

Virginia Consortium Spring 2019 Newsletter

What's New this Semester?

By Robin Lewis, Ph.D., DCT

To celebrate the completion of another academic year, the Consortium will hold another End of Year Picnic in historic First Landing Park on Saturday, May 18th. There is so much to celebrate this year! We are so excited to congratulate our December, 2018 graduates, **Willie McBride, Jessica Block, and Kristoffer Park** (see page 10). Additionally, **Tiren Park** was able to march at the commencement ceremony this May as she successfully defended her dissertation while on internship! We are also immensely proud to send off eight of our students to internship this summer, **Allison Battles, Dominique Blanchette, Peter Preonas, Lydia Qualls, Bilg  Yilmaz, Alexander Shappie, and Charles Freligh** (see page 9). Everyone is thrilled that we achieved a 100% internship match rate this spring with many of our students being matched to their top-ranked site. Congratulations to everyone!

This semester, the Consortium held the second annual Diversifying Clinical Psychology event at ODU for local undergraduates seeking to pursue a graduate degree in Clinical Psychology (see page 4). An addition to the event this year was our keynote speaker, **Dr. O'Shan Gadsden**, who gave a presentation on the great importance of diversifying the field of psychology. We look forward to continuing this annual tradition!

I am also humbled to share the news that **Dr. Barbara Winstead**, who has been a fundamental member of the Virginia Consortium since its inception over 40 years ago, is moving into her well-deserved retirement (see pages 2-3). We will miss her but wish her the absolute best in this next stage of life.

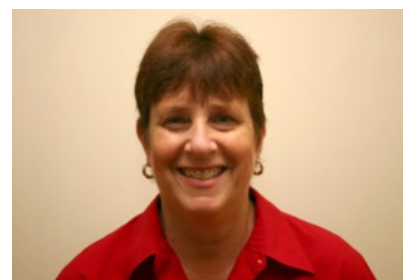
As usual we look forward to hearing from our excellent alumni. I encourage you to keep in touch with the program and let us know how you are doing and what you are up to! You can do so by emailing our graduate assistants who route incoming program email at vcpcpga@gmail.com or by messaging me directly at rlewis@odu.edu

With best wishes,

Robin

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Faculty Highlight: Dr. Barbara Winstead Retiring

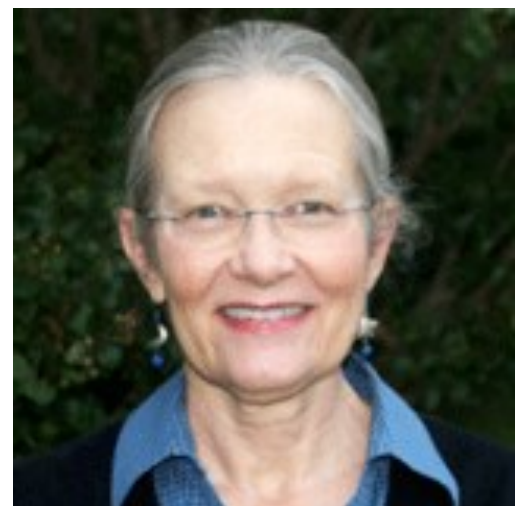
Dr. Barbara Winstead, Professor of Psychology at ODU, is retiring in May 2019. Dr. Winstead has been a fixture in the Consortium since its inception more than 40 year ago. Dr. Winstead arrived at ODU in 1979 and began teaching the 2nd cohort of Consortium Psy.D. students. Dr. Winstead taught courses to Consortium students in Psychodynamic Psychotherapy and Research Methods and mentored more than 25 clinical doctoral students. In the classroom and as a research supervisor, Dr. Winstead combined kindness and patience with high standards of excellence that positively impacted several generations of clinical students.

Dr. Winstead provided exceptional service to the Psychology Department, Consortium, ODU, and to the profession of psychology. She led the Psychology Department as chair for 10 years and her service to the Consortium contributed directly to the excellence and longevity of our joint program. She served the Consortium in a variety of administrative roles during her long tenure, including: Director of Clinical Training, ODU's representative to the Council of Directors and then the Advisory Panel, and Chair of the Program Review Committee. She also served ODU on many university committees, and as a faculty senator. Dr. Winstead also generously shares her expertise as a sought-after APA site visitor.

Over Dr. Winstead's career, she published over 90 research papers and book chapters. She has also presented over 90 times at professional meetings and at invited addresses. She has been cited a total of over 1,300 times, with an average citation per item at 26.55. This is a remarkable accomplishment and is one indicator of the reach and impact of Dr. Winstead's work on the field of psychology. Also impressive is that her level of productivity has been sustained over the course of her career.

Dr. Winstead exemplifies excellence in teaching, research, and service. She is passionate about her work and her passion is contagious, ever inspiring those around her to also do their best work. She is an inspiration. Her legacy will remain long after she retires.

I hope you will join me in wishing Dr. Barbara Winstead well as she moves into a well-deserved retirement. I'm sure she would love to hear from former students and she can be reached at bwinstea@odu.edu. It is clear that the Consortium's four decades of success are due, in part, to Dr. Winstead's dedication and service. On behalf of Consortium students, faculty, and staff...Thank you Barbara, and we will miss you.



Pictured: Dr. Barbara Winstead

~Robin Lewis

Faculty Highlight: Dr. Barbara Winstead Retiring

Throughout her career, Dr. Winstead has touched the lives of countless students through her mentorship. Here, two students wish her well in this next stage of her life.

“Ralph Waldo Emerson once said, “Treat a man as he is, and he will remain as he is. Treat a man as he could be, and he will become what he should be.” I am fortunate to have a mentor who thinks a lot like Emerson. As Dr. Winstead begins this new chapter of her life, I feel incredibly grateful for her mentorship over the past six years. Her unwavering support, encouragement, and optimism have made all the difference in this gloriously difficult journey towards achieving my dreams. Her retirement is certainly bittersweet, but I am thrilled for her and wish her so much joy.”

~Third-Year Consortium Student, Phoebe Hitson

“I have known Dr. Winstead since I entered the M.S. in Experimental Psychology program at ODU in 1996. She supervised my first-year research project as well as my master’s thesis research. I was fortunate to have Dr. Winstead assigned as my advisor. She guided me through every step of the research process. She was always encouraging, supportive, and readily available. She instilled in me an appreciation of and enthusiasm for conducting research. After such a positive experience, I asked her to serve as my master’s thesis advisor, to which she readily agreed. She spent countless hours meeting with me and providing extensive feedback on numerous drafts of my thesis. She also mentored me through the publication process. She helped me develop invaluable skills. Her mentorship prepared me well for the challenges of conducting my dissertation research at the University of Rhode Island. Dr. Winstead’s influence on my career is apparent in two ways. First, I apply the skills I developed under her tutelage as I continue to conduct research and publish in high-quality journals. Second, I mentor students in the manner she mentored me. My experiences with Dr. Winstead continue to inspire me to provide my students with the same level of guidance, encouragement, and inspiration that she provided to me. I will never cease to be immensely grateful for her mentorship. I wish her all the best in her retirement.”

~Dr. Leila B. Dutton

Diversifying Clinical Psychology Event at ODU

On April 8th, the Consortium hosted the second annual Diversifying Clinical Psychology event at the ODU Webb Center. The event reaches out to students from underrepresented backgrounds who wish to learn more about clinical psychology, particularly those who are interested in pursuing graduate school. Thirty-seven undergraduate students from NSU, ODU, Hampton University, Virginia Wesleyan University, and Christopher Newport University attended this workshop. New Consortium faculty member, **Dr. O'Shan Gadsden** of NSU, was the keynote speaker at the event. Additionally, a faculty panel and two graduate student panels shared their academic and career journeys and answered audience questions. Afterwards, attendees, faculty, and current students had the opportunity to network and exchange contact information. All attendees were provided with an informational workbook with guidance on applying to graduate school, a GRE prep book, and other helpful resources to assist them in their graduate school preparation. Like last year, the feedback from attendees was overwhelmingly positive, and the program is excited to make this event an annual tradition. We hope educating and providing resources to the students at this annual workshop is one small step towards creating equal educational opportunities and diversifying the future of clinical psychology. Thank you to **Dr. Matt Judah**, **Elaine Ross**, and members of the VCPCP Diversity Committee for working hard to plan this important event!



Faculty Panel Pictured Above: Dr. Alan Meca (ODU), Dr. O'Shan Gadsden (NSU), Dr. Jennifer Flaherty (EVMS), and Dr. Cathy Lau-Barraco (ODU)

Faculty Honors and Awards

Check out what some of our amazing faculty have been up to this spring!

Dr. Kristin Heron, Dr. Robin Lewis, and **Dr. Abby Braitman** of ODU received NIH funding for a study that aims to identify predictors of binge eating in daily life in young lesbian and heterosexual women. The project is titled, **Examining binge eating in daily life: Working toward reducing obesity disparities in racially diverse lesbian and heterosexual women.**

Dr. Clifford Hatt of NSU was elected the president of the **American Board of School Psychology (ABSP)**, which is a specialty board of the **American Board of Professional Psychology (ABPP)**. He began his one-year term in January.



Pictured Above: Dr. Clifford Hatt of NSU

Dr. Kelli England of EVMS was awarded the **Governor's EMS Award for Outstanding Contribution to EMS for Children** in December of 2018 and the **John T. Hanna Award For Excellence in Occupant Protection Programming** in January of 2019. She was also recently named **Interim Director of the Pediatrics Division of Community Health and Research** at EVMS.

Pictured Below: Dr. Kelli England of EVMS



Faculty Honors and Awards

Dr. Alan Meca was selected to be a mentor for the **Frances Degen Horowitz Millennium Scholars Program (MSP)** conducted by the **Society for Research on Child Development (SRCD)**. The program was developed as a vehicle to encourage and support scholars from underrepresented ethnic/racial groups in pursuing graduate work in developmental science. The program pairs faculty with graduate student mentees from underrepresented backgrounds, waives mentors' registration to the SRCD conference, and also provides mentors with a cash stipend! Dr. Meca provided guidance and support to two amazing doctoral students, Alysa Miller from the University of Illinois at Chicago and Hye Jung Park from Arizona State University. More information on the award/program can be found at <https://www.srkd.org/meetings/biennial-meeting/millennium-scholars-program>



Pictured above: Doctoral student Hye Jung Park, Dr. Alan Meca, and doctoral student Alysa Miller



Pictured above: Mentors and mentees of the Frances Degen Horowitz Millennium Scholars Program at the 2019 SRCD conference in Baltimore, MD

Research Highlight: Dr. Kristin Heron's Health Behavior & Technology (HaBiT) Lab

The Body Project!

Dr. Kristin Heron of ODU and fourth-year Consortium student, **Rachel MacIntyre**, received an Educational Program Grant from the Eating Recovery Foundation to implement the **Body Project** at ODU, which is a dissonance-based, peer-led intervention program for college women aimed at improving body satisfaction and reducing the risk for eating disorders. Consortium students **Lindsay Howard** and **Charlotte Dawson** are also involved in implementing the Body Project at ODU.



Pictured above: ODU undergraduates Maiah Daniel and Alexandra Johnson and Consortium student Rachel MacIntyre

“By launching the Body Project on ODU's campus, we are not only providing an intervention for a pervasive problem among college women, body dissatisfaction, but we are also providing an avenue for students to feel empowered and connected with their peers. As a graduate student supervisor of the Body Project, it has been amazing and inspiring to witness the passion and skills embodied by our peer facilitators. I hope we are able to reach many more affected by the unattainable appearance standards in our society in upcoming semesters!”

~Fourth-year Consortium student, Rachel MacIntyre

Student Honors and Awards

Highlighting accomplishments this semester of our outstanding students!

Fourth-year student, **Lindsay Howard**'s paper presentation entitled "Development and Initial Validation of an Underreporting of Disordered Eating Behaviors Scale," was chosen by the reviewers and Program Committee at the Society of Behavioral Medicine spring 2019 conference in Washington D.C. as an excellent student authored submission, and was recognized as a Meritorious Abstract.



Pictured: Lindsay Howard



Pictured: John Schwartz

Third-year student, **John Schwartz**, received third place in the NSU 3-Minute Thesis (3MT) Competition with his thesis entitled: "The Influence of Mindfulness and Stress on Sleep Quality in the Student Veteran Population."

Second-year student, **Rachel Amerson**, was recently awarded the **Bisexual Foundation Scholarship** from Division 44's Bisexual Issues Committee. This is an annual scholarship of up to \$1,000 awarded to a selected graduate student to advance research on the psychology of bisexuality. This new award recognizes the growing importance of research on bisexuality to the field of LGBT issues in psychology and offers concrete support and encouragement to emerging scholars in the field. Rachel plans to use this prize to fund her dissertation work. Congrats, Rachel!

Internship Match Success!

The Consortium is sending off EIGHT students to APA accredited internships this year!

All eight Consortium students who applied to internship in the fall successfully matched this spring to APA accredited sites, many of them to their top choice! This is an amazing accomplishment, and we are so proud of them. Congratulations to everyone! **Peter Preonas** will be interning at Edward Hines, Jr. VA Hospital in Hines, Illinois. **Sean Flannery** matched with the VA Medical Center in Salem, Virginia. **Charles Freligh** will be close by at the College of William and Mary Counseling Center in Williamsburg, Virginia. **Dominique Blanchette** will complete her internship at Correct Care, South Florida State Hospital in Pembroke Pines, Florida. **Lydia Qualls** will intern at Virginia Tech's Thomas E. Cook Counseling Center. **Alexander Shappie** matched with the University of Washington Counseling Center. **Allison Battles** will be at the VA Medial Center in Minneapolis, Minnesota, and **Bilgé Yilmaz** will spend her year at the Los Angeles County Psych Internship in Corrections in Los Angeles, California.



*Pictured in back row: Peter Preonas, Sean Flannery, Charles Freligh, and Dominique Blanchette,
Pictured in front row: Lydia Qualls, Alexander Shappie, Allison Battles, and Bilgé Yilmaz*

Consortium Graduates!

The Consortium is proud to share that three students officially graduated from the program in December of 2018. We want to extend a huge congratulations to **Dr. Willie McBride**, **Dr. Jessica Block**, and **Dr. Kristoffer Park** for completing their internships and dissertations and earning their doctoral degrees! We wish you great success and happiness in launching your careers!

Alumni News

Dr. Willie McBride just completed a fellowship in interprofessional psychology with Tennessee Valley Healthcare System in Murfreesboro, Tennessee. Now he is in the process of transitioning to a two-year neuropsychology fellowship with the University of Virginia Department of Neurology.

Dr. Jessica Block, from Consortium graduating class of 2018, is the winner of the **2019 Pancoast Award** for her dissertation entitled: “**Risk of Unintended Pregnancy in Latina Young Adults: The Effect of Gender Role Beliefs, Acculturation, and Depression.**” This award is given annually for the outstanding dissertation of a Consortium student as voted on by ODU faculty. **Dr. James Paulson** of ODU supervised her dissertation. Dr. Block will receive a plaque and cash prize for this accomplishment!

Dr. Alexis Chappell, from Consortium graduating class of 2016, recently accepted a position at Bon Secours Health System! She will be working at their neuroscience center providing neuropsychological evaluations.



Pictured Above: Consortium graduate, Dr. Jessica Block

End of Year Picnic at First Landing Park

The Consortium's end of year celebration event was held on Saturday, May 18th at First Landing Park for the second year in a row. It was a beautiful, sunny day for VCP faculty, staff, students, and their family members to join and celebrate the completion of the 2018-2019 academic year. It was a fun afternoon complete with delicious food catered by TASTE, great conversation, and corn hole!

During the event, **Dr. Barbara Winstead** was acknowledged by VCP Director of Clinical Training, Dr. Robin Lewis, for her over 40 years of dedication to the program and long, successful career at Old Dominion University. The VCP family wishes her well in retirement, and she will be greatly missed!



Pictured Above: Dr. Barbara Winstead and Dr. Robin Lewis

A select group of students were also awarded for their accomplishments this past year. Fourth-year student, **Peter Preonas**, was awarded the **Candace M. Shorter Distinguished Student Award**. This award is given annually to a student leaving for internship who exhibits excellence in all aspects of the program: academic, research, and clinical training. Additionally, fifth-year students, **Dominique Blanchette** and **Alexander Shappie**, were both awarded the **Eileen O'Neill Outstanding Consortium Service Award**. This award is given annually to students who made significant contributions to the program. Congratulations to those who received awards and to everyone for completing another year!