



SPC NEWSLETTER

FALL 2021



INTRODUCING THE SPC NEWSLETTER!

Welcome! We are excited to present the Second Edition of the new SPC Newsletter. We hope that distributing this newsletter each semester will help keep everyone informed and involved in the ongoings of our department.

WE NEED YOUR HELP!

Are you creative, fun, and witty? We need your help! Enter our "NEWSLETTER NAME" contest. The winner will be featured in our next issue!

Please e-mail submissions to: SPCNewsletterFDU@gmail.com

BY SAMANTHA SODER

FDU SPC
NEWSLETTER

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MEET YOUR *NEW* FACULTY

BY CECILIA ALLAN

Benjamin N. Johnson

Education:

Ph.D. in Clinical Psychology, The Pennsylvania State University; M.S. in Psychology, The Pennsylvania State University; B.A. in Psychology and English, Emory University

Courses Taught:

Developmental Issues in Clinical Psychology (Fall)
Advanced Psychodynamic Psychotherapy (Spring)

Research Interests: I research better ways to conceptualize and treat borderline personality disorder (BPD), a condition characterized by intense emotions and relationships, self-harm and suicidality, and a negative or unclear view of oneself. I am most excited by the idea of determining what types of treatment approaches work best for what types of people so that we can improve the impact of therapy for BPD.

Hobbies: One of my favorite past-times is cooking. Specifically, I'm not a fan of following recipes, so I either like trying new foods at restaurants and trying to recreate them at home, or I look at the picture in a recipe book and try to make something that looks and feels (and hopefully tastes!) similar.

Interesting tidbit about yourself: I took piano lessons for about 10 years and considered going professional but decided before I went to college that if I made a career out of playing piano I might start to lose my love of it. So now I just play for the fun of it!

Favorite thing about FDU so far: I have multiple favorite things so far! 1) The faculty in The School of Psychology and Counseling (SPC) are collegial, caring, and get along great; 2) The clinical program's emphasis on integrating across traditionally divided ways of thinking (e.g., clinical vs research, psychodynamic vs cognitive-behavioral) is a huge plus in my opinion; and 3) I have loved each and every one of my experiences working with, teaching, mentoring, and supervising SPC graduate students, who are eager, determined, excited, and thoughtful.



Rachel Alyssa Petts Santer

Education: Western Michigan University, Ph.D.; Western Michigan University, M.A.; West Virginia University, B.A.

Courses Taught:

Current: First Year Clinical Practicum, Clinical Child Psychology
Previous: Advanced Psychopathology, Abnormal Psychology, Introduction to Clinical Psychology

Research Interests: Development and evaluation of brief interventions in primary care; evaluation of pediatric integrated care models; measurement of processes of change in youth behavioral interventions

Hobbies: Biking, yoga, and trivia.

Interesting tidbit about yourself: I taught Zumba for 10 years (currently in semi-retirement).

Favorite thing about FDU so far: The people! Everyone has been welcoming and I've particularly enjoyed getting to know the students in my classes.



STUDENT SPOTLIGHT: DANIELLE DENNIS

BY STINE-OKSANA SOOMAI

Danielle Dennis is a 4th-year Clinical Psychology student at FDU. Previously, Danielle attended Barnard College, earning her bachelor's degree in psychology. Danielle's main area of focus is OCD and how the environment can impact OCD and OCD subtypes. Danielle currently works with Dr. McGlinchey.



Getting to know Danielle

Would you describe yourself as an introvert or extrovert?

"I'm definitely an extrovert."

Danielle would rather be outside, interacting with others, and working with people. This aspect should be no surprise, given that Danielle is planning on becoming a clinical psychologist.

What are some of your hobbies/interests outside of psychology?

Danielle likes to hike. Her favorite place to hike is the Palisades or just around New York. Additionally, she enjoys board games. Right now, her favorite is Azul, a mosaic-based board game.

If you could have any superpower, what would it be?

"Teleporting, so I could get home easily to visit my family."

Danielle shares that she is originally from Florida and came up for school. Therefore, teleporting for her would help to visit the rest of her family who are not nearby.

What are your plans for winter break?

"I don't have winter break - I'm not a student anymore. [Since] I'm no longer in class, I see patients full time and work on my dissertation."

However, she has carved out time in January for her honeymoon. Danielle got married this past June - to which we say congratulations!

Research Focus

What is your area of research?

"My field of research is OCD. This is my clinical interest as well...I hope to continue focusing on OCD. I don't plan on being a researcher and recruiting participants but doing case studies with my patients that I'll see."

Did you know you wanted to focus on this area when doing undergraduate research?

"No. I started in a developmental psychology lab doing research on how socioeconomic factors influence babies' development...I did not focus on OCD until my doctorate studies. There are so many types of OCD as well, so it never gets boring. Everyone is so different. It's fascinating because there are so many types of OCD." Like many students, Danielle did not know what exactly her main interest would be for her studies in psychology. However, with experience working with patients, she figured out her interests.

What is your current research project?

"My dissertation is looking at the impact COVID has on people with OCD. The three main general questions we were looking to analyze were: 1) How do people with OCD compare to the control (people without OCD) react to the pandemic? 2) Within OCD, which are the subtypes that are more impacted? OCD. 3) How would those with OCD have shifted themes?"

We did our research right before the vaccine. The controls came out before the vaccine and the OCD group was just as vaccines were starting in January."

As the pandemic continues, there will be ongoing changes. Danielle suggests that future research should look at OCD and the COVID-19 vaccine.

What are some of your future research goals?

"Hopefully getting my dissertation published. I also want to keep studying OCD and the best way to anticipate environment and global change impacting OCD and come up with preventative measures. [I want to study] how natural disasters, such as a pandemic, impact those with OCD and come up with treatments. With natural disasters there is a lot of uncertainty since we don't know what is going to happen. If we could formulate treatments, maybe exposure-wise for different themes. OCD has pretty good treatments, so we will see."

Any tips or advice for undergraduate students interested in pursuing a masters or doctorate?

"Try to get some clinical experience. It is really hard to get as an undergraduate but try to volunteer at an in-patient unit and see if you like the patient population." As for getting research experience, "Email a bunch of advisors and faculty. See who responds and be persistent".

STUDENT SPOTLIGHT: SARAH SCHAAF

BY STINE-OKSANA SOOMAI

Sarah Schaaf is a final year Clinical Psychology Ph.D. student at FDU. Originally from Germany, Sarah has studied in the Netherlands for her master's and completed a research assistantship at John Jay College in New York. Now, she is finishing up her Ph.D. focusing on forensic psychology. She has an interest in Internet sex offenders, female sex offenders, and victims of child abuse.

Getting to know Sarah

What are your hobbies / interests outside of clinical psychology?

Sarah enjoys spending time with her dog Lumi! Once adopting Lumi a year ago, Sarah became a huge dog person and enjoys spending free time with him. Also, she recently started salsa dancing. The music "reminds [her of home]" and "helps keep connected to [her] roots!"

What is a movie or television show you could never get tired of?

"Anything true crime!"

Sarah can watch true crime nonstop, but her guilty pleasure is watching 90 Day Fiancé to relax.

What are you looking forward to doing during Winter Break?

Unfortunately, Sarah is unable to travel back home for the holidays, but she is looking forward to spending time with her partner and dog. Like many Ph.D. students, Sarah will also spend break working on her dissertation.

Research Focus

What is your area of research and what made you enter this field of research?

Sarah has always been interested in the field of forensic psychology. Sarah's research includes sexually violent predators and sexually exploitative material. Her dissertation focuses on the differences between online internet offenders (i.e., those who view sexually exploitative material, those who view the images and commit child abuse, and those who contact minors online). She wants to understand the differences between the offenders to adequately address methods for treatment and risk assessment.

Another research project of Sarah's focuses on attitudes towards female sex offenders since there is not a great deal of research about the gender stereotypes of sex offenders. In addition, she just published an article with Dr. Winters regarding child sexual abuse survivors and disclosure. The article discussed the victim's perspective to report abuse and factors that stop disclosing abuse.

What has been the biggest roadblock in your research?

"Access to participants."

Sarah has never struggled with coming up with research ideas, but she states it can be challenging getting data from participants. For example, Sarah has an interest in research for child sex trafficking, however, it can be difficult to access populations with minors, especially as an undergraduate student.

Do you have any future research goals?

One of Sarah's future research goals is to publish her dissertation and "continue doing research in the field of sexual offenders and victims of sexual abuse." A goal of Sarah's would be to "combine [her] clinical work with research" as she will soon work in a forensic practice that does assessments and research.

Do you have any advice for undergraduates pursuing a masters or doctoral degree?

"Don't be afraid to reach out to professionals in the field."

Sarah encourages undergraduate students to approach professionals in the field and ask if they need any assistance with research. Although it may be intimidating at first, it will help students meet professionals and expand their research experience. Don't forget, the worst that can happen is they say no!

How can undergraduate students get involved in research projects at the university?

"Don't hesitate to ask!"

One way to gain research experience is to reach out to doctoral students at the university to see if they need help on their dissertation or current research project. With their busy schedules, doctoral students are open for help with their dissertations or research projects. Another way is to talk to the professors if they have any research projects going on that they could get involved in. At John Jay College, Sarah actually worked with Dr. Winters on research projects!

"Don't hesitate
to ask!"

CONFERENCES & EVENTS

CONFERENCES

Society for Personality and Social Psychology

2/16-2/19

San Francisco, CA

\$181 (*until 1/13*)

American Psychoanalytic Association Annual

Meeting

3/5-3/7

New York, NY

American Psychology-Law Society

3/17-3/19

Denver, CO

Free for student volunteers

CALL FOR ABSTRACTS

American Psychological Association

Deadline: 12/17

Association for Psychological Sciences

Deadline: 1/10 (symposia) 2/7 (posters)

Annual Conference of the International Society
for Bipolar Disorders

Deadline: 1/15

Virtual Event

Association for Behavioral and Cognitive

Therapies Annual Convention

Deadline: 3/15

FREE VIRTUAL EVENTS

Domestic Abuse

Presented by the Department of Mental Health and Social Work

1/11

The Psychology that Underpins Domestic Abuse

1/27

Training on Assessment of PTSD and Suicide Risk Management in Veterans

3/8

Event registration can be found on [eventbrite.com](https://www.eventbrite.com)

PUBLICATION OPPORTUNITIES: SPECIAL JOURNAL ISSUES

DEC

12/16: Psychiatric Rehabilitation Journal - Racial disparities in psychiatric rehabilitation services

JAN

1/7: Group Dynamics: Theory, Research, and Practice - Data analytic methods in group psychology & psychotherapy

1/15: Law and Human Behavior - Racial justice in the criminal justice and legal systems

1/21: Journal of Threat Assessment & Management - Cultural factors affecting threat assessment & management

FEB

2/1: School Psychology - Best practices for examining & reporting the social consequences of educational measures

2/1: Stigma & Health - Intersectionality in stigma & health research

2/15: Psychology of Addictive Behaviors - Addictive behavior as behavioral allocation

Get Involved!

Student Research Opportunities

Treatment and Assessment of Personality Pathology (TAPP) Lab

Project: Understanding Suicide and Self-Harm Among Young

This project involves capturing real-life information from young adult participants using smartphones on mood, behaviors, and thoughts of self-harm or suicide. The main goal is to be able to apply machine learning to ecological momentary assessment (smartphone) data to predict the emergence of self-harm urges and suicidality among young adults. Adults in Daily Life.

Tasks: 1) Tracking participant safety and compliance through the smartphone application online dashboard; 2) communicating with participants via in-app text about compliance issues; 3) coordinating and distributing participant payment.

Length of Commitment: 3-4 hours for Spring 2022, and option for Summer 2022. The project may also be extended into Fall 2022.

Student Type: Any

Number of Positions: 2-4

Contact: Benjamin Johnson (benjaminjohnson@fdu.edu)

Assistance Needed with Protocol Examination

This project involves comparing examiner errors on the primary verbal subtests of the WISC-V traditional and digital formats. Can count towards internship hours pending discussion with chair.

Tasks: Coding, examine protocols for errors and record the number of errors, review errors with the researcher.

Length of Commitment: 1-2 hours a week from 1-2 months

Student Type: Doctoral

Number of Positions: 1

Contact: Wendy Peguero (Wpeguero@student.fdu.edu)

SCHOLARSHIPS & GRANTS

JANUARY

American Psychological Association Minority Fellowship Program

Awarded to minority students pursuing pre or post-doctoral education in psychology.
Amount: \$20,000
Deadline: 1/15

AP-LS Grants in Aid for Graduate Students

Awarded to graduate levels students conducting research that addresses psycholegal issues.
Amount: maximum \$1,500
Deadline: 1/15

Point Foundation LGBT Scholarships

Awarded to undergraduate and graduate students of merit who have been marginalized due to sexual orientation, gender identity, or gender expression.
Amount: unknown
Deadline: 1/30

APF Queen-Nellie Evans Scholarship

Awarded to graduate students who demonstrate a financial need and are committed to improving the disparities in societal structures and issues impacting communities of color.
Amount: \$4/000
Deadline: 1/31

FEBRUARY

APF Dr. Christine Blasey-Ford Grant

Awarded to students to support research focusing on the understanding, prevention and/or treatment of the consequences of exposure to traumatic events such as sexual assault, sexual harassment and/or rape.
Amount: \$1,250
Deadline: 2/15

MARCH

Wayne F. Placek Grants

Awarded to support empirical research on any topic related to lesbian, gay, bisexual, or transgender issues.
Amount: \$9,000
Deadline: 3/1

Graduate Student Ethics Writing Competition

Awarded to the winner of the annual competition for the best graduate student paper on psychology and ethics.
Amount: \$1,000
Deadline: 3/7

Janet Hyde Graduate Student Research Grant

Awarded to doctoral students to support feminist research on the psychology of women and gender.
Amount: \$500
Deadline: 3/15

APRIL

Visionary Grants

Seek to seed innovation through supporting research, education, and intervention projects and programs that use psychology to solve social problems
Amount: \$20,000
Deadline: 4/1

Paul E. Henkin School Psychology Travel Grant

Awarded to student member of APA Div. 16 to help defer the costs associated with attending the APA Annual Convention.
Amount: Max. \$1,250
Deadline: 4/15

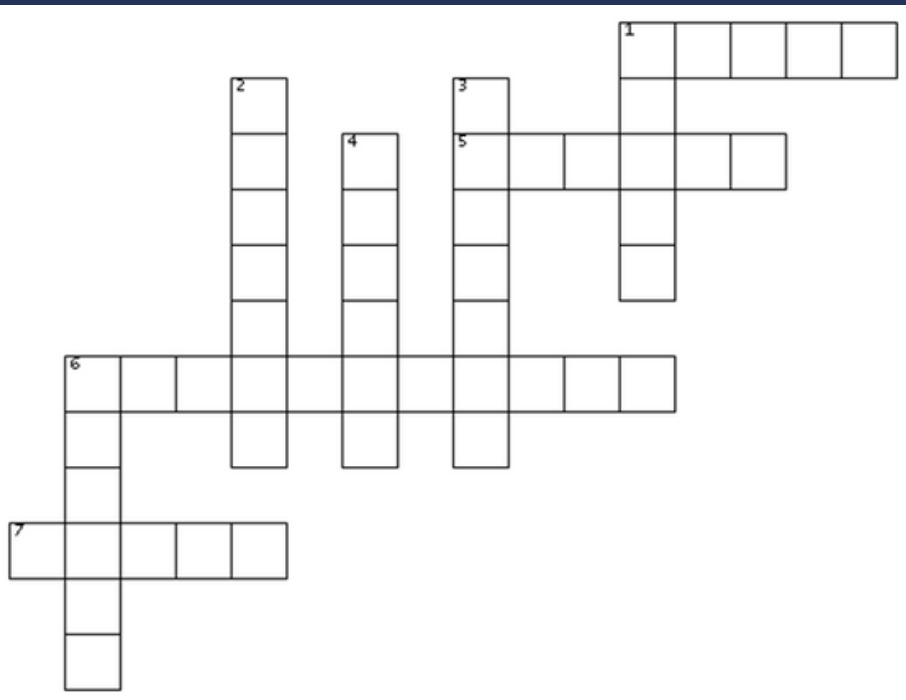


The only limits for tomorrow are the doubts we have today.



Franklin D. Roosevelt

DO YOU KNOW YOUR PSYCHOLOGY THEORISTS?



ACROSS

- Humanistic Psychoanalysis (separation from nature produces loneliness, isolation, and basic anxiety)
- Person-Centered Theory (Clinician provides unconditional positive regard and acceptance during the therapy session)
- Five Factor Trait Theory (extraversion, agreeableness, openness, conscientiousness, neuroticism)
- Individual Psychology (positive view on humankind; emphasizes social interest)

DOWN

- Psychoanalysis (the twin cornerstones are sex and aggression)
- Psychology of the Individual (people react to and shape their environment; functional autonomy)
- Post-Freudian Theory (expands on Freud's infantile developmental stages into the later years)
- Psychoanalytic Social Theory (social and cultural conditions shape personality)
- Holistic-Dynamic Theory (Motivations help people to grow towards self-actualization)

Answers on Page 9!

TAKE A CHILL PILL!



- ABDOMINAL BREATHING
- AGREEABLENESS
- ALLOSTATIC LOAD
- CATHARSIS THEORY
- COGNITIVE TRIAD
- CONSCIENTIOUSNESS
- DISPOSITIONAL OPTIMISM
- EXPOSURE THERAPY
- EXTRAVERSION
- FIGHT OR FLIGHT
- HOMEOSTASIS
- INTERNAL ATTRIBUTIONS
- LEARNED HELPLESSNESS
- LOCUS OF CONTROL
- MINDFULNESS
- NEUROTICISM
- OPENNESS
- RUMINATION
- STRESS
- STRESS INOCULATION
- TEMPERAMENT

PSYCHOLOGICAL WELLNESS CROSSWORD

In the news



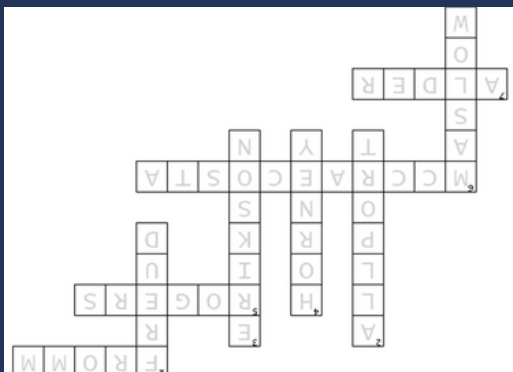
BURNOUT CAN AFFECT ANYONE!

BY KATHERINE CANAS

Everyone talks about burnout in the workplace, but burnout can be experienced many other aspects of life! Burnout can affect anyone in any situation. You may think only people with intense, risky, or dangerous jobs experience burnout, but that is not the case. Burnout can occur in “any stressful situation where you have no control over the stress.” It causes severe fatigue that does not go away with rest and strong feelings of ineffectiveness where everything done seems to be a waste of time. If untreated, burnout can cause psychological harm and medical issues. The good thing is that burnout is treatable by mental health professionals and Labor Law developments protect the right for employees to take time off from work to heal. So, remember, take care of yourself! Pay attention to your mind and body. We all need a break from uncontrollable stress!

Read more at:

<https://www.psychologytoday.com/us/blog/modern-world-modern-mind/202110/burnout-can-affect-anyone>



DO YOU KNOW YOUR PSYCHOLOGY THEORISTS?



Pets & Pals

INTRODUCING OUR DEPARTMENT PETS!

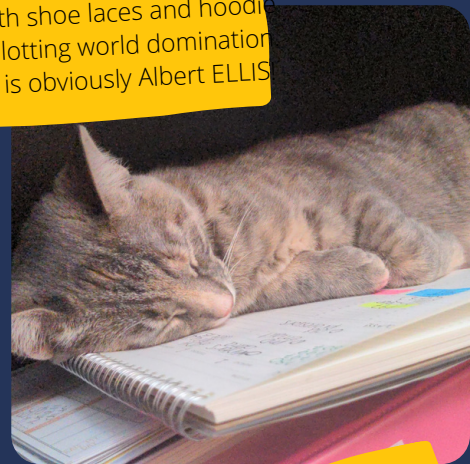


Orli Stein: He loves playing with his stuffed squeaky octopus and romping around the dog park! His favorite psychologist is B.F. Skinner.

TJ: Enjoys playing with his blue bone. He totally judges you for not petting him! His favorite psychologist is Carl Rogers cause it's kinda ruff sometimes.



Ellis: He loves playing with shoe laces and hoodie strings and is currently plotting world domination. His favorite psychologist is obviously Albert ELLIS.



Mira: A.K.A. Big Girl, is an 18hh Warmblood whose favorite thing in the world is salt licks. She also enjoys jumping out of her field and hanging with her best friend, Munchkin.



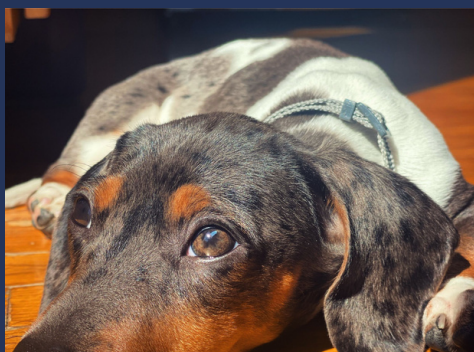
Winston (below) & Twyla (above): Winston loves his tennis balls and playing fetch. Twyla's favorite toys are dirty socks and her favorite pastime is tormenting her brother by stealing his tennis balls. Their favorite psychologist is Marsha Linehan because DBT is designed for those tough-to-treat patients, which are the dachshund equivalent of the human world.



Eli: A retired racehorse who has found his new career in eventing. His favorite thing is apple cinnamon Nutragrain bars. His favorite pastime is cross country jumping and bucking after each jump!



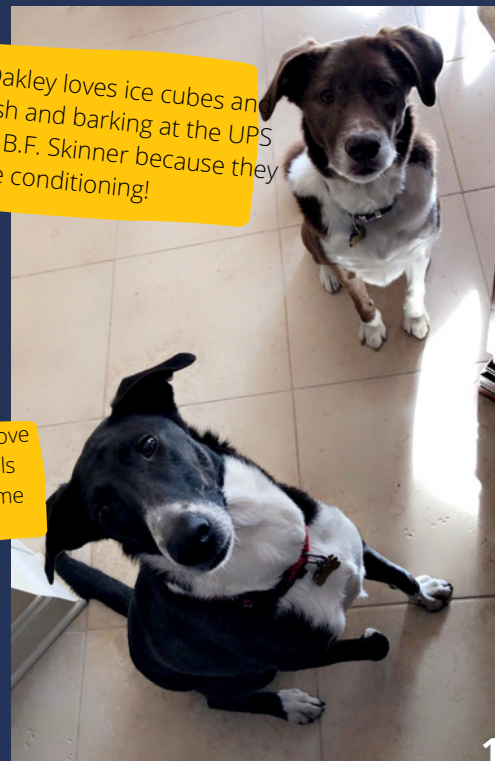
Oakley (left) & Baylee (right): Oakley loves ice cubes and napping. Baylee loves his purple fish and barking at the UPS truck. Their favorite psychologist is B.F. Skinner because they both love food, snacks, and positive conditioning!



Stanley Yelnats: He loves playing with his stuffed squirrels (and their tree), and eating. His favorite psychologist? Well he did dress up as Pavlov for Halloween...



Bowser (left) & Summer (right): They love to play tug-of-war with their stuffed animals and torture the cats. Their favorite past time is roasting by the fireplace.



MEET THE TEAM



GEORGIA WINTERS, PH.D.
FORENSIC PSYCHOLOGY M.A. PROGRAM
NEWSLETTER FACULTY ADVISOR

Dr. Georgia Winters is an assistant professor and co-director of the Forensic Psychology M.A. Program. My research focuses on sexual violence prevention. Her hobbies include cooking, baking, and watching her beloved New England sports teams.



SAMANTHA SODER
FORENSIC PSYCHOLOGY M.A. PROGRAM
NEWSLETTER EDITOR

Samantha is in the final semester of the Forensic Psychology M.A. program. She is currently interning in Bergen County teaching psycho-educational courses to juveniles who have been diverted from the courts. Samantha loves to read and is currently in two book clubs. She is also an animal lover; Samantha has three dogs and three cats!



CECILIA ALLAN
CLINICAL PSYCHOLOGY PH.D PROGRAM
NEWSLETTER EVENTS COMMITTEE, EDITOR

Cecilia is in the 2nd year of the Clinical Psychology Ph.D. program. Her primary research interests involve a variety of topics within the field of sexual violence prevention. Her hobbies include traveling, re-watching the same TV shows, and reading celebrity news.



KAIT GILLERAN
FORENSIC PSYCHOLOGY M.A. PROGRAM
NEWSLETTER EVENTS COMMITTEE, EDITOR

Kait is in the final semester of the Forensic Psychology M.A. program and is an avid fiction reader who writes science fiction when there is time to do so (which is rare when in a master's program!)



JENNIFER CILLI
FORENSIC PSYCHOLOGY M.A. PROGRAM
NEWSLETTER FACULTY COMMITTEE

Jennifer is in the last semester of the Forensic Psychology M.A. program. She is most interested in methods to reduce recidivism in our communities. Outside of school, she enjoys spending time with family and pets and being outdoors.



STINE-OKSANA SOOMAI
GENERAL PSYCHOLOGY B.A.-M.A.
NEWSLETTER FACULTY COMMITTEE

Stine-Oksana is a senior in the FDU General Psychology M.A. program. Her research interests include the relationship between PTSD and sexual trauma, and the relationship between the law and sexual assault. Her interests include knitting, reading, and playing with her cat Toulouse.



HAILEY RAINIER
FORENSIC PSYCHOLOGY M.A. PROGRAM
NEWSLETTER STUDENT COMMITTEE

Hailey is in the final semester of the Forensic Psychology M.A. program. Her research interests are Juvenile Justice and Autism. Her hobbies include watching soccer and reading.



NEHA SRINIVAS
CLINICAL PSYCHOLOGY PH.D PROGRAM
NEWSLETTER ENTERTAINMENT COMMITTEE

Neha is in her second year of the Clinical Psychology Ph. D. program. Her research interests are in global mental health and how stigma affects the risk, prevention, and intervention of psychological disorders in marginalized populations. She is also interested in the investigation of cultural variations in symptomology. Her hobbies are kickboxing and photography



KATHERINE CANAS
FORENSIC PSYCHOLOGY M.A. PROGRAM
NEWSLETTER ENTERTAINMENT COMMITTEE

Katherine is in the final semester of the Forensic Psychology M.A. program. She is focusing on pursuing her interests in working with military and law enforcement. Fun fact: Katherine has been playing soccer for over 20 years!



LISA FERIOLI
SENIOR, UNDERGRADUATE
NEWSLETTER ENTERTAINMENT COMMITTEE

Lisa is a double major in Forensic Psychology and Criminal Justice and is finishing up her final semester. Her favorite pastime is hiking with her dogs.