

# AUS PSYD NEWSLETTER

The quarterly newsletter for Antioch University Seattle, PsyD Program



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# FACULTY PROFILE: DR. DANA WATERS

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**Q: Where did you grow up?**

I grew up in the northwest suburbs of Chicago, IL.

**Q: Outside of teaching and the professional realm, what activities do you enjoy?**

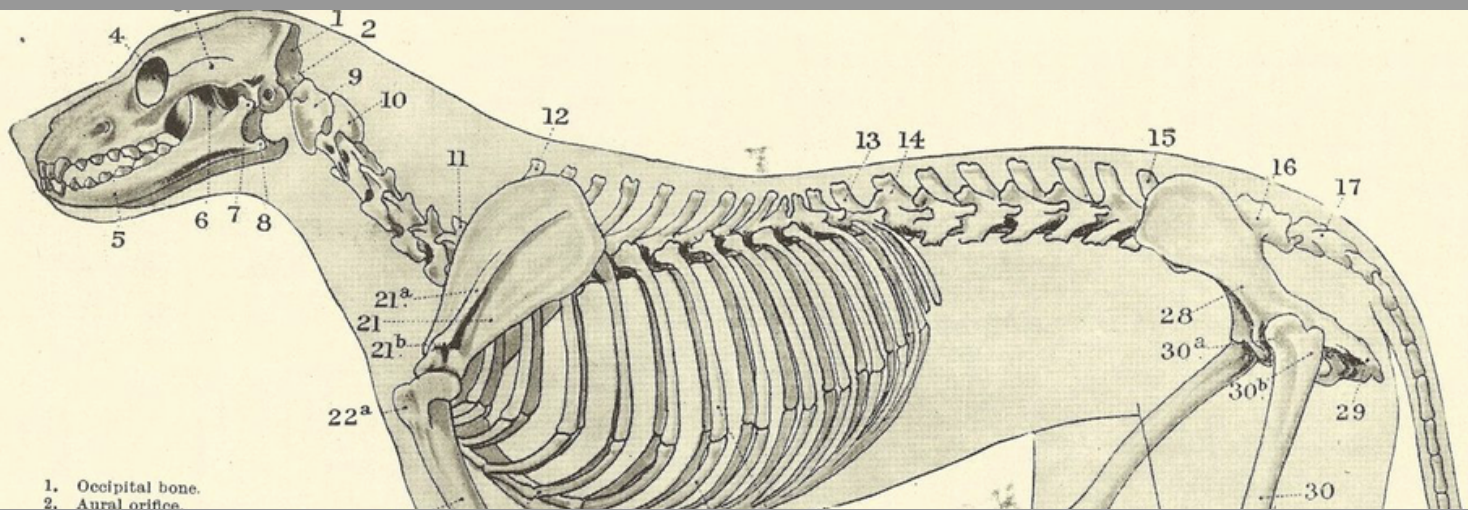
I love doing woodwork and carpentry. I have done quite a bit of work on our “cookie-cutter” townhome to make it more like a craftsman bungalow. I’m also a Tour de France fanatic. You can find me on my couch for at least 6 hours a day, for 3 weeks in July, watching every bit of TV coverage I get. I’ve been an avid watcher since 1985 and haven’t missed one yet. I also enjoy playing the drums. I am a “closet” drummer-I only play for my own fun and have never taken lessons or played in public. It’s like a form of therapy for me.

**Q: What can you pass on about working as a clinical psychologist?**

It is a wonderful field to work in. Gravitate toward a sector of psychology you love. If you do something your heart is not into you will suffer. Find your bailiwick and love what you do!







## FACULTY PROFILE: DR. DANA WATERS

### **Q: What led to your decision to pursue graduate degrees?**

My first college degree was an AAS in Veterinary Technology and Animal Physiology. I worked as a certified vet tech for 17 years. About 5 years into that career, I became very interested in the psychology of pet loss and animal behavior. That led me back to pursue a degree in psychology. I worked as a vet tech through my undergrad and grad degrees while also getting trained by the REACH Foundation (Restore Each Adult Child's Health), an organization that leads psychodrama workshops with Adult Children of Alcoholics. In working as a psychology apprentice working 2-day intensive workshops, my appetite for psychology grew and affirmed I wanted to get a doctorate.

### **Q: Earlier in your career you worked with animals. What initiated your transition from veterinary work to the study of psychology?**

Yes, while I was a vet tech, I became interested in owner pet loss and animal behavior. Vet techs have to earn CE's too, and I remember many CE workshops on compassionate care of animals and owners during euthanasia. They taught us specific things to help owners deal with the loss in the moment.

I had one vet I worked for who was exceptionally emotionally connected during the process of euthanasia, and I admired how much she afforded dignity and calm for the animal and comfort for the owner. She and I made a good team and before we knew it the clinic staff recommended us to many owners who were having an exceptionally hard time with the process. While it is always difficult to be involved in that moment, I was also awed at the sacredness of helping to end suffering while compassionately comforting the animal and the owner by being soothing and emotionally connected.

It may sound strange now, but in the 80's, veterinary staff just didn't cry or show emotion during something like that. Me and the vet did. I think it's why people requested us when the time came. It was experiences like this that also interested me in both animal and human psychology. Also, during that time I had started my own intensive therapy with a therapist who employed a combination of talk therapy, Bioenergetic bodywork, and art therapy. My own therapy stoked my interest in psychology and affirmed I was on the right track.



**Q: Can you describe some of the work you've done researching suicidality in veterinarians?**

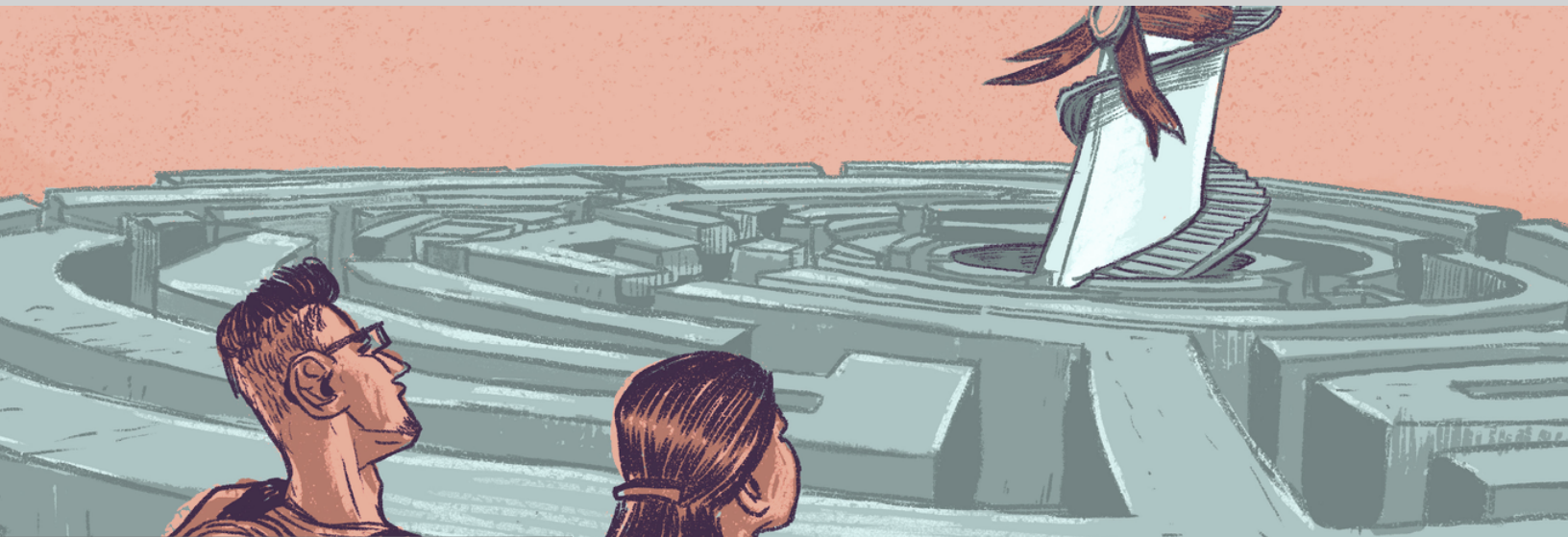
My sister is a veterinarian here in Washington. She sent me an article a while ago about veterinary depression and suicide. The article explained that veterinarians have the highest suicide rate of all professions. The article (and most I've seen since) focused on long work hours, low pay (compared to MD's), high rates of euthanasia, and general work stress to be the main contributing factors. The problem is, the field has focused for the last 10 years on work-life balance and self-care, yet the incidence of suicide keeps climbing.

Having been a vet tech for so many years as well as a psychologist gave me a unique position to offer a different hypothesis. I posited the loss of patients afforded strong attachment losses and resulted in vicarious trauma. Because I have also known the field for many years, I know clinics do not place an emphasis on providing structure to process these losses; rather, there is a culture of stoicism and critical judgement of others who are emotional about losses.

My hypotheses were supported in our qualitative analyses of 8 interviewed veterinarians. We just presented a poster on our research at the 2019 APA conference, and have a manuscript submitted for publication. We are hoping to pair with another researcher on the veterinary side to propose treatment recommendations.

## FACULTY PROFILE: DR. DANA WATERS





## FACULTY PROFILE: DR. DANA WATERS

**Q: How is Antioch different from your last teaching gig? How would you characterize it and the PsyD students?**

The main differences are not in the students per se, but the focus of the program. I have been blessed to work with hundreds of gifted student trainees (I began teaching PsyD students in 2003) and I have continued to be inspired by the students at here Antioch. My love for seeing PsyD students mature, develop and eventually become peers is the “drug” to which I am perpetually addicted. I LIVE for those “ah ha!” moments. I used to say having 1 or 2 of these moments was enough to keep me fed for months (which it is), but here at Antioch, I get to feast practically daily! That is a much higher rate than where I was before. Antioch is different from where I used to teach as it has a strong social justice core just like my own doctoral program at the Adler School of Professional Psychology.

**Q: What recommendations do you have about navigating a doctorate?**

Ah! The 60 million dollar question. Honestly, there is not one-size-fits-all advice. Everyone’s learning style is so different. If I had to give only one bit of advice I’d say not to isolate, especially if you are struggling. It does not mean you are not doctoral level if you are struggling to keep up. NOT getting help will ensure failure. Reach out to your advisor or a trusted professor-connect with someone you resonate with. Faculty recognize and honor that there are different relational styles amongst us, and we won’t be hurt if you glom onto a faculty mentor that is not your assigned advisor necessarily

# FACULTY PROFILE: DR. DANA WATERS

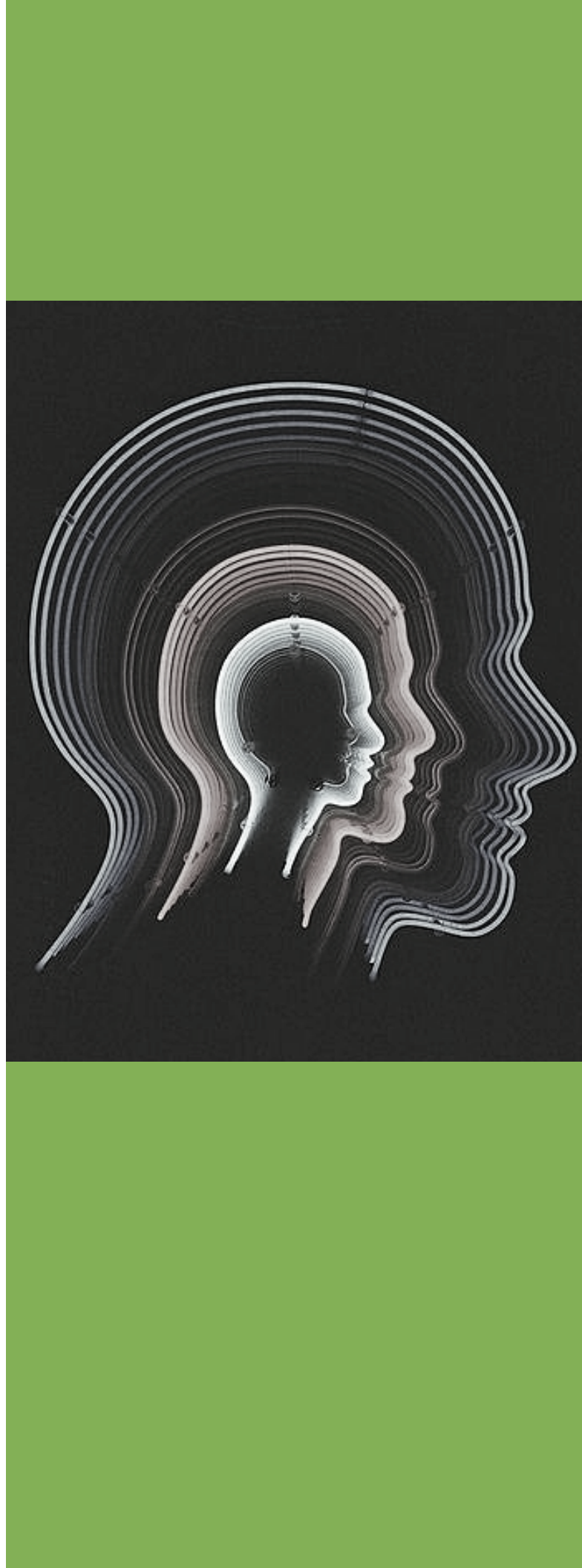
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**Q: What was your dissertation about?**

**What was the process like for you?**

My dissertation title was: “Comparing Abuse-Reporting and Non-Abuse Reporting Adults in an Outpatient Setting Using the BASIS-A. The BASIS-A was a new tool at the time and was the first paper-and-pencil measure for what Adlerian’s refer to as “lifestyle” (which is essentially the constructs of a person’s personality). Prior to that time, the only way to measure someone’s lifestyle was with a long, comprehensive interview consisting of a 3-5 hour, verbal projective interview followed by a 3-5 hour interpretation process.

Because the BASIS-A was very brief (about 15 minutes), the authors were hoping for independent research to prove the instrument’s utility. So, I coupled my interest in trauma with the BASIS-A for my dissertation. My findings were consistent with the trauma literature, so the measure was deemed useful for differentiating abuse reporting from non-reporters. It’s been such a long time since I did it, I’m afraid my memory of the process might be retroactively, positively skewed! I don’t remember it being hard intellectually, but it was very time intensive and required hours and hours of writing.



# APA 2019

APA CONVENTION - CHICAGO, ILLINOIS

The annual American Psychological Association (APA) Convention was held in Chicago, Illinois this year. Over 12,000 attendees took part in the convention over four days and over 1,000 sessions were included. These sessions covered topics from pain management and opioid use to establishing work-life balance. APA announced that the 2020 convention will be held in Washington, D.C. next August.

APA President Rosie Phillips Davis, Ph.D., encouraged attendees to always say "yes" to doing more when it comes to addressing deep poverty. Wes Moore, CEO of the anti-poverty organization Robin Hood, also spoke on the topic and shared his personal story of overcoming poverty and hardship. He encouraged attendees to commit to helping those who need it most, through their voices and actions. Both speakers shared their message as part of the Deep Poverty Initiative of APA 2019.



**ALWAYS SAY "YES" TO  
DOING MORE WHEN IT  
COMES TO ADDRESSING  
DEEP POVERTY**





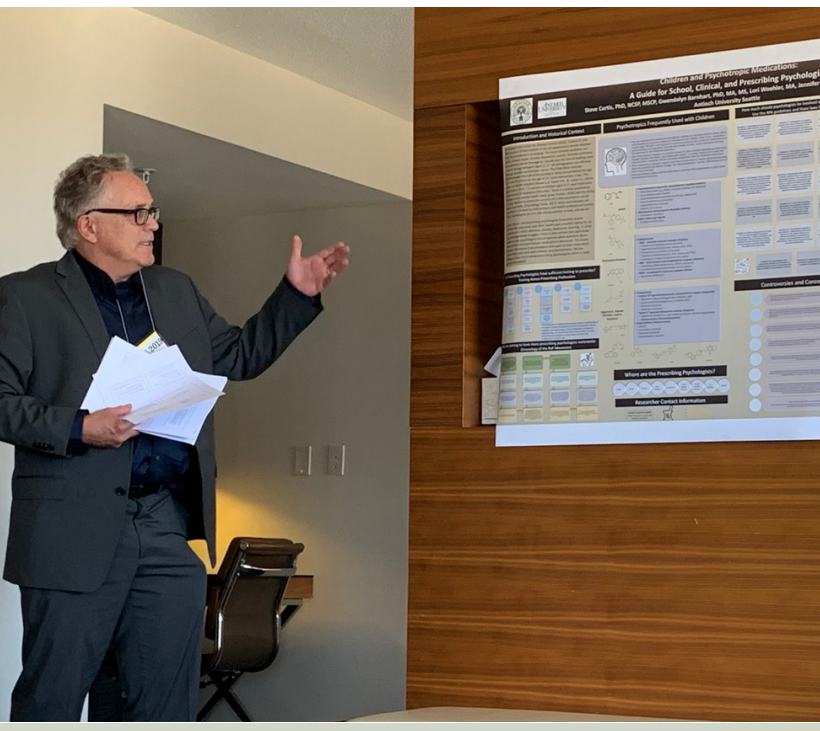
# APA CONVENTION 2019



## PEDIATRIC PSYCHOPHARMACOLOGY: RESEARCH UPDATE

On Thursday August 8th, Dr. Curtis, Gwendolyn Barnhart, Lori Woehler, and Jennifer Monahan DeMella presented their poster titled, Pediatric Psychopharmacology: Research Update, under Division 55: American Society for the Advancement of Pharmacotherapy. Their review of research included studies from the past year (mid 2018 to mid 2019) related to psychopharmacology research with children.

Their targeted sources for research were the Journal of the American Academy of Child and Adolescent Psychiatry (JAACAP), Journal of Child and Adolescent Psychopharmacology (JCAP), and the Carlat Child Psychiatry Report.



# APA CONVENTION 2019

## CATCHING UP WITH APA ASPIRATIONS

On Thursday August 8th, Dr. Bergkamp, Abi Martin, and Lindsay Olson presented two poster presentations under Division 2: Society for the Teaching of Psychology and Division 9: Society for the Psychological Study of Social Issues (SPSSI). Their first poster presentation of the day was titled, Catching Up with APA Aspirations: Self-Awareness Within a Social Justice Perspective to Better Serve Our Communities.

Their second poster was titled, Catching Up with APA Aspirations: APA Multicultural Guidelines and Congruent Doctoral Curricula. Their ultimate goal for this poster was to determine what curricula components influence and impact students' multicultural competence and privilege awareness, as defined by the APA's Multicultural Guidelines (2017).





# APA CONVENTION 2019



## SEXUALLY OBJECTIFYING MICROAGGRESSIONS IN FILM: USING ENTERTAINMENT FOR CLINICAL PURPOSES

Jackie Nelson presented her research poster presentation titled, Sexually Objectifying Microaggressions in Film: Using Entertainment for Clinical Purposes. Her research takes a social constructivist perspective to explore sexually objectifying microaggressions (SOMs) and clinical implications.



## A META-ANALYSIS OF SYMPTOMATOLOGICAL DIFFERENCES: EXPLORING THE ROLE GENDER PLAYS IN DIAGNOSING AUTISM

Gwendolyn Barnhart presented the research she conducted with Sylla Fury, Amber Silverwood, and Patrick Baker. The poster presentation was titled, A Meta-Analysis of Symptomatological Differences: Exploring the Role Gender Plays in Diagnosing Autism, under Division 33: Intellectual and Developmental Disabilities/Autism Spectrum Disorder. This poster presentation reviewed current literature that focuses on the differences between autism characteristics amongst male and female persons.

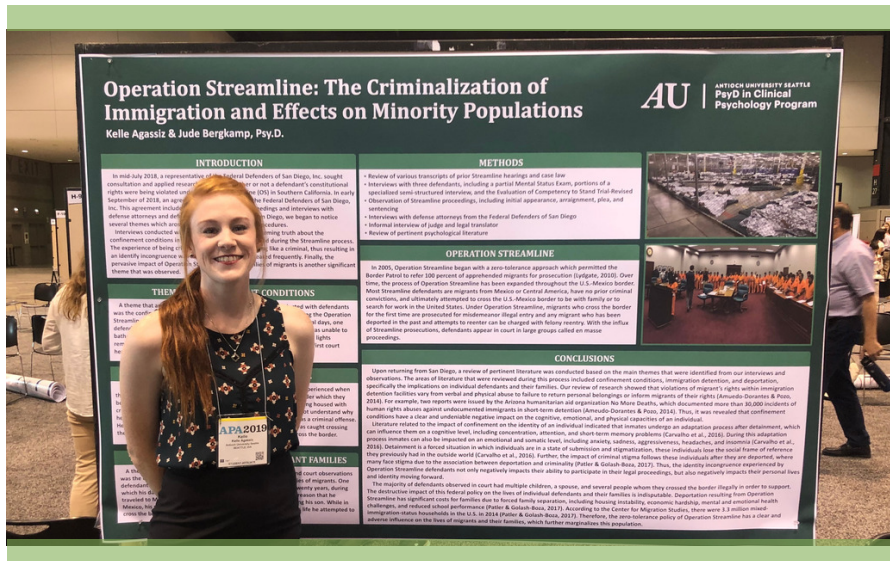


# APA CONVENTION 2019

## OPERATION STREAMLINE: THE CRIMINALIZATION OF IMMIGRATION

On Friday August 9th, Kelle Agassiz presented the research she conducted with Jude Bergkamp, Psy.D. regarding the federal policy of Operation Streamline, under Division 9: Society for the Psychological Study of Social Issues. This research was presented during a one hour Data-Blitz session on Culture and Immigration, during which five other presenters discussed their research. Their presentation was titled, Operation Streamline: The Criminalization of Immigration and Its Effects on Society.

On Saturday August 10th, Kelle Agassiz and Jude Bergkamp, Psy.D. also presented their research in this area as a poster presentatation, under Division 45: Society for the Psychological Study of Culture, Ethnicity, and Race. Their poster was titled, Operation Streamline: The Criminalization of Immigration and Effects on Minority Populations.



# APA CONVENTION 2019

## THERAPY FARMS: EFFECTS OF ANIMALS IN THE TREATMENT OF AUTISM

Gwendolyn Barnhart presented the research she conducted with Amber Silverwood, Wendy Efird, Katie Wells, and Michael Sakuma, Ph.D. Their poster presentation examined the observations, beliefs, and attitudes of individuals who provide therapeutic interventions using various farm animals in populations with autism spectrum disorder (ASD) to determine species specific factors most effective for treating ASD symptomology.



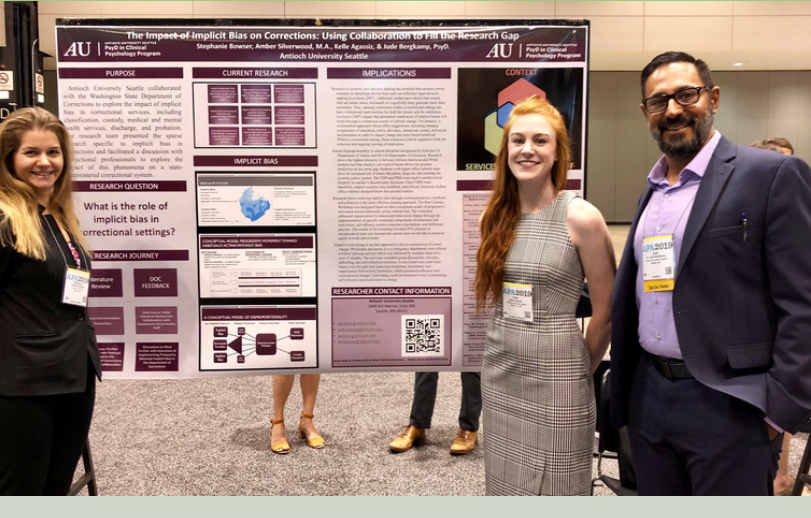
## ATTACHMENT LOSS AND VICARIOUS TRAUMA: A DESCRIPTIVE PHENOMENOLOGICAL ANALYSIS OF SUICIDALITY AND DEPRESSION IN VETERINARIANS

Dana Waters, Psy.D., ABPP, Lori Woehler, Gwendolyn Barnhart, and Chelsea Randall stand beside their poster presentation which was conducted with Jessica Cowan, Leja Wright, and Bonnie Zinn. Their poster presentation was submitted under Division 56: Division of Trauma Psychology.





# APA CONVENTION 2019



## THE IMPACT OF IMPLICIT BIAS ON CORRECTIONS: USING COLLABORATION TO FILL THE RESEARCH GAP

Stephanie Bowser, Kelle Agassiz, and Jude Bergkamp, Psy.D. presented the research they conducted along with Amber Silverwood regarding the impact of implicit bias on corrections. Their poster was submitted under Division 9: Society for the Psychological Study of Social Issues.



The Forensic Research Team presented the sparse existing research specific to implicit bias in corrections and facilitated a discussion with correctional professionals to explore the impact of this phenomena on a state-administered correctional system. The photo to the left features the Forensic Research Team, as well as the Director of Diversity, Inclusion, & Equity - Dr. Karen Johnson, and the Deputy Secretary - Julie Martin from the Washington State DOC.



# ANTIOCH HAPPY HOUR @ APA

On August 8th, a reception was held across the street from the APA Convention in Chicago at Fatpour Tap Works. Students, alumni, and faculty from Antioch University Seattle and other AU campuses from across the country met and mingled.



# PAMELA HAYS, CULTURALLY RESPONSIVE COGNITIVE BEHAVIOR THERAPY



## PAMELA HAYS MEETS PSYD STUDENTS @ APA CONVENTION 2019

During this APA session, Pamela Hays discussed the second edition of her book, *Culturally Responsive Cognitive Behavior Therapy: Practice and Supervision*, in which she answered various questions from attendees during a Q&A session. Afterwards, Jude Bergkamp, Psy.D. introduced Pamela Hays to several PsyD students, (from left to right) Kelle Agassiz, Lori Woehler, Abi Martin, Jasleen Kaur, Jennifer Monahan DeMella, Chelsea Randall, and Sara Blessington.

In the second edition of her book, Pamela Hays' shows mental health providers how to integrate cultural factors into cognitive behavior therapy (CBT). She features various authors who describe the application of CBT with clients of diverse cultures. They also explore the unique characteristics of, and the use of CBT with numerous racial, ethnic, and religious minority groups in the United States.





AUGUST 2019, SUMMER

# VIEWS OF CHICAGO

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AUGUST 2019, SUMMER

# VIEWS OF CHICAGO

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# SUMMER COMMUNITY MEETINGS



## INTRODUCING “THE RACE CONVERSATION” IN CLINICAL SPACES: TREATING RACIAL/HISTORICAL TRAUMA PART II

The first community meeting of the quarter was presented by Maureen Nickerson, Psy.D., AUS Alumni, and Psychological Counselor/Outreach Coordinator at Eastern Washington University. As more attention is being paid to the deleterious physical and psychological consequences of racial and historical trauma, it can leave healers and health care providers wondering how to help their individual clients and patients impacted by these seemingly overwhelming social forces.

This presentation introduced students to a variety of therapeutic and extra-therapeutic strategies for supporting victims of systemic and interpersonal racism. During the presentation, client protective factors, resiliency and coping, as well as therapist’s cultural humility were explored in order to situate client distress within the social context of structural racism and historical narratives of oppression.



## JOYFUL AND SUSTAINABLE PROFESSIONAL PRACTICE: THE ETHICS OF SELF-CARE AND COLLEAGUE CARE

The second community meeting of the quarter was presented by David Shen-Miller, Ph.D. During this community meeting, sustainable practice and the ethics of self-care were discussed. David Shen-Miller, Ph.D. also presented his work on this topic at the APA Convention this year in Chicago.

# SUMMER COMMUNITY MEETINGS

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## AN INTRODUCTION TO RADICALLY OPEN DBT

This community meeting was presented by Melissa Kennedy, Ph.D., during which she provided students with an introduction to Radically Open DBT.



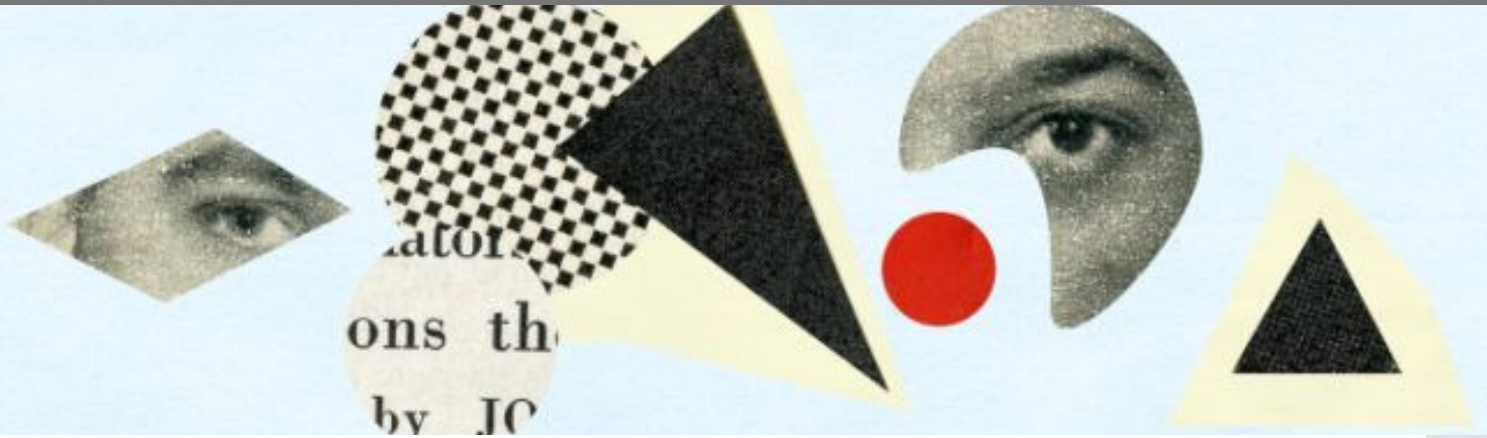
## PATHWAYS THROUGH PSYCHOLOGY: BRIDGES BETWEEN SCHOOL, CLINICAL, AND NEUROPSYCHOLOGY

Susan Carey, Ph.D. presented this community meeting which discussed the differences between school, clinical, and neuropsychology work. Susan Carey, Ph.D. shared her insights from her work as a School Psychologist in the Seattle School System for over 25 years. She is currently in private practice specializing in neuropsychological assessments and therapy for children and adults in Issaquah.



# UPCOMING CONFERENCES & SUBMISSION DEADLINES

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## **SOCIETY FOR PSYCHOANALYSIS & PSYCHOANALYTIC PSYCHOLOGY - DIVISION 39**

The 40th Annual Spring Meeting for APA Division 39 - Society for Psychoanalysis & Psychoanalytic Psychology will be held in New York between March 18-21, 2020. The submission deadline for this upcoming event is September 6, 2019. The theme for this year: Reckoning/Foresight. Submissions are encouraged to explore less represented areas of psychoanalytic inquiry, such as substance use research or rural and community health.

## **TECHNOLOGY, MIND & SOCIETY**

This year's Technology, Mind & Society conference will be held between October 3-5, 2019 in Washington, D.C. This annual event provides attendees with a venue to examine a wide variety of technology-related topic areas and the role that psychological science plays in each. Some of these technology-related topic areas include, artificial intelligence, cybersecurity, augmented reality and virtual reality.

## **SOCIETY FOR THE TEACHING OF PSYCHOLOGY - DIVISION 2**

The Annual Conference on Teaching (ACT) is held by APA Division 2 - Society for the Teaching of Psychology. This event will be held between October 17-19, 2019 in Denver, Colorado. The first day of the conference will include a welcome reception, followed by two full days of events regarding best practices in teaching and the scholarship of teaching and learning.



## WASHINGTON STATE PSYCHOLOGICAL ASSOCIATION - FALL CONVENTION 2019

The Washington State Psychological Association (WSPA) will be holding their annual convention between October 11-13, 2019. This event will take place in Bellevue, WA, specifically at the Hilton Hotel on 112th Ave SE. The theme for this year's convention: Many Voices, One Community: Shaping the Future of Psychology Together.

During this three-day convention, psychologists and affiliated mental health professionals can earn up to 18 CE credits from various presentations and experience peer to peer networking. This event also includes a wide variety of different poster presentations featuring various areas of research. The call for proposals for this event have closed but you can submit a presentation for the 2020 convention online now.

The rates for attending this convention vary depending on whether or not you are a WSPA Member/WSPA Student Member. For a WSPA Student Member, you can attend one day of the convention for roughly \$90-\$115, depending on how soon you purchase your ticket. If you'd like to attend two days of the convention, as a WSPA Student Member, you will pay about \$162-\$207. And for the ambitious three-day convention attendees, WSPA Student Members will pay approximately \$229-\$293.

UPCOMING  
CONFERENCES  
&  
SUBMISSION  
DEADLINES



# DISSERTATION DEFENSES

## SEXUALLY OBJECTIFYING MICROAGGRESSIONS IN FILM: USING ENTERTAINMENT FOR CLINICAL AND EDUCATIONAL PURPOSES

Our culture is steadily becoming more aware, and less tolerant, of sexual harassment and misconduct. This is particularly evident in the wake of the viral "me too" movement beginning in 2017 which highlighted the breadth of personal experiences of sexual harassment on various social media platforms. Often the focus of these experiences is on overt sexual harassment, but less attention is paid to the build up that can lead to these terrible events. What is more, is that often these events are attributed to character flaws of the perpetrator without taking covert social norms into perspective. This dissertation takes a social constructivist perspective to concretely define sexually objectifying microaggressions (SOMs), a building block of sexual harassment, as well as outline their clinical implications.

This was done in the hope of expanding cultural competency of gendered microaggressions for both psychology professionals and students, exposing the potential impact SOMs may have on clinical presentations, and espousing the importance of utilizing modern media to better understand our culture. A qualitative content analysis was conducted on the seven top-grossing PG-13 rated films between the years 2010-2016, beginning with a pilot study analyzing a clip from the top-grossing PG-13 rated film of 2009 to measure interrater reliability and construct validity. An extensive literature-based qualitative codebook was created to conduct this analysis.



*Jackie Nelson*  
*Defended June 2019*

Results indicated that SOMs were present in all the films, but saturation longitudinally decreased. SOM targets were primarily protagonist characters with both men and women being equally targeted. The primary SOM perpetrator was found to be the audience or viewer of the films. An unexpected result was the high prevalence of idyllic hypermasculinity in the film. Implications and future research directions will be discussed.

# DISSERTATION DEFENSES

## BEYOND DISSOCIATION AND APPROPRIATION: EVALUATING THE POLITICS OF U.S. PSYCHOLOGY VIA HERMENEUTIC INTERPRETATION OF CULTURALLY EMBEDDED PRESENTATIONS OF YOGA

Psychology in the United States (U.S.) is partially constituted by a cultural history of intellectual imperialism that undermines its altruistic intent and prevents disciplinary reflexivity. The scholarship and clinical application of Yoga exemplifies the way U.S. psychology continues to give lived authority to imperialism as part of the neoliberal agenda. Through a hermeneutic literature analysis of two source Yogic texts and ten peer-reviewed articles that exemplify the dominant discourse on Yoga in U.S. psychology, this dissertation identifies themes that describe culturally embedded presentations of Yoga and their sociopolitical implications.

Through interpretation, Yoga is conceptualized as: (a) a 5,000 year-old tradition that prescribes a life path to achieving one's full potential and includes (but is not limited to) an expression of psychology unique to Yoga that encompasses a complex moral framework, theory of mind, conceptualization of suffering and illness, and rich collection of healing technologies; (b) a phenomenological state of being, or unwavering realization of the self as undifferentiated unified consciousness; and (c) an artifact of U.S. psychology that enacts dissociated, unformulated, and unarticulated sociopolitical arrangements and events. Themes are presented as dialogue, allowing Yogic theory, philosophy, psychology, and morality to call into question facets of U.S. psychology as they relate to the human condition, psyche, mental illness, and healing technologies.



*Genelle Benker  
Defended June 2019*

Within the scope of the dissertation, there are four articulated pathways for Yoga to influence U.S. psychology without reverting back to the unconscious inclination to dissociate or appropriate: (a) participate in the tradition of Yoga rather than trying to possess it; (b) acknowledge what the moral framework of Yoga highlights about the complicity of U.S. psychology in the neoliberal agenda; (c) discontinue practices that normalize and sustain intellectual imperialism; and (d) commit to disciplinary refinement and integrity. Also addressed are the limitations of this project and fruitful avenues of further inquiry, including possible steps towards disciplinary refinement and integrity.



# DISSERTATION DEFENSES

## INVOLUNTARY "WHITENESS": THE ACCULTURATION OF BLACK DOCTORAL FEMALE STUDENTS IN THE FIELD OF CLINICAL PSYCHOLOGY

This dissertation is based on a qualitative research project that documents the experiences of Black women matriculating through clinical psychology doctoral programs and the psychological effects of becoming a psychologist in a stigmatized field. Additionally, the historical and collective traumas that are continually experienced by this group and their coping mechanisms are explored and highlighted. More specifically, as extant research has revealed,

Black women in doctoral programs in general experience a series of responses to racialized and gendered discriminatory practices leading them to withdraw from their programs, or invoke coping mechanisms that may be counterintuitive to their culture and upbringing. Of specific interest is how this is played out in the field of clinical psychology, as there is little to no research looking into the experiences of Black women specifically trying to obtain doctorates in this field.



***Carmela Maxwell-Harrison***  
***Defended July 2019***