AUS PSYD NEWSLETTER

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Ashley Turner
Hi Everyone! My name is Ashley Turner. I’m originally from the East Coast, specifically New York and Boston. I moved to Seattle three years ago after attending Williams College for undergrad and Boston College for my Masters in Social Work. I currently work as a mental health clinician at a substance abuse facility. In my free time, I enjoy working out, traveling, and watching my Shondaland shows (Greys Anatomy, Scandal, and How To Get Away with Murder) I’ve always been into playing sports such as softball, tennis, and swimming. Some people make productive or practical New Year’s resolutions. I don’t. I’m currently in the process of trying to watch 100 movies and listen to 50 audiobooks, which is turning out to be a lot harder than I anticipated. Luckily, I still have 4 more months to make it happen. I’m very excited to start a new chapter in my life and pursue getting my Doctorate at Antioch!

Helen Kornfeld
Hi! I was born and raised in San Diego, CA with my two siblings (both younger), a couple of dogs and a few rodents over the years. I moved to WA when I transferred to the University of Puget Sound to finish my undergraduate degree and have no plans to move back. I love the feeling of waking up to rain or overcast, which rarely happens in San Diego. I enjoy most kitchen endeavors but especially baking. Movies I like watching include but are not limited to comedy, horror/thriller, and b-rated films. I picked up knitting while living in Tacoma, and will gladly knit a beanie or scarf for friends and family. I am excited to meet everyone and get started!

Emerson Hardebeck
Hi, I’m Emerson! More than just about anything I love witnessing what’s going on inside the deepest, weirdest corners of my own and others’ hearts and heads. I love reading or watching stories that showcase characters’ most private thoughts, because I think nothing can be as simultaneously funny and sad as what we say to ourselves when no one can hear us. I love talking with friends about what really matters to them -- although in recent years I’ve also begun to practice being physically with people without needing to talk, something that freaked me out for a long time, and I’m finding this new kind of connectedness very comfortable. I love walking on the beach at night with people I love and pretending we are investigating alien civilizations that live just offshore -- could their strange towers be what we see blinking faintly out there, in the dark fog? I love science fiction and fantasy. I love being outside, in the woods or near the water. I studied creative writing in college, but I’ve worked as a psychological researcher for the past several years. I’m feeling ready to move on from doing work that is primarily intellectual, into more applied work that I hope will have more emotional and intuitive aspects to it. I grew up in Olympia, but it’s now been almost a decade since I have lived in Washington State. I loved living in California and the Southwest, but I am happy to be back home. Although I’m writing this in the middle of a giant cloud of smoke that has swallowed the whole Northwest this week, and I have to say, it’s painful and scary to allow myself to fall back in love with a region that feels so threatened. Anyway, excited to meet all of you!

Jonathan Castro
Hi, I’m Jonathan. I am an alum of Antioch’s BA program. When I’m not doing school-related things, I like to do photography, write, and draw. I like to balance my studies with creativity, so something tells me I’m about to start 5 years of a lot of art making.
THE 2018 COHORT

Samantha Hoffmann

Hey! My name is Samantha but you can call me Sam. I am 21 years old, half Venezuelan, and have spent more of my life living outside the United States than in it. I graduated this year from Florida State University with a Bachelor's degree of Arts and Sciences. As far as work experience goes, I was a research trials intern at the Tallahassee Neurological Clinic as well as an intern for the Florida Center for Reading Research. My hobbies are varied and quirky. Including anything from pyrography to checking things off my bucket list. I am a huge animal lover, volunteering enthusiast, and wanderluster. I consider myself to be a “yes” person, always wanting to help and take on challenges. I am someone who is always motivated to learn something new and see how I can implement it into my everyday life. My interests in psychology are geared towards the populations of people I want to work with including immigrants and other minorities. While attending Antioch, I hope to develop good relationships with my teachers and peers. I would also say that one of my hopes is to make my education an adventure just as much as it would be a priority. Excited for this new chapter and getting to know my Antioch community!

Alexa Adair

My name is Alexa Adair. I live in Bremerton but was born and raised in Las Vegas, NV. Throughout my life I have gone through a multifaceted journey of recovery which then lead me to apply to the PsyD program. I hold an Associate of Arts with an emphasis in psychology from Olympic College and a Bachelor of Arts in advanced psychology studies from Argosy University. I chose to enter into a PsyD program because I want a truly clinically based degree rather than a research based degree. I work at Kitsap Mental Health, as a result of entering this program I have demoted myself and returned to on-call status to successfully focus on my studies. I believe I have a unique understanding of psychology as a whole since it has been such a major part of my life, how long I have studied it (I have been in college studying psychology since I was 18) and the clinical basis from my work at KMH. I have a strong interest in forensic, substance use and severe mental disorder psychology. I am teetering between focusing on PTSD or substance use treatment for my dissertation. Nonetheless, I plan to be trained in EMDR sometime during school. I go to the movies a lot, read less than I should, focus on my recovery, work and spend time nurturing my relationships with family and friends. I was recently married in California and spent my honeymoon in Fiji. I am lucky I was able to enjoy that before this rigorous program starts. I look forward to learning with all of you!

Elle Harris

Hi, I'm Elle! In my daydreams, I'm strolling the cobblestones of Paris eating pastries and speaking perfect French, but in reality, I'm a Cal Poly Languages and Literature grad living in Seattle. I grew up slow and good on the Texas/Mexican border, riding horses after school and waiting in line at the famous tamale stand on holiday mornings. In El Paso, there's a good bit of staying, and not much coming or going, but I knew I had to get out, so I jumped at the first opportunity and moved to the farthest place I knew of with beaches and friendly people. I spent my California days reading Miguel de Cervantes on the sand and trying to undo the internal binds of chauvinism that had lassoed me growing up. Halfway through that process, I realized I needed more time to think before wrapping up pursuit of my intended major. It's this time I took to work on vineyards in Tuscany that led me to where I sit today—the manual labor while trying to sing Andrea Bocelli with multiple espresso breaks and endless storytelling that founded my belief in the healing power of connection. I left the beautiful Central Coast for a quick year of pastry school in Paris (with quite imperfect French), and part of me is still there! My goals are to tell a story on the Moth Podcast/publish something, master a cinnamon roll recipe, become therapy dog certified (with my dog, of course), pass the certified bilingual exam in Spanish and Italian, and strengthen my understanding of the Bible, all while working my way through New York Times’ 100 Best Novels of All Time. You find me here because I hope to one day couple pastry with conversation to provide release for disabled children and more.
THE 2018 COHORT

Megan Knedgen
I am 22 years old and grew up in Reno, Nevada. I have been living in Seattle for the past four years and love it here. I am also in love with Latin American culture and people and so I am currently trying to learn Spanish in my free time and just returned from a stay in Quito, Ecuador this summer. Pro tip: wear sunscreen if you are going to take a cable car 15,000 feet above sea level, even if it’s cloudy (it looked like a ripe tomato for about a week.) I knew I wanted to be a clinical psychologist in my sophomore year of undergrad after taking a few extracurricular classes, and have been pursuing that dream ever since. My favorite book is The Poisonwood Bible by Barbra Kingsolver and I have a tattoo to prove it. I am currently reading Nutrition Counseling in the Treatment of Eating Disorders by Marcia Herrin, and my go-to coffee order is a cappuccino with brown sugar or a quad-shot iced soy latte, depending on the weather. On that note, I am also a barista here in town so look forward to hooking our little cohort up with much needed coffee during the presumably long hours of library time to come. Nevertheless, I can’t wait for it to begin.

Maeve Sloan
Hi everybody! My name is Maeve and I’m excited to meet you all so soon. I’m 24 years old and was born and raised in Albuquerque, New Mexico. I studied Psychology at Whitman College in Washington and soon after graduating began working as a Behavioral Health Counselor at Eating Recovery Center of Washington. I worked there for 2 years and now currently work on the Psychiatry and Behavioral Medicine Unit at Seattle Children’s Hospital as a Pediatric Mental Health Specialist. Throughout college I held internships at a women’s shelter, substance abuse treatment facility and children’s residential home. I’m deeply interested in holistic health/nutrition and meditation and hope to incorporate these elements into my future private practice. I’ve always dreamed of getting my PsyD and cannot wait to get started. When I’m not working I love to sing, tend to my chickens, eat food from my garden and go on hikes/camping trips with my partner. On a lazy day you can find me snuggled on my couch working my way through any and all crime shows. See you guys soon!

Gracie Struthers
I grew up in Tri-Cities, WA and moved to Bellingham, WA to complete my undergraduate degree in Psychology. At the age of 13, I moved away from home to be a full-time ski racer. This was a very exciting experience as it was my goal to become a professional ski racer. At the age of 17, I was in a bad accident while skiing that resulted in nerve damage in my back.

Although the accident was unfortunate, it solidified my decision to pursue a different career path that was more fulfilling than what I was doing at the time. I ultimately decided to attend Western Washington University and just recently graduated this last spring. During my undergraduate, I was part of a research lab on stress and coping which is where I found my passion within the field of Psychology! I currently work at Compass Health as a mental health technician and everyday something new awaits! At this job, I help individuals to achieve greater independence through aspects of their social, physical, and psychological lives. Outside of school and work, I love being active whether it’s in the gym or playing outdoors. I believe it is important to stay active physically for how active we are mentally! I enjoy resistance training, cardiovascular exercise, high intensity resistance and interval training, and everything between! I also enjoy painting, reading, and experimenting with new recipes. I am so excited to be part of Antioch’s program and am excited to meet each of you!
Julie Painley
Hi, I’m Julie. I’m excited to meet you all and start at Antioch this fall. A little about me: I’m almost a native, a 5th generation Washingtonian, and have lived here since ‘92. I grew up in a Coast Guard family and moved around the East Coast and Midwest before moving out here after college and getting married. I worked as a technical writer in a large tech firm in the 90s. The best parts of that job were designing user interfaces and testing them in the usability lab, which gave me a taste for research. It was still the Wild West in those days and I got to wear many hats. It was incompatible with real life, however, and I chose the better thing. I quit and stayed home to raise our kids when our sons were 2 and 5. Several years later, we adopted a daughter at 2 1/2 years old from a Russian orphanage. Our youngest daughter was born in 2007. She’s the last of the kids still at home. (And she started middle school this week in a wheelchair after she just broke her leg!) Our older daughter is the one who really sparked an interest in psychology for me. Her many social and emotional challenges over the years caused a lot of stress for the family and we sought help from many resources, some helpful and some not so much. I have lots of stories for another time. She’s about to turn 18 and I certainly don’t have all the answers, but my husband and I have seen some changes in her in the past couple of years that offer some encouragement even as the path ahead is unclear. I’ve learned that, of all human traits, resiliency in the face of our challenges is the most beautiful impulse toward hope. We’re about to embark on a fantastic voyage that will challenge and grow us in unforeseen ways. I look forward to meeting you and coming to know you better as we go through this program together.

Manj Bath
My name is Manj Bath and I’m from Vancouver, BC, Canada. I have a private practice called MindRight Counselling & Consulting. I have a Masters’ Degree in Counselling Psychology from UBC and I am a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. I have over ten years of experience with counselling and utilize Cognitive-Behavioral Therapy, Narrative Therapy, and EMDR (Eye Movement Desensitization & Reprocessing) in my overall practice. I am a member of EMDR Canada and currently taking steps towards being a Certified EMDR Therapist. I have worked for Vancouver Coastal Health (VCH) as a Concurrent Disorders Clinician. I have also worked for the Government of BC, Government of Alberta, and various not-for-profit agencies in facilitating group counselling, providing therapy to children, youth, individuals, and families, as well as conducting risk/suicide assessments. My research interest consists of utilizing EMDR and dealing with problematic video gaming. I am hoping to develop an effective protocol that can be utilized to help therapists in assisting children, youth, and adults deal with gaming disorders. I have been married for 10 years to a wonderful woman who supports me and have a French Bulldog named Capone. I’m looking forward to meeting everyone and continuing to grow as a practitioner. I enjoy sports, video games, and pop culture.
FACULTY PROFILE

Dr. Mike Toohey

Q: Where did you grow up?
I am a born-and-raised Floridian. I lived in Boca Raton, which is frequently referenced on Seinfeld as the place where everyone goes to retire. This is true. About 25% of the people I meet tell me they know a retiree living there when I bring it up. I have also lived in Boston, New York, Hartford, and Baltimore for my academic career. I’ve learned a lot about being an East Coaster, such as loving city-life, sports, and being in a rush all the time. I moved to Seattle about three years ago and am looking forward to furthering my time as a Seattleite.

Q: How has your transition to Seattle been? [Here include any activities you enjoy, things you had to get used to, things you still want to do/see]
I love Seattle! In Florida there are only two seasons: summer and a less-hot summer. When I lived in the northeast, it got so cold that they literally told us our ears might freeze if we stayed outside too long. I appreciate the variable but mild weather of Seattle. Interestingly, it rains more in FL than it does in Seattle, just less frequently and more intense. My favorite place in Seattle is the Museum of Pop Culture (MoPOP, formerly EMP). I am a huge fan of music and movies, so it is the perfect place for me. My second favorite place is the gum wall.

Q: What led to your decision to pursue graduate degrees?
I love to learn, and if I’m going to do something, I want to do it to the best of my ability. So I sought a graduate degree and, eventually, a career in academia where I never stop learning. People act weirdly and do strange things, and I’ve always been interested in why we do the things we do. So psychology was a good fit for me.

Q: How is Antioch different from your last teaching gig? How would you characterize it and the PsyD students?
Good question. I have thought a lot about this. I’ve taught at a number of different institutions and with students of all different levels. Every institution has a unique culture with different norms and expectations. I’ve noticed that Antioch as a whole is unique and allows for personalities to shine. It is pretty laid back and encourages creativity and flexibility. Antioch also advocates for students and responds to concerns very well. The faculty are close and get along very well with one another. The students are motivated, bright, and respectful. I’m really enjoying my time here.
Q: As a doctoral student at Hofstra University, you worked with Howard Kassinove, professor emeritus and director of the Institute for the Study and Treatment of Anger and Aggression. How did you connect with him? What continues to interest you about it?
Dr. Kassinove was my mentor at Hofstra, and I was a member of his Anger Institute as a graduate student. He interviewed me when I applied to the program. He liked that I had worked as a debt collector in the past (only phone calls), and he said that if I could do that I would do well as an anger management specialist. Anger is an odd emotion: You can be angry with your phone for not working, so you slam it on the table and break it further. Or you might be angry with a loved one for not caring about you so you yell at them, making them move further away from you. We all experience anger and can relate to these issues. Yet, there is still no anger disorder and, consequently, a lack of funding and research on anger. This is what drives me to continue my work on anger.

Q: What was your dissertation about? What was the process like for you?
My dissertation was on the effects of music on angry thoughts and feelings. I basically replicated previous findings that music affects feelings and was unable to extend those findings to include thoughts-turned out to be not all that impressive of a study. My goal was to make the process as enjoyable as possible. I chose a topic that interested me and a committee that I liked. I started the dissertation process early, and I set aside 2 hours every Sunday to work on it (even if it was just creating an outline or reading one massive article). It ended up being a pretty smooth and seamless process. I defended in my fourth year and was free to devote my time in the following years to make the most out of internship. My advice for students would be to finish the dissertation before internship so that you are free to pursue all of the opportunities that internship provides.
Q: What can you pass on about working as a clinical psychologist?
Be authentic. You are a human being, and your clients will be human beings. Knowing empirically-based techniques are essential and so is being able to relate to your client and to be trustworthy. If something odd occurs, such as your client needing to take a phone call during session, don’t immediately continue with the functional behavioral analysis when they come back. First ask them if everything is okay. If the client skipped lunch, they might need to have a snack before proceeding. The same goes for you as a clinician. Take care of yourself. You might need to think outside of the box to address certain scenarios in the most ethical and helpful way. Also, remember that part of being human is that you and your clients are unique individuals: do not treat them as you would want to be treated; treat them as they would want to be treated. Of course, this is hard to determine at times. As humans, accidents, miscommunications, and even downright errors are inevitable. Mistakes and ruptures will occur. Communicate. Check-in. Process. Have an open dialogue with clients (and colleagues, professors, friends, family). What is more important is how challenges are handled afterwards. Sometimes, ruptures can even be a good thing. As an anger management specialist, ruptures can create opportunities: for the client to express themselves; for the therapist and client to explore and process in vivo experiences; and for the therapist to model how to handle difficult situations. So be compassionate towards yourself and your clients as fellow human beings, and talk about any challenging or ambiguous events. We are all just imperfect human beings trying to find our way in the end.

Q: What recommendations do you have about navigating a doctorate?
Explore. Explore Antioch and take advantage of the resources around you. From the faculty side, we do as much as we can to provide a solid foundation of knowledge, but there are so many other resources (on-campus and online) available to you. I believe most students know that you all have access to a free online DSM-5, but you also have access to a number of e-books and hundreds of hours of videos of experts from all different theoretical orientations conducting psychotherapy. I would recommend watching them while you have lunch. Meet with faculty with knowledge that interests you, even if you have no specific questions. Literally walk around the building to see the different services that Antioch provides and how they might be helpful for you. There are likely resources outside of the building as well. Ask a lot of questions. Try out new opportunities, at least one of everything. If you don’t like research, just present one poster. Purposefully work with a certain type of client that scares you. Read about areas in (or outside of) psychology about which you know little, just to try it out. Push yourself. Explore. You will find and learn many things about which you otherwise would not have known, and it will make all the difference.

We are all just imperfect human beings trying to find our way in the end.
2018 PSYD GRADUATES
Christine Treece, Jessica Stark, Alex Gomez, Shon Powell, Alesya Radosteva, Aubriana Teeley, Sarah Shreeve

Jessica Stark, Shon Powell, Aubriana Teeley, and Alex Gomez at the 2018 commencement ceremony
APA CONVENTION RECAP
San Francisco, CA

Dr. Russell - Awarded Division 56's Outstanding Service to the Field of Trauma Psychology

Ianto West - Avoiding Unhelpful Responses: A Proposed Theoretical Measure of Readiness to Work with Transgender Clients

Samantha McGee & Dr. Bergkamp - Western Clinical Psychology Student's Exploration of Cultural Immersion: The Intersection of Tibetan Buddhism and Psychology
APA CONVENTION RECAP
San Francisco, CA

Gwendolyn Barnhart, Lori Wohler, Dr. Steve Curtis - Children and Psychotropic Medications: A Guide for School, Clinical, and Prescribing Psychologists

Lindsay Thomas, Abi Martin, Dr. Bergkamp - Exploring the Path of Least Resistance: A Grounded Theory Study of Privilege Awareness
CONFERENCES & SUBMISSION DEADLINES

Anxiety and Depression Association of America

Poster sessions are lively, engaging sessions promoting the exchange of new research findings in a visual format. More than 450 presenters discuss their findings with colleagues in two posters sessions. These interactive sessions provide an opportunity to interact face-to-face with researchers, to ask questions, discuss findings and share information. Light refreshments, cash bar and soft drinks are provided. Submission deadline is in November for the next year.

https://adaa.org/Conference/2019-poster-sessions

Association for Research in Personality (ARP)

A scientific organization devoted to bringing together scholars whose research contributes to the understanding of personality structure, dynamics, and development. The 2017 ARP conference was held in Sacramento, California, from June 8 to 10, 2017. The next conference will be held on June 27 to 29, 2019 in Grand Rapids, Michigan.

http://www.personality-arp.org/conference/

The American Academy of Psychotherapists (AAP)

A multidisciplinary community of psychotherapists dedicated to developing the person of the therapist. The mission of the American Academy of Psychotherapists is to invigorate and support the psychotherapist's quest for excellence and growth through authentic interpersonal engagement.

http://thetherapeuticrelationship.org/index.html

https://www.aapweb.com/

International Society for Traumatic Stress Studies (ISTSS)

The International Society for Traumatic Stress Studies is dedicated to sharing information about the effects of trauma and the discovery and dissemination of knowledge about policy, program and service initiatives that seek to reduce traumatic stressors and their immediate and long-term consequences. The ISTSS annual conference is typically held in November each year.

https://www.istss.org/am18/home.aspx

The Washington State Psychological Association (WSPA)

A three-day conference in Washington. Proposal application and documentation is due 60 days prior to the event, usually in November of each year. The review process will take up to 30 days.

https://wspapsych.org/
Knitting as an Adjunctive Treatment for Substance Use Disorder: A Mixed Methods Multiple Case Study

Aubriana Teeley. Defended in August.

Substance abuse disorder is characterized by the presence of cognitive, behavioral, and physiological symptoms from substance use with continued use despite these consequences. It has serious individual and societal implications, such as negative health effects, overdose, poor work and school performance, negative impacts on relationships, and even death. Economic effects include more frequent use of emergency and hospital services as compared to peers without substance use disorder. A variety of treatments for substance use are available, including inpatient and outpatient programs accompanied by behavioral interventions, individual or group psychotherapy, or 12-step programs. However, there is no one treatment that is effective for all patients, and so exploring alternative treatments continues to be important. Although knitting has existed for centuries, there has been a resurgence in popularity since the early 2000s. This mixed-methods multiple case study evaluated the efficacy of individual knitting lessons to reduce the presence of perceived stress and increase mindfulness during knitting sessions. Five adults participated in a series of individual knitting lessons and provided feedback about their experiences through quantitative assessments and qualitative interviews. Quantitative analysis, both overall and by individual, did not show any significant reductions in perceived stress or increases in mindfulness. Post-intervention interviews revealed that all the participants had generally positive experiences and planned to continue knitting independently.

"The Way to Become a Man": The Influence of Commercial Sex on Male Psychosocial Development

Adrian DeLuna Garcia. Defended in October.

Hegemonic masculinity and the negative consequences that it has on men and women continues to gain increasing attention in research and in popular culture. Particular attention is paid to the sexual violence that is perpetrated by men towards women, however, the research on men's sexual development and its relationship to this sexual violence focuses largely on biological explanations. The feminist literature, however, on sexual violence offers a differing perspective, which includes the socialization processes that men undergo in their sexual development that lead them towards normalizing sexual violence. One of these processes is the existence and normalization of the commercial sex industry. This study interviewed 12 participants, eight via individual interviews and four in a focus group, to ascertain the relationship between men's sexual development and their engagement with the commercial sex industry. The findings within this study suggested a strong link between men's sexual development, pornography, prostitution, and fitting in with all-male peer groups. Commercial sex served as a vehicle for participants to express their masculine identities and bond with peers over sexual topics. Literature and exploration on hegemonic masculinity may benefit from further analysis on how men's sexual development, including their enactment or understanding of sexual violence, is interwoven into their experiences of commercial sex.
We started the quarter with a community meeting which addressed the Clinical Oral Examination (COE), presented by Chris Heffner, Ph.D., Psy.D. This community meeting reviewed the COE timeline which students are expected to follow and it gave students the opportunity to ask any COE related questions they had.

Taskstream was introduced to students by Jude Bergkamp, Psy.D. and Jessica Cowan during the following community meeting. Presenters provided an in-depth instruction on how to use the new eportfolio system, in addition to the basis behind the competency model used at Antioch.

Later in October, Mark Russell, Ph.D., ABPP presented the topic of “Moral Injury: Lessons from War and Clinical Implications for the Private Sector”. During this community meeting, Mark Russell, Ph.D. promoted the understanding and prevention of moral injury.

Mike Toohey, Ph.D. and Maddison Paul spoke to students regarding the topic of “Instructions for iPad Use with Assessments”. During this community meeting, the presenters addressed many of the questions students had regarding the use of iPads with assessments, such as connectivity issues. The presenters also reviewed the benefits of conducting an assessment with an iPad, including increased efficiency and automatic scoring.