



# SPC NEWSLETTER

## SPRING 2023



Welcome! We are excited to present the Spring 2023 edition of the School of Psychology and Counseling (SPC) Newsletter at Fairleigh Dickinson University (FDU). We hope that distributing this newsletter each semester will help keep everyone informed and involved in the ongoing of our department.

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If you would like to join our newsletter team, please email  
Dr. Georgia Winters at [gwinters@fdu.edu](mailto:gwinters@fdu.edu)

# STUDENT SPOTLIGHT:

## PSI CHI NATIONAL HONORS SOCIETY IN PSYCHOLOGY E-BOARD

BY STEPHANIE BART

*Psi Chi, the International Honor Society in Psychology, was founded in 1929 with a mission of recognizing and promoting excellence in the science and application of psychology.*

We are excited to announce Psi Chi The National Honors Society in Psychology revamp on both campuses. Thanks to the Psi Chi advisor, Dr. Robert Griffio, FDU has been able to revamp our school's Psi Chi chapter again. COVID-19 had a tremendous impact on in-person events; ultimately, many Psi Chi chapters did not know what to do during those times. Luckily, we have created a consistent board for the 2023-2024 school year and will be turning a new leaf with Psi Chi. Our e-board consists of both Metropolitan & Florham students.

Psi Chi encourages all students to take advantage of the opportunities offered. Involvement is a great opportunity for those looking to expand their resume, gain community involvement, and network within the field of psychology.

### Want to get involved?

1. Check that you meet the application requirements ([www.psichi.org](http://www.psichi.org))
2. Apply online at <https://www.psichi.org/page/JoinToday>

If you have any questions about the application process, please email the e-board at **psichifdu@gmail.com** or Dr. Robert Griffio (FDU Psi Chi Faculty Advisor) at **rgriffoefdu.edu**. You can also learn more about Psi Chi at **[www.psichi.org](http://www.psichi.org)**

## MEET THE FDU E-BOARD

### President: Sam Lopusnak

Sam is a senior at the Florham campus studying Criminology and Psychology with minors in Prelaw and Government and Law. Sam is the Secretary of the Prelaw Honor Society and the Demonstrative Logistics Representative for the Mock Trial Team. Besides holding positions in these organizations, she is also an active sister of Phi Sigma Sigma. Sam's future plans are to attend FDU to receive her master's and in the future her Ph.D. Sam is looking forward to rebuilding the Psi Chi chapter.



### **Vice President: Natalie Bittar**

Natalie is a junior at the Florham campus studying Psychology with a minor in criminology. She intends on getting her Ph.D. in Clinical Psychology in hopes to work in the substance abuse field. Her hobbies include art, spending time with friends and family, and working out.



### **Secretary: Stephanie Bart**

Steph is a junior at the Metropolitan campus studying both Forensic Psychology and Criminal Justice. She's in her second semester as a 4+1 student in the Forensic Psychology Master's program. On campus, she's involved in the psychology and criminal justice newsletters and is in the honors program and global scholars program. She currently works at a tennis club and in after-school programs for elementary school-aged children.



### **Treasurer: Megan Lockwood**

Megan is a junior at the Florham campus studying Psychology with a minor in Criminology. She is currently in the last two semesters of her bachelor's degree and plans to continue her education at FDU in the Clinical Mental Health and Counseling MA track. She has always wanted to be a psychotherapist and is also interested in clinical case management.



### **Assistant E-Board Chair: Kelsey Parodi**

Kelsey is a junior at the Metropolitan campus studying Psychology with a minor in Children's Students. She's the co-chair for Global Scholars, a COMPASS mentor, a Student Ambassador, a Lead Now mentor, the Women's basketball manager, the Admissions and Social Committee Chair for the Honors Program, and a member of this psychology newsletter.



# FAIRLEIGH DICKINSON'S REVAMP OF THE NATIONAL PSYCHOLOGY HONORS PROGRAM

BY KELSEY PARODI

## What's your academic background?

I have my B.A. in Psychology from Rutgers University, and my M.A. and Ph.D. in Psychology from Northeastern University. I'm trained as an Experimental Psychologist; my research interests are in Personality and Social Psychology and include: Personality Assessment, "Intra-individual" Personality Processes, the Self-Concept, and Accuracy and Bias in Self Evaluation.

## What courses do you teach at Florham? Do you have a favorite course you teach?

I typically teach General Psychology and Psychological Statistics. Depending on the semester I may also teach Research Methods, Theories of Personality, Social Psychology, and/or History and Systems of Psychology.



ROBERT GRIFFO PH.D.

I enjoy teaching all of these classes and it's difficult to pick a favorite because I think they are all important. But, if I had to pick, I'd say Statistics and Research Methods courses are my favorites because they expose students to the Scientific Method and the research process that is used to develop and test the theories covered in other courses.

## What is one of your favorite psychological concepts?

It's hard to pick a favorite concept in Psychology but I believe one of the most important concepts in Personality and Social Psychology is "Interactionism." This is the idea that human behavior is not determined exclusively by either personality characteristics or aspects of the situation/environment, but rather behavior is the result of an interaction between both personality attributes and social influences. This is an important concept because it is very easy to pit Personality and Social Psychological theories against one another as competing perspectives. This is exactly what happened during the "Person-Situation Debate" which lasted about 3 decades! Unfortunately, this "either/or" perspective is an oversimplification of human behavior and I think there is much more insight to be gained when we understand how these two forces interact with one another rather than arguing over which perspective is "right."

## Why advise Psi Chi?

As an Honors Society, Psi Chi not only recognizes the academic achievements of students but also offers a wide range of resources for members. These resources include grants and scholarships, the opportunity to publish in a student-focused peer-reviewed journal, access to the Psi-Chi Career Center, and various networking opportunities with other students, professors, and professionals. Serving as a Psi Chi Advisor allows me to help students gain additional experience, and access additional resources and opportunities outside the classroom.

## What are you looking forward to most for the future of Psi Chi?

I'm extremely excited to work with our new Psi Chi Executive Board Members. Our new board members have a lot of experience with clubs and campus organizations at FDU and they are extremely excited to expand our Psi Chi Chapter activities on both our NJ Campuses to get more students involved.



# STUDENT SPOTLIGHT: LAUREN (LIAT) SCHNEIER

BY: SHALOM JAFFE & AMANDA PARDO

*Liat is a third-year student in the Clinical Psychology PhD program*



## **Can you start off by telling us a little bit about your dissertation research?**

My dissertation is on the impact of screen time (i.e., phone, TV, or computer usage) on children's mental health. Specifically, I'm interested in whether sleep moderates the relationship between screen time and mental health outcomes in children. More specifically, I want to know if children's mental health is more affected by their screen time if they aren't getting enough sleep.

## **What are the next steps in your research project?**

The first goal is to establish a relationship between screen time and mental health. It can impact two types of problems. I'm simplifying a bit, but *internalizing problems* are the type that happen inside your head like anxiety and depression. There are also *externalizing problems*, behaviors we can see on the outside like hyperactivity, impulsivity, and aggression. In previous research, the relationship between screen time and these two types of problems has been small or weak. Even though it might seem like the more screen time a child has the more mental health problems may occur, that isn't exactly the case. I am trying to examine what factors might be impacting that relationship.

## **And where does sleep come into the picture?**

My hypothesis is that sleep helps protect children from the potentially negative impacts of screen time. So, if they are getting enough sleep then they aren't as affected by how much screen time they have. However, if they aren't getting enough sleep then the relationship between screen time and these problems is much stronger.

## **Do you think your study could help with treating children?**

That's a great question, I don't think of this as a treatment study. But I do think it helps to inform parents. One of the other factors we are exploring is parental rules to see if those are helpful. I think it's most important just to understand how screen time is impacting us, and then we can figure out the best ways to use technology. It's going to be very hard for parents to limit their adolescent or children's social media use, but I want to know how we can still ensure the best outcomes possible. Even newer developments like ChatGPT and AI will probably become part of school and work environments, so the question is, "How can we use them for good?".

## **Since you brought it up—what's the weirdest thing you've ever asked ChatGPT?**

I have used ChatGPT more times than I should admit, but the weirdest question? I once asked it for a kosher meal plan based on what I had in my fridge! It's first try wasn't great, but then I asked it to revise the plan and it did a much better job.

## **Your favorite caffeinated beverage?**

I don't love coffee, which is surprising to a lot of people who assume PhD students need it in an IV bag! I would say Coke Zero is my go-to.

# STUDENT SPOTLIGHT: CAROLINE AMES

BY: AMANDA PARDO & SHALOM JAFFE



*Caroline is a first-year student in the Clinical Psychology PhD program*

## **What led you to the FDU clinical psychology program?**

I went to Hamilton College in upstate NY for my undergrad. I studied Math there with a minor in Economics and French. It was a bit of a circuitous journey to FDU's PhD program in Clinical Psychology. I worked in finance—I actually worked at SVB for 4 years (if you've been following the news, it's the bank that collapsed recently). During the pandemic the mental health crisis in the United States became really, really clear and I felt a draw to get involved in one way or another. I started volunteering for a crisis text line, and I realized this was something I was really interested in!

## **How did you make the switch from finance to psychology?**

I reached out to someone I knew who has her PhD in psychology. She was an incredible mentor to me when navigating the different paths within psychology. She told me about the program at FDU and that it was a really well-respected PhD program that also had a focus on the clinical side.

Since that's what I was interested in it felt like a good fit. I quit my job in banking, interned at New York State Psychiatric Institute for a year, had a research job on the side, applied to programs, and was lucky enough to get in!

## **That's quite the turnaround!**

Yes, it was a big turnaround! I think the math was really helpful in pivoting to psychology because it's such a big part of research. I was able to draw on those skills in the interviewing process and I apply them to the research I do now.

## **How do you feel the educational experience at FDU will help you in your career going forward?**

I think that the program at FDU gives you a really good balance of all of the different parts of a career as a psychologist. At this point I'm really interested in working with individuals with eating disorders, so I'll have to figure out how to integrate that into my clinical work as I progress through the program. As somebody who is coming from a different background, nothing is set in stone, but I think that what I really want to do after I graduate is work in some type of hospital setting, maybe in an academic clinical center where you have the opportunity to do clinical work, research, be supervised, and supervise students.

## **What research are you working on now?**

My research mentor is Dr. Robert McGrath, who focuses on positive psychology and character strengths. I'm currently working with him and another student in the lab on translating his VIA survey into a number of different languages. We work with psychologists in other countries. It's been a really interesting process and I think the survey is really interesting as well!

## **Just for fun... What's your favorite beverage?**

My favorite beverage would have to be coffee.

## **Favorite season?**

Fall.

## **Favorite activity outside of school?**

It depends on the day, and it depends on my mood, but I'll say reading. I have a long commute to FDU, so I do a lot of reading on the bus.

# ACCOMPLISHMENTS AND UPCOMING STUDENT PROJECTS

## Publications

### 3rd Year Clinical Psychology PhD Student, Allison Parente

Wallace, N., **Parente, A.**, & McGrath, R. E. (2023). Character Strengths as Moderators of the Relationship Between Adverse Childhood Experiences and Negative Health Outcomes. *International Journal of Applied Positive Psychology*, 1-24.

### 3rd Year Clinical Psychology PhD Student, Cecilia Allan

**Allan, C.**, Winters, G. M., Grydehøj, R. F., Jeglic, E. L., & Calkins, C. (2023). Perspectives of reentry and desistance: A comparison of individuals convicted of general and sexual offenses. *Journal of Offender Rehabilitation*, 1-22.

**Allan, C.**, Winters, G. M., & Jeglic, E. L. (2023). Current trends in sex trafficking research. *Current psychiatry reports*, 1-8.

## Presentations & Awards

**Cecilia Allan and Dani Greenfield** presented "The Role of Treatment and Social Support in Reintegration: A Comparison of Individuals Convicted of General and Sexual Offenses" as a poster at the American Psychology-Law Society 2023 Annual Conference.

**Sam Ippolito**, 2nd year Clinical Psychology PhD Student, presented "The Impact of Early Childhood Trauma and Benevolent Childhood Experiences on Trauma Symptoms" as a poster at the Eastern Psychological Association 2023 Annual Conference.

**Alex Stein**, 3rd year Clinical Psychology PhD Student, presented a speed talk on her project "Defining the BPD 'Favorite Person' A Descriptive Analysis of Social Media Posts" at the North American Society for the Study of Personality Disorders (NASSPD).

**Caitlin Krause**, 2nd year Clinical Psychology PhD Student, presented a speed talk at the North American Society for the Study of Personality Disorders (NASSPD), and won the award for Best Speed Talk. Her presentation was entitled "What aspects of childhood sexual abuse really do predict borderline personality disorder?"

**Cecilia Allan**, 3rd year Clinical Psychology PhD Student, was awarded the American Psychology-Law Society's Grant in Aid, which will help to fund her upcoming dissertation research examining the grooming behaviors used by those who perpetrate child sex trafficking.

# CONFERENCES & EVENTS

## CONFERENCES

### New York State ATSA

5/22-5/24

Saratoga Springs, NY

\$215

### Association for Psychological Sciences

5/25-5/28

Washington, DC

\$249

### Annual Conference of the International Society for Bipolar Disorders

6/22-6/25

Chicago, IL

\$295

### American Psychological Association

8/3-8/5

Washington, DC

\$295

## CALL FOR ABSTRACTS

### Society for Personality and Social Psychology

Deadline: 7/11

Location: San Diego, CA

Dates: 2/8-2/10

### International Society for the Study of Personality Disorders

Deadline: 10/20

Location: Sydney, Australia

Dates: 11/1-11/3

### American Psychological-Law Society

Deadline: TBD - usually December

Location: Los Angeles, CA

Dates: March, 2024

“

*So many of our dreams at first seem  
**impossible**. Then they seem **improbable**, and  
then, when we summon the will, they soon  
become **inevitable**.*

Christopher Reeve

”



# PUBLICATION OPPORTUNITIES: SPECIAL JOURNAL ISSUES

MAY

5/31: *Cultural Diversity & Ethnic Minority Psychology* - Cultural Stress and Cultural Stress Theory

JUNE

6/1: *Sport, Exercise, & Performance Psychology* - Methodological Advances in Sports, Exercise & Performance

6/15: *Psychology of Leaders & Leadership* - Leadership in Healthcare

6/20: *School Psychology* - Cultural Adaptations to Evidence-Based Interventions and Practices in Psychology

6/30: *Emotion* - Interpersonal Emotion Regulation

JULY

7/1: *Consulting Psychology Journal* - Disability Inclusion in the Workplace

7/14: *Psychotherapy* - Cultural & Structurally Responsive Training in Psychotherapy

7/31: *Group Dynamics* - Evidence-Based Group Treatment

AUG

8/1: *Stigma & Health* - Time in Stigma and Health Research

8/1: *Psychological Services* - North American Correctional & Criminal Justice Psychology Conference

8/15: *Couple & Family Psychology* - Interpersonal Processes Linking Relationships & Physical Health

8/31: *American Psychologist* - Rethinking Resilience & Posttraumatic Growth

SEPT

9/1: *Journal of Psychotherapy Integration* - Unification in Psychotherapy

9/1: *School Psychology* - Single-Case Design

9/15: *Behavioral Neuroscience* - Leveraging Animal Learning Theory to Understand Human Neuropsychiatric Disorders

## TRAINING ON DEMAND

### Substance Use and Co-Occurring Disorders in Women and Girls

This free presentation provides an overview of the epidemiology and treatment of substance use and co-occurring psychiatric disorders in women and girls.

Topics include: public health trends in substance use, sex differences in the clinical presentation and treatment needs of those with co-occurring disorder, and treatment strategies to address these disorders

Sign-Up to watch this free training by googling the title or entering the below web-link:  
<https://www.apa.org/members/content/mclean-hospital/substance-use-women-girls>

# RESEARCH OPPORTUNITIES: SUCCESS LAB SEEKING RESEARCH ASSISTANTS

*Students interested in joining the SUCCESS research team will be offered an opportunity to learn about the research process under the mentorship of Dr. Hamsho. Students will develop skills that will position them well for their future careers and/or graduate training. Students who are particularly interested in pursuing graduate education will have the opportunity to learn more about the various career pathways in psychology, including the field of school psychology.*

## **What is the SUCCESS research lab?**

SUCCESS stands for: Supporting Underserved Children by Cultivating Engaged and Successful Students. This team engages in research to identify ways teachers can better support the schooling experiences of neurodiverse youth around the world.

## **What is the research project I would be working on about?**

Students will directly work on a project examining global representation among autism-focused peer-reviewed journal articles. The project will occur in the Summer of 2023, with opportunities to continue through Fall 2023 and Spring 2024.

## **What are the responsibilities of student research assistants?**

All duties associated with this role can be completed fully remotely. Students will be required to virtually attend team meetings, which are typically scheduled on an as needed basis. The primary responsibility involves extrapolating important information from journal articles. This task can be completed independently at a time that is most convenient for the student's schedule.

## **Who is eligible to serve in this role?**

Students who have completed PSYC 2211 (Research Methods, or equivalent), PSYC 2210 (Psychological Statistics, or equivalent), and have basic experience working in Excel. Preference will be given to students who have interest/experience in working with autistic people or international research. As some of our research is focused on countries across the Middle East and Central Asia, students who are bilingual in a Middle Eastern/Central Asian language (e.g., Arabic, Persian, Russian, Uzbek, Tajik, etc.) are especially encouraged to join our team!

## **Interested?**

If you are interested, please reach out to Dr. Hamsho ([n.hamsho@fdu.edu](mailto:n.hamsho@fdu.edu)) directly by email.

# SCHOLARSHIPS & GRANTS

## MAY

### **The Clara Mayo Grants**

Supports masters' theses or pre-dissertation research on aspects of sexism, racism, or prejudice.

Amount: Max. \$1,000

Deadline: 5/15

### **Violet and Cyril Franks Scholarship**

For work in stigma related to mental illness.

Amount: \$5,000

Deadline: 5/15

## JULY/AUGUST

### **APF Sharon Stephens Brehm Undergraduate Scholarship**

Awarded to outstanding undergraduate psychology students who demonstrate financial need.

Amount: \$5,000

Deadline: 7/1

## JUNE

### **APF/ Division 18 Grant**

Available for graduate students contributing to public service psychology

Amount: \$1,500

Deadline: 6/1

### **Graduate Student Research Grant**

Amount: \$1,000

Deadline: 6/1

### **John Santos Distinguished Program Development in Clinical Gerontology Award**

Awarded to individuals who have had a positive contribution on older persons in their work.

Amount: \$1,500

Deadline: 6/1

### **Gordon Allport Intergroup Relations Prize**

Given to "the best paper or article of the year on intergroup relations."

Amount: \$1,000

Deadline: 6/15

### **AP-LS Award for Best Undergraduate Paper**

To be eligible, the student must be the major contributor to a project on a topic relevant to psychology & law.

Amount: \$150-\$500

Deadline: 6/30

### **APF Graduate Student Scholarships**

21 scholarships awarded based on research proposals.

Amount: \$2,000-\$5,000

Deadline: 6/30

## SEPTEMBER

### **The Grant in Aid for Graduate Students MacArthur Award**

Funding for research in the area of criminal competence.

Amount: Max. \$2,000

Deadline: 9/15

### **Grants in Aid for Graduate Students**

Funding to support empirical graduate research that addresses psycholegal issues.

Amount: Max. \$2,000

Deadline: 9/15

### **Bruce and Jane Walsh Grant in Memory of John Holland**

To support the investigation of how personality, culture, and environment influence work behavior and health.

Amount: \$19,000

Deadline: 9/15

### **David H. and Beverly A. Barlow Grant**

To support innovative research on anxiety-related disorders.

Amount: Max. \$8,000

Deadline: 9/15

### **Janet Hyde Graduate Student Research Grant**

To support doctoral psychology students to support feminist research on the psychology of women and gender.

Amount: \$500

Deadline: 9/15

### **Steven O. Walfish Grants**

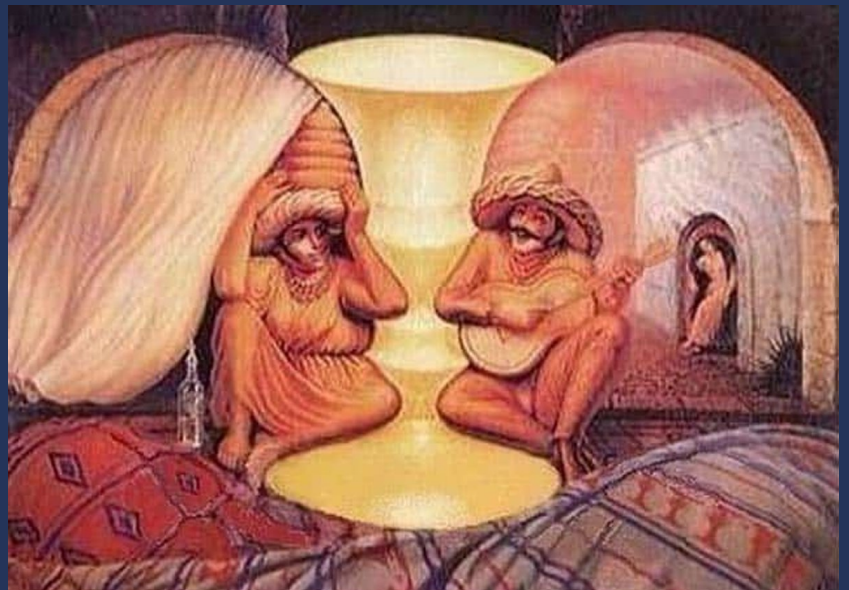
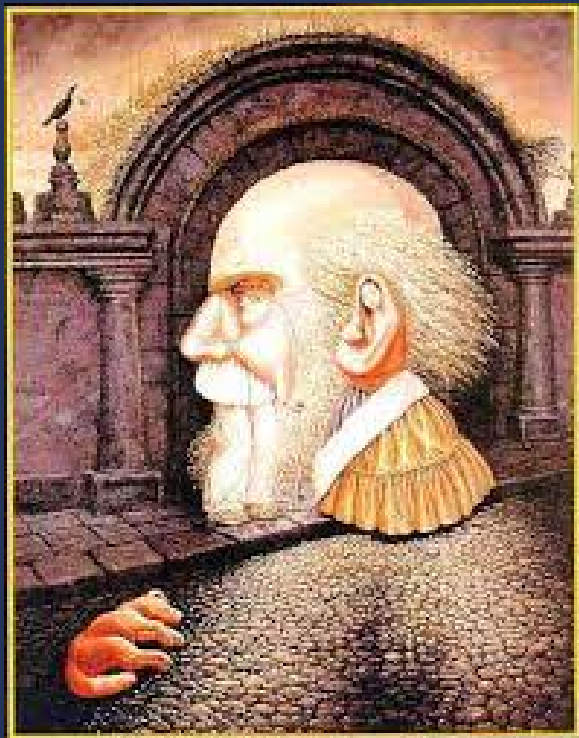
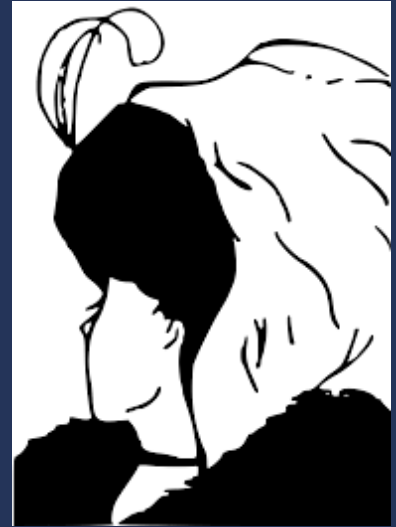
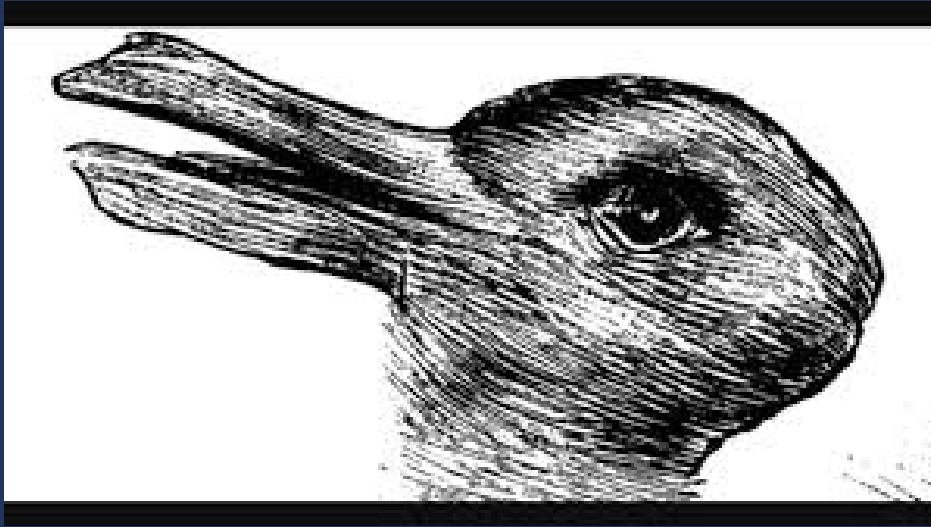
Submit manuscripts on clinical, practical, or research innovations that address evolving standards, practices, and methods in psychological practice.

Amount: Max. \$2,500

Deadline: 9/30

# OPTICAL ILLUSIONS

## FIND THE 2+ IMAGES IN EACH!





# MEET THE TEAM



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

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



**ILISSA KAUFMAN**  
CLINICAL PSYCHOLOGY PH.D. PROGRAM  
NEWSLETTER EDITOR

Ilissa is in her 3rd year of the Clinical Psychology Ph.D. program here at FDU. Her research interests include "drunkorexia" as well as LGBTQ+ individuals and their relationship with religion. Her hobbies include watching movies, learning cool dog facts, and being vegan!



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

Cecilia is in the 3rd 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 gossip columns.



**KELSEY PARODI**  
FORENSIC PSYCHOLOGY M.A. PROGRAM  
STUDENTS COMMITTEE

Kelsey is a freshman at FDU. She is currently a Student Ambassador, COMPASS Mentor, and Orientation leader. She is also involved in Global Scholars and the Honors Program here on the Metro campus. She loves to play volleyball and write in her free time.



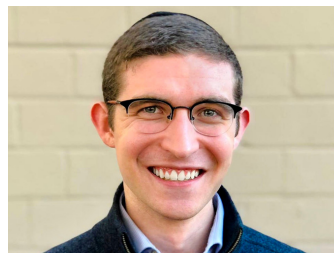
**AMANDA PARDO**  
I/O PSYCHOLOGY M.A. PROGRAM  
FACULTY/RESEARCH COMMITTEE

Amanda is in her first year of the I/O psychology M.A. program. Her research interests include ADHD and it's effect on neurological functioning. Her hobbies include gaming and working out.



**AUDREY DELICH**  
FORENSIC PSYCHOLOGY M.A. PROGRAM  
EVENTS COMMITTEE

Audrey is in her first semester of the Forensic Psychology M.A. program. Her research interests vary but she would like to study rehabilitation techniques in prison. Audrey's hobbies include working out and reading books.



**SHALOM JAFFE**  
CLINICAL PSYCHOLOGY PH.D. PROGRAM  
FACULTY/RESEARCH COMMITTEE

Shalom is in his first year of the Clinical Psychology Ph.D. program. His current research focuses on the relationship between mood disorders and circadian rhythm. Recently he's been spending his free time reading, editing videos, practicing calligraphy, and fooling around on the piano.



**STEPHANIE BART**  
FORENSIC PSYCHOLOGY M.A. PROGRAM  
STUDENTS COMMITTEE

Stephanie is a third-year forensic psychology and criminal justice major. She's most interested in psychopathy, rehabilitation strategies for juvenile offenders, & implementing therapeutic techniques in the justice system. In her free time, she enjoys listening to true crime podcasts and researching serial killers.