



SPC NEWSLETTER

FALL 2023



Welcome! We are excited to present the Fall 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 ongoings of our department.

TABLE OF CONTENTS	
Program Spotlight P. 2-3
Student Spotlight P. 4
Research Spotlight P. 5-6
Conferences & Events P. 7
Student Opportunities P. 8
Scholarships & Grants P. 9
Entertainment P. 10
In the News P. 11
Meet the Team P. 12

If you would like to join our newsletter team, please email Dr. Georgia Winters at gwinters@fdu.edu

PROGRAM SPOTLIGHT: FORENSIC PSYCHOLOGY MA WROXTON EXPERIENCE

BY STEPHANIE BART

FDU forensic psychology graduate students have the opportunity to study abroad through the Special Topics in Forensic Psychology (PSYC7243) course. Students in the program spend a week at FDU's Wroxton campus while partaking in forensic-related lectures and activities across England. This past summer, the 2022 cohort had the opportunity to visit Broadmoor, a high-security forensic hospital, tour The Royal Courts of Justice, and see Old Bailey, England's oldest criminal courthouse.



What Type of Special Lectures Are Offered In Wroxton?

During the trip, students have the opportunity to learn about forensic psychology and its application in the United Kingdom. For example, they learn about the courts and judicial system to develop an understanding of the differences between American and English laws. In addition, students learn about the National Health Service, which provides mental health services to English citizens. This year, the students realized that the prison systems are not as different as they may seem, but in terms of rehabilitation, it was clear that England takes a more humane approach than the traditional retribution-focused American system. It is also clear that England faces legal issues similar to those in the United States, such as sex crimes, stalking, and internet crimes - all forensic issues our students in the M.A. program study.

What Activities Did Our Students Participate In?

- Tour around the village of Wroxton
- Free time in Banbury and Stratford upon Avon
- Medieval Banquet
- Day spent in Oxford
- Tour of Broadmoor Hospital
- Attend a Performance of 'Heathers' the Musical
- Legal London Tour & Visit to the Old Bailey
- Free Time in London

How Does This Trip Help Expand Our Student's Knowledge of Forensic Psychology?

Understanding the cultural and legal context in which forensic psychology operates is crucial. Visiting England allows students to explore the unique legal system, cultural factors, and historical perspectives that shape forensic psychology practices in the country. England has renowned forensic institutions and facilities where students can observe real-world applications of forensic psychology. Visits to prisons, forensic hospitals, and other relevant institutions can provide firsthand exposure to the field. Comparing forensic psychology practices in England to those in other countries can broaden students' perspectives. It helps them understand how cultural, legal, and societal differences influence the approach to forensic psychology and the criminal justice system.



MEET YOUR PHD STUDENTS: MARGALIT HERZFELD

BY KELSEY PARODI

Tell me about yourself

I am a second-year PhD student in clinical psychology at FDU. As a student professor, I am currently teaching Psychology of Criminal Behavior, and I work as a psychology trainee at FDU's Center for Psychological Services and Dumont High School. I received a Bachelor of Arts from Rutgers University with a focus on behavioral neuroscience and my master's degree in pedagogical sciences from the University of Amsterdam. Outside of academia, my interests include traveling, hiking, movies, and going to concerts.

How has your experience at FDU impacted your career?

My time at FDU has had a significant impact on my career. In addition to the required coursework and research, I can teach college-level courses, provide counseling services, and conduct psychological assessments. The program is giving me experience in a variety of fields, which will open up more opportunities for me in the future. I have the option of teaching, conducting research, providing psychotherapy, or a combination of the three, as most of my professors are doing.

Are there any programs that have given you an advantage?

I'm currently involved in School-Based Mental Health Counseling through FDU's Center for Psychological Services, and I am really glad I took advantage of this elective. It has allowed me to begin providing counseling to high school students, which is an age group I am interested in providing services to in my future career.

Has any professor been particularly impactful in your professional development?

While I believe that all of my professors have influenced me positively, Dr. Benjamin Johnson has had a significant impact on my journey as a PhD student. Having him as a professor in Developmental Issues in Clinical Psychology during my first semester made my transition into the PhD program a positive one. I am grateful for the educational and clinical guidance he has provided me. Now that I am teaching, I hope to have the same positive impact on my students that he has had on me.

What made you go into the career/field you are in?

I've had an interest in psychology since taking AP psychology in high school. As an undergraduate at Rutgers University, I interned at a psychotherapy private practice and noticed a shortage of providers willing to work with adolescents. Recognizing the significance of this developmental stage, I decided to fill the void by concentrating on the treatment of adolescents and young adults. Throughout my undergraduate studies, I was also drawn to psychological research. I am currently working with Dr. Stephen Armeli to better understand the risk factors that contribute to the development of substance use disorders in young adults.

Given your involvement in multiple roles, as a student and professor, what tips do you have for effective time-management?

It is certainly difficult. One thing I do is create a detailed weekly schedule for myself and designate different times of the day to focus on various tasks. I stay up later than I'd like some nights to finish an assignment, and I've given up most of my weekends, but I think that's just part of being a PhD student.



RESEARCH SPOTLIGHT: DR. ELLIE MCGLINCHEY

BY: SHALOM JAFFE & AMANDA PARDO



Can you tell us a little about your research?

I first got involved in sleep research as an undergrad because the sleep lab was the only one that paid! I would come and observe people who were staying overnight and being deprived of sleep. At some point, I decided I wanted to help people sleep better instead of just studying what happens if their sleep is disrupted, and that's what I do now.

Isn't sleep usually something that doctors, rather than psychologists, work with?

I wish there were more psychologists working on sleep! In the lab where I worked most of the students were going to medical school, but it turns out that for many sleep disorders it's actually more helpful to go with a psychological, as opposed to a medical, treatment.

What's something you've found makes people sleep better?

Waking up at the same time every day—even on days off—is key. I know it's hard, but it's really important! Related to that, a lot of sleep research focuses on having a good wind-down routine at night, but it's also important to have a good wake-up routine in the morning. It should be the kind of thing that you will want to wake up for even on a day when you don't have something scheduled. It can be as simple as five minutes where you don't look at your phone or email and take a moment to do something that starts you off to a great day.

How can students get involved in research?

It can be hard, but try to get involved in a research lab. Even if it feels like you are just moving around data or transcribing, it's a big part of how you learn about how research works. I got started by organizing big databases by hand, but that's how I learned about sleep. If you're involved enough, you might even get on some publications or presentations, which is something graduate programs look at when deciding if you'll be a good fit.

What are some of your favorite hobbies?

I like reading, especially memoirs. There's cool stuff that happens in people's lives that is way more interesting than what you can make up. And playing with my kids; they are a lot of fun and always make me laugh!

Favorite caffeinated beverage?

Coffee, but it has to be good coffee!

This upcoming semester, you are starting as Director of Clinical Training (DCT) at FDU's Ph.D. program. What exactly does a DCT do?

DCTs manage activities in the Ph.D. program that prepare students to be future psychologists. That involves research placements in faculty labs in addition to clinical placements at FDU and other training sites.

My primary focus as DCT is on the Ph.D. program, but I'm also hoping to interact with students in the undergraduate or M.A. programs. For example, we now have the Center for Empathy Research and Training, there may be collaborative grant or fellowship opportunities, and I'd love to have some joint colloquia where students from all programs can benefit. If anyone reading this has ideas, please reach out and share them!

RESEARCH SPOTLIGHT: DR. OTITO IWUCHUKWU

BY: AMANDA PARDO & SHALOM JAFFE

Can you tell us a little bit about yourself?

I actually trained as a pharmacist and I do teach in the Pharmacy School, but at some point, I felt like I was missing something and I wanted to learn what makes organizations work. Because I was already at FDU, I figured the best place to do that was here. I got my degree in I/O psychology here, and then went on sabbatical for six months before I came back to teach my favorite courses, which are organizational psychology and leadership studies.

For most people we ask what brought you to FDU, but in your case you were already here—a better question might be what made you interested in pharmacy?

I was born in Nigeria, I'm an immigrant and the child of immigrants. Back then you were expected to do law, engineering, or medicine, and I didn't really want to do any of that. I really like chemistry, so I took a lot of chemistry courses and that's how I became a pharmacist. I've never been a traditional pharmacist in the sense of sit down in one place and do pharmacy; I've always combined it with something else. So it's no surprise that I'm doing psychology and pharmacy together, because that's just the kind of person that I am.



You've been at FDU in several roles, how do you see your trajectory here?

I won the Distinguished Faculty Award for Student Success and Belonging, and I'd really like to blend my faculty position with work with students going forward, specifically advancing diversity, equity, and inclusion (DEI). My main research in I/O psychology has been on job satisfaction and culture, which really ties in to the DEI part.

What research are you working on right now?

I just published a paper on pharmacists' job satisfaction in the U.S., and now we are working on imposter syndrome and the sense of belonging. I'm very interested in organizational culture so I think my next study will be something on that, but I haven't yet sat down to think about what that will be.

If you had to delete all but three apps from your phone, what would they be?

The phone, messaging, and Kindle. I'm a big reader!

What do you like to read?

I'm more of a non-fiction person, and obviously I love psychology! If you came to my library, you'd find a lot of books on self-actualization, personality, leadership development, and cookbooks.

Beverage of choice?

I don't know if it's having grown up in Nigeria with the British colonization, but I like tea! Anything that isn't Lipton. I had so much Lipton growing up in boarding school, I never want to see that red label again. I like Twinning's and Bigelow though!

What's something you are looking forward to doing next year?

I'd really like to do more speaking and personal/faculty development stuff. Culture is so integral to everything, so I want to speak more on that and help people examine the culture where they are.

CONFERENCES & EVENTS

CONFERENCES

American Psychoanalytic Association Annual Meeting

February 6-11
New York, NY
Student Fee: \$80-100

Society for Personality and Social Psychology

February 8-10
In-person and virtual

International Conference on Psychiatry and Psychopathology

March 11-12
Miami, FL

American Psychology-Law Society

March 21-23, 2024
Los Angeles, CA

CALL FOR ABSTRACTS

Association for Psychological Sciences

Deadline: December 20, 2023

American Psychological Association

Deadline: January 10, 2024

Association for the Treatment and Prevention of Sexual Abuse

Deadline: January 16, 2024

Annual Conference of the International Society for Bipolar Disorders

Deadline: March 4, 2024

“

Every person on this earth is full of great possibilities that can be realized through imagination, effort, and perseverance

Scott Barry Kaufman

”

PUBLICATION OPPORTUNITIES: SPECIAL JOURNAL ISSUES

No
Deadline

Asian American Journal of Psychology - General call for papers
Journal of Latinx Psychology - General call for papers
Consulting Psychology Journal - General call for papers

JAN

1/31 : Journal of Family Psychology - Resilience processes in the family stress model

FEB

2/1: Clinical Practice in Pediatric Psychology - Traumatic stress in pediatric medical settings
2/15: Health Psychology - Sexual and gender minority health inequities

MAR

3/15: Psychology, Public Policy, and Law - Emerging Issues in Correctional Policy, Research, and Practice

FEATURED TRAINING

NJPA Spring Conference: A Hybrid Event

The Current Crises in Adolescent Mental Health:

The Kids Are Not Alright

April 12, 2024

East Hanover, NJ

View courses and register at:

www.psychologynj.org



Follow the SPC on Instragram! @fdupsychandcounseling



SCHOLARSHIPS & GRANTS

JANUARY

Diversity in Psychology and Law Research Award
Awarded to students conducting research on psycholegal issues related to diversity as well as research by students from underrepresented groups.
Amount: \$1,000
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

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

Beth Rom-Rymer Scholarship
Provides support for students to complete training in psychopharmacology programs.
Amount: \$5,000
Deadline: 2/1

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

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: 3/13

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

Annual Prize for Psychological Research on Women and Gender by Students
Awarded to the student who submits the best paper focusing on women's lives and issues, or general gender ideologies and behavior from a feminist perspective.
Amount: \$250
Deadline: 4/1

Graduate Student Achievement Award in Clinical Practice
Recognizes a graduate student who demonstrates innovative clinical service, clinical skill, and commitment to evidence-based practice.
Amount: \$1,000
Deadline: 4/15

**COUNT
YOUR
BREATHS**

**FOLLOW
A GUIDED
MEDITATION**

**CREATE A
MEDITATIVE
SPACE**

**BE KIND
TO A
WANDERING
MIND**

*FOUR
tips for better*

MEDITATION



Psych in the News

BY LEAH MATTEY

An article released by CNN discussed data collected on the *988 Suicide Crisis Lifeline* and its effectiveness as a mental health resource a year following its launch.

The Suicide Crisis Lifeline provides free, 24/7 confidential support to anyone in emotional distress or suicidal crisis. It has transitioned from the National Suicide Prevention Lifeline to a simpler three-digit number used to connect with a trained counselor via call, text, or chat.



Based on a nationally-representative survey of about 5,000 people, it was found that less than a third of people with severe psychological distress who have already used the lifeline were considered “very likely” to use it again. As the U.S. faces a significant mental health crisis, experts emphasize how critical a tool like the 988 lifeline is, and that critical need makes it that much more important to get it right.

Researchers suggest that various improvements can be made to increase the helpline’s effectiveness and to ultimately allow it to reach its full potential. These may include more counselor training and resources, an overall active management of acute crisis, and steps toward connecting people with follow-up care and broader mental health resources.

<https://www.cnn.com/2023/10/31/health/988-potential-mental-health-study/index.html>

WINTER WORD SCRAMBLE

1. GDELSIDN
2. LOESHV
3. DRAZIZBL
4. RACSF
5. LASOWLNB
6. PFLIARECE
7. NAECDL
8. RESHIV
9. NITMTES
10. EICLCI

Several decorative snowflakes of various sizes are scattered around the answer key.

ANSWER KEY

1. SLEDGING	6. FIREPLACE
2. SHOVEL	7. CANDLE
3. BLIZZARD	8. SHIVER
4. SCARF	9. MITTENS
5. SNOWBALL	10. ICICLE

MEET THE TEAM



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

Dr. Georgia Winters is an associate professor and co-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.



CECILIA ALLAN
CLINICAL PSYCHOLOGY PH.D PROGRAM
EDITOR

Cecilia is in the 4th 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 silly romance novels.



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-BERMUDEZ
I/O PSYCHOLOGY M.A. PROGRAM
FACULTY/RESEARCH COMMITTEE

Amanda is in her second 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.



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

Shalom is in his second 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 and restoring vintage guitars.



STEPHANIE BART
FORENSIC PSYCHOLOGY M.A. PROGRAM
STUDENTS COMMITTEE

Stephanie is a fourth-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.



LEAH MATTHEY
FORENSIC PSYCHOLOGY M.A. PROGRAM
ENTERTAINMENT COMMITTEE

Leah is in her first year of the Forensic Psychology M.A. program. She is most interested in working with research involved in mood disorders and substance abuse disorder treatment, and suicide prevention. She enjoys practicing astrology, tarot readings, and experimenting with the art of coffee making (and tasting!).



SARAH DWECK
CLINICAL PSYCHOLOGY PH.D PROGRAM
EVENTS COMMITTEE

Sarah is in her second year of the Clinical Psychology Ph.D. program. She is most interested in research focusing on treatments for depression and suicide prevention. In her free time, Sarah enjoys baking, reading, and practicing yoga.