

DAY RESIDUE

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Derner Institute Newsletter



GORDON F. DERNER
INSTITUTE OF ADVANCED PSYCHOLOGICAL STUDIES

From the Editor:

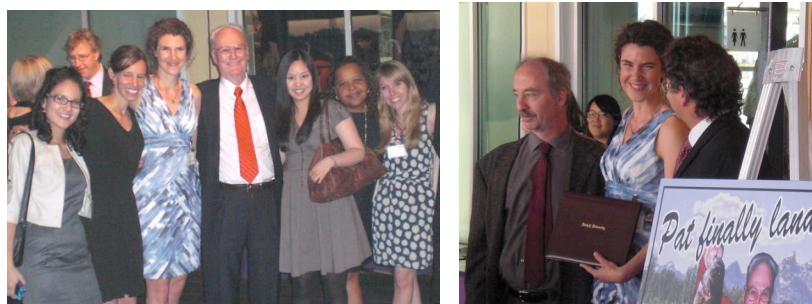
I am very excited to present the reinstated *Day Residue*, which, as many may recall, was a newsletter distributed to doctoral students, alumni, and faculty members of the Derner Institute for several years. This publication was typically organized by the dean, had been very well received, and appears to have been a great way of increasing the sense of community among all who were and are connected to Derner. Throughout the past academic year, I have been meeting with Allison Rothman (recent alum) and Christy Denckla (current student), as part of the Alumni Relations Committee, to discuss ways to strengthen the connections between students and alumni. We realized that reestablishing this newsletter seemed like a promising start, and also felt that having it developed by current students would increase communication between students, faculty, and alumni. The newsletter will typically be distributed twice per academic year, at the end of each semester, this issue being the exception as we developed the idea and began working mid-semester. I hope you enjoy the newsletter and also consider it a pilot issue; your opinions, comments, and questions are strongly encouraged to improve and expand future issues.

I'd like to thank Christy Denckla, Dr. Allison Rothman, Dr. Bob Mendelsohn, Dr. Chris Muran, and Dean Jacques Barber, for their assistance, support, and dedication to this Alumni Relations initiative. Additionally, I'd like to recognize and thank Hazel Collins, Avigail Gordon, and Schenike Massie, current students and newsletter staff members, who have assisted with brainstorming and editing, and recruited several of the authors who contributed articles. Lastly, many thanks to all who have written essays and articles for this issue—your participation is greatly appreciated and valued.

Sincerely,
Laura Shapiro

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Scenes from the gala honoring Pat Ross on April 29, 2012. See Page 3 for more details about the successful event.

Changes at the Derner Institute

J. Christopher Muran, Ph.D.

The Doctoral Program at the Derner Institute has been undergoing numerous renovations, enhancing the training of the current students and incoming students, and increasing their preparedness for internship and professional practice.

New curriculum

A new curriculum was recently approved by the University Faculty Senate after a long process within the Institute involving active participation by both students and faculty. It includes content organized by foundational, research and clinical courses that better meet the requirements of NYS and APA and the current demands of the field, while still providing for content that continues the distinctly unique Derner tradition. Its structure is sequential, cumulative and graded in complexity. Research and clinical practicum training experiences are integrated with the academic course sequences. It also allows for more clinical electives in the third and fourth years, as well as more time for dissertation research.

New interview process

We have established two interview days which begin with a one-hour orientation to the program and then include an individual and group interview, as well as a luncheon where applicants can meet current students and faculty. We have also created a new protocol for evaluating applicants.

New technology for the clinic

We have been funded to establish a technologically-based assessment infrastructure for our clinic. Over the next few months, all of our clinic studios will be set with video-recording capabilities and equipped with PC tablets to collect phenomenological data. We will be able to store all recorded and self-report data on a secure network server. This will have a significant impact on how we conduct supervision, and will also create great opportunities for conducting research.

New externship protocol

As part of the new curriculum, we have added hospital placements for a second-year, eight-hour-per-week externship, most of which are inpatient settings, all with exposure to the seriously mentally ill. We have established affiliation agreements with Beth Israel Medical Center and Bronx Psychiatric Center to arrange these placements. In the third-year, students will pursue a 16-hour-per-week outpatient externship. These placements will better prepare our students for the internship match.

A Conversation with the Dean

Jacques Barber, Ph.D., and Laura Shapiro, M.A.

LS: *You started your position as dean during a time of transition at Derner: numerous curriculum changes, preparing for APA's visit in the fall, Pat's getting ready to retire...how has all of this impacted your first year?*

JB: I think the transition began before I came. I think it began when Chris became Associate Dean and really began to implement some of those changes. I came in the middle, benefited in part from what he did, and really began to think about what it was that I wanted to see happening here and how to move Derner forward. And by Derner I mean not only the Ph.D. program, but also the master's program and the undergraduate and postgraduate programs...so I feel it's my responsibility to try to move all these programs forward. I am lucky that Pat is still around so I can benefit from his knowledge and experience, and I've been speaking with him and Chris quite often to learn all about what has been going on. So, again, I think it began before my time. There is a new dean, of course, and people are trying to find out what this new dean is going to be like, what kind of person he is, but I think the world is changing so rapidly, and I think that is what's happening.

It's not really only here, there are so many things happening everywhere in psychology and in politics. Part of our challenge is how to help you—your generation of psychologists—adapt to these changes.

LS: *Are there areas of improvement you'd like to see in doctoral program in the upcoming year?*

JB: Yes. I think the changes in the curriculum are already a big step in the right direction, but what I would like to create is more of a dialogue between the students and faculty, and me, about what we think students need to know 5 years from now, 10 years from now. The field is changing rapidly. What kind of demand exists? What interests do students have? What does the faculty think students should know? We need to create this dialogue and it's something I think will be very interesting.

LS: *I think that is crucial, since, like you said, the field is changing and it seems more difficult to get jobs nowadays, especially with changes in health care policies and the rising number of degrees one can attain to be a clinician. I think students would really appreciate an ongoing dialogue about these things within Derner, especially regarding where we should be seeking jobs, like VAs...*

JB: Oh yes, the VAs are looking for you guys. I used to work part time at the VA; it is expanding dramatically and will continue to do so for the next few years. The VA requires two things: an APA approved PhD or PsyD, and an APA approved internship. They care about that...maybe it's not justified, but they do. The VA is also moving to evidenced-based practices; they're pushing toward the PTSD field, so they're pushing for prolonged exposure, and CBT: cognitive processing therapy. So that's something we have to grapple with—what will the world of psychology look like in the future?

LS: *Right, especially keeping in mind the CBT push because that can motivate current students to look for externships and other experiences that involve evidence-based techniques. While we have a required CBT course and some related electives, we are still, of course, a psychodynamically oriented program.*

JB: Right, so that's where the struggle will be for us—how do we keep a dynamic perspective while integrating more evidence-based practices, whether it's CBT or gestalt, from my perspective, and family therapy. Experiential therapy has a lot of evidence in its favor, but the VA doesn't recognize it because in the field of

PTSD, there is no evidence for anything except CBT—prolonged exposure. So that's also bringing me to another point that there is a lack of research on the dynamic part, which is something I care about and would support here too.

LS: *And you've recently conducted research in this area.*

JB: Right, I just published a big RCT on the dynamic psychotherapy vs. medication vs. placebo for depression, and I presented that as part of the Lindemann lecture.

LS: *There does seem to be an increasing number of students interested in similar research, so hopefully this topic can be included in the dialogue you're looking to instill. Last question: What surprised you most about becoming dean at Derner?*

JB: Well, I'll answer that in a very personal way. I'm used to being in charge of my time...I've lost that. At night, I think of all the things I have to do—work on my research, books, papers I am writing—and then I arrive to my office in the morning, and there is no time. So that's been the biggest change...plus life in New York has taken getting used to. But, everyone here has been very nice and supportive, which has helped with the transition and made me feel welcome.

Gala Honoring Patrick L. Ross

The gala in honor of Pat Ross' 45 years at Derner and his upcoming retirement was held on Sunday, April 29, 2012 at the Sunset Terrace at Chelsea Piers. Sponsored by the Derner Advisory Council (see Page 5), the event was a great success: over 150 Derner students, faculty, and alumni attended, and \$176,000 was raised for the Patrick L. Ross Fellowship, which will provide financial assistance to incoming doctoral students. Thank you very much to all who donated and attended this memorable event. For those who missed the gala, below is the speech given by Bob Mendelsohn in honor of Pat.

I want to welcome all of you and thank you for coming to honor Patrick Leith Ross, who, as much as anyone, represents all that is wonderful about the Derner community. I will soon read a speech to you by Pat's dear friend and former Dean of the Derner Institute Dr. George Stricker. For now, I want to say just a few of my own words about Pat.

We humans are a species of contradictions. Here are some that relate to Pat Ross:

Pat Ross and Gordon Derner never got along. I don't think that they liked each other all that much...they certainly fought a lot. And yet, Pat is as loyal and committed to Gordon Derner's vision of graduate training in clinical psychology as anyone that I have ever known. If Gordon is looking down on us now, I know that he, like all of us, is grateful to Pat for keeping the Derner model alive and well.

Pat is not a clinical psychologist and yet, he can always be relied upon to understand a student or faculty issue in its various psychological and clinical contexts. And, when some of us on the faculty...including me...well-trained clinicians, I might add, become hotheaded over an issue, one can always hear Pat, in a reasonable-sounding voice, speaking as if he were a psychoanalytic psychologist. "But Bob, he, (or she) is struggling with thus and so. Have a little compassion..." he is always saying.

Pat is of Scottish decent and he is cheap by culture and breeding. In fact, Pat's middle name, Leith, is taken from a relative, many generations past, who was a Scottish nobleman. This man was so enraged at having to pay taxes to the British, that he actually set fire to his castle rather than pay his tax bill. And yet, Pat is the most generous person at Derner when it comes to getting our students money to help defray the high costs of their education.

Pat is generous, dedicated and loyal. He loves our Institute and most of all he loves the students who are trained here. Pat, I apologize in advance for saying this, but just as Gordon Derner before you, when someone enters the Derner Institute as a student, they become a member of Pat's family and, as such, they can expect Pat's enduring loyalty, dedication and love.

Finally, I want to say something about Pat's other family. I am delighted that all of you are here tonight to honor Pat and I know how much all of you miss Pat's beloved Stephanie. I wish she were here... to see the outpouring of love for Pat. I know that she would be as proud as all of us are.

Pat, I am honored to be your colleague and your friend and I am delighted that we have been able to honor you today.

First Year Reflections

Nell Ugwumba, M.A.



Nell recently finished her first year and is spending the summer working and seeing psychotherapy patients. She is looking forward to starting her second year at Derner in August.

My first day at Derner was remarkable. Not for the reasons you might expect – embarking on a new part of my life journey, fulfilling a dream to become a clinical psychologist after 7 years in the corporate world, meeting new people who will remain friends and colleagues far into the future – although those did happen. No, my first day at Derner was remarkable because I split my pants. There I was, standing on the PATH platform (yes, I live in New Jersey) at 7:10 AM, to make the 7:39 AM train from Penn Station, knowing that I was going to spend my first full day at Derner exposed (literally). And. There. Was. Nothing. I. Could. Do. About. It. Except wrap my pashmina around my waist and pretend I had intended to wear it that way – like a gypsy sarong.

Looking back on my first year, I am pleased to report two things: that I went the rest of the year without splitting pants a second time and that I will remember my first day at Derner for the rest of my life. As I mentioned, my acceptance at Derner was the culmination of a deliberate career change (2 years in the making), and I arrived on the first day with excitement, relief, hope, and anxiety: Excitement that I had been given the chance to pursue my dream; relief that I had finally made it; hope that I hadn't made a mistake; and anxiety that I wouldn't like it. I carried that mixture of excitement, relief, hope, and anxiety for the rest of the year and am still carrying it into the summer.

The excitement about pursuing my dream is very much alive and has grown from the excitement at getting to study psychology to the excitement at getting to see actual, real, live, psychotherapy patients (now I just have to convince them that I know what I am doing...sort of).

The relief that I had made it has been quickly replaced by the realization that I actually just made it...the first step. There are so many other times when I have to make it – from externship applications and interviews, to conference presentations – that I have made it a personal goal to enjoy the hell out of the 'end of first year' relief because it has a clear expiration date (August 29, 2012).

The hope that I hadn't make a mistake in pursuing clinical psychology at a PhD level, has been replaced by a growing certainty that I made the right decision, both in changing careers and in choosing Derner. I left campus more days than not wishing that I had more time (and that our classes were held at the Manhattan Center).

I wish I could have Bob Mendelsohn explain cathexis (one more time); have Joe Newirth explain just how "interesting" Klein's ideas really were; have Bob Bornstein explain the way that underlying dynamics manifest themselves as behaviors in personality disorder patients; have Lynn Hugger tell me more about her clinical testing patients; have Kate Fiori challenge me to think about development far beyond Piaget; and have Jonathan Jackson offer some blinding clinical insight into my intake patient that I had completely missed. Those were the days when I was confident about choosing psychology and Derner, more specifically – days when I felt a part of a vibrant intellectual community that would challenge me to become the best psychologist I could be. And then there were the days when I simply could not wait to leave – when I didn't understand the theories; when I was lost in class discussion; when I felt buried in the amount of papers I had to turn in next week; when I was daunted by the sheer amount of 'stuff' I didn't know and might not ever know; when I was just plain exhausted. But the important thing is that the next day (or two days later), I made the decision to return because the hope was stronger than both the resistance and the exhaustion.

And finally, the anxiety has managed to grow and change (like the rest of me) and become perfectly suited to any challenge I have faced this year! So, as of this moment, I am definitely not anxious that I won't like it (because I definitely like it more than not so I am sticking with it), and not anxious that I won't make it through the first year evaluation meetings (because those already happened and I am writing this little monologue). Now that isn't to say that I am not anxious about second year, and starting therapy, and starting at Beth Israel (because I am) but I know that I am not in this alone. The 17 other members of my cohort are remarkable in their diversity of backgrounds and opinions, in their intellectual curiosity, and in the sacrifices they have made to attend Derner. I take comfort in the fact that we are going through this together and thank each and every one of them for helping make the first year anxiety bearable. It also helps that some days they even laugh at my jokes.

And so at the end of my first year at Derner, I find myself less exposed (literally) but more exposed (figuratively) than I was on the first day; a recipient of more knowledge and advice in a single year than I thought possible; in a position to offer some modest advice of my own; an advanced-beginner (maybe even intermediate) LIRR jockey; and immensely grateful for the last nine months.

Derner Advisory Council

Robert Mendelsohn, Ph.D.

Last year, with the encouragement of President Scott and Provost Insler, I contacted a group of Derner doctoral graduates who I knew were committed to doctoral education in psychology, and who are grateful for the training that they received at Adelphi. With the help and encouragement of Vice President Chris Vaupel and Mrs. Erin Gayron, both of the Office of University Development, the Advisory Council was formed and we have been meeting for a year, planning for a revitalized Derner Institute Alumni group. The Council's goals include the creation of an active network of Derner Alumni who will re-connect with each other and who will also work to raise funds which can be used to help the next generation of Derner doctoral students, that is, those of the next generation who are making the financial and emotional sacrifice and commitment that comes with doctoral education and training in clinical psychology at Adelphi University. The Council has been planning a number of projects, the first of which was the successful gala held in honor of Patrick Ross, and we welcome all alumni who want to help us keep the Derner tradition alive.

DAC Members

Bill Nye, *Chair*
Gwen Alter
Sherry Breslau
Tanya Cotler
Anita D'Amico
Susanna Feder
Alex Levi
Grace Pilcer
Lourdes Riquel-Lynch
Allison Rothman
Sam Weisman

Faculty Members

Jacques Barber
Chris Muran
Kirkland Vaughns
Robert Mendelsohn

Student Action Committee

Christy Denckla, M.A.

The Student Action Committee (SAC) at Derner, established in the spring of 2010, aims to enhance our student learning environment. The conditions under which we study, practice, and seek to better ourselves are of central importance and we are devoted to promoting a range of innovative and student-driven initiatives toward achieving that end. We envisioned our role as advocates and resources for both students and faculty interested in contributing to the advancement of our educational aims. Our intent is to proactively assess the student environment and offer necessary improvements, while representing the diverse opinions in the student body.

In order to achieve those aims, SAC requested regular monthly meetings between student representatives, administrative faculty, and the Director of the Center for Psychological Services & Field Placement. Additionally, SAC invited three faculty members to also serve on the committee in order to liaison with staff and faculty. We reasoned that this structure would give class representatives and faculty the opportunity to respond to creative ideas and suggestions in a tighter time frame. A direct benefit is that issues can be addressed before they become bigger problems. In addition, regular meetings allow class representatives to take on a greater 'advocacy role' – responding to program needs with innovation, creativity, and vision.

Since established, SAC has completed a number of projects that directly advance the aims established in our mission statement. Some of the projects include:

1. SAC sponsored Psychopharmacology Clinical Skill Building Workshop, delivered by Dr. Arnold Winston on 4/25/12.
2. Improvements at the Manhattan Center in coordination with Dr. Jonathan Jackson, to include: new lighting, cleaned spaces, new clocks, wall hangings, new chairs, session recording devices, and play therapy supplies.
3. Paid diagnostic testing opportunities.
4. Substantive input into revised evaluation procedures.
5. Increasing role as communication liaisons between faculty and students.
6. SAC-hosted Holiday Party, December 2011.

SAC Members 2011-2012

Chair: Christy Denckla
4th Year Reps: Diana Hofshi, Justin Penner
3rd Year Rep: Jocelyn Shaw
2nd Year Reps: Marie Barnett, Barbara (Cricket) McLeod
1st Year Reps: Nell Manning Ugwumba, June Lee Kwon
Members: Chris Muran, Jacques Barber, Patrick Ross, Jonathan Jackson
Faculty Reps: Joel Weinberger, Karen Lombardi, Robert Bornstein

Diversity Day Success

Monica Pal, M.A.



Monica recently completed her fourth year, and will begin her internship at North Shore Long Island Jewish Medical Center in July. She successfully defended her dissertation, "Mixing Salt and Pepper: The Complexities of the Multiethnic Individual" in May 2012.

On Monday, April 30, 2012, more than eighty-five faculty members, students, and administration gathered to hear the voices of Dr. Beverly Greene and Dr. Kirkland Vaughans on Diversity Day. The Diversity Committee hosted the event with a hope to open up the discussion about issues of diversity in therapy, testing, supervision, and our education.

Dean Barber and Dr. Muran both introduced the event, emphasizing the value of the awareness of diversity every day of our lives in all that we do. Then Jairo Fuertes, the Diversity Committee Chairperson, introduced Beverly Greene, Ph.D. Dr. Greene is currently a Professor of Psychology at St. John's University. She received her Clinical Psychology Ph.D. in 1983 from the Derner Institute. She specializes in the role of institutionalized racism, sexism, heterosexism and other oppressive ideologies in the paradigms of psychology and practice of psychotherapy in organized mental health. In her speech, Dr. Greene discussed the multiple identities that interact and affect our perceptions, expectations, and biases. She spoke of a kaleidoscope of identities including: race, sexual orientation, religion, disability, color, economic class, and education. These identities, she said, blend like "rainbow sherbet" and cannot be separated.

As a fourth year student and Diversity Committee member, I had the distinct honor of introducing Kirkland Vaughans, Ph.D. Dr. Vaughans is an Assistant Clinical Professor at the Derner Institute. He is the editor of the *Journal of Infant, Child and Adolescent Psychotherapy (JICAP)* and sits on the faculty of the Adelphi Postgraduate Program in Child, Adolescent and Family Psychotherapy. He is also a clinical supervisor at the National Institute for Psychotherapy (NIP). Dr. Vaughans shared clinical examples from his work as a school psychologist at Hempstead High School, where he clearly motivates and inspires the students who walk into his office. He spoke of an incident when a student used a racial slur in front of him, and the importance of addressing his personal feelings about the student's use of the slur and how it affected him as a Black man. He discussed personal accounts of when he was discriminated against because of his skin color on a subway and his frustration at two policemen.

After these extremely eloquent and informative talks, the students had the opportunity to ask questions. The emotions were high in the room, as everyone related in some way to the topics discussed. As the students shared personal stories, the speakers responded with personal answers. One student spoke of her interracial marriage, while another spoke about the experience of being a White woman and wondering at times whether it's appropriate if she share when the topic of diversity arises. Another student asked how to address issues of diversity that exist within our institution. One thing is for sure, this got ball rolling to discuss some very important feelings, thoughts, and issues in regards to diversity. Everyone was so engaged in the conversation that it was challenging to pause for lunch, with a fear that this deep talk might not ensue after the break. More than twenty-five brave individuals returned after lunch for the round table discussions, in which students and faculty members discussed reactions to the morning and tackled questions written by Derner students.

Evaluations of the day proved the event's success and helped with suggestions for future events. A few individuals proposed that this event be annual. Others hoped that round table discussions could be made an optional monthly activity for students. Many evaluations reflected the desire to make this event obligatory for students because it was so worthwhile. Others asked for follow up events to address other issues: sexual orientation, gender, other ethnicities, etc.

This event would not have been possible without the support of Dean Barber and Dr. Muran and the efforts of the faculty of the Diversity Committee including Dr. Jairo Fuertes—Chairperson, Dr. Kirkland Vaughans, Dr. Carolyn Springer, Dr. Rebecca Curtis, Dr. Michael O'Loughlin, Dr. Patrick Ross, Dr. Karen Lombardi, and student representatives Monica Pal, Terri Houston, Sevan Basil, and Michael Kestenbaum. Lastly, this event's success was dependent on the participation of the students and faculty who attended and shared so openly and honestly. There was a proposal for Diversity Day submitted to APAGS in order to host an event in the fall of 2012. Finally, there is also news of the creation of student led minority caucus, so if you want to get involved, stay tuned.



Student Accomplishments

A glimpse into the professional achievements of Derner doctoral students throughout the 2011-2012 academic year.

Student Spotlight: Christy Denckla, M.A.



This year at Derner was extremely eventful and exciting for Christy, who recently completed her third year. She was the recipient of the George Stricker Research Fellowship, which is awarded to one third year student every spring semester for excellence in research productivity. She was awarded \$18,000, which was presented to her at the gala honoring Pat Ross in April. Additionally, she was elected president of the Society for Personality Assessment Graduate Student Association (SPAGS) in March and will serve a two-year term. As chair of the Student Action Committee (SAC), Christy has been an excellent advocate for the doctoral students and has launched numerous advancements in the Derner community. Along with serving as class representative, teaching fellow for the undergraduate psychology department, and psychology extern at the Suicide Prevention Program/Dialectical Behavioral Therapy at the Manhattan VA, Christy has been working on several articles and presentations in the areas of bereavement, personality, and aging. She will be presenting two posters at the APA national convention in August. See Page 12 for more details.

Marie Barnett, M.A.

In May 2012, Marie was accepted into the Pre-Doctoral Fellowship program at Memorial Sloan-Kettering Cancer Center. She will begin in July and will work under the mentorship of Jennifer Ford, PhD. She presented a poster, "To Disclose or Not to Disclose? Self-Disclosure Patterns of Cancer History in Adolescent and Young Adult Cancer Survivors" at the annual meeting of the Society of Behavioral Medicine in New Orleans, in April 2012, under the mentorship of Dr. Francine Conway. Additionally, Marie and Dr. Conway coauthored a review of the book, "Post-traumatic Stress Disorder," for *PsycCRITIQUES*.

Michael Buls, M.A.

Michael presented a poster, "Use of the Rorschach in Support of Bipolar Diagnosis in Children," at the Society for Personality Assessment Annual Meeting in Chicago, in March 2012.

Kristen Capps, M.A.

Kristen presented a paper, "Relationship between in-session patient crying behavior and therapeutic interventions" at the Society for Psychotherapy Research International Annual Meeting in Virginia Beach, in June 2012, coauthored by Anthony Mullin and under the mentorship of Dr. Mark Hilsenroth and Dr. Kate Fiori.

Wei-Jean Chung, M.A.

Wei-Jean coauthored a chapter, "Psychodynamic Models of Personality," along with Christy Denckla and Dr. Robert Bornstein, in the *Handbook of Psychology, 2nd Edition* by Irving Weiner, currently in press. She also presented a paper, "Can implicit and self-attributed dependency predict psychology well-being? Linking Rorschach Oral Dependency and Relationship Profile Test scores with treatment outcome in patients admitted to a 28-day chemical dependency rehabilitation unit," at the Society for Personality Assessment Annual Meeting in Chicago, in March 2012.

Benjamin Feld, M.A.

Benjamin presented a poster, "Longitudinal Associations Between Interparental Conflict and Social Skills and Loneliness in Adolescence," at the Biennial Conference of the Society for Research on Adolescence in March 2012. He is currently, along with his advisor Dr. Laura DeRose, in the process of submitting a manuscript based on this project titled "How Parent-Child Relationships Impact Longitudinal Associations between Interparental Conflict during Late Childhood and Adolescent Social Skills and Loneliness" for publication. Benjamin also coauthored an article for *The Cultural Spotlight Newsletter of the NYSPA's Division of Culture, Race, & Ethnicity* for the 2012 NYSPA Annual Convention titled "Cultural Considerations in Psychological Assessments: A case discussion of an Orthodox Jewish woman and a Haitian woman."

Meredith Friedson, M.A.

Meredith presented a paper, "Higher Education & Perceiving Truths in a World Composed of Shades of Grey" at the Association for the Psychoanalysis of Culture and Society (APCS) at Rutgers University, in November 2011. She also presented a paper, "Depression and the Disintegration of Meaning- Narrating Lives in an Attempt to Heal," at the Narrative Matters Conference at the American University of Paris, in May-June 2012.

Students: We are aware that more of you have significant professional achievements from the past year and we want you to be recognized! We encourage you to submit your accomplishments for future display in *Day Residue*.

Student Accomplishments [continued]

Rachel Goldman, M.A.

Rachel presented a poster, "Psychotherapy Integration and Alliance: Use of Cognitive Behavioral Techniques Within a Short-Term Psychodynamic Psychotherapy Treatment Model" at the Society for Psychotherapy Research International Annual Meeting in Virginia Beach, in June 2012, under the mentorship of Dr. Mark Hilsenroth. Results of her analysis indicated that the integration of some cognitive behavioral techniques within a psychodynamic model early in treatment may facilitate a stronger therapeutic alliance specific to collaboration on treatment focus and goals within therapy. She received the Hans Strupp Student Travel Award and a Lester Luborsky Student Poster award for her presentation. She also presented a paper, "Therapeutic Techniques in the Treatment of 9/11 First Responders with PTSD" on behalf of her colleagues at Bellevue Hospital Center, who were unable to attend.

Avigail Gordon, M.A.

Avigail presented a paper, "A Fresh Perspective on Trauma: Survivors Define Their Experience" at the Society for Personality Assessment Annual Meeting in Chicago, in March 2012, under the mentorship of Dr. Kate Szymanski.

Cassie Kaufmann, M.A., & Sophia Frydman Dixon, M.F.A.

Cassie and Sophia presented their paper, "Words have a lot of work to do: Notes on Ryan Trecartin," at the Annual Spring Meeting of The Division of Psychoanalysis in Santa Fe, in April 2012.

Maggie Klein, M.A.

Maggie presented a poster, "Witnessing a Romantic Partner's Psychotic Episode: Developing a Clinical Picture for Adolescents," at the Annual Spring Meeting of The Division of Psychoanalysis in Santa Fe, in April 2012, for which she received a Best Poster award.

Barbara "Cricket" McLeod, M.A.

Cricket was a recipient of the F. Edward Hebert Armed Forces Health Professions Scholarship through the United States Air Force. Additionally, she presented a poster, "Differential Impact of Sex and Gender-Role on Implicit and Self-Attributed Dependency Scores" at the Society for Personality Assessment Annual Meeting in Chicago, in March 2012.

Anthony Mullin, M.Sc., M.A.

Anthony coauthored a chapter, "Religion, altruism, and prosocial behavior: Conceptual and empirical approaches" in the *Handbook on the Psychology of Religion and Spirituality*, which will be released in the July 2012. Additionally, he presented two papers at the Society for Psychotherapy Research International Annual Meeting in Virginia Beach, in June 2012: "The Relationship between Patient Pre-treatment Object Relations Functioning and Psychodynamic Techniques Early in Treatment," under the mentorship of Dr. Mark Hilsenroth, and "Relationship between in-session patient crying behavior and therapeutic interventions," along with Kristen Capps and under the mentorship of Dr. Mark Hilsenroth and Dr. Kate Fiori.

Laura Shapiro, M.A.

Laura presented a poster, "Do Bereaved Children Grow into Nonbereaved Adults?: The Impact of Childhood Parental Loss on Adulthood" at the Child and Youth Mental Health Matters Conference in Vancouver, in May 2012. Her research examines the ongoing, internal processes of adults who lost a parent in childhood and focuses on the perceived internal relationship between the adult and his or her deceased parent. Laura proposed her dissertation, "The Loss That Lasts a Lifetime: The Adult's Experience of the Death of a Parent in Childhood," in December 2011, and has recently submitted a manuscript for publication entitled, "The Ongoing Process of Parental Loss: A Theoretical Integration," under the mentorship of Dr. Francine Conway.

Deborah Siegel

Deborah presented a poster, "Process and Technique Factors Associated with Patient Ratings of Session Safety," at the Society for Psychotherapy Research International Annual Meeting in Virginia Beach, in June 2012, under the mentorship of Dr. Mark Hilsenroth. Results of her study suggested that the use of some structured cognitive-behavioral techniques within a predominantly psychodynamic therapy model may facilitate a patient's sense of safety regarding the session. In addition, a safe therapeutic environment may increase the session depth by allowing the patient to thoroughly explore positive and negative affect.

Jackson Taylor

Jackson was a recipient of an Armed Forces Health Professions Scholarship and commissioned as an Ensign in the United States Navy. He also was recognized as a C.E. Penney Memorial Scholar in the Walkkill Central School District, his hometown in upstate New York. In June, Jackson served on a panel, along with Dr. Jairo Fuertes, titled "Universal-Diverse Orientation and Psychotherapy Research: Measurement, Review, and Future Directions," at the Society for Psychotherapy Research International Annual Meeting in Virginia Beach. His presentation examined the future applications of Universal-Diverse Orientation (UDO; a social attitude characterized by awareness and acceptance of the similarities and differences that exist among people) in psychotherapy research. Jackson is also a recipient of a Psi Chi National Chapter Graduate Research Assistantship Grant (\$3,000). The grant will support his efforts to explore the role and impact of culture in the therapeutic relationship under the mentorship of Dr. Chris Muran.

Internship Testimonial

Alison Baxter, M.A.



Alison recently completed her fourth year, and will begin her internship at the University of Medicine and Dentistry of New Jersey in July 2012, on the Adult Forensic Track.

These days, the biggest specter of the psychology doctoral program is the dreaded internship application process. The effort involved, the fear of not matching, confusion over rankings, all conspire to ruin the summer of nearly every fourth year student. Whether actually applying in fourth year, or waiting until after the dissertation is complete, nearly all students must face this torture. This past year, I was one of those students.

I think the best advice I was offered, by a student who is now finishing her internship, was to begin early. And so, in early August of 2011 I began what I believe to be the simple process of making a list of sites to apply to. This grew into a complex task. I found the easiest way to identify potential sites was to come up with a set of criteria which I felt were nonnegotiable. For me this involved location, salary, and specialty. I spent much of the month concentrating on this task, and assessing the pros and cons of each potential site. I also contacted all of my recommendation letter writers, to request that they write me a letter that fall.

Late August found me feverishly writing my internship essays. Version after version of each of the four essays was picked over and struggled with until I finally had the *perfect* set of essays, though by now it was mid-October. At the same time, I was also distilling the three years' worth of internship tracking hours Excel spreadsheets; this took a great deal longer than I had hoped. By November I had begun to write my 20 cover letters, and to upload my case summaries and testing reports to the APPIC website. I was also waiting on one of my letters of recommendation, increasing my anxiety dramatically. Fortunately, the letter was submitted one day prior to the deadline for my earliest sites... which were some of my top choices.

Finally, applications were submitted and last-minute details (such as typos, misspellings, etc. in cover letters) were addressed, and the applications were finished by about mid-December. Now it was just a waiting game.

As classmates began getting interviews, everyone's anxiety grew, particularly those who had not yet received interview invitations. I received interviews all over the Northeast, and began to interview. Though I had had one practice interview, with my advisor, I was still anxious. After my first interview, I spoke with Dr. Jackson and told him I thought that it had gone fairly well, to which he replied "well, you really can't tell." Which was remarkably unhelpful in terms of anxiety reduction, and yet, completely true.

Eventually the interviews were completed, though not without acquiring at least one horrible interview story. Finally, it was time for rankings. This, of course, was anxiety provoking in a whole new way. Trying to weigh the pros and cons of each site, without wondering where they might be ranking me, was difficult. In the end, however, I went back to my nonnegotiable criteria, as those were clearly among the most important.

Once the rankings were submitted, there was nothing left to do but wait. On Friday morning, I went to teach my undergraduate class, in order to be distracted from what I assumed would be a long wait. However, I received a text message right before class from a fifth-year student asking me how the match went, and where I was going. I was surprised, as this was an hour before the official notification time, and texted her as much. She responded, "But other people already know." Naturally, I attempted to surreptitiously check my e-mail on my phone during class. My anxiety grew, until I realized I must have used a different e-mail address. As soon as class ended I hurried to check this alternate e-mail address, and found (much to my relief) an e-mail beginning: "Congratulations..."

I had matched, and could begin looking forward to applying to postdocs.

Where Are They Going? Derner students matched at the following sites for the upcoming 2012-2013 year:

Beth Israel Medical Center
Emory University Counseling Center
Jacobi Medical Center
Manhattan Psychiatric Center
MercyFirst—Abuse Treatment
Mount Sinai Medical Center—Adolescent Health Center
Nassau University Medical Center
New York Harbor VA Medical Center

New York Psychoanalytic Institute
North Central Bronx Hospital
North Shore Long Island Jewish Medical Center
Rutgers University Counseling Center
South Nassau Communities Hospital
University of Medicine and Dentistry of NJ—Forensic Track
Wilford Hall Medical Center/Lackland Air Force Base
Yale University Child Study Center

Faculty Highlights

A glimpse into the professional achievements of Derner faculty throughout the 2011-2012 academic year.

Publications

- Barber, J. P.**, Barrett, M. S., Gallop, R., Rynn, M. & Rickels, K. (2012). Short-term dynamic therapy vs. pharmacotherapy for major depressive disorder. *Journal of Clinical Psychiatry*, 73(1), 66-73.
- Barber, J. P., Muran, J. C.,** McCarthy, K. S., & Keefe, R. J. (In press). Research on psychodynamic therapies. In M. J. Lambert (Ed.), *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change* (6th ed.). New Jersey: John Wiley & Sons, Inc.
- Bornstein, R. F.** (2012). From dysfunction to adaptation: An interactionist model of dependency. *Annual Review of Clinical Psychology*, 8, 291–316.
- Bornstein, R. F.** (2012). Rorschach score validation as a model for 21st-century personality assessment. *Journal of Personality Assessment*, 94(1), 26–38.
- Conway, F.** (2012). Psychodynamic psychotherapy of ADHD: A review of the literature. *Psychotherapy*, 1-14.
- Curtis, R. C.** (2011). Speaking freely: My experiences in individual psychotherapies, group psychotherapies, and growth groups. *Journal of Clinical Psychology: In Session*, 67, 794-805.
- Curtis, R. C.,** & Hirsch, I. (2011). Relational approaches to psychoanalytic psychotherapy. In S. B. Messer & A. S. Gurman (Eds.), *Essential Psychotherapies* (3rd ed., pp. 72-105). New York: Guilford.
- Willock, B., Bohm, L. C., & **Curtis, R. C.** (2011). Loneliness and Longing. Conscious and Unconscious Factors. NY: Routledge.
- Curtis, R. C.** (2012). New experiences and meanings of experience: A model of change for psychoanalysis. *Psychoanalytic Psychology*, 29, 81-98.
- Fiori, K. L.,** & Denckla, C. A. (2012). Social support and mental health in middle-aged men and women: A multidimensional approach. *Journal of Aging and Health*, 24(3), 407-438.
- Fiori, K. L.,** & Jager, J. (2012). Social support networks and health across the lifespan: A longitudinal, pattern-centered approach. *International Journal of Behavioral Development*, 36(2), 117-129.
- Josephs, L.** (2011). Neurotic self-deception as a reproductive strategy. In C. Piers (Ed.), *Style and Character: Conversations with David Shapiro*.
- Josephs, L.** (2011). The Primal Scene in cross-species and cross-cultural perspectives. *International Journal of Psychoanalysis*, 92, 1263-1287.
- Josephs, L. & Bornstein, R.** (2011). Beyond the illusion of structural change. *Psychoanalytic Psychology*, 28(3), 420-434.
- Mendelsohn, R.** (2012). Parallel process and projective identification in psychoanalytic supervision. *Psychoanalytic review*, 99, 3.
- Wolf, A. W., Goldfried, M. R., & **Muran, J. C.** (Eds.). (In press). Transforming Negative Reactions to Clients. Washington, DC: American Psychological Association Books.
- Safran, J. D., **Muran, J. C.,** & Eubanks-Carter, C. (2011). Repairing alliance ruptures. In J. C. Norcross (Ed.), *Psychotherapy Relationships That Work* (2nd Edition). New York: Oxford University Press.
- Rothman, A. M. and **Steil, J. M.** (2012). Adolescent attachment and entitlement in a world of wealth. *Journal of Infant, Child and Adolescent Psychotherapy*, 11, 53-65.
- Szymanski, K.,** Rosenfeld, N. (2012). Trauma narrative: Recovery and posttraumatic growth – A clinical perspective. In V. Cecchetto, M. Strojnska, **K. Szymanski** (Eds.), *Expression of the Unspeakable: Narratives of Trauma*. New York: Bergham Books.
- Cecchetto, V., Strojnska, M., **Szymanski, K.** (Eds.). (In press). Expression of the Unspeakable: Narratives of Trauma. New York: Bergham Books.

Faculty Highlights [continued]

Presentations

- Barber, J. P.** (October 2011). *Integrating psychotherapy research with clinical practice: A personal journey*. Lindemann Lecture for Human Development, Adelphi University.
- Curtis, R. C.** (November 2011). *The boogie woogie rumble of unconscious processes: The mind in scientific psychology and psychoanalysis*. Paper presented at Harvard University, Cambridge, MA.
- Curtis, R. C.** (November 2011). *Unconscious processes in psychoanalysis and psychology*. Paper presented at the Boston Graduate School of Psychoanalysis, Brookline, MA.
- Curtis, R. C.** (January 2012). *Dissociation in psychoanalysis and academic psychology*. Paper presented to the Relational Psychoanalysis group, Barcelona, Spain.
- Curtis, R. C.** (March 2012). *The roles of freedom and discipline in moving beyond the familiar and secure*. Presented at the annual meeting of the International Association for Relational Psychoanalysis and Psychotherapy, New York, NY.
- Curtis, R. C.** (April 2012). *The physicist David Bohm's contributions to creativity in art and science: The value of confusion in life and psychoanalysis*. Paper presented at the annual spring meeting of the Psychoanalytic Division of APA (Division 39), Santa Fe, NM.
- Fiori, K. L., & Denckla, C. A.** (October 2011). *Crying in context: The influence of interpersonal dependency and social networks*. Poster presented at the 5th International Conference on The (Non)Expression of Emotions in Health and Disease in Tilburg, Netherlands.
- Fiori, K. L., & Denckla, C. A.** (October 2011). *Social support and mental health in middle-aged men and women: A multidimensional approach*. Paper presented at the 2011 Society for the Study of Human Development Biennial Meeting in Providence, RI.
- Fiori, K. L., Windsor, T. D., & Crisp, D. A.** (November 2011). *Can positive social exchanges buffer the negative effects of negative social exchanges?: Age and gender differences*. Paper presented at the Annual Scientific Meeting of the Gerontological Society of America in Boston, MA.
- Lombardi, K.** (April 2012). *Whole and/or in Bits: Bohm, Matte Blanco and (Un)consciousness*. Presentation at the annual meeting of the Division of Psychoanalysis (Division 39) of the American Psychological Association, in Santa Fe, NM.
- Lombardi, K.** (April 2012). *Words Have a Lot of Work to Do*. Moderated panel at the annual meeting of the Division of Psychoanalysis (Division 39) of the American Psychological Association, in Santa Fe, NM.
- Newirth, J.** (April 2012). *After Birth: Postpartum Experiences of Creativity, Loss, Envy, Reparation and Identity*. Organized panel at the annual meeting of the Division of Psychoanalysis (Division 39) of the American Psychological Association, in Santa Fe, NM.
- Newirth, J.** (April 2012). *The Play's The Thing: Enactment, Reverie and Symbolization in Psychoanalysis*. Organized panel at the annual meeting of the Division of Psychoanalysis (Division 39) of the American Psychological Association, in Santa Fe, NM.
- Newirth, J.** (April 2012) *Psychoanalysis as Personal Theater: Transitional Experience, Enactment, Reverie and Symbolization*. Paper presented at the annual meeting of the Division of Psychoanalysis (Division 39) of the American Psychological Association, in Santa Fe, NM.
- Szymanski, K., Springer, C., Goldstein, C.** (November 2011). *Attachment trauma and interpersonal relationships of children and adolescent inpatients*. Paper presented at the meeting of International Society for Traumatic Stress Studies, Baltimore.
- Szymanski, K., Gordon, A., & Clark, A.** (August 2012). *TAT narratives as an implicit assessment of trauma*. Poster presented at the meeting of American Psychological Association, Orlando, FL.
- Stroinska, M. & Szymanski, K.** (July 2012). *The use of metaphor in trauma narratives*. Paper presented at the meeting of International Association for Researching and Applying Metaphor, Lancaster University, Lancaster, United Kingdom.

Faculty: We are aware that more of you have significant professional achievements from the past year and we want you to be recognized! We encourage you to submit your accomplishments for future display in *Day Residue*.

Christy Denckla Achievements [continued from Page 7]

Publications

Fiori, K. L., & Denckla, C. A. (2012). Social support and mental health in middle-aged men and women: A multidimensional approach. *Journal of Aging and Health, 24*, 407–438.

Denckla, C. A., Mancini, A., Bornstein, R. F., & Bonanno, G. A. (2011). Adaptive and maladaptive dependency in bereavement: Distinguishing prolonged and resolved grief trajectories. *Personality and Individual Differences, 51*, 1012-1017.

Presentations

Denckla, C. A., Singer, J., & Bornstein, R. F. (2012) *Distinguishing Adaptive Detachment from Dysfunctional Avoidance in Coping with Negative Life Events*. Poster presented at the Annual meeting of the American Psychological Association, Orlando, FL.

Denckla, C., Mancini, A., Bonanno, G., Bornstein, R., (2012). *Deficits in Healthy Dependency are Associated with Prolonged Grief over and above Attachment Style*. Poster presented at the Annual meeting of the American Psychological Association, Orlando, FL.

Denckla, C. & Bornstein, R. F. (2012). *Adaptive Detachment as an Individual Difference Factor in Coping with Negative Life Events*. Poster presented at the 2012 Annual Meeting of the Society for Personality Assessment, Chicago, IL.

Denckla, C. A. & Fiori, K. L. (2012). *Associations among Crying, Empathy, and Age: The Crying Proneness Index*. Paper presented at the 2012 Annual meeting of the Consortium of European Research on Emotion (CERE), Canterbury, Great Britain.

Fiori, K. L. & Denckla, C. A. (2012). *Crying and Attachment Style: The Role of Romantic Relationships*. Paper presented at the 2012 Annual meeting of the Consortium of European Research on Emotion (CERE), Canterbury, Great Britain.

Keep in Touch!

Alumni: We very much want to hear from you! Please stay tuned for the upcoming semester, when we plan to reach out to many of you to learn about your post-Derner careers, projects, and accomplishments. If you would like to submit an article, essay, or other piece of literature for the next issue of *Day Residue*, please do not hesitate to contact any of us on the newsletter team. We look forward to hearing from you!

Contact Us!

Your feedback is extremely valuable to us and will help enhance future issues. Did you find the newsletter interesting? What would you like to see in future issues? Please let us know your opinions and comments:

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Spread the Word!

Know of any alumni who have not received this newsletter but would like to? Let us know the updated e-mail addresses of anyone whose current information may not be in the Derner administration's records.

Stay Tuned!

A glimpse into some of the topics to be covered in the next issue:

Teaching Fellows Program

Colloquium Speakers and Invited Guests

APA Program Review

Incorporating New Training Procedures into the Curriculum

Past Faculty Becoming Present Faculty

Student-Alumni Events

...And More!