

# Psychology

# Newsletter



IUP Department of Psychology Newsletter

Spring 2019, Issue 1



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IUP Psychology Department  
1020 Oakland Ave.  
Uhrer Hall, Room 101  
724.357.2426

[Type here]

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## WELCOME

Welcome to the first IUP Psychology Department Newsletter! We hope you enjoy catching up with the Department and learning a bit about what has been going on in the Department during the last few years. The goal of the Newsletter is not only to provide information, but also to serve as a tool to connect with alumni and others affiliated with the Psychology Department. Hopefully we can expand the Newsletter in the future to include varied topics of interest. If you have information and/or ideas about what to include in future Newsletters, please let us know. Please send us information about what you are doing. You can email us with any feedback, information, ideas, or questions. The Newsletter email address is: [psychology-newsletter@iup.edu](mailto:psychology-newsletter@iup.edu). You can also contact the Department Chair, Dr. Pearl Berman at [psberman@iup.edu](mailto:psberman@iup.edu)



## *A LITTLE HISTORY*

The IUP Psychology Department's current activities build on its history and traditions. As IUP has transitioned over the past 60 years from a state teacher's college to a doctoral university, so too has the Psychology Department evolved. The Psychology major at IUP first took shape in 1964 as a Specialization in Psychology that was attached to the Social Science major in the School of Liberal Arts. At that time, there was no Psychology Department, and psychology courses were taught by faculty in the Educational Psychology Department that was part of the School of Education. In 1967, the Psychology Department was officially established and moved to the School of Arts and Sciences. In 1978 it became part of the newly minted College of Humanities and Social Sciences. Consistent with its emphasis on the natural scientific underpinnings of the discipline, two years later the Department became (and still is) part of the College of Natural Sciences and Mathematics. Before establishing the Doctoral Program in Clinical Psychology in 1984, a terminal master's program with three concentrations (general experimental, clinical, and community) comprised the Department's graduate program. The Psychology Department's Undergraduate Honors Program is the second oldest honors program at IUP. Psychology Department faculty have been honored and recognized at IUP in many ways. Four IUP Distinguished University Professors come from the Psychology Department (Leon VandeCreek, Richard Magee, Krzysztof Kaniasty, and Maureen McHugh). Dr. Kaniasty and Dr. Raymond Pavloski received IUP Senate Distinguished Faculty Awards for research, and Dr. Magee received one for community service. In addition, Dr. Mary Lou Zanich and Dr. David LaPorte have received IUP Senate Distinguished Faculty Awards for teaching. The Psychology Department is currently housed in Uhler Hall, named for Joseph M. Uhler who served as IUP President from 1942 to 1947.

Dr. Pearl Berman is currently the Department Chairperson, Dr. Lisa Newell is the Assistant Chairperson, Dr. Derek Hatfield is Director of the Clinical Training Program, Dr. Laura Knight is Director of the Center for Applied Psychology, and Dr. William Meil is Director of the Undergraduate Program.

## *FACULTY ACTIVITIES AND ACHIEVEMENTS*



DR. PEARL BERMAN has been working to promote violence awareness, and she has presented at conferences and published articles on the topic. In addition, Dr. Berman will be the next president of the National Partnership to End Interpersonal Violence (NPEIV). This partnership includes psychologists, criminologists, social workers, medical doctors, police officers, judges, and lay people from across the United States who are implementing a comprehensive plan to end interpersonal violence in three generations. Each year, Dr. Berman brings students with her to the forum and conference. At the forum, students attend all planning sessions and see “live” how to be a violence prevention professional. At the conference in September 2018, Dr. Berman presented research that she conducted with two recent IUP graduates, Ms. Alaina Miller (currently attending Widener doctoral

program) and Ms. Melanie McDaniel (currently employed as a domestic violence victim's advocate), as well as IUP doctoral student, Casey Boland.

In an effort to encourage people to take active steps toward reducing interpersonal violence, Dr. Berman sponsored a student essay contest at IUP during the Fall 2018 semester. She explains: "I woke up one day to hear about...yet another school shooting and I couldn't take it anymore. I have dedicated my life to trying to help end interpersonal violence and it is taking too long." The essay contest was a way to do "one small thing that I had complete control over." Contestants could choose one of the following two topics to write about: 1. What would your life be like if you woke up one day and there was no interpersonal violence? 2. What would your life be like if there was no interpersonal violence at IUP? Ten students participated in the contest. Some highlighted the pain caused by violence, some imagined better ways of interacting with others, and some had specific dreams for what a safe world would be like. Ms. Baylee Banks won the \$100 prize for her essay, "A Beautiful Dream...?" Dr. Berman had originally planned on awarding one prize, but the other submissions "were so excellent that I had to make at least second prize winners." Three students tied for second place and won \$20. They were Sophia Manges, Kitty Page, and Marlee McCadden. In addition, Dr. Berman has started a blog to introduce readers to some strategies for preventing violence through the story of a single teen mother, Clare, and her son, Davy.

<https://pearlsberman.com/blog/>

In her winning essay, Baylee Banks writes: After dinner, which was great, you decide to write in your journal about your day. You begin your passage by starting with your morning, ending with your night. You wrote the words "no more violence" and "this is crazy" too many times in one journal entry. You start to be comfortable. The anxiety from the one time that your family had a home intruder is going down. You aren't scared anymore. Violence can't hurt you anymore. You write, "This life is equivalent to a perfect life. I am so happy that this is happening. No violence?! My life is going to change drastically...for the better. This is my new, perfect life. No more fear...no more hiding...no more anxiety."



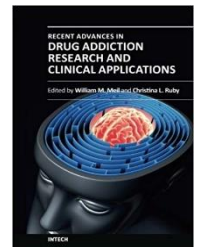
*DR. ANSON LONG* was on sabbatical in Spring 2018, and she used the time to intensively pursue her research interests in the area of apologies and forgiveness. Her research in this area has two main foci. One involves examining the effect of apologies in the context of repeated offenses, where she finds that forgiveness decreases as the offenses accumulate, even when apologies are offered. Another research focus involves what she calls "asymmetrical apologies," which occur when two people jointly commit an offense, but only one of them apologizes for it. In these asymmetrical apologies, the person who apologizes receives especially high forgiveness (higher than when both apologize), and the person who does not apologize receives especially low forgiveness (lower than when neither person apologizes). During her sabbatical, Dr. Long also developed a new line of research in this area that connects to her existing research on existential isolation (feeling alone in our experiences). She discovered that people who are high in existential isolation are less likely to accept people's apologies and offer them forgiveness because they tend to doubt the sincerity of those apologies. She plans to continue her research in these areas with new projects currently in development.



In collaboration with Dr. Joan Chrisler of Connecticut College, DR. MAUREEN C. MCHUGH co-edited the January 2019 special issue of *Women & Therapy*, “Making Space for Every Body.” It was published as a double issue with 13 entries including two written by IUP graduate program students/alumni (Ashley Kasardo & Melissa Muehlman). While reflecting upon her career in psychology, Dr. McHugh recalls that since her days as a graduate student, her work in feminist psychology has integrated teaching, research, and activism. She has been teaching Psychology of Women and Human Sexuality since 1975, and she has consistently presented and published papers on women and gender bias in psychology. As she explains: “My passion for feminist psychology always encompassed the idea that the work I was doing could/would make a difference in the lives of women and in society.” One of Dr. McHugh’s current concerns is size prejudice and how psychologists perpetuate rather than challenge prejudice against fat individuals. She recalls: “My early interest in sizeism can be traced to my joining/co-founding the Size Caucus at a meeting of the Association for Women in Psychology (AWP). I joined AWP in 1977 as a graduate student, and as a feminist organization it has been an important organization in my professional career.” Dr. McHugh initially worked on these issues with IUP Psychology Department graduate student, Ashley Kasardo, and in 2012 they wrote an article commentary on sizeism in psychology that was published in *Sex Roles*. Dr. McHugh continued to work with students against sizeism, and also began to argue against adopting a medical model of obesity in psychology. From 2012 on, Dr. McHugh and students have actively conducted workshops, presented at conferences, and written papers on sizeism, as well as the medicalization of women’s bodies and experiences. As President of the American Psychological Association’s (APA) Division 35 (Society for the Psychology of Women) in 2015, Dr. McHugh initiated a Task Force on Sizeism which subsequently became the Division 35 Committee on Size Bias. In 2017, a presentation that she gave at APA’s annual convention was the subject of an APA press release, and was widely reported in the media. Currently on sabbatical, Dr. McHugh is writing a chapter on fat shaming for a book on women and shame which will be published by Springer.



DR. WILLIAM MEIL recently co-edited a book with Dr. Christina Ruby of the IUP Biology Department entitled, *Recent Advances in Drug Addiction Research and Clinical Applications*. It is available in hardcover and via open access (<https://www.intechopen.com/books/recent-advances-in-drug-addiction-research-and-clinical-applications>). This book has been well received and chapters have been downloaded over 5,000 times. Although it is well accepted that drug addiction is a major public health concern, how we address it continues to evolve based on recent advances in the lab and clinic. This book includes eight chapters which review central findings regarding the neurobiology and treatment of drug addiction, while considering the diversity of perspectives on the topic. Chapters include discussions that range from evolutionary biology, to psychiatry, to the legal system. Dr. Meil considers this book to be a culmination of his career to this point as its authors include his former IUP students, current colleagues, and several authors with notable national and international reputations. Dr. Meil and colleagues also recently published articles on executive functioning and alcohol, tobacco, and marijuana use in the *Journal of Addiction Research and Therapy* and the journal, *Addictive Behaviors*.





In 2016, Oxford University Press published DR. CATHERINE RAEFF'S book, *Exploring the Dynamics of Human Development: An Integrative Approach*. In this book, she offers a theoretical framework for thinking systematically about dynamic developmental processes. This approach integrates systems theory, organismic-developmental theory, and sociocultural theory, as well as research across cultures and the life span. Using a wide range of illustrative empirical examples, Dr. Raeff first conceptualizes what develops during development in terms of cultural action in relation to others. She then conceptualizes what happens during development in terms of differentiation and integration, and explains how development happens through individual, social, and cultural processes. Since the book came out, Dr. Raeff has been elaborating a conceptualization of action as the unit of analysis for psychology. She has published some articles on the topic and is currently working on a book on the complexities of action. The book will offer a conceptualization of action that will hopefully provide a basis for thinking systematically about some of the complexities of human functioning. In a nutshell, she argues that people act in relation to others in cultural contexts, and that such action is constituted by individual, social, cultural, bodily, and environmental processes. Such action is further made up of varied psychological processes (e.g., sensing, perceiving, thinking, feeling, interacting, self/identity), and such action develops.



## *BUSY STUDENTS AND ALUMNI*

### Undergraduates

#### PSI CHI



Psi Chi is the International Honors Society in Psychology. IUP's chapter of Psi Chi also functions as the Department's Psychology Club. They aim to make the content of bi-weekly meetings relevant to a broad audience and welcome everyone to attend meetings (whether or not students are official members). Psi Chi had several speakers in the Fall of 2018: Drs. Jennifer and Anthony Perillo discussed their exciting new grant; Dr. Danielle Adamsky (an alumna of our Psy.D. program) shared her experiences working at Torrance State Hospital; Dr. David Benhayon spoke about his work as a child psychiatrist; and graduate students from IUP's Department of School Psychology provided information about what school psychologists do. This past fall, Psi Chi also had information sessions on practicum opportunities available to our undergraduates, as well as how to create a curriculum vitae and personal statement for graduate school applications. In addition, Psi Chi volunteered at Torrance State Hospital's annual 5k race. This spring, they made Valentine's Day cards for a local hospice and sponsored a suicide prevention training, which was very well attended. Plans for the rest of the semester include co-sponsoring a violence prevention training with IUP's chapter of Active Minds and holding a panel on job opportunities that do not require an advanced degree.

Psi Chi is always interested in hearing from alumni! If you would like to talk with current students about job opportunities, career trajectories, advice on life after college, or any other topics that could be of interest to psychology students, please email the Psi Chi Faculty Advisor, Dr. Stephanie Davis, at [sdavis@iup.edu](mailto:sdavis@iup.edu). If you are not local, we can arrange for you to participate in a meeting via Skype.



PSI CHI AT TORRANCE STATE HOSPITAL'S ANNUAL 5K RACE



PSI CHI STUDENTS MAKING VALENTINE'S DAY CARDS FOR LOCAL HOSPICE RESIDENTS

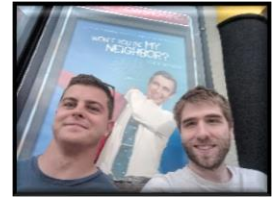
## Graduate Students



TONIA BALLANTYNE is a second year student who presented research in Newport, Rhode Island at the Association of Women in Psychology Conference in February 2019. The title of her portion of this symposium is "Campus Sexual Assault: An Examination of Alcohol Use on Victim Blame and Perceived Culpability." This talk described an ongoing study spearheaded by Adrie Henry, a third-year Psy.D. student, and Dr. Anthony Perillo, in which college students responded to vignettes describing a campus sexual assault with varied levels of alcohol intoxication for perpetrator and victim.

Contrary to previous research, blame decreased and acknowledging the incident as rape increased when the victim was intoxicated. Previous studies have found high rates of victim blaming, especially when the victim was intoxicated (e.g., She was drunk and so she was asking for it/She was drunk so maybe she led him on and now she regrets it). The IUP findings warrant further study because they could indicate a better understanding of assault and rape in light of the "#metoo" movement and other advocacy geared toward combatting victim blame and acknowledging survivors. The study's new findings are exciting for the field, and Tonia and her colleagues are looking forward to continuing to analyze the results, as well as introduce new manipulations into the vignette. Tonia is also currently working on her own project. She is analyzing data from a questionnaire administered by the IUP Haven Project regarding sexual assault and violence. She is specifically examining endorsement of rape myths and hopes to compare these results across the various years that the questionnaire has been given. The Haven Project is designed to increase and improve counseling and support services for students who experience sexual violence. The Haven Project also offers prevention education about stalking, dating violence, and sexual assault.

**JEFF DAILY**, a third year graduate student, gave a presentation on his eye contact research with Dr. Anson Long at IUP's Psychology Day in 2018. This research shows that people prefer to make eye contact with people they like, particularly when they believe they are sharing the same reaction, such as amusement or disgust. This work complements Dr. Long's research on I-sharing, or sharing in-the-moment subjective experiences, which has been shown to increase liking and reduce prejudice. Jeff is also working with Drs. Meil and Farrell on his dissertation research about self-conscious emotions, such as shame and embarrassment.



Graduate students Alec Wierzbicki and Jeff Daly

**REBECCA FRAZIER** is a fourth-year student who is collecting data for her dissertation on the effects of probiotics on cognitive function. The human gastrointestinal tract is inhabited by billions of microorganisms, collectively known as the gut microbiota. Research has demonstrated that these microorganisms impact the functioning of the central nervous system, resulting in the emergence of the concept of the microbiome-gut-brain axis. While probiotics have largely been recognized as a therapeutic intervention for treating gastrointestinal disorders, studies in both animals and humans suggest that they may also improve mood and cognition. To address the gaps in the microbiome-gut-brain axis literature, Rebecca's study is a double-blind, randomized experiment comparing a probiotic group to a control group on neuropsychological measures of attention and memory. It is imperative to have a strong understanding of how probiotics affect cognition to better understand how these supplements may be beneficial in a clinical context to individuals who may not have chronic or acute illnesses or disorders. For example, individuals who may have experienced a stroke or traumatic brain injury may otherwise be relatively healthy and free from disease, yet they may still benefit substantially from probiotics to help to improve their cognitive functioning.

**KRISTEN OLEKSAK** is on internship at Ohio State University's Counseling and Consultation Service. At the end of February 2019, she presented her research at the Big 10 College Counseling Center Conference, hosted by Rutgers University. One presentation, "One Size Doesn't Fit All: Collaborating with Campus Partners to Address the Diverse Needs of Men's Body Image," offered insight into the diversity of men's body image. It provided guidance for Ohio State University's Counseling and Consultation Service providers who are collaborating with three on-campus partners (GBT Community, Athletics, and Interfraternity Council) to work with men about body image issues. The other presentation, "Fostering Cross-Cultural Communication through Dialogue-Based Interventions and Multidisciplinary Collaboration," described a collaborative series between the Ohio State University Counseling and Consultation Service and the Multicultural Center to promote radical healing through social justice. Series programs range from psychoeducational presentations, to open mic nights, to keynote speakers.



KRISTEN OLESAK AND COLLEAGUES (DR. MARK SAMPSON, OSU AND ED HUEBNER, LMSW, UNIVERSITY OF MICHIGAN)

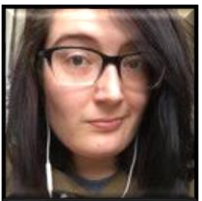
Last year, graduate student KASSANDRA SCIOLI won the Dean's Award for Excellence from the College of Natural Sciences and Mathematics for her presentation at the 13<sup>th</sup> annual Graduate Scholars forum. Cassandra is currently a third-year student in the Psy.D. Program. For the full story, go to: <https://www.iup.edu/news-item.aspx?id=252986&bloginid=4037>

## Alumni News

JACLYN FISHALOW, (Psy.D. 2018) presented her dissertation research at the annual meeting of the Society for Behavioral Medicine in Washington, DC in March, 2019. Her presentation was entitled, "Investigating Perceptions of Capabilities and Appearance as Predictors of Satisfaction with Bariatric Surgery." This research highlights the important connection between improvement in physical capabilities and satisfaction with weight-loss surgery. Jackie is currently pursuing her interests in rehabilitation psychology with a post-doctoral position at the VA Hospital in Tampa, FL, where she is pursuing licensure and board certification. Her current research interests focus on the psychological benefits of supportive employment in veterans with spinal cord injury, and her current clinical focus is on chronic pain rehabilitation and polytrauma transitional rehabilitation. She is also a mentor for students in the Rehabilitation Psychology Division of the APA.



DR. DENISE MORETT (Psy.D. 1990) is a psychologist in New York State's Hudson Valley with over 25 years of experience treating individuals and families, including those with a family member facing serious or life-threatening medical issues. Dr. Morett found herself in those exact circumstances when her son was diagnosed with a very rare, life-threatening illness. Driven by her own search for supportive resources, Dr. Morett provides ways to cope with one of the most challenging circumstances a parent can encounter. In 2018, her book, *Lifeline: A Parent's Guide to Coping with a Child's Serious or Life-Threatening Medical Issue*, was published by Morgan James Publishing. Since she graduated from the Psy.D. Program, she observes that IUP seems to have "maintained its original multimodal and comprehensive approach to education and training. It's definitely necessary to have that comprehensive approach always, and especially these days when mainstream medicine falls short on resolution of psychological issues." Dr. Morrett is also now a professor at Vassar College's Lifelong Learning Institute, where she teaches the popular class, Psychology of Happiness and Wellbeing.



KATIE STANKO (B.A. 2014) is currently a doctoral candidate in the Cognitive and Brain Sciences program in the Department of Psychology at Louisiana State University. Katie's research interests include successful aging and the impact of natural and technological disasters on cognition, health, and well-being during adulthood. Recently, Katie published in *The Journal of Nursing Scholarship* and *The Journal of Religion, Spirituality, and Aging*. She will be presenting her research on the relationships between



PTSD, sleep disturbance and impairment, and cognition at The Gerontological Society of America's Annual Scientific Meeting in November. After finishing her degree, Katie plans to pursue public health research, focusing on the intersection of trauma and aging.

## Alumni Reflections

Dr. DAN GUERRA reflected on his life and work since graduating from the Clinical Program in 1997.

My name is Dan Guerra, and I am fortunate and grateful to have received my Master's degree in psychology in 1994 and my doctorate degree (Psy.D.) in clinical psychology (with a concentration in behavioral medicine) in 1997 from Indiana University of Pennsylvania. After getting past the meaningful, yet arduous hurdles of clinical internship at The Indiana Psychology Consortium and completing my dissertation in the area of stereotypes and social psychology under the guidance of Dr. Krys Kaniasty (dissertation chairperson) and others, I completed a life-long dream of traveling across the world for 15 months with a shoestring budget and a willingness to work for my room and board!



In some ways, the decision to travel right after completing graduate work shaped me equally or even more than completing my doctoral degree itself. This journey helped consolidate so much of what I learned about people from books, papers, classwork and practica. It also gave me real-world confidence in how to problem solve and apply what I learned to varied groups and cultures. I learned even more about those groups (and myself) by living among them than any classroom experience (despite how great those classes truly were) could ever provide on their own.

Currently, I am really enjoying a fantastic work-life experience, the seeds of which were planted at IUP. I have been in private clinical practice in Midtown Manhattan since 2000. I use mindfulness-based and cognitive behavioral psychotherapy orientations and focus on the following clinical issues: the psychosocial impact of medical ailments (including chronic pain, auto-immune disorders, and stress-related illnesses), anxiety disorders and depression, the relationship between sexual preference and religious faith, and addressing compulsions/addictions. Another part of my work focuses on executive coaching. I work with high level managers and C-level executives on topics of leadership development, emotional intelligence, and work-life balance. The crux of this work can often be summarized by the statement, "What gets you to the top is not usually what keeps you functioning well there." In 2015, I co-authored a book on stress-management with Dana Gionta, Ph.D. entitled *From Stressed to Centered: A Practical Guide to a Healthier and Happier You*. I engage regularly in public speaking about issues related to stress, but also more recently on the topic of how schools can better remain socially and emotionally connected in the face of a great deal of "world uncertainty" (e.g., violence).

Lastly, during my years at IUP, I made a conscious effort to involve myself in activities and interests that were not directly related to psychology or class content, but ones which I somehow suspected would contribute to my own development, including my work in psychology, wellness, and behavioral medicine. Throughout my doctoral training at IUP, I made the wise decision to audition and get involved in theater in some way. Mostly, this took the form of acting and singing. I would not have predicted that my involvement in IUP Theater then would have led me to another meaningful professional role that has contributed to my work in mental health now. I have been an

employed performer and artistic partner with Village Playback Theater in Manhattan for the past 8 years. Playback theater is a form of theater that uses improvisation, voice, movement, acting, and music to help underserved and underrepresented audiences "tell their stories." Playback theater has incredible and poignant applications to mental health and social justice, and is a venue for having difficult conversations on any topic. It has been one of the most rewarding aspects of my career to date.

Currently, I spend much of my personal time in the beautiful Hudson Valley near Beacon, NY. Along with a book in the works on adventure travel, I spend a great deal of time thinking about what my next world travel destination will be!

If any students would like to connect with me about anything related to psychology, careers in psychology, or mental health topics you are interested in, feel free to contact me any time.

[www.dan-guerra.com](http://www.dan-guerra.com)

[dan@dan-guerra.com](mailto:dan@dan-guerra.com)

917-566-3840

## *DEPARTMENT NEWS AND EVENTS*

### Scholarships

*The Stanley W. Lore Undergraduate Psychology Scholarship* is given to a junior psychology major who has achieved an exceptional academic record. The scholarship was established in 1987 by the Psychology Department at IUP in honor of our first chairperson. One to three awards are typically granted each year. The 2018 recipient was Emily Lambert. The 2019 recipient is Elizabeth Ansel.



FROM LEFT TO RIGHT: DR. PEARL BERMAN, DR. TARA JOHNSON, EMILY LAMBERT

*After more than 30 years, the Lore Fund could use some replenishing. To donate, please go to [iup.edu/Lore](http://iup.edu/Lore)*

In May 2017, the Psychology Department, past and present, gathered to honor Dr. Richard Magee, and to dedicate the *Richard Magee Scholarship*. Named in honor of the founder of the Center for Applied Psychology, the Richard Magee Scholarship honors a third-year graduate student who demonstrates outstanding clinical skills, leadership among colleagues, and service to the community and colleagues. The current Magee Scholar is Sophia Walder-Hoge. Sophia majored in psychology at Yale University,

graduating in 2012. She then spent a year in Istanbul, Turkey, studying gender equality issues at the graduate level through Boğaziçi University. She has worked in community mental health, teaching emotion regulation and social skills to children and behavior management skills to parents. At IUP, her interests include child and family therapy, and child assessment. Currently in her third year, Sophia is the graduate assistant (and student supervisor) for Dr. Beverly Goodwin's Therapeutic Techniques course. Her dissertation will focus on ADHD and mindfulness.



If you would like to support the Psychology Department, please consider donating to the Psychology Department Enhancement Fund, which is used for academic events and awards.

[iup.edu/givetopsychology](http://iup.edu/givetopsychology)

Back Row, from left to right: Dr. David LaPorte, Dr. James Anderson, Dr. Derek Hatfield, Dr. Krzysztof Kaniasty, Dr. Laura Knight, Dr. Jennifer Perillo  
 Second Row, from left to right: Dr. Douglas Ross, Dr. Daniel Sadler, Dr. Beverly Goodwin, Dr. Dasen Luo  
 Third Row, from left to right: Dr. Leon VandeCreek, Dr. Donald Robertson, Dr. Raymond Pavloski, Dr. Catherine Raeff, Dr. George Walz, Dr. Anthony Perillo, Dr. David Grover  
 Front Row, from left to right: Dr. Richard Magee, Dr. Deanne Snavely, Dr. Maureen McHugh, Dr. Susan Zimny, Dr. William Meil, Dr. Robert Rittle

## New Faculty

All the best to the Department's most recent retirees: Drs. Donald Robertson, Raymond Pavloski, Susan Zimny, Daniel Sadler, and Dasen Luo. Fortunately, three new faculty have joined the Department in the last few years.



**DR. STEPHANIE DAVIS** graduated from Colgate University in 2004 with a B.A. in psychology and sociology. She then earned a Ph.D. in clinical and developmental psychology from the University of Pittsburgh in 2014. She completed a one-year pre-doctoral internship in child psychology at the Alpert Medical School of Brown University, followed by a two-year postdoctoral research fellowship, also at Brown. Dr. Davis joined IUP's Psychology Department in the Fall of 2016. She teaches several undergraduate classes, including

Abnormal Psychology, Developmental Psychology, and Child and Adolescent Psychopathology. She also teaches Clinical Research Methods and Methods of Intervention at the graduate level. Dr. Davis' research focuses on the development of affective disorders in childhood and adolescence, emphasizing the high comorbidity between depression and generalized anxiety disorder. She is primarily interested in emotion regulation, which encompasses all the ways in which we respond to emotions. Her recent work examines rumination, which is one type of emotion regulation, and emotion socialization, which influences the development of emotion regulation. Last year, Dr. Davis worked with an honors student (Danielle Catrillo) to examine the effects of mindfulness on levels of stress and rumination in college students. Dr. Davis is currently working with several students (Elizabeth Ansel, Kalene Buss) on projects related to emotion socialization. In the future, Dr. Davis plans to build connections within the community to recruit younger adolescents in her continued study of the relationship between emotion regulation and anxiety and depression.

*DR. JENNIFER PERILLO* graduated from Mills College in 2006. She earned a Master's degree in 2010 from John Jay College, and a Ph.D. in Psychology and Law from the City University of New York Graduate Center in 2013. After three years as a tenure-track faculty member at Winston-Salem State University in North Carolina, Dr. Perillo joined the IUP Psychology Department in 2016. Dr. Perillo's research broadly examines factors affecting decision making in the criminal justice system. One area of focus is on factors leading to false confessions and false guilty pleas. A second area focuses on factors that affect juror decision making, such as pretrial publicity about cases. Finally, Dr. Perillo examines expert decision making and factors that can improve or hinder objectivity. She is the Co-Principal Investigator of a grant from the National Science Foundation that explores the factors that lead to bias in forensic evaluations. Dr. Perillo teaches primarily in the undergraduate program, but she has also recently started teaching Historical Trends in Psychology in the graduate program. Outside of work, her hobbies include cheese making, baking, and beginner woodworking.



*DR. ANTHONY PERILLO* graduated from the University of Florida in 2004. He earned a Master's degree from John Jay College in 2010, completed his Ph.D. in Clinical Psychology at the City University of New York Graduate Center in 2014, and did a pre-doctoral internship at Brockville Mental Health Centre (The Royal) in Ottawa, Canada. He then worked in the private sector as a contract forensic psychologist and program evaluation specialist before joining the IUP Psychology Department in 2016. Dr. Perillo's research examines clinical practices in forensic contexts and sexual violence prevention. Dr. Perillo teaches Advanced Psychopathology, Personality Assessment, and Forensic Psychology in the Psy.D. program. Outside of work, he is an avid homebrewer, pizzamaker, and watcher of terrible movies.

*DRS. JENNIFER PERILLO and ANTHONY PERILLO* are collaborating on an investigation of factors that impact psychologists' decisions during forensic evaluations. The National Science Foundation recently awarded them a two-year grant of \$334,787 to fund this research. The grant is the largest awarded to the IUP Psychology Department, and it will fund two graduate students, Masha Berman and Sarah Kysor. The study investigates biases in how experts in forensic psychology cases make decisions and provide testimony in forensic psychology cases. The study focuses on the ways in which forensic experts may be unintentionally biased toward the people who hired them.



## New in The Center for Applied Psychology

In September, 2018, *DR. LAURA KNIGHT* became Director of the Center for Applied Psychology (CAP), which serves as the training clinic for the



Doctoral Program in Clinical Psychology. Dr. Knight

oversees the daily operations of the CAP, where psychotherapy and assessment services are provided year-round to IUP students, as well as children,

adolescents, and adults from the Indiana community. Her goals for the CAP include increasing the accessibility of psychotherapy services for IUP students who leave the IUP campus during the summer months, as well as providing training to Psy.D.

students in cutting edge methods of treatment delivery. She plans to accomplish both of those goals by establishing a program to deliver telemental health (or “e-therapy”), which involves the use of electronic media, including telephone and videoconferencing, to deliver psychotherapeutic services. E-therapy has become a popular and convenient means of providing psychotherapy for clients in rural areas, where therapists are often scarce, and where some clients cannot travel to see a therapist face-to-face. Dr. Knight expects to have e-therapy services available to IUP students who are Pennsylvania residents during the IUP Summer sessions.



## PSYCHOLOGY DAY

Since May 2016, the last Friday of classes has become PSYCHOLOGY DAY in the Psychology Department. This daylong event is designed to further the professional development of our students, and it enables Psychology faculty and students to present their work in talks and poster sessions. Psychology Day starts with a Keynote Address, and also showcases presentations by alumni and local mental health agencies about careers and practicum opportunities in psychology. Alumni presentations have addressed a range of topics, such as “Prescription Privileges for Psychologists” (by Dr. Richard Kutz in 2018) to “Working in a Psychiatric Hospital” (by Dr. Danielle Adamsky in 2018). Please join us this year for Psychology Day 2019, on May 3<sup>rd</sup> in Uhler Hall.

If you are interested in participating in future Psychology Days, please let us know! There is always a session on “Where are They Now?” We strongly encourage undergraduate and graduate alumni to present their work, as well as talk to students about working as a psychologist, about what you did after graduation, and how a psychology degree prepared you for the work you do. We are also looking for other types of presentations or activities for students, such as workshops or panel discussions. We are interested in any interesting ideas. Please email the Psychology Day Committee at [iuppsychologyday@gmail.com](mailto:iuppsychologyday@gmail.com)

## *PSYCHOLOGY AROUND THE WORLD*

Dr. Ian de Terte visited the Department from New Zealand in October 2018, Dr. Margaret Reardon was a visiting scholar in Poland in May, 2018, and Dr. Kryś Kaniasty is collaborating on research around the world.

DR. Dr. IAN DE TERTE is associate professor of clinical psychology at Massey University, Wellington, New Zealand, and his research focuses on matters that are directly transferable to everyday situations. He is a former detective with the New Zealand Police and is a reservist with the New Zealand Defense Force. His scholarship involves three main themes: (1) the health/mental health of workers in high-risk occupations; (2) prevention strategies or interventions that moderate or protect against the potential consequences of occupational trauma; and (3) how clinical psychology can contribute to the domain of high-risk occupations. He has been fortunate to conduct clinical and scholarly projects in Thailand, the Pitcairn Islands (British Overseas Territory), the United Arab Emirates, and the Philippines. At IUP, he gave a colloquium on how clinical psychology can support police officers in the line of duty.



In May 2018, DR. MARGARET REARDON traveled to Opole University in Opole, Poland as part of a faculty exchange program funded by Erasmus (<https://www.erasmusprogramme.com>). The Erasmus Program provides educational exchanges between its registered universities and institutions. Dr. Reardon spent a week teaching a seminar in research methods and lecturing on attitudes towards police in the United States, while getting to know faculty and exploring beautiful Poland. In April of this year, IUP will be hosting Dr. Anna Bronowicka who will be discussing some of her research on authoritarian attitudes. Dr. Reardon and Dr. Bronowicka are collaborating on a project that examines differences in authoritarian attitudes between Polish and American citizens. Members of the IUP Psychology Department are working with Opole University to submit another Erasmus grant to allow further collaboration between the two universities.



DR. DARIUSZ KROK , DR. MARGARET REARDON, DR. ANNA BRONOWICKA



In an ongoing collaboration with colleagues from Massey University in Wellington, New Zealand, DR. KRYS KANIASTY conducted a large review of social support dynamics in the aftermath of disasters in Australia and New Zealand. This project will be published in the journal *Disasters*. They also published a paper in 2018 entitled, “Psychological outcomes in disaster responders: A systematic review and meta-analysis on the effect of social support” in the *International Journal of Disaster Risk Science*. This project was led by Johnrev Guilaran, a faculty member at the University of the Philippines Visayas and a Ph.D. candidate at Massey University. Dr. Kaniasty is a member of Johnrev’s dissertation committee, which is headed by Prof. Ian de Terte, who visited the IUP Psychology Department in October 2018. A few years ago, Dr. Kaniasty began an ongoing collaboration with Prof. Hong Ma and her student, Ms. Fanhong Shang, from Peking University, China. As part of her Master’s thesis, Ms. Shang collected data on helping following the 2013 Lushan earthquake. Dr. Kaniasty is also a member of her dissertation committee that was formed as an international collaboration with the Centre for Posttraumatic Mental Health at the University of

Melbourne, Australia. The team just published a paper in *Psychiatric Research* on “Social support following a natural disaster: A longitudinal study of survivors of the 2013 Lushan earthquake in China.” Dr. Kaniasty’s third international doctoral dissertation involvement is associated with his appointment at the Institute of Psychology, Polish Academy of Sciences in Warsaw. He and Mr. Bartosz Pietruszewski are working on mapping the social support dynamics of people identified as Type D (“distressed”) personality. This project also involves collaborating with Ms. Kathryn Appolonia, an undergraduate in the Psychology Department’s Honor’s Program. She received a grant from IUP’s School of Graduate Studies and Research for a study of social support exchanges in dyads. Dr. Kaniasty is also working with colleagues and students in Israel. In 2018, they published papers about the 2014 Israel–Gaza conflict, the 2015 terrorist attacks in France, and the 2016 US Presidential Election.

## *IN MEMORIAM*

We are saddened that DR. DAVID GROVER died on January 30, 2019 after a long period of deteriorating health. He was born on May 24, 1940 in Highland Park, NJ and is survived by his wife of 57 years, Barbara Grover, two daughters, and five grandchildren. After serving as a US Army Captain, Dr. Grover began his 34-year career in the IUP Psychology Department. While at IUP, he taught undergraduate and graduate students, and served as Department Chair and Assistant Chair. He was instrumental in establishing the Doctoral Program and he also served as Director of the Undergraduate Program. He received the College of Natural Sciences and Mathematics Service Award and was designated Professor Emeritus after he retired in 2003.

Special thanks to Ms. Brenda Rising for helping to put this Newsletter together, to Ms. Sheila Gardner for helping with the webpage, and to Professor Emerita Mary Lou Zanich for helping to chronicle the Department’s history.

Please contact us!

We would love to hear from you!

[psychology-newsletter@iup.edu](mailto:psychology-newsletter@iup.edu) (monitored by C. Raeff)

Or contact the Department Chair, Pearl Berman: [psberman@iup.edu](mailto:psberman@iup.edu)

