairfax, Virginia

Research Interest: Substance Abuse

Flavor of Ice Cream? Chocolate

Favorite Hobby: Ballet



Kayla Pitchford

From: Chesterfield, Virginia

Research Interest: Health Behaviors

Flavor of Ice Cream? Caramel Praline

Favorite Hobby: Travel



Hannah Sliman

From: Alexandria, Virginia

Research Interest: Adolescents

Flavor of Ice Cream? Chocolate Chip Cookie Dough

Favorite Hobby: Personal Fitness



Meredith Turner

From: Clarkston, Michigan

Research Interest: Body Dysmorphia

Flavor of Ice Cream? Strawberry

Favorite Hobby: Playing guitar/ Percussion



Welcome New Director of Clinical Training

Christina M. Rodriguez, PhD



Christina M. Rodriguez is a clinical child psychologist having obtained her PhD in Clinical & Health Psychology from the University of Florida. She began her academic career at the University of Otago in New Zealand, followed by work at the University of Utah, the University of North Carolina at Greensboro, and the University of Alabama at Birmingham. She is now a Professor of Psychology at Old Dominion University and the Director of Clinical Training of the doctoral PhD program, the Virginia Consortium Program in Clinical Psychology.

She also serves on the editorial boards of *Child Abuse & Neglect*, *Child Maltreatment*, *Journal of Child and Family Studies*, and *Journal of Marriage & Family*. She is a Fellow of the American Psychological Association (APA); is a board member of APA's Board for the Advancement of Psychology in the Public Interest; and is President of the APA Society for Child and Family Policy and Practice. Her federally funded research has investigated theoretical and methodological advances in understanding mothers' and fathers' risk to engage in physical abuse that would inform prevention and intervention programs. Her research and clinical interests focus on prevention, particularly concentrating on at-risk and abusive parenting and family violence, simultaneously considering the impact of such family violence on children's socioemotional development.

Welcome New Faculty

Sage Hawn, PhD



Dr. Sage Hawn is an Assistant Professor in the Clinical Psychology Program at ODU. Her interdisciplinary program of research integrates multiple modalities to better understand how biological (e.g., genomic, neurobiological) and psychosocial factors interact to influence responses to trauma, including posttraumatic stress disorder (PTSD) and comorbid conditions (e.g., alcohol use disorder/AUD). Her unique skillset in statistical genetics, peripheral biomarkers of disease, and advanced statistical modeling fosters an interdisciplinary approach to research that incorporates multiomic approaches to investigate the downstream health effects of trauma-related comorbidity. The ultimate goal of this work is to identify factors that may predispose individuals to, or buffer against, trauma exposure and subsequent mental and physical health outcomes in order to inform early and integrative intervention efforts.

Dr. Sage Hawn earned her doctorate in Clinical Psychology from Virginia Commonwealth University, where she received broad training in evidence-based treatments for a range of mental health disorders and conducted her F31-funded research examining biological (i.e., shared genetic risk) and psychological (e.g., “self-medication”) processes underlying PTSD-AUD comorbidity. Through her F31 award, she received training in behavioral and statistical genetics training at the Virginia Institute for Psychiatric and Behavioral Genetics. She then completed her clinical internship at VA Puget Sound in Seattle, WA, where she further specialized in trauma-focused and trauma-informed treatments, as well as expanded her academic wheelhouse to include analysis of big epidemiological data and treatment outcomes research. She completed her T32-funded postdoctoral training at Boston University School of Medicine and the National Center for PTSD in Boston, MA, where she expanded her line of research through advanced training in statistical methods and the analysis of multiomic (e.g., genome, transcriptome, epigenome, metabolome) and neurobiological biomarkers.

Dr. Hawn is passionate about improving the well-being of individuals whose trauma-related symptoms are preventing them from living the lives they want to live. Other passions of hers include surfing, rock climbing, yoga, hanging out with her husband and Frenchie-Boston mix, and watching trash reality television.

Welcome New Faculty

Kevin Waymire, PhD



Another new addition is Clinical Assistant Professor, Kevin Waymire, Ph.D., who will be an Assistant to the Director of Clinical Training. He received his doctorate and master's in clinical psychology from Sam Houston State University. He completed an M.Ed. in Counseling at the University of Houston. He received a B.A. in Psychology from the University of Texas at Austin. His expertise is in psychological assessment (Neuropsychological, Intelligence, General Diagnostic), forensic Psychology & Assessment (Trial Competency and Criminal Responsibility) and evidence-based clinical practice.

Welcome New Faculty

Sarah Ehlke, PhD



Meet Assistant Professor Sarah Ehlke, Ph.D. She received her doctorate from ODU, a M.A. from UNC Wilmington, and a B.S. and M.A. from the University of South Florida. Ehlke's research focuses on mental health outcomes and substance use behavior (e.g., alcohol, tobacco, cannabis) among sexual and gender minority individuals, particularly sexual minority women. "I seek to identify social, environmental, and cognitive factors that may influence health behaviors, and can be adapted in online interventions for sexual minority women," said Ehlke. Prior to coming to ODU, she was a postdoctoral fellow at the TSET Health Promotion Research Center at the University of Oklahoma Health Sciences Center where she primarily studied correlates of tobacco and cannabis use among vulnerable populations including young adult menthol smokers, sexual minority individuals, adults experiencing homelessness, and low-income adult smokers.

Welcome Our New Program Administrator!

S. Kionna Teague



Kionna Teague is the new Program Administrator for the Virginia Consortium Program in Clinical Psychology. She will be aiding and managing day-to-day administrative tasks and act as a student liaison administratively for the VCPCP office. She is a seasoned Executive Administrative Assistant, with seventeen years of office managerial experience working alongside an executive teams during 22 years across tours of duty for the United States Navy. She is extremely organized, well-versed in various administrative tasks and roles, and is extraordinarily excited to have joined the VCPCP team! Kionna is a native of Petionville/Port-au-Prince Haiti, she is married, mother of 6, graduated Summa Cum Laude from Trident University, and recently retired from the US Navy. Her tours of duties include Naval Weapons Station Earle New Jersey, Fleet Combat Training Center Virginia Beach, Training Support Center Hampton Roads, Branch Medical Clinic Naval Station Norfolk, Surface Medical Institute San Diego, VAW-125 Squadron Norfolk, VFA-103 squadron Virginia Beach and Navy Service Support Advance Training Command Dam Neck.

Please stop by MGB234 to welcome Kionna!

Farewell to Faculty Family!

DCT Robin J. Lewis, PhD



As of May 31, 2022, I retired from ODU after 38 years at ODU and with the Virginia Consortium. I feel so fortunate to have worked alongside wonderful colleagues and helped train so many clinical psychologists. Certainly, both the field and the Consortium have changed dramatically since I started at ODU in 1984. Back then, there was no such thing as managed health care or empirically supported therapies, the Consortium had 4 institutions, and being “well versed” in statistical techniques meant one could do factor analyses and multiple regressions (and papers were published with-tests and ANOVAs!). One constant through all these changes is that I am honored and privileged to have been a part of launching the careers of hundreds of graduate students into clinical psychologists who contribute to making a difference in the lives of individuals, families, and society. I am so very proud of all the Consortium students and graduates.

I have stayed busy during these first few months of retirement. We’ve done a little bit of traveling but I’m not yet quite ready to return to doing the big trips yet. I’ve been playing lots of tennis, learning to play pickleball, and spending more time with family and friends. I’ve started reading for pleasure after so many years of reading the professional literature. I’m also working on socializing our pandemic puppy, an Australian Labradoodle, Wrigley. We brought her home in June 2020 and needless to say she didn’t see other people or do much with other pups for a long time. She passed her therapy dog test and I am hoping to be able to take her to read with kids in the near future.

I loved the work I did for all those years, and now I am taking time to enjoy all that retired life has to offer. I wish you all the very best,

Robin

Farewell to Faculty Family!

ADCT Desideria Hacker, PhD



It was with very mixed feelings that I decided that it was time to move away from my involvement with the Virginia Consortium after almost 32 years (which makes me feel old!). My journey with this program began when I started my first job at the William and Mary Counseling Center and I was asked if I was interested in supervising doctoral students in the Consortium. I gladly accepted this opportunity and was impressed by the caliber of students that the program was able to enroll. Because of this experience, I was able to continue my involvement through the next clinical job with the Navy where I was able to supervise students in this setting.

When I was hired at NSU as a faculty member in 2000, I expanded my involvement through teaching and then subsequently as one of the practicum coordinators. Some of you probably remember the struggle to change how the Friday practicum ethics seminars to group meetings that started as check-ins (and I know some of you felt wasn't a very productive use of your precious time and I would have agreed!) to what it is now. I am proud that we were able to establish a committee of students and faculty to identify what would be most helpful to students in clinical training and develop a vertical supervision system with advanced students and a flexible team model that incorporates clinical discussions on skills, professional issues, and case studies. Working with the Consortium students and faculty members was always a pleasure for me despite the challenges and changes that sometimes seemed ever-present. The faculty's commitment to doing what they thought was best for students and for the profession, even when it was not always perceived that way, made it all worth it. And, I must say, working with the Consortium students in courses, practicum, and research confirms that our profession is in good hands.

But, as they say, all seasons come to an end. As many of you may know, for the past 8 years, I have been juggling two major roles, the ADCT one with the Consortium and as the Assistant Dean of Graduate Studies (with a small 1.2 million dollar Title III grant squeezed in there). It was time to commit to one role for many reasons, and so in the spring of this year, I handed the ADCT role over to Dr. Andrew Franklin, who is currently doing a great job. I will be able to devote more time to strengthening the graduate programs at NSU as we launch new initiatives. I hope that I hear from some of you and that all of you will continue to do well.

Desi

VCPCP Diversity Club



Greetings from the Diversity Committee!

The last year was another exciting and active year for the Diversity Committee, with a particular emphasis on community building. Committee enrollment increased substantially across students and faculty, and several events fostered communication and understanding between students and faculty alike. The committee hosted a social gathering at Cogan's, during which students and faculty were able to gather in person to share and learn more about each other's backgrounds and experiences. A "Mingling with Mentors" event took place in which students were able to cycle through small group meetings with faculty to discuss personal experiences and interests, an event that will be brought back this Spring! In addition, we continued to host Discussion Clubs, which fostered reading and perspective sharing in response to various media, such as a podcast focused on cultural appropriation. The Committee continues to be actively involved with the Bridge Psychology Network, which fosters efforts to increase diversity and inclusion within graduate education programs in psychology. Efforts to attract speakers and incorporate more social justice initiatives at the program level are still underway for the upcoming year. We welcome any ideas, questions, and resources you might have to share! Please reach out at VCPCPDiversity@odu.edu.

Check out our webpage! If you would like to contribute a spotlight on your diversity-related research, clinical work, or personal journey in psychology, let us know (VCPCPDiversity@odu.edu) and we'd love to feature you on the webpage.

Consortium Graduates

The program is always proud of our recent graduates as they embark on their new adventures within the field. We are certain these recent graduates will make exceptional contributions into the field just as the prior alumni have and continue to do! Congratulations and thank you to you all for your hard work and determination!

Rachel Amerson, PhD

Primary advisor Robin Lewis
Dissertation: "The association of objectification and discrimination with partner gender and disordered eating behaviors in bisexual women"

Quandrea Harper-Barnes, PhD

Primary advisor Scott Debb
Dissertation: "Reevaluating the factor structure of the Family Resilience Assessment Scale for African Americans"

Laurel Brockenberry, PhD

Primary advisor Paul Harrell
Dissertation: "Racial differences in tobacco use and risk factors among young adults: Roles of expectancies and emotion regulation"

Kelsey Ellis, PhD

Primary advisor James Paulson
Dissertation: "Contextual factors of harsh parenting: Investigating the role of impulsivity and parent attribution bias under conditions of household chaos"

Phoebe Hitson, PhD

Primary advisors Barbara Winstead and Robin Lewis
Dissertation: "Testing a contextual framework of intimate partner violence in young adults"

Emily Putnam, PhD

Primary advisor Kelli England
Dissertation: "Patient-targeted googling: A mixed-methods examination of psychologists' perceptions and practices"

Daniel Schaffer, PhD

Primary advisors Serina Neumann and Jennifer Flaherty
Dissertation: "Implementing an online, integrative, multi-component, group-based cognitive behavior therapy (CBT) for the reduction of caregiver burden in primary familial caregivers of persons with dementia: A preliminary test of feasibility"

John Schwartz, PhD

Primary advisor: Michelle Kelley
Dissertation: Sleeping with the enemy: Examining the relationship between sleep and pain in post-9/11 veterans

Tiphonie Sutton-Bivens, PhD

Primary advisors Matt Juda and Kristin Heron
Dissertation: "What we learn from each other: Vicarious posttraumatic growth among non-helping professionals following exposure to peer trauma experiences"

Student Accomplishments

The Consortium is always excited to recognize recent achievements of students

Charlotte Dawson received the Hampton Roads Pride Scholarship, which are awarded annually by Hampton Roads Pride. Scholarships are based on merit, academics, and community involvement.

Rachel MacIntyre was the 2022 recipient of the Pan-coast Prize for Outstanding Dissertation, which is awarded to one student in the VCPCP each year.

Kelly Romano and **Nathan Hager** were the co-recipients of the VCPCP Distinguished Student Award in 2022.

Cassidy Sandoval was selected to serve on the Student Advisory Board for Psychology of Women Quarterly

Tommy Augustin, Alicia Milam, Brook Puharic, Kenny Ayers, and **Cassidy Sandoval** successfully proposed their dissertations in September 2022!

Student Accomplishments (cont'd)



This August, **Brooke Puharic** successfully met all the training requirements and is now formally nationally recognized as a Parent-Child Interaction Therapy (PCIT) Certified Practitioner.

Student Recent Publications

Dawson, C. A., Ehlke, S., Lewis, R. J., Braitman, A. L., **Amerson, R.,** Shappie, A., & Heron, K. E. (2022). A latent profile analysis of self-reported sexual identity, sexual attraction, and sexual behavior among young sexual minority women: Associations with mental health disparities and protective factors. *Psychology of Sexual Orientation and Gender Diversity*. Online first. 10.1037/sgd0000594

Sandoval, C. M., Romano, K. A., Heron, K. E., **Sutton, T. G.,** Winstead, B. A., & Lewis, R. J. (2022). Associations between body dissatisfaction and relationship functioning among same-sex female couples: An actor-partner interdependence model. *Journal of Family Psychology, 36,* 80-790. doi: 10.1037/fam0000945

Romano, K. A., & Heron, K. E. (2022). Parent-adolescent dyadic associations among weight misperceptions, weight change behaviors, and dietary intakes. *Appetite, 174,* 106004. doi:10.1016/j.appet.2022.106004

Romano, K. A., Heron, K. E., **Sandoval, C. M., Howard, L.M., MacIntyre, R.I.,** & Mason, T. B. (2022). A meta-analysis of associations between weight bias internalization and conceptually-related correlates: A step towards improving construct validity. *Clinical Psychology Review, 92,* 102127. doi: 10.1016/j.cpr.2022.102127.

Romano, K. A., & Heron, K. E. (2022). Examining race and gender differences in associations among body appreciation, eudaimonic psychological well-being, and intuitive eating and exercising. *American Journal of Health Promotion, 36,* 117-128. doi:10.1177/08901171211036910

Student Research (Cont'd)

Heron, K. E., Braitman, A. L., **Dawson, C. A., Sandoval, C. M.**, Butler, L. V., **Moulder, A.**, & Lewis, R. J. (In press). Health and Experiences in Real Life (HER Life) Study Protocol: Rationale and design of an ecological momentary assessment study examining predictors of binge eating among sexual minority and heterosexual young women. *JMIR Research Protocols*.

Sandoval, C. M., Martz, D. M., Bazzini, D. G., Webb, R. M., Hinkle, M. M., & Francis, L. (2022). Does fat talk affect relationship and sexual satisfaction? Adults' perceptions of fat talk in a fictional romantic relationship. *Eating Behaviors, 45*, 101603.

Leone, R. M., Ehlike, S. J., Norris, A. L., **Sandoval, C. M.**, Butler, L. V., Winstead, B. A., Kelley, M., & Lewis, R. J. (2022). A dyadic examination of alcohol use and intimate partner aggression among women in same-sex relationships. *Addictive Behaviors, 129*, 107262.

Romano, K. A., Heron, K. E., **Sandoval, C. M.**, **Howard, L. M.**, **MacIntyre, R. I.**, & Mason, T. B. (2022). A meta-analysis of associations between weight bias internalization and conceptually-related correlates: A step towards improving construct validity. *Clinical Psychology Review, 92*, 102127.

Sandoval, C. M., **Romano, K. A.**, Heron, K. E., **Dawson, C. A.**, **Sutton, T. G.**, Winstead, B. A., & Lewis, R. J. (2021). Associations between body dissatisfaction and relationship factors among same-sex female couples: An actor-partner model. *Journal of Family Psychology, 36*, 780-790.

Trierweiler, E., Pashak, T., & Bradley, S. (in press). Yes, it's that common and yes, it's that bad: An estimation of the prevalence and psychological correlates of rape and sexual assault in college women. *Psychological Reports*

Student Research Presentations



Cassidy Sandoval presented “Pregnant Women’s Interest in Health Behavior Change Using Mobile Technology” at the annual Society of Behavioral Medicine in Baltimore, MD in April 2022.

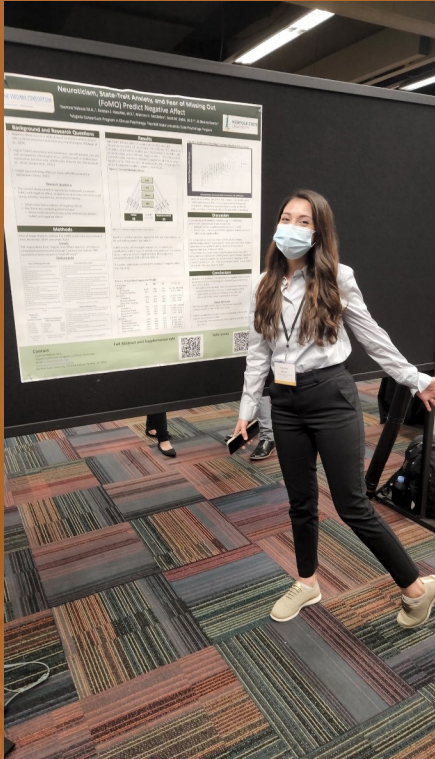
Kelly Romano presented “The Role of Trait-Interoceptive Sensibility on Daily Associations Between Women’s Negative Affect and Eating Behaviors in Everyday Life” at the annual Society of Behavioral Medicine in Baltimore, MD in April 2022.



Alicia Moulder presented “Healthcare Experiences of Heterosexual and Sexual Minority Women Who Binge Eat” at the annual Society of Behavioral Medicine in Baltimore, MD in April 2022.

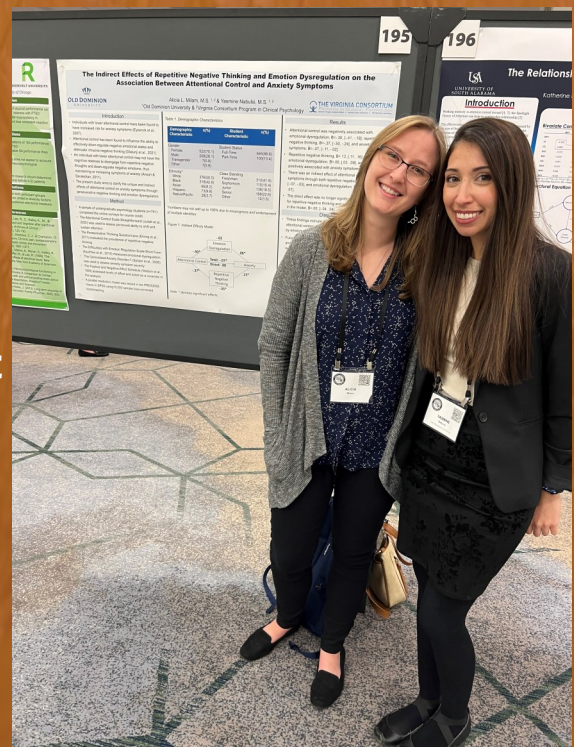


Student Research Presentations



Yasmine Nabulsi presented "Neuroticism, State-Trait Anxiety, and Fear of Missing Out (FOMO) Predict Negative Affect" at the American Psychological Society in May 2021.

Alicia Milam and Yasmine Nabulsi presented "The Indirect Effects of Repetitive Negative Thinking and Emotion Dysregulation on the Association between Attentional Control and Anxiety Symptoms" at the National Academy of Neuropsychology in October 2022



Alumni News



New Arrival!

Two VCP alumni (Drs. Lindsay Howard and Charles Freligh) welcome the arrival of Maslow Howard Freligh! Welcome!

New Arrival!

VCP alumni Dr. John Schwartz welcomed Isla Fern Schwartz on February 4, 2022. Welcome!



Alumni News



The Village

Great happenings from our 2020 Alumna, Dr. Dominique Blanchette!

She is part of The Black Girl Doctor group practice. Their new mentorship program, THE VILLAGE!, offers mentorship for Black women pursuing graduate mental health degrees. Dr. Blanchette describes this wonderful opportunity as, “a forever thang so our mentees can expect for us to stick around through the ups and downs of their graduate school journey, and be supported via personal, professional, group, and individual experiences!”

The group also sponsors the Academy Noire program: a bi-weekly coaching group for Black doctoral students of all genders and across all disciplines. It’s free to join through the end of 2022!

<https://theblackgirldoctor.thinkific.com/courses/academy-noire>

Alumni News

The Body Project

Rachel MacIntyre '21 & Lindsay Howard '21 trained 12 undergraduate students at Augustana University in Sioux Falls, SD over the weekend of Oct. 8th & 9th, 2022 on how to administer a body image intervention known as "The Body Project". The Body Project is a peer-led dissonance-based group intervention that was designed to help young women resist pressures to conform to appearance ideals (i.e., sociocultural standards of attractiveness) & reduce their pursuit of these ideals. This prevention program has been shown to reduce body dissatisfaction & disordered eating, with a robust body of research spanning over 20 years. The 12 trained facilitators will begin running the intervention as part of a research study on Augustana's campus the week of Nov. 7th, 2022.



Sexual Wellness

VCPCP Alumni Dr. Jacqueline Sherman had launched Sexfirmation Cards, a Sexual Wellness Card Deck created to help women through a 3-Step practice to build sexual confidence and have more connected intimacy.

Check out <https://www.drjac.co/shop/>