Three Cheers: Summer’s Here!

It’s been another productive, active, fun-filled year! The last issue of this year has a ton of goodies, updates, and interviews. Check it out and enjoy! On behalf of the entire newsletter committee (Morgan Eichorst, Michelle Jones, Kim Sokolowski, and Allyson Phillips), thanks for letting us highlight your awesome accomplishments this year!

Inside this issue:
Meet the 2014-15 PGSA
Magic City Mentionables
Advice from the 2014 Internship Class
Student Accomplishments
& more!

PSYCHed For A Cure raised over $3000!
A fresh batch of faces grace the chairs around the 2014-2015 PGSA table. Excitement buzzes, as each member shares their “first thoughts” upon hearing that they would be serving the graduate student body over the next year. Take a minute to get familiar with the students representing you!

LISA BECK (PRESIDENT)

“I have big shoes to fill following the amazing leadership of Ernest and Blake over the past 2 years, but I am excited about working with all of the students elected to the PGSA executive board to ensure that the PGSA continues to effectively advocate for the graduate students and remains an active and influential entity within the department.”

GABBY SMITH (EXPERIMENTAL VP)

“OH, SNAP!”

MORGAN EICHORST (CLINICAL VP)

“The millions I spent on my campaign definitely paid off!”

DEAN ELMORE (SOCIAL REP)

"Huh. I guess people do realize that Jerome and I are different people".

HANNAH RAPPORT (CHILD REP)

“I'm so excited for this upcoming year!”
MEAGAN WOOD (COGNITIVE REP)

“I was super excited! I can't wait to start and see what the new year will bring!”

CAITIE TIGHE (GERO REP)

“YAY!”

IAN SHERWOOD (HEALTH REP)

“Paralyzing, existential terror. (Just kidding.) I’m excited at the opportunity to give back to the department!”

JAIME ANDERSON (PSYCH LAW REP)

“WooHoo!! Can't wait to start!”

GAYLE FAUGHT (DEVELOPMENTAL REP)

“How did that just happen?!”
The Magic City

The largest city in Alabama is full of things to do, see, and try. But we all get stuck in our same old, same old ruts. Looking for some new things to check out in Birmingham? Look no further.

Vulcan Park and Museum

“Vulcan, Birmingham Alabama’s colossal statue is the world’s largest cast iron statue and considered one of the most memorable works of civic art in the United States.”
www.visitvulcan.com

Oak Mountain State Park

“With over 50 miles of hiking, biking, and equestrian trails set in a picturesque 9,940-acre park, there is something for all outdoor enthusiasts to appreciate and enjoy.”
www.alapark.com/oakmountain.

Ruffner Mountain Nature Preserve

With events like “Beer on the Back Porch Music Series” featuring Back Forty Brewing Company, “Arts on R Mountain,” who wouldn’t be interested?
www.ruffnermountain.org/

Library in the Forest

“The new 35,000 square foot library is located on nine wooded, rolling acres of the Wald Estate, at the intersection of Round Hill Road and Highway 31. This beautiful setting runs adjacent to the Boulder Creek Nature Trail and affords unique outdoor learning experiences for visitors of all ages.”
http://vestavialibrary.org/

Civil Rights Institute

“To promote civil and human rights worldwide through.” http://bcri.org/index.html

Birmingham Museum of Arts

“The collection [of more than 25,000 pieces] presents a rich panorama of cultures, featuring the Museum’s extensive holdings of Asian, European, American, African, Pre-Columbian, and Native American art.”
http://www.artsbma.org/

Railroad Park

“Railroad Park is a 19 acre green space in downtown Birmingham that celebrates the industrial and artistic heritage of our great city.” And has free wifi!
http://www.railroadpark.org/

Birmingham Botanical Gardens

“The Gardens features the largest public horticulture library in the U.S., conservatories, a wildflower garden, two rose gardens, the Southern Living garden, and Japanese Gardens with a traditionally crafted tea house.” Not to mention, it’s free!
http://www.bbgardens.org/index2.php

Aldridge Gardens

“Features include an event venue and gallery in the couple’s former home, an outdoor pavilion, a six-acre lake and a half-mile walking trail. The Gardens also host plant sales, art exhibits and shows, classes and seminars, bird walks, fishing days, concerts and more.”
http://aldridgegardens.com/

Barber Vintage Motorsports Museum

“Home to the world’s best motorcycle collection, the museum now has over 1200 vintage and modern motorcycles and racecars and the largest collection of Lotus cars as well as other significant makes. The collection is the largest of its kind in the world.”
http://www.barbermuseum.org/

Iron City

“Iron City Birmingham is a full service grill, bar, and entertainment venue in the heart of downtown Birmingham.”
http://ironcitybham.com/

Regions Field

“The crown jewel of Birmingham’s newly developed Parkside District, features a variety of unique seating areas, creating an intimate atmosphere and offering unique views of the downtown skyline, UAB, Children’s Hospital, Vulcan and Red Mountain.”

Good People Brewing Company

Good people, good beer, great time. http://www.goodpeoplebrewing.com/

And don’t leave without filling up at one of these fine restaurants:

Betolla | bettolarestaurant.com
Saw’s BBQ | sawsbbq.com
Urban Cookhouse | urbancookhouse.com
O’Carrs | o carrs.com
El Bario | elbarriobirmingham.com
Urban Standard | urbanstandard.net
Trattoria Centrale | trattoriacentrale.com

A special thanks to Casey Azuero, Birmingham native, for her help putting together this wonderful piece!
Bev Thorn on passing the torch, lessons learned, and being “too nice”

Bev has served our Department as Chair for 5 years. She took some time to reflect on that time and what she is looking forward to now that she is passing the torch.

**What aspect of being chair has been the most rewarding? The most challenging?**

“Rewarding: Unlike being DCT, which involved mostly working with grad students, the Chair works with everyone, but most intensively with faculty. My favorite part was having a large hand in recruiting, hiring, and then mentoring junior faculty. They truly are the department’s future, and it is rewarding to plant the seeds and help them grow.

Challenging: Adapting to the burgeoning enrollment at the university and changing expectations of administration with the same resources we had 25 years ago. Keeping up faculty morale in the face of increasing expectations of faculty, while at the same time knowing that we all must adapt, or go extinct!”

**Finish this statement: when I began my position as chair, I worried about __________; now I know that __________!**

“Well…..a number of years ago, I was interviewed for a big job at APA. I was told that I was “too nice” for the job. I was recently contacted about the same job. I was flattered, but declined to apply. I did reassure them though that I am no longer “too nice” for the job! (one learns to do and say some stuff as chair that I never thought I would have to do or say!)”

**What qualities/skills/talents did you find most helpful to you as you navigated the many responsibilities of being chair?**

“My sense of humor saved me (and sometimes others). In tense situations, I’ve been able to say something a bit humorous (hopefully only when appropriate), and lighten up the situation.”

**What advice will you pass on to Fran as she begins her tenure as chair?**

“Decisions have to be made quickly (not impulsively), so everything is fast moving. There isn’t a whole lot of time for quiet reflection. My biggest advice, though, is take time to exercise!! I thought I’d be needing to do more yoga and getting more massages as chair. I needed to RUN!”

**What are you most looking forward to as you transition out of the role of chair?**

“I haven’t had time to really think about my research and its implications in a while. I’ve just been on the production line, for the most part. My students have been my “better brains” while I’ve been a manic machine. It will be nice to take some time to read something and think about how we can use the information to improve the quality of life of our patients with chronic illness and persistent pain.”

Bev and her dogs pose on the beach!
How are we going to find another Director of Graduate Studies like Dave Boles? His retirement is truly bittersweet for our department. He shared some of his parting thoughts with us, including the importance of mistakes, laughter, and keeping up with email!

**What aspect of being DGS has been the most rewarding? The most challenging?**

“Most rewarding has been the incredible support I have received from everyone in the department. In some ways it’s a job with 150 bosses, but they’re such nice bosses. The most challenging: Email! It is relentless but completely necessary.”

**Finish this statement: when I began my position as DGS, I worried about ________; now I know that ________!**

“When I began my position as DGS, I worried about making mistakes; now I know that making mistakes is a daily event! All you can do is laugh, learn, and go on.”

**What qualities/skills/talents did you find most helpful to you as you navigated the many responsibilities of being DGS?**

“Cultivating a sense of detachment. When that has failed, laughing, learning, and going on.”

**What advice will you pass on to the next person who is DGS?**

“I have 28 pages of advice for the next DGS that I call "The Unofficial DGS Manual". It is fascinating reading.”

**What are you most looking forward to as you transition out of your role as DGS?**

“In this case the transition is also into retirement. I look forward to concentrating on professional and personal writing, whenever I feel like it. Also more travel with loved ones, like in the photo with my wife Joan Barth. That guy looks like he’s happy.”

“Dave and Joan Barth, enjoying travel together!”
CONGRATULATIONS, INTERNS!

Read on to hear what Shweta, Jesse, Jennifer, Julie, Jacklyn, Ami, Becca, Sylvia, Kyrstal, and Martha shared about the process of applying for internship!
What excites you most about matching at your internship site?

I am very excited that at Emory I'll receive supervision and training in *Psychodynamic Psychotherapy* and Existential therapy, both of which I am very interested in. Being a big-city person, I love Atlanta, particularly, the food and shopping! It is so close to Tuscaloosa and my family which was a big draw for me! [Shweta]

Mostly I am excited about the different training opportunities I will be allowed to experience. I will have the ability, for example, to work with populations new to me, like federal prison inmates and possibly abused children. I can't wait to broaden my horizons in other forensically-relevant ways. [Jennifer]

I'm really excited about the opportunities at the Tuscaloosa VAMC to work with recently returned veterans and to work in a primary care setting. [Julie]

I am most excited about matching at Fulton State Hospital because I will be able to do a full year of forensic evaluations and participate in treatment for sex offenders. I am looking forward to the great training opportunities that my internship site has to offer. Additionally, I am excited to spend some time in the pacific northwest. [Ami]

I would have to say that I am most excited to have matched to a site that will provide me with the well-rounded experience I am seeking from a training program. I wanted to be able to do a little bit of everything within a federal prison setting, and this internship allows me to do exactly that. [Krystal]

San Antonio, ability to avoid a new round of applications next fall via package deal with a post-doc, potential for learning some Spanish and eating some amazing food, a Tex-mex themed wedding, wealth of new clinical experiences, San Antonio SeaWorld and Six Flags... too many to choose from, take your pick! [Jesse]

I am very excited about living in a different part of the country! I am looking forward to the many outdoors activities that West Virginia offers, especially hiking and skiing. [Jacklyn]

I am very excited about the opportunities at the Tuscaloosa VAMC to work with recently returned veterans and to work in a primary care setting. [Julie]

I am very excited to be matched to a site with such a great reputation for psychological research and intervention in a health setting. I am excited about the way this internship will prepare me to (hopefully!) work in an academic medical setting in the future. [Martha]

It's a 100% best fit with my clinical and research interests--I am super excited grateful and for this newly-created internship position that provides me the exact training opportunities in palliative/supportive care and geriatric medicine that I have been dreaming for. [Sylvia]
Go to each interview armed with lots of questions about the site. The interviews are a two-way street, and if you don't have questions for the staff at a site, they may view that as a sign that you're not interested in them. [Julie]

Enjoy the process. After all your classes and all your training this is your time to reflect on your experiences and decide how you want to shape your career. Enjoy traveling and meeting new people. The world of psychology is smaller than we realize and connections you make during interviews may be important beyond internship.[Becca]

Sometimes, it is better to let an internship program know how they can improve your clinical skills with their training experiences. But I do wish I had applied to sites that better fit my training experiences, so I suggest applying to some "weaker" sites simply for peace-of-mind and back-up planning. [Jackyln]

Relax and be yourself at interviews. Know that you come from a great program and that you have great training. Interviews are just as much an opportunity for you to check out the site and see if it is a match as it is for sites to get a feel for you. [Ami]

This has been a harrowing experience, be brave! [Jesse]

Reach out to your peers currently on internship and recent graduates for review of your materials and interview preparation! They will be some of your best resources during this process and everyone is willing to help...even in the middle of the night. Coffee, drinks lots of coffee! [Krystal]

Start EARLY by having a honest evaluation about self, strengths, weakness, professional development goals, as well as collecting information about potential rotation opportunities. Do not be shy to explore opportunities that you are interested in but do not yet exist. Miracles do happen and it's possible that internship sites are willing to accommodate or even create opportunities to meet your training goals. Also, thank everyone who has helped you along the way, especially our amazing, encouraging, and supportive faculty members and peers! [Sylvia]

THANKS to everyone who took the time to share their thoughtful advice. We wish you all the best!
SAY CHEESE!

- STAN AND HIS STUDENTS ENJOY A CONFERENCE
- THANK GOODNESS FOR OUR WONDERFUL STAFF!
- STUDENTS GATHER TO CELEBRATE EN’S BIRTHDAY
- BIG AL SURPRISES FOLKS AT ISSR
- KELSEY, JOAN BARTH, AND DEB MCCALUM ENJOY THE FACULTY AND STAFF APPRECIATION POTLUCK!
• BRING BACK THE 80’S!
• STUDENTS GATHER FOR SHELTER IN GORDON PALMER DURING SEVERE WEATHER
• CHRIS O’BRIEN PRESENTS HIS RESEARCH IN TEXAS
• KAROLINA CHATS WITH DR. CACIOPPO AT GAPS
• SOME SMILING 3RD YEARS
• BEV POSES WITH STUDENTS AT THE FIRST ANNUAL FACULTY & STAFF APPRECIATION
Publications:


Awards:
Lisa Beck was awarded the 2014 award for Outstanding Service by a Graduate Student from the Graduate School. She will be celebrated during Honors Week.

Morgan Eichorst was awarded a Graduate Council Research Fellowship for 2014-2015

Calia Torres was awarded the Young Investigator Travel Award to attend the American Pain Society (APS) conference in Tampa Florida (April 30-May 2014)

Rachel Thibodeau and Ansley Gilpin were awarded a Research Grants Committee Award for 2014-2015

Defenses:
Even Kennedy, Thesis
Meagan Wood, Thesis
Casey Dillon, Thesis
Cameron Powe, Thesis
Emily MacDougall, Thesis
Martha Combs, Dissertation
Beth DiNapoli, Dissertation
Megan Davis, Dissertation
Allyson Phyllips, Dissertation
Melissa McInnis, Dissertation
Lindsay Greenlee, Dissertation
Alberto Jimenez, Dissertation
Chris O’Brien, Dissertation

New Doctoral Candidates:
Shannon Murphy
Eric Greenlee
Patrick Ewell
Becca Kastner

Job Offers:
Megan Davis- Assistant Coordinator and Transition Specialist of the UA Autism Spectrum Disorders College Transition and Support Program

Allyson Phillips- Assistant Professor at Ouachita Baptist University

Melissa McInnis- Assistant Professor at Texas Woman’s University

Lindsay Greenlee- Assistant Professor at The Citadel