INSIGHT

A glance at the XU psychology department’s latest projects and recognitions

HONORING DR. NORMAN BARRY

The following are excerpts from the eulogy given by Dr. Mike Nelson at the Psychology Department Meeting on Friday, September 12, 2014: I am truly honored to be saying several words today about a very special person to me and many others, Dr. Norman Barry. I could simply go through his vitae and tell you about how he earned his Ph.D. from the University of Toledo in 1972 and then was a professor of psychology and clinical psychologist for 35 years at Xavier from 1972-2007. This would not do justice to all that he has meant to the Department over the years. Rather, I will tell you about what Norm meant to me and hopefully give a voice to the hundreds of others he touched in a very personal way in his second family, the Department of Psychology at Xavier University.

I moved back into town in 1978 and had a joint-appointment between Millcreek Psychiatric Center and Xavier University, mirroring Norm’s joint-appointment at Longview State Hospital from 1972-1975. I didn’t know exactly what I wanted to do in my career, so I talked with Norm who was then the department chair. He saw something in me that I had not recognized at the time and encouraged me to go into academics.

What I remember most about Norm were his three most outstanding characteristics - - he had Heart, he was a Master Teacher/Clinician, and he had Character. Norm had heart - - he pushed us as a department to measure our worth and identity based not on how many students we could flunk out, not merely to show we had such high standards, but rather how we were able to get even our weakest students through. Norm served on numerous thesis and dissertation committees and was always willing to give of his time and help to students. He was an astute clinician and attained the highest level of professional competence recognized by the American Psychological Association, namely as a clinical psychologist in the American Board of Professional Psychology (a status less than 5% of the clinicians in the country have attained). I referred numerous clients to Norm as he could connect with anybody and respected people from all walks of life.

Norm was a master teacher/mentor - - he taught almost every course in the Department of Psychology, even when four courses per semester were the regular load. He truly cared about his students and always had an “open-door policy”, because he was so approachable and truly cared about others. Norm was a recognized leader by faculty across the University and chair of the Core Curriculum Committee at a time when anyone touching the core got “burned.” His foresight and guidance of this committee formed the core which is the heart of undergraduate learning at Xavier. This Core remained with us for 20 years until its recent revision that just occurred. Norm taught me what teaching is all about - - helping others to accomplish their dreams and develop character, which is the measure of one’s mental and moral qualities. It is character that enables people to survive, to endure, to transcend their misfortunes, and to fulfill their dreams. Norm modeled “character” for all of us who knew him.

Norm certainly touched my life immensely all along my career, just as he did with hundreds of others. It was an honor to know him, and along the way we became the best of friends.

So, Norm, I speak for the faculty, others at Xavier, and the hundreds of students you touched along the way: “We will miss you.”

-Dr. Mike Nelson
Greetings from the chair following this holiday season. I hope that this message finds you well and that this period of reflection and time for family and connecting with various aspects of different faith and secular traditions (Happy New Year!) provided good opportunities for you and yours. I would offer greetings from the department - but wait - news flash! - the following bulletin was sent out earlier this year: The Board of Trustees of Xavier University on Friday, September 26, 2014 approved the College of Social Sciences, Health and Education’s suggestion to organize a third school within the college, the School of Psychology. This designation of the former Department of Psychology will administratively better support its various programs and will facilitate external recognition as it functions in those capacities. It joins The Schools of Nursing and Education within the College. The brief News Release above captures the essence of the recent transition that the department has gone through – we are now a School of Psychology! This was something that Dr. Chris Dacey started working on when she was the chair of the department and something that I have quietly continued to push along since becoming chair myself. I did not realize, as a faculty member, how complex our department was until I sat in the chair. The undergraduate program has about 250 majors and 125 minors, which put us among the top five undergraduate programs at Xavier.

We also service the undergraduate core, offering a foundational course that will serve the role of Scientific Perspectives in the new core, and many courses that are taken as social science electives. We also have the master’s program in I-O psychology – the only thesis based master’s program that I am aware of on campus. The PsyD program is Xavier’s first doctoral program. It has recently been joined by Doctoral programs in Education and in Nursing – the other two entities that are schools at the University. In addition, we oversee the administration, along with student life, of the Psychological Services Center. This is the internal rationale for the change. The external reason for the change is that many programs that offer the PsyD are housed in Schools of Psychology – such as the program at Wright State. We wanted to be recognized by others, including APA when they credential us, as being organized in ways that are similar to our peer institutions. About the only concrete change that will accompany the designation of being a school is that we will have a Director of Undergraduate Education (just as we have a Director of the I-O program and a Director of Clinical Training). The faculty elected Dr. Christian End to be the first Director of Undergraduate Education in the school. Please join me in offering him our congratulations and appreciation for his service in this role.

-Dr. Karl Stukenberg

“This captures the essence of the recent transition that the department has gone through - we are now a School of Psychology!"
Employee Engagement: Developing A New Measure

Second-year I-O psychology graduate students, under the direction of Dr. Morrie Mullins and XU I-O alum Sjen Johnson, have spent this semester developing a new measure of employee engagement. Engagement is a “hot-button” topic in I-O circles, and based on the needs assessment conducted in 2013 by Dr. Mullins’ class, is one of the areas that local organizations are most concerned about. More than half of the survey respondents indicated that a survey of employee engagement was something they would be likely to purchase, if one were available. In keeping with best practices, the team first reviewed the literature and came to an understanding of the engagement construct, then began the process of writing items. Items were written over several weeks, and were reviewed and discussed along the way. Once a pool of over 160 items had been developed, team members provided ratings of the items in order to sort them into categories and determine which best tapped the “employee engagement” construct. This resulted in the removal of almost 100 items, as the measure was prepared for pilot testing. We anticipate that the final measure will contain around 20 engagement items. While this was being done, a number of correlates of engagement (e.g., job satisfaction, organizational commitment) were identified, both for validation purposes and for potential inclusion in a final version of the measure. Preliminary data will be collected this fall, but more than one wave of data collection will likely be needed as we refine the measure – so if you or your company happen to be looking for feedback on your employees’ level of engagement, please contact Dr. Mullins (mullins@xavier.edu). The development of the Employee Engagement measure supports the on-going development of the Xavier Center for Organizational Research and Practice (X-CORP). Our goal is to develop a number of products that leverage scientific research to support the needs of modern organizations. We would love to partner with you and your organization in discovering ways to maximize your workforce’s potential. Let us know how X-CORP can help!

"X-CORP has a great deal to offer, and that both for-profit and non-profit companies can potentially benefit."

- Morrie Mullins, Ph.D., on introducing X-CORP

Undergraduate News

This has been a very active semester for our chapter of Psi Chi /Psychology Club! We hosted a handful of Psi Chi/Psychology Club’s more typical events, such as a faculty meet and greet, informal advising, and assisting in forming a Xavier team for the Alzheimer’s walk. This semester, the board selected mindfulness as a theme for a series of events that is running into next semester. Events hosted this semester included interesting presentations by our very own Dr. Salsman and Kathryn Jameson focusing on different aspects of mindfulness and its clinical applications. We also explored mindfulness through the practice of yoga. In a related presentation, Dr. Meier, who works at the Health and Wellness Center on campus, spoke to students about sleep hygiene. Dr. Meier’s event was particularly well attended, as was Dr. Sonnentag’s introduction and presentation on her research. With the semester coming to a close, the board has started to focus on next semester, which is projected to be just as active and exciting as this semester. Early in the semester we plan to bring in Dr. Sears, a local expert on mindfulness who has his own practice and quite an impressive resume, to continue with our theme from this past semester. Additionally, we are planning to have a speaker from Cincinnati Children’s Hospital to talk to students about being a Child Life Specialist. Later in the semester, we intend to host a screening of Alive Inside, an educational film about music and older adults, in collaboration with Against the Grain. In February there will be a series of events for National Eating Disorder Awareness Week including a movie screening hosted by UC and the local chapter of the National Eating Disorders Association, an expert panel discussion, and a presentation by Allison Mecca and Katrina Lenz related to positive body image. Not to be overshadowed by these events is the annual Psi Chi Induction ceremony and other event opportunities that will arise as the semester progresses. We thank you for your continued support and hope to see you at some of next semester’s events!
PsyD Students and Faculty Making the Rounds!

-Dr. Abbie Beacham

This is my second year back at Xavier. As a graduate of the clinical MA program, I have always felt it is a special place to be. Honestly, I get a little sentimental when I see the many ways that students and faculty contribute to the program, community and profession. Today I had the pleasure and honor of attending a Grand Rounds presentation in the Department of Psychiatry and Behavioral Neuroscience at University of Cincinnati College of Medicine entitled “Stealing Our Seniors’ Savings: A Case Study in Financial Exploitation.” The presenters were our own PsyD students Holly D. (Wright) Ait Taouit, M.A., Amy M. Houston, M.A. and supervisor Scott A. Bresler, Ph.D. When I attend these events, it reminds me of the value in stepping back and taking stock of the many things many of us do. For this edition of INSIGHT, I’d like to emphasize some of the many ways that PsyD students and faculty are truly making the rounds. It’s internship interview time again! This year 24 students from the program participated in the annual mock interviews with current interns and postdoctoral fellows from the community. As I write this, I continue to receive email updates on interview offers and the students’ travel preparations. This year, a new tradition began with XPAGS volunteers assembled interview care packages to help support the “cause”. None of the Xavier students will be lacking for water, mints, snacks, Kleenex or shoe shine cloths. Although laced with a bit of anxiety, this is the culmination of many years of preparation, commitment and hard work of many people. (See picture) Some other notable ways in which many of us are making the rounds is in conference attendance and presentations. Over 20 Xavier PsyD students, faculty and alumni attended the 48th Annual Association for Cognitive and Behavioral Therapies Conference where Xavier was represented in a total of 17 conference presentations. There are many more planned for Spring semester. (See list of presentations) These news items are just a few of the many activities and professional contributions. If there were space we would list each and every one. The Xavier PsyD program is definitely making the rounds! In future issues of INSIGHT look for more news of the PsyD program and people. Exciting things are happening here. Stay tuned! Good luck to all XU internship interviewees:

Holly Ait Taouit, Brent Anderson, David Baum, Molly Carter, Katrina DeDona, Helmer Figueroa, Michael Gaskell, Alana Goldstein, Elizabeth Haigh, Joshua Harrison, Rachel Holden, Kathryn Jameson, William Leever, Katrina Lenz, Stacy Lorenz, Julie Meade, Allison Mecca, Adam Peterson, Sehra Polad, Jenny Qin, Gina Radice, Sailee Teredesai, Kathryn Tolle, Amanda Trice

XPAGS THROUGH THE YEAR

Xavier’s Psychological Association of Graduate Students (XPAGS) has seen a rather significant overhaul this year! We’ve changed our name, streamlined our mission and organizational structure, revamped some of our favorite events, and a number of new events and projects have either already occurred or are in the works. Along with these changes has come a palpable infusion of passion and purpose within XPAGS – we currently have nearly 30 XPAGS members participating in at least one of nine active committees and several individual positions, as well as liaisons to other department and university committees and organizations. We also have two new faculty advisors – welcome and thank you to Drs. Dalia Diab and Jack Barret! All of this “new” is part of a goal we have set for ourselves – not only to make this the best year XPAGS has ever had, but to chart a new course for our organization that will be of increasing benefit to our students and our department in professional, educational, and social realms. If you would like to know more about happenings and plans within XPAGS, please take a look at our first newsletter, which can be viewed at this web address: http://1drv.ms/1ymC73R . We welcome any questions and appreciate any ideas or suggestions you might have for XPAGS – don’t hesitate to contact Mike Bruner, our president, at brunerm2@xavier.edu. We hope you enjoyed your break and holiday!
<table>
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<tr>
<th>Time</th>
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| 9:45 AM-10:45 AM | *Franklin Hall B (Level 4)*  
Treatments and Health Psychology                                           |
| 9:45 AM-10:45 AM | Examination of the Role of Self-Compassion in Prediction of B.  
Image Flexibility J. Atman; A. Beacham; P. G. Salmon                   |
| 9:45 AM-10:45 AM | Body Vigilance, Acceptance, and Intolerance of Uncertainty  
in Fibromyalgia Patients in Online Chronic Pain Support  
Groups N. P. Parmeck; A. Beacham; C. Kelley                           |
| 1:30 PM-2:30 PM | *Franklin Hall B (Level 4)*  
Health Psychology/Behavioral Medicine                                      |
| 1:30 PM-2:30 PM | Intolerance of Uncertainty, Experiential Avoidance, and  
Affect in Women With Long-Standing Chronic Pain: Is  
Acceptance-Based Treatment the Key? A. H. C. L. T. Larson; A. Beacham;  
S. Green                                                               |
| 1:30 PM-2:30 PM | Positive Affect and Acceptance Predict Perceived Disability in  
Older Adults With Chronic Illnesses A. O. Allen; A. Beacham;  
A. M. Houston                                                         |
| 5:30 PM-6:30 PM | *Franklin Hall C (Level 4)*  
Adult Anxiety                                                               |
| 8:20 AM-9:20 AM | Anxiety Sensitivity in Patients With Cytomegalovirus Disease and  
Hypertension: Results From an Online Cytomegalovirus Illness Support  
| 11:00 AM-12:00 PM | *Franklin Hall B (Level 4)*  
Health Psychology/Behavioral Medicine                                      |
| 11:00 AM-12:00 PM | Anxiety Sensitivity and Experiential Avoidance in COPD/Asthma  
Patients: Can Minimizing Acceptance Enhance Functional Outcome?  
| 11:00 AM-12:00 PM | *Franklin Hall B (Level 4)*  
Health Psychology/Behavioral Medicine                                      |
| 11:30 AM-12:30 PM | Examining the Inter-Relationship of Self-Compassion and Positive and  
Negative Affect J. A. L. M. E. K. A. Beacham; P. G. Salmon           |
| 12:15 PM-1:15 PM | *Franklin Hall B (Level 4)*  
Personality Disorders/Training & Professional Issues/ Family Psychology  |
| 12:15 PM-1:15 PM | Are Interpersonal Difficulties and Borderline Symptoms Mediated by  
| 12:15 PM-1:15 PM | The Relationship Between Symptoms of BPD and Intercultural  
| 12:15 PM-1:15 PM | Difficulties in Emotion Regulation as a Mediator Between Alexithymia and  
| 1:20 PM-2:20 PM | *Franklin Hall B (Level 4)*  
Self-Injury/ Suicide                                                     |
| 1:30 PM-2:30 PM | Self-Compassion as a Mediator of the Relationship Between Anxiety and  