

AUS PSYD NEWSLETTER



STUDENT RESEARCH PRESENTATIONS

**EVENTS: COMMUNITY
MEETINGS,
DISSERTATION
DEFENSE, AND 2018
COHORT INTERVIEWS**

**PAT LINN
SCHOLARSHIP EVENT
NEW PUBLICATIONS BY
DR. RUSSELL**

**PRE-INTERNSHIP
PLACEMENTS**

PsyD students present

PsyD students Jessica Cowan (SCP/Section 10 campus representative) and Leja Wright authored a blog piece entitled, "Five Tips for Psychology Graduate Students for Talking to Clients About Sex and Sexuality." While support for integration in psychology training programs is increasing, many clinicians and clinicians-in-training are tasked with finding ways to increase their own knowledge and comfort when clients broach the subject in treatment. As two such clinicians-in-training who did not want to be caught unprepared if or when these topics arise in client interactions, Jessica and Leja wanted to share some of the resources and best practices they have acquired in their ongoing quest to become sex-positive clinicians. The post can be found at <https://www.div12.org/five-tips-for-psychology-graduate-students-for-talking-to-clients-about-sex-and-sexuality/>.

APA Division 41

AUS PsyD Chair Dr. Jude Bergkamp and his dissertation student, Shawn Curtis presented in early March at the American Psychological Association's Division 41 Psychology & Law Society conference in Memphis, Tennessee. Dr. Bergkamp's presentation was entitled "Applied Cultural Factors in Legal Competency to Stand Trial Evaluations: Two Cases of the Jinni." Mr. Curtis' presentation was based on his dissertation, "The Examination of Cultural Influence in the Determination of Adjudicative Competency: A Grounded Theory." The presentation was attended by forensic evaluators, attorneys, and academics in the field. Jude reports, "Shawn and I collaborated with University of Washington faculty and an Washington State forensic evaluator in preparation for this presentation. The presentation was well attended and received, with some promising future research opportunities developed."



"Shawn did a great job guiding the audience through his dissertation research as well. This is a great example of AUS PsyD student/faculty collaboration."

Deschutes Psychological Association

Jude and current research fellow Lindsay Thomas traveled to Olympia in March to present their active research to the Deschutes Psychological Association. The topic, social privilege in clinical psychology, was well-received by experienced clinical psychologists and association members. Social privilege is not often discussed among professional psychologists who hold multiple privileged identities; this presentation was a good introduction and primer for future conversations in the field.



Jude and Lindsay plan to present the beginnings of their research at the annual APA convention this August. Stop by to support their work if you attend.

Swedish Medical Group, Mental Health Day

In March, Jessica Cowan presented “Evidence-Based Suicide Risk Assessment in Primary Care” at Swedish Medical Group’s (SMG) Quarterly Regional Medical Directors’ meeting with two other behavioral health specialists. The meeting was attended by group of 25 MDs from across the country who oversee all administrative and clinical functioning and approve educational content for Swedish’s primary care and/or specialty providers. The presentation focused on introducing and empowering providers with evidence-based practices in primary care for estimating suicide risk and identifying and implementing appropriate interventions. It introduced the Columbia Suicide Severity Rating Scale (C-SSRS) recently adopted by SMG.

In April, Jessica Cowan presented “Eating Disorders: Separating Fact from Fiction” at the Seattle Lutheran High School’s Mental Health Day and spoke to over 50 students. The presentation provided high school students with information on definitions, symptoms/warning signs, etiology, and evidence-based treatment approaches related to eating disorders, incorporating multicultural, and de-stigmatizing components around common misconceptions about eating disorder causes, presentation, and treatment. Jessica addressed the myths that only white females are at risk for eating disorders and that we can tell if someone has an eating disorder simply based on their appearance. The session included options and support resources available to adolescents who think that a friend/family member or they themselves may have an eating disorder. Mental Health Day recognizes that the onset of many mental health disorders occurs in the teenage years and works to reduce the stigma that can cause many to wait too long before seeking treatment. Students learned tools and strategies to manage stress and maintain sound mental health, including tangible steps on where to go when for help.



Meditation, chanting events

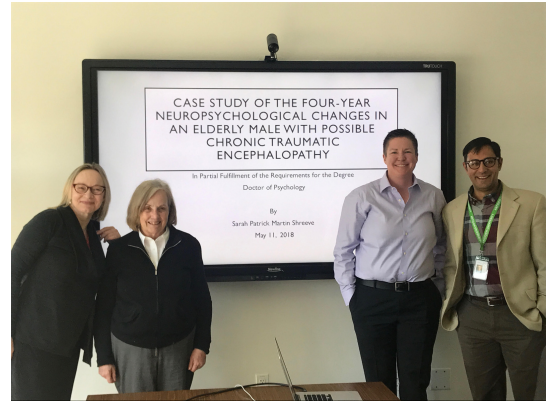
Astrid Pujari, MD, MNIMH, ABIHM, physician and founder of the Pujari Center for Spiritually Centered Integrative Medicine, offered a community meditation and chant event on campus in February. The event brought the AUS community together for group meditation and raised funds for Divine Love World Charity, which feeds the hungry in India. She has years of experience integrating nutritional, herbal, and mind body therapies with traditional Western medicine. She returned for an all-day meditation event in April that involved psycho-education about meditation and provided in vivo experience of breathing exercises, mindfulness, and chanting as experiential examples of different meditation practices for self-care. Dr. Pujari discussed the physiological impact of stress and the physical and psychological benefits of meditation. The event was approved for CE credits.

Spring community meetings

Community meetings continued during the spring quarter. In April, the PsyD Director of Clinical Training, Dr. Cheryl Azlin, spoke to PsyD students about pre-internship policies, procedures, paperwork and professionalism. She also presented family sculpting techniques at another meeting. Dr. Brenna Renn, Ph.D., Post-doctoral Fellow Dept. of Psychiatry & Behavioral Sciences, UW School of Medicine, returned to campus for "Cognition & Aging Part II: A Deeper Dive into Dementia and What to Do." Dr. Dan Dodd, PsyD, presented "Meeting ADA and Licensure Board Requirements when Doing Learning Disability Assessments." Jena Hennessey, MS, MA, licensed massage therapist, and certified Breema instructor, presented "The Art of Presence: Self-care Breema Exercises for the Practitioner." May's topics include basic Jungian Concepts in Therapy by Dr. Ann Blake and the use of drawings and therapeutic games with children in therapy by Dr. Azlin.

PsyD student applicants welcome for interview day

In April, 20 Psy.D. student applicants arrived on campus for interviews, meetings with current students, and lunch with the faculty, current research fellows, and members of student council. Of 20 interviewees, five were out-of-state candidates, traveling from California, Colorado, South Dakota, Florida, and Vancouver BC.



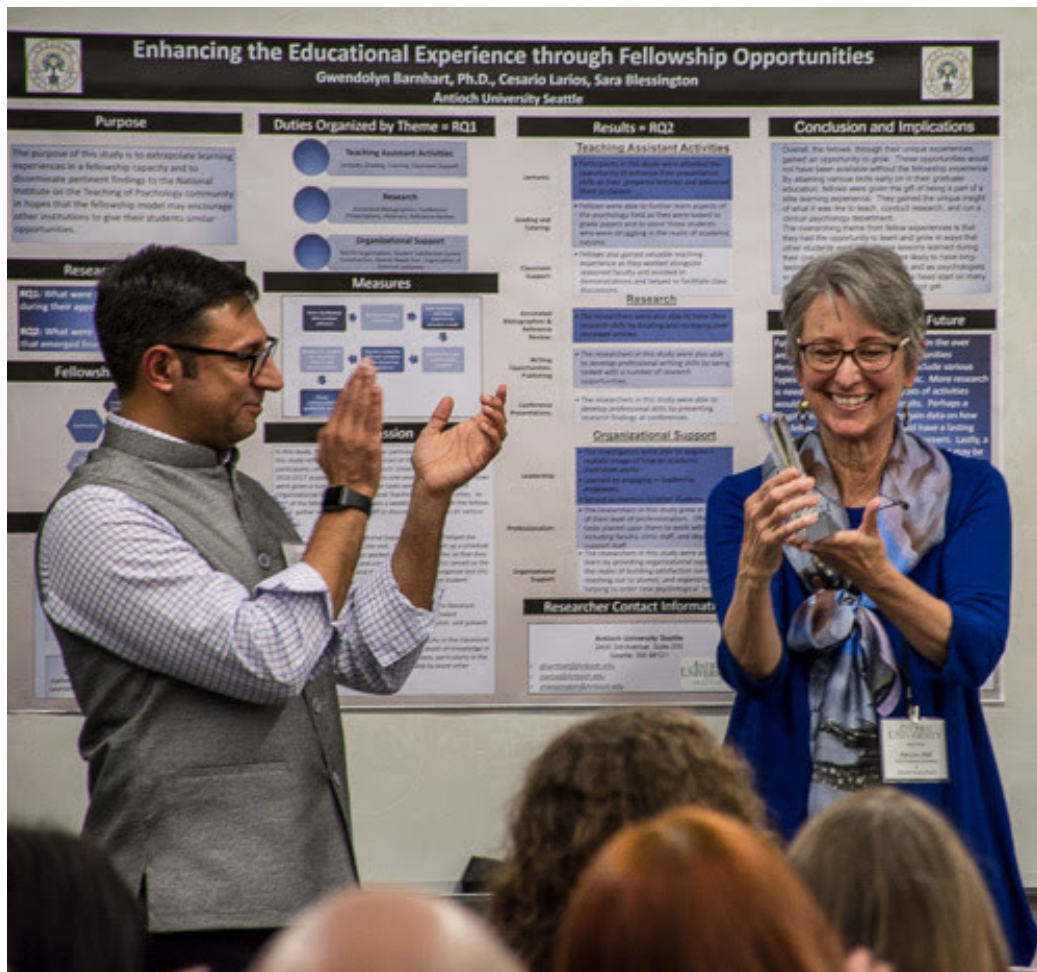
In May, two PsyD students defended.

Sarah Shreeve defended her dissertation, "Case Study of the Four-Year Neuropsychological Changes in an Elderly Male with Possible Chronic Traumatic Encephalopathy."



Amaris M. Espinosa defended her dissertation, "Art as a Mindful Practice."

Dr. Pat Linn honored with emeritus status



In a March event, the PsyD program celebrated being accredited by the American Psychological Association for the next five years. The event also honored the contributions of Pat Linn, PhD, who was instrumental in the creation and growth of the program at Antioch Seattle.

Dr. Linn was granted Professor Emeritus status, and a research scholarship was established in her honor.

"I was overwhelmed by the love and support from those who attended our event to announce a new scholarship to support PsyD students' research," Dr. Linn said. "The carefully designed research projects our students do benefit the under-served populations they study, allow students to answer important clinical questions close to their hearts, and help our students demonstrate their scholarly competence. The research scholarship is a way to offset those costs, based on the quality of their proposals, not their ability to pay."



Dr. Russell's articles published in **Psychological Injury and the Law**

Dr. Mark Russell's three-part article entitled "The Darker Side of Military Mental Healthcare" was published in *Psychological Injury and Law*. Dr. Russell wrote with long-time collaborator Dr. Charles Figley of Tulane University.

The titles are as follows:

Part One: Understanding the Military's Mental Health Dilemma.

Part Two: Five Harmful Strategies to Manage Its Mental Health Dilemma.

Part Three: Five More Harmful Strategies to Manage Its Mental Health Dilemma

Pre-internship placements

Students in the 2015 and 2016 cohorts have accepted pre-internships around the area. Here's a sampling of placements:

The Emily Program: Leja Wright

Healthpoint: Fred Wang, Veronica Felstad

Lighthouse Psychological Associates: Sara Blessington, Maddison Paul

New Horizons School: Lizz Keiper, Gwendolyn Barnhart, Amber Nipper

Monroe Correctional Complex: Abi Martin

Swedish Primary Care Behavioral Health: Bonnie Zinn, Lindsay Thomas

University of Washington, Bothell: Sylla Fury

Western State Hospital: Emily Bogen, Lori Woehler