Update from the Director of Clinical Training

Hi Current Students, Faculty, and Alumni! 2018-2019 has been a great year for our program! We greeted a new class of 5 students last August and we have a great incoming class of 5 starting later this year. Our 6 applicants for internship all placed at excellent sites (see placements in this newsletter)! Our 6 current interns have all defended their dissertations and all have post-docs that will start this summer or Fall. Most of our students have been successful in publishing and/or presenting their research; several have won poster awards at national meetings. Also, Amy Egbert is still on her NSF fellowship.

I’m delighted to report that Dr. Noni Gaylord-Harden was promoted to Full Professor this year. And, Dr. Becky Silton will return from a 1-year leave beginning this Fall. Also, Dr. Cate Santiago published a book entitled: “Creating Healing School Communities: School-based Interventions for Students Exposed to Trauma.” In addition, Drs. Santiago, Gaylord-Harden, and Richards all had publications in American Psychologist this year (one of these papers was first authored by our student Stephanie Torres!).

I’m grateful to Dr. Amy Bohnert who will be the acting DCT this Fall while I am on a research leave; with Dr. Bohnert, the program will be in very good hands!

I should also mention that we now provide a “bundled dissertation” option for our students that is different than the regular single study dissertation. To complete the bundled dissertation, students must do a proposal and defense meeting, but they present a set of 3 interrelated studies in publication form, as well as general Introduction and Discussion sections that integrate the 3 studies.

This option is for students who have a program of research and who wish to move more efficiently to the publication stage with their work.

We continue to have “Inclusivity Gatherings” as part of our admissions process where our students discuss how our program, Department, and University address issues of diversity for all students. We also now have a separate Diversity committee within our Clinical program (that complements our departmental Committee on Diversity Affairs; CODA).

In this newsletter, we have reports from each of our research teams, a list of all practicum, internship, and post-doctoral placements, news from our alumni, and a partial list of publications by students and faculty. We are very proud of our program, our current students, and our alumni. We are always astonished (but not surprised) by the many accomplishments of our students and alumni!

I would love to get your feedback about this newsletter; suggestions for future issues are always welcome. Feel free to contact me at 773-508-2967 or gholmbe@luc.edu. Best wishes to all of you!

Grayson N. Holmbeck, PhD, Professor and Director of Clinical Training
The First Years are incredibly excited to be nearing the completion of their first year of graduate school. They have taken the good with the bad, and declared themselves both Brilliant and Anxious, a moniker befitting their optimistic wish that by declaring something to be they make it so. They have ridden the waves of grad school through a combination of group-text reassurances, movie nights, St. Patrick’s Day brunch, and a general sense of solidarity. They are excited to make their PSYREN debut, and look forward to growing in their graduate school-aided wisdom in years to come.

Amanda Ruggieri was born and raised in Warwick, Rhode Island. The littlest state just couldn’t get rid of her, as she first earned a degree in Psychology at Brown University in Providence, RI, and then worked as a Clinical Research Assistant at Bradley Hospital in East Providence, RI studying the biological mechanisms of psychological disorders in children and adolescents. At Loyola, Amanda works with Dr. Colleen Conley, investigating mental health trajectories during times of transition in college students. She is specifically interested in the role of interpersonal support in the prevention and maintenance of mental health concerns. When she finds time to partake in non-graduate school activities, Amanda enjoys playing soccer, attempting to learn to crochet, and cheering on whichever Boston sports team happens to be in season.

Liz Hartwig grew up in Milwaukee, WI, then left the Midwest to attend Princeton University, where she majored in psychology. Following school, she moved to Houston, TX where she worked in a sleep and anxiety lab at the University of Houston studying sleep and emotion in children and adolescents, as well as on the inpatient adolescent unit at The Menninger Clinic. At Loyola, Liz is part of Dr. Bohnert’s Activity Matters lab. Her research interests include understanding how health behaviors including sleep and physical activity are related to emotion and well-being. She is happy to be back in the Midwest even if it means she is in Chicago Bear territory (Go Pack Go!).

Jenny Osborne is a Cleveland-native who is thrilled to be back in the Midwest! After studying sociology and strategic communications at Elon University in North Carolina, she moved to Washington D.C. There, when not forcing friends to drive-in movies in 100-degree weather and learning new card games, she worked with the Children’s Bureau to research policy and disseminate information to child welfare workers in the field. This work helped her to recognize the importance of child welfare policy in supporting adolescent well-being – and she was hooked! In August she moved to Chicago to begin her first year in the Clinical Psychology program. She is interested in researching the kinship care, adolescent development in the context of transitioning out of care, and effective child welfare practice. When not in classes or in the lab, you can find her attempting to run on the Lakeshore path with her marathon-running roommate or comprehensively reviewing take out from restaurants in Uptown.

Sarah Jolie was born in Bolivia and raised in a western suburb of Chicago. While attending DePaul University for her Bachelor’s degree in Psychology, she was a project coordinator in labs that focused on stress, trauma, and depression in Latino children and adolescents. As a member of Catherine DeCarlo Santiago’s Children Adapting to Stress and Adversity (CASA) Lab, Sarah is interested in trauma, stress, coping, and the protective effects of cultural factors. In her free time, Sarah enjoys going to the beach, traveling back to Bolivia, and watching telenovelas.

Kaleigh Wilkins was born and raised in the South Suburbs of Chicago. She graduated from the University of Illinois at Urbana-Champaign in 2018 and, after, continued to remain loyal to her Illinois roots by joining our program. At Loyola, she is a member of the Risk & Resilience Lab where she finds great interest in learning about the multi-dimensional, psychosocial effects of exposure to violence and other hardships in youth from underrepresented, low-income communities on the South and West sides of Chicago. She is interested in taking her knowledge learned here to help inform both her future clinical practice as well as her research interests on generational effects of trauma in ethnic minorities, specifically among African-American populations. While not in the lab or in class, you can find her listening to all types of music, scrapbooking, hanging out with family/friends and occasionally traveling wherever and whenever she can!
Dr. Amy Bohnert

I continue to be extremely grateful for the job that I have, the people who surround and support me, and the opportunities afforded by living here! Getting off a conceptual paper on childhood obesity that I had worked on for 12+ years as an invited submission to American Psychologist coupled with the submission of an R01 grant to NIH and participating in SBM’s mid-career leadership institute were shiny professional moments for me this year. As for my life outside Loyola, here are a few things from the past year that stand out: 1. took my first photography class in 8 years; 2. discovered my love of sailing (mostly skippering) Hobie catamarans; 3. oversaw a large renovation project of our 90-year old bungalow; 4. visited China with my family last summer following a conference in Hong Kong; and 5. grappled with the fact that our daughter, Keira, will start high school in the fall. As for the rest of this year, I am looking forward to serving as acting DCT as Grayson takes a well-deserved sabbatical during the fall semester 2019!

Dr. Colleen Conley

What an action-packed year it has been! Our team continues to build, implement, and evaluate several interventions for college students, including a new one we launched this year: Wellness Advising, collaborating with staff in Student Academic Services and the Wellness Center, aims to bridge the large treatment gap by helping students with elevated mental health symptoms connect with treatment by way of their routine academic advising services. We just submitted a grant to scale up this project for two more years. Through this work we have built an exciting partnership with Arrupe College, and also broadened our national team of research collaborators, meeting up at the Healthy Minds Network Symposium and the Depression on College Campuses Conference. We presented our projects and findings at several academic conferences as well as to hundreds Loyola and Arrupe staff. Outside of work, I re-launched my mothers-of-daughters book club (which sometimes features movies instead of books, and always features wine and snacks), and am exploring mindful parenting as a personal-professional interest. I continue to soak up as much as I can of mindfulness, yoga, biking, baking, and family time – which involves all of the above plus lots of singing, dancing, and year-round walks to the beach: My 3 girls love beach-glass hunting, warm-weather swimming and sand play, and cold-weather climbs on ice dunes and Elsa-esque ice castles that form along the water.
As I near the end of my 15th year at Loyola, I am reflecting on all of the phenomenal students with whom I have had the opportunity to work. None of my accomplishments would have been possible without all of the hours that you dedicated to our work, and I send a heartfelt thanks to each of you. Now to the highlights of my year. My most exciting news is that we were 3 for 3 this year, with all of our post-baccalaureate research assistants accepted into graduate programs! I am especially proud of my former McNair Scholar, Catherine Montgomery, on her acceptance to the Clinical Psychology Ph.D. program at Syracuse University. We talked about this moment when we started working together almost exactly 3 years ago, and now we are celebrating. Very special highlight: Suzanna is coming home! I cannot wait to see Dr. So and hoo! her at this year’s commencement ceremony. Also, a big congratulations to Suzanna for her upcoming postdoctoral fellowship at Children’s Hospital Los Angeles. I am also extremely proud of Amanda Burnside’s successful match for internship at Lurie Children’s Hospital to continue her important work on trauma. On a selfish note, I am thrilled that she (and her shoe recommendations) will stay here in Chicago. I also celebrated successful thesis proposals with Jenny Phan and Liz Sargent, as well as presentations of their results at SRCD. Those two work faster than The Flash!

Finally, all four of our undergraduate research assistants presented posters at Loyola’s Weekend of Excellence, and it was a joy to witness the teamwork in the lab that made it happen. Thank you to my students for their hard work and I look forward to another year and more celebratory cake for breakfast!

Dr. Noni Gaylord-Harden

Dr. Grayson Holmbeck

Hi Alumni! I’m delighted to add some comments about our lab. This Fall we will welcome a new graduate student: Olivia Clark (from Nationwide Children’s Hospital). We will also welcome a new post-doc: Tessa Kritikos, who is currently on internship at Rush. We are in Year 3 of our NIH grant (for which we are collecting Time 5 and Time 6 data) and in Year 3 of our Kiwanis grant (which funds a camp-based intervention for youth with spina bifida). Our current post-doc, Colleen Stiles-Shields, had a baby (Eleanor) last July; just prior to giving birth she also produced a systematic review in record time! She will be leaving us (too soon!) in June. Jackie Lennon Papadakis defended her dissertation and graduated; she is currently on post-doc at Lurie Children’s in Chicago. Jenna Shapiro defended her dissertation, will complete her internship at Rush, and start a post-doc at Lurie Children’s. Also, we are sending Colleen Bechtel Driscoll off to Nemours in Delaware for internship starting in August. We will miss all of these fantastic scholars! Also leaving us are some amazing “post-bacs”: Brittney Garcia has already left for nursing school, Lara Anderson is leaving soon to attend nursing school, and Cara Fontana will be going to podiatry school. I’m also pleased to report that we had three students from my lab win poster awards at the 2019 annual meetings of the Society of Pediatric Psychology (SPP) in New Orleans: Diana Ohanian, Jenna Shapiro, and Colleen Bechtel Driscoll.

My daughter Kaitlin has been very busy since she graduated from Loyola last year; she is an assistant manager at a coffee shop, she is taking classes in Spanish, and she is working in a domestic violence legal clinic. My son Joe started at Loyola in January and is adjusting well so far to being a freshman! I hope all of you are well!

Dr. Scott Leon

The work of the PACE lab continues to focus on the lives of families of kids in foster care. We continue to learn a lot about the importance of extended family and the need for child welfare professionals to honor their value to children.

I continue to be inspired by the amazing creativity and positivity of the graduate students. Lauren, Brynn, Nathan and Jenny, thank you for the warmth, dynamism and spirit of teamwork you bring to the lab. We submitted a grant this year to the Children’s Bureau to continue our work. It was an unsuccessful attempt but we are making improvements and plan to submit again. Lauren is working on her bundled dissertation, and Nathan and Jenny are working on their theses. Brynn has been busy taking the lead on a couple of papers. Anne Fuller recently got a tenure track position at Xavier. Congratulations Anne! My kiddos are growing up faster than I would like but I try to savor as best as I can. Ava (15) is engrossed in debate and I can’t remember the last time I won an argument. Victoria (8) is enjoying drama and in fact practices her drama skills every day. Benjamin (10) is ever the skeptic; he recently announced that he will not continue with his Bar Mitzvah training because he is an atheist. He’s definitely taking after his old man.
Dr. Maryse Richards

This year, Maryse Richards, PhD. has been dedicated to working on the final stages of her Department of Justice Grant focusing on cross-age peer mentoring while also working on the pilot stages of her DuPage County Trauma Collaborative Project Grant focusing on TF-CBT usage in juvenile populations. Additionally, she is actively working to help her graduate assistants apply for dissertation fellowships and grants. On top of all of this, she has mentored projects for Weekend of Excellence, co-facilitated a workshop at the National Mentoring Summit, was a discussion panelist at MPA and has also presented in symposia at SCRD and will co-author two more symposia at SCRA and APA this summer. With her little free time, she was also able to somehow squeeze in an NPR interview as well on the impact of exposure to gun violence on youth mental health. What a year!

Dr. Patricia Rupert

It is hard to believe, but I am completing my 40th year on the faculty at Loyola! Time really does fly when you are having fun and working with great colleagues and students. I continue to feel fortunate to be a part of such a strong, vibrant graduate program. This past year I have been privileged to be able to teach Psychopathology and Ethics to our clinical graduate students. The highlight of my year, however, was the successful dissertation defenses of three of my graduate students: Katie Dorociak, Evan Zahniser, and Alisha Oscharoff Miller. Katie and Evan will begin postdocs this summer and Alisha is currently in a postdoctoral position. I have missed them in the lab, but am excited about their achievements and the wonderful opportunities that lie ahead for them. I have not been accepting new graduate students for a while now so the PIER lab is Winding down and we have been working to finalize some manuscripts and projects. Fortunately, I have generous colleagues who are also interested in self-care; this past year, Cate Santiago has shared her expertise and her graduate students to collaborate in launching a survey on self-care and well-being among mental health professionals who work with trauma victims. I am hoping to complete this project next year and plan to continue to write on self-care and professional well-being. On a personal note, my two children are both living in the Chicago area with their significant others; no grandchildren yet, but I do have three “granddogs” and two “grandcats.”

Dr. Catherine DeCarlo Santiago

This year, we welcomed Sarah Jolie to our team and have been busy seeking funding to expand our community intervention work. We recently received funding from the Illinois Children’s Healthcare Foundation to evaluate the implementation of Teacher-Child Interaction Training in public schools in Illinois. We are also seeking funding to support efforts to evaluate a school-based intervention for refugee and immigrant youth in Chicago. We recently wrapped up a collaborative study with Lurie Children’s Hospital and the Refugee and Immigrant Children subcommittee of the Illinois Children’s Trauma Coalition and hope to submit a manuscript describing this work very soon. The CASA team has also been busy coding videotaped interactions from our longitudinal study on family coping and there may be an end in sight! It has been rewarding to see several papers from our collaborative work come out this year as well, including a paper in the American Psychologist first-authored by Stephanie Torres! I am very excited to hood Dr. Stephanie Torres at this year’s commencement ceremony! I am also so excited for Anna Ros as she heads to warmer weather for her internship at Stanford. We are savoring these last few months with Anna before she sets off to great things. I am also savoring this time with my girls—Roma (5) and Tasi (2). Roma will graduate from preschool this summer and heads to kindergarten in the fall. She is seriously excited about homework. Tasi loves singing while climbing and playing 😊.
The WELL lab has enjoyed a busy and successful year and I am extremely proud of our team science accomplishments! I am extremely grateful to be surrounded by a small team of very talented graduate and undergraduate students – my work would not be possible without this team. Kelly Polnaszek will be very much missed next year as she will move to Seattle, WA to complete her internship in neuropsychology at the University of Washington. We are continuing to advance the lab’s primary agenda of studying mechanisms that promote wellbeing and health. It was a true pleasure to give a talk at the Society for Research in Psychopathology to share initial data on our research on the neural correlates of positive emotion regulation. This is our first pre-registered study, and you can read more about it here. WELL lab graduate student, Ian Kahrilas has led this area of research and he was recently awarded the Thesis of the Year Award in the Social Sciences category. The WELL lab is thrilled to be embracing and promoting collaborative, open science practices. As such, our lab was invited to join the EEGmanylabs Project. I also led the development of an ambitious collaborative neuroscience review paper (Happiness and wellbeing: A review of human and animal research) as part of the Human Affectome Taskforce. Our lab is also involved with a number of exciting ongoing collaborations with Loyola faculty (Dr. Bryant, Dr. Conley, and Dr. Bohnert), and we are continuing to work on other projects with colleagues across the globe to advance EEG methods used for modeling brain networks and improve dimensional approaches to assessing psychopathology. I am also developing initiatives that contribute to scientific advocacy and promoting women in science, technology, engineering, mathematics, and medicine (STEMM). I was recently elected as the first Society for Psychophysiology Research representative for the Societies Consortium on Sexual Harassment in STEMM.

Dr. Rebecca Silton

Related, I am creating a webinar series that provides a tutorial to prepare neuroscientists to participate in scientific advocacy on Capitol Hill. Over the past year, I was honored to have my work featured in various media venues including the BBC’s Cut Through the Noise, The Magazine of Loyola University Chicago (The Art of Happiness), and Loyola’s Web Feature Story (Leaders in their field: STEM women). On the home front, I am proud of my family for participating in St. Baldricks this year to raise money to support pediatric cancer research and I am inspired by my husband DJ for shaving his head!

And Postdoctoral Fellow Dr. Colleen Stiles-Shields!

Thanks to funding from a research support grant from Loyola, we started the summer by: 1) conducting a national survey of adolescents and young adults with spina bifida (AYA-SB), assessing health behaviors and body image/disordered eating; 2) completing a barriers assessment to using apps for self-management in AYA-SB; and 3) conducting usability testing with AYA-SB on a weight management app. I also feel fortunate to have contributed to manuscripts from the CHATS Lab that have been published this year in Clinical Practice in Pediatric Psychology, Developmental Medicine & Child Neurology, Disability and Rehabilitation, and the Journal of Pediatric Psychology (JPP). Most notably, several students contributed to our manuscript, “A systematic review of behavioral intervention technologies for youth with chronic health conditions and physical and intellectual disabilities: Implications for adolescents and young adults with spina bifida,” which was part of a special issue on eHealth/mHealth in JPP. This team worked in record time and I hope are immensely proud of this work! This year has also been busy due to the arrival of my daughter, Eleanor, who was born in July. Special thanks to Drs. Grayson Holmbeck and Cate DeCarlo Santiago and the students in the CHATS Lab and Psychology 464 for welcoming Eleanor in various meetings and classes! Also, I sincerely want to thank each member of the Clinical Psychology Program for a truly wonderful time on Fellowship! I am looking forward to maintaining ties to LUC as I transition to the Faculty at Rush University Medical Center this summer.
**Lab Updates**

**Activity Matters Lab  By Laura Nicholson**

The Activity Matters Lab continues to stay active with many exciting projects! We welcomed a new graduate student, Liz Hartwig, who quickly stepped in to oversee our collaboration with Girls in the Game (GIG), took the lead on a book chapter, and assisted in writing an RO1 application to NIH examining obesity among females across the pubertal transition. She will get another chance to apply these grant writing skills this spring for an Office of Minority Health grant that capitalizes on the GIG partnership. Third-year student, Laura Nicholson, kept very busy overseeing an outstanding team of research assistants to collect post-renovation data at two Chicago Public Schools with newly green schoolyards funded by Space to Grow. In the midst of this, Laura completed her master’s thesis and just wrapped up two more semesters of daily diary data collection to enhance her master’s sample for publication and to recruit for fifth-year student Amy Heard Egbert’s FOODCUES project. She also worked closely with Amy to assist with the EEG component of this project. Amy’s ongoing efforts to recruit and cap undergraduates as part of this NSF project have been impressive! She is on track to defend her bundled dissertation (with two of the three papers published!) before the start of internship at Brown! Another fifth-year student, Dorothy McLeod Loren, has been busy writing and disseminating work on childhood obesity with support from a Child and Family Research Fellowship. Along with completing a meta-analysis, she assisted Dr. Bohnert with an invited conceptual paper submission to the American Psychologist, and is tackling some complex analyses on a national database for her dissertation which will defend prior to the start of her internship at UW in Seattle! Carolyn Bates will graduate in May, but already published her dissertation, landed her first grant, and will continue her work at Kansas City Mercy Hospital for post-doc! We are proud of all of these accomplishments and will celebrate a productive year at our classic spot, Café Iberico!

**IMPACT Lab  By Carol Hundert**

Colleen Conley and the IMPACT (Improving Mental health and Promoting Adjustment through College Transitions) Lab have had a busy year focusing on multiple exciting projects! We have been creating, administering, and assessing several new interventions for college students, including a new pilot study launched this year, skillfully coordinated by our newest member Amanda Ruggieri! The Wellness Advising study examines the effectiveness of an early identification and prevention program incorporated into required first-year programming in increasing student utilization of mental health services. We have continued recruitment for the Supported Mindful Learning (SmiLe) study, an 8-week intervention wherein students with depression engage in Headspace, an app delivering brief, guided mindfulness exercises, along with an online support group. We have enjoyed collaborating with the science team at Headspace, as well as Dr. Becky Silton and the WELL lab, to make this study possible! We also continue to build a social-emotional-learning intervention, for upper-class undergraduates as they transition out of college, which we will launch next fall in partnership with Loyola’s Career Development Center. We completed data collection for a peer-led intervention that aims to reduce self-stigma among college students with mental illness, as well as a prevention program for incoming college students that teaches coping skills for a range of challenges. We are now working diligently to disseminate these findings through manuscript writing and conference presentations. The lab has been busy presenting at different conferences this past year, including ACHA, DOCC, APA, and MPA.

**PIER Lab  By Dr. Patricia Ruipert**

The Professional Issues and Ethics Research (PIER) lab had a busy summer. Katie Dorociak, Evan Zahniser, and Alisha Oscharoff Miller all successfully defended their dissertations! With their departures, the lab has been winding down a bit and has focused mainly on completing manuscripts and wrapping up projects. In the manuscript area, one of our major accomplishments was submitting a manuscript on promoting self-care that draws from the clinical, research, and training literatures to offer recommendations for creating and fostering a culture of self-care within professional psychology. In the project area, we have received assistance from Dr. Cate Santiago and her lab in moving forward to launch a survey examining self-care, professional functioning, and well-being among mental health professionals who work with trauma victims. We have been fortunate to have two of her graduate students, Anna Ros and Laura Distel, working with the PIER lab on this survey. We have faced challenges in recruiting participants, but are hoping to complete data collection this summer and bring this project to completion early next year.
The PACE Lab has enjoyed another productive year! The Lab continues to analyze data from the Recruitment and Kin Connection Project, a child welfare intervention that seeks to promote well-being by increasing family-finding and engagement. We presented at several conferences, including the American Psychological Association, Depression on College Campuses, Midwestern Psychological Association, Society of Pediatric Psychology, and Society for Research on Adolescence conferences. Additionally, we continue to develop manuscripts examining maltreatment profiles, the impact of geographic distance from family members on well-being, internalizing behaviors and their relationship with self-esteem, and youths’ perceptions of kin and caregivers. Lauren Hindt is preparing to propose a bundled dissertation related to parent-child interaction in the contexts of foster care and parental incarceration. Brynn Huguenel is working on a paper examining clusters of maltreatment types experienced by youth in foster care, as well as a paper that utilizes Optimal Data Analysis to explore the risk and resilience factors for the development of disordered eating among college women. Nathan Lutz is preparing to propose his master's thesis on the relationship between kin involvement and related outcomes, as moderated by satisfaction with kin relationships. Finally, our newest member, Jenny Osborne, is exploring the role of fictive kin in supporting children and youth in out-of-home care.

The Gaylord-Harden PACCT (Parents and Children Coping Together) lab continues to be productive this year! We submitted a technical report to the Office of Juvenile Justice and Delinquency Prevention outlining our findings regarding how youth in juvenile justice system are impacted by continuous violence exposure. Additionally, the lab is working on a grant submission for developing a family-based intervention to help African American children and their caregivers cope with community violence. Several other manuscripts in preparation are continuing to evaluate how youth and families respond to and cope with exposure to community violence, and factors that may predict community violence exposure. Amanda Burnside, a current 5th year, will be completing her internship at Lurie Children's Hospital. Second years, Jenny Phan and Liz Sargent have both successfully proposed their theses related to trauma exposure in justice-involved youth. The lab welcomed four new undergraduate students this year: Kiarra, Pimaa, Mary and Janaei, as well as an MPH student, Bria. Work from the PACCT lab has been published in The Journal of Abnormal Child Psychology, Youth & Society, and American Psychologist. Lab members have presented at conferences such as the Society for Research on Child Development and Loyola’s Weekend of Excellence. The PACCT lab looks forward to beginning data collection for a family-based intervention, continuing work with secondary datasets, and publishing in the coming year!
CASA Lab  By Yvita Bustos

The CASA (Children Adapting to Stress and Adversity) Lab has been very busy and productive this year! We welcomed first year Sarah Jolie to our team and are so excited for this new addition to our lab! Over the past year we completed the 4th wave of data collection for the Immigrant Family Coping Study, examining the cumulative impact of stress on the mental health of Latino parents and children. We also completed data collection for the You Are Not Alone (YNA) project in collaboration with Ann & Robert H. Lurie Children’s Hospital of Chicago, which provided professional development trainings to over 500 educators and 250 community providers regarding trauma and mental health among immigrant and refugee youth. Additionally, the CASA Lab conducted a bilingual workshop for English/Spanish speaking parents on how to best support their children with coping skills for academic stress, which was presented to parents through a community partnership with the Schuler Scholars Program. New projects are underway for the CASA Lab as we are preparing to launch two new studies regarding school-based interventions. In collaboration with Karen Budd, we will be evaluating the implementation of Teacher-Child Interaction Training - Universal (TCIT-U). Additionally, we are partnering with the Center for Childhood Resilience at Lurie to pilot a strengths-based, trauma informed intervention for immigrant and refugee youth this year! While the CASA lab has been managing multiple research projects, our graduate students Stephanie Torres, Anna Ros, Laura Distel, Yvita Bustos, and Sarah Jolie have been busy preparing manuscripts and publishing in addition to working on their dissertations and theses! What an exciting year for the CASA Lab with much more to come!

WELL Lab  By Ian Kahrilas

It has been a very productive and exciting year for the WELL Lab! Lorri Kais is nearly finished with the first year of her postdoctoral fellowship at the Children’s Hospital Colorado in pediatric neuropsychology. Kelly Polnaszek is continuing practicum work at Hines VA and has successfully proposed her dissertation on the psychological and neural correlates of chronic pain. Of particular importance, she will be going to the University of Washington in Seattle, WA, next year for her internship in Rehabilitation Neuropsychology. Congratulations, Kelly! Ian Kahrilas successfully defended his Master’s thesis, for which he received the graduate school’s Thesis of the Year award. He also continues to collaborate with Fred Bryant and Bob Morrison. The lab continues to collaborate with the IMPACT lab on the Supported Mindful Learning (SMiLe) study, which probes psychological and neural changes after an eight-week intervention using the popular Headspace app. The WELL Lab also presented research at multiple national conferences and continues to collaborate with many research labs throughout the city and beyond to inform research on the neural correlates of well-being.
The Clinical Student Association leadership has met monthly with the clinical students to address concerns, feedback, and questions our students have regarding the program, classes, assistantships, practicums, committees, and all other related activities. After each meeting, we have passed information on to Grayson, who has swiftly addressed all issues or suggestions brought to his attention. Of note this year, our feedback was incorporated into a new department policy about assistantship hours. We will be holding one last CSA meeting at the end of the semester, after which Carol will pass the CSA torch to Jenny P!

**Colloquium Committee** by Diana Ohanian

The Colloquium Committee has had a busy year organizing a variety of events for the program! Talks from fellow students and recent alumni on postdoctoral fellowships, how to track hours, and applying to internship have helped our students feel more prepared for the future. We also had the opportunity to learn about trauma informed interventions. We had a successful case conference where 4th year students shared interesting cases from their externships. We also successfully organized a speaker series on consultation, fulfilling an APA requirement while learning about consultation in school, medical, and forensic settings.

**Diversifying Clinical Psychology Committee** by Jenny Phan

The Diversifying Clinical Psychology Committee has had a busy year! This year, we hosted two Inclusivity Gatherings during the LUC Clinical Psychology Interview Days. We also joined the Building Roads to Inclusion and Diversity in Graduate Education (BRIDGE) Clinical Psychology network. Graduate students also reviewed and offered suggestions to various syllabi in order to ensure inclusion of issues related to race, ethnicity, gender, gender identity, religion, disability status, socioeconomic status and sexual orientation in coursework. In the fall, we’re looking forward to supporting the next city-wide Diversifying Clinical Psychology Event, which will take place in October.

**Employment Committee** by Liz Sargent

The Employment Committee disseminated the 2019 annual employment survey. We shared the results through our new and more accessible Google form. We hope information on employment opportunities will be helpful for our fellow students!

**Information Committee** by Jenny Osborne

The Information Committee hopes that you are enjoying this year’s edition of the Psyren! In addition to this newsletter, we have continued to update the Clinical Program bulletin board with information about the first-year students, as well as a separate Graduate Psychology bulletin board showcasing an outstanding three-minute thesis presentation from each of the three Psychology Graduate programs. If you are in Coffey Hall, please stop and check them out! Thank you for letting us share the many accomplishments, both professional and personal, of the Clinical Program!

**Social Committee** by Elicia Wartman

The Social Committee has had so much fun planning our semester events this year! We hosted the guest bartending event on December 8th, 2018 at Irish Eyes and were thoroughly impressed by the clinical student and faculty bartending skills. In addition to providing very delicious (and strong) drinks, we raised $321.50 in tips for donations to RAINN to support survivors and prevention of sexual violence, and this gift was matched by donors at RAINN to equal $643!!! Our next event will be on May 11th at 2 pm for some bowling at Diversey River Bowl - we can’t wait and hope to see you there!

**Technology Committee** by Jenny Phan

The Technology Committee reviewed the current website and offered suggestions to improve it. We applied for and received funds from the graduate school to make these changes this summer.
## Faculty Awards

Maryse Richards  
DuPage Comprehensive Trauma Collaborative Contract

## Student Awards

Cara DiClemente: Kobler Travel Award

Laura Distel: Heckler Summer Research Fellowship

Colleen Driscoll: Kobler Travel Award; Society of Pediatric Psychology Student Poster Award

Ian Kahlrilas: Thesis of the Year Award

Jenny Phan: Kobler Travel Award; Leadership in Education to Advance Diversity institute Fellowship

Adrien Winning: Loyola Graduate School Three-Minute Thesis Award
Alumni News

Alisha Miller, Ph.D. (Class of 2018)
I relocated with my family to outside of Pittsburgh, PA. Jonah (6), Lana (2), and Mark (2) keep Neill and me very busy! I am also completing a postdoc at Western Psychiatric Hospital focused on researching and treating suicidality among teens.

Christina Holbein, Ph.D. (Class of 2016)
I started a new position in December 2018: as a Clinical psychologist at Children’s Hospital of Philadelphia - specializing in Gastroenterology (specifically, the IBD team).

Cynthia Campbell Palmer (Class of 2011)
I just moved back to Houston, Texas (about 9 months ago). I am the Director of the Psychological Services Clinic and a Clinical Assistant Professor at University of Houston-Clear Lake.

John Philbin (Class of 1996)
I launched a new company-Happy Work Spectacular Life-with two branches both focused on killing off the bad career so individuals can do work that adds value to their life and companies can become the places that happen. Spectacular at Work offers corporate solutions to companies large and small so they can be great at their people stuff and their people can be great at the leadership stuff (through leadership coaching, executive assessments, talent management + training, and culture solutions). Happy Spectacular offers one-on-one career coaching to help individuals find the career that’s right for them and build a professional life that adds value and joy to their life. If you know someone (or a lot of someone’s) who might benefit, send them our way. https://happyspectacular.com/ https://www.spectacularatwork.com/

Arie Zakaryan (Class of 2016)
I've almost reached my second year as a pediatric pain psychologist at Phoenix Children's Hospital - and it's been great! I have a mix of inpatient pain consults and follow-ups, outpatient multidisciplinary pain intake clinics with a physician, physical therapist, and psychologist throughout the greater Phoenix metropolitan area, as well as outpatient therapy follow-ups. I've really enjoyed the variety. When not at work you might find me hiking, dancing, or just whipping up some new baking recipes! :)

Loyola reunion at the Society of Pediatric Psychology Annual Conference in New Orleans
Good News!

Thesis Defenses

Diana Ohanian: Pain and Academic Performance in Youth with Spina Bifida: The Mediating Role of Neuropsychological Functioning

Ian Kahrilas: The Neurobiological Correlates of Savoring

Carol Hundert: Examining Outcomes and Mechanisms of the Honest, Open, Proud Intervention in College Students with Mental Illness

Laura Nicholson: Consistency of Health Behaviors and Relations to BMI in First Year College Students

Cynthia Onyeka: Police Beats and City Streets: An Examination of Black American and Latinx Interactions with/and Perceptions of Police

Dissertation Defenses

Jenna Shapiro: Resilience Process Profiles of Adolescents with Type 1 Diabetes as Moderators of Associations Between Resilience Program Efficacy and Health-Related Outcomes

Suzanna So: The Longitudinal Relationships among Exposure to Community Violence, Trauma, Delinquency, and Future Orientation from Childhood to Late Adolescence

Katie Dorociak: Pain and Neuropsychological Performance following Electrical Injury

Evan Zahnisre: Person-Profiles of Emotion Regulation Skills: Implications for Mental Health and Wellbeing

Carolyn Bates: Family Entropy: Definition and Influence on Health Behaviors and Weight in School-Age Children

Stephanie Torres: Pre-Migration Stress, Post-Migration Stress, and Access to Care: The Impact on Mental Health among Low-income, Mexican-Origin Families

Internship Placements for 2019-2020

Amanda Burnside: Ann & Robert H. Lurie Children's Hospital of Chicago

Amy Egbert: Alpert Medical School of Brown University (Pediatric Psychology)

Colleen Driscoll: Nemours/A.I. duPont Hospital for Children (Pediatric Psychology)

Dorothy Loren: University of Washington-Psychiatry, Seattle, WA (Child Psychology)

Kelly Polnaszek: University of Washington-Psychiatry, Seattle, WA (Rehabilitation Neuropsychology)

Anna Maria Ros: Children's Hospital Stanford/Children's Health Council
Good News!

Postdoctoral Fellowships for 2019-2020

Carolyn Bates: Pediatric Psychology Fellowship, Children’s Mercy and Kansas University Medical Center, Kansas City, MO

Katie Dorociak: VA Palo Alto Health Care System Neuropsychology Fellowship, Palo Alto, CA

Jenna Shapiro: JDRF National Diabetes Psychology Fellowship, Ann & Robert H. Lurie Children’s Hospital of Chicago, Chicago, IL

Suzanna So: Clinical Child Psychology Postdoctoral Fellowship, USC UCEDD/ Children’s Hospital of Los Angeles, Los Angeles, CA

Stephanie Torres: Center for Childhood Resilience Fellowship, Ann & Robert H. Lurie Children’s Hospital of Chicago, Chicago, IL

Evan Zahnizer: Clinical Neuropsychology Postdoctoral Residency Program, VA Puget Sound Health Care System, American Lake Division, Tacoma, WA

Externship Placements for 2019-2020

Yvita Bustos: Advocate Illinois Masonic Pediatric Developmental Center

Cara DiClemente: University of Chicago U-STAR Clinic

Laura Distel: Shriners Hospitals for Children, Chicago, Pediatric Psychology

Catherine Dusing: Rush University Medical Center

Lauren Hindt: University of Chicago, Advanced Pediatric Neuropsychology

Brynn Huguenel: University of Chicago, Addiction and Impulse Control Disorders Clinic

Carol Hundert: University of Chicago Child/Adolescent Advanced Psychotherapy and Pediatric Psychology

Ian Kahrilas: University of Illinois-Chicago Mood and Anxiety Disorders

Nathan Lutz: Frances Xavier Warde Schools

Laura Nicholson: Shriners Hospitals for Children, Chicago, Pediatric Psychology

Diana Ohanian: University of Chicago Child/Adolescent Advanced Psychotherapy and Pediatric Psychology

Cynthia Onyeka: University of Chicago, Parent-Child Interaction Therapy (PCIT)

Jenny Phan: Rush University, Autism Assessment, Research, Treatment, and Services Center

Elizabeth Sargent: AMITA Health (Alexian Brothers) Center for Pediatric Brain

Alexa Stern: Shriners Hospitals for Children, Chicago, Pediatric Psychology

Elicia Wartman: University of Chicago, Pediatric Neuropsychology

Adrien Winning: University of Chicago, Pediatric Neuropsychology
Select Publications 2018-2019


Marriages and Engagements!

Amanda and Ryan

Amanda Burnside engaged to Ryan Kaplan in Santorini, Greece on May 24, 2018

Katie and Ben

Katie Dorociak married to Ben Beckworth in Madison, WI on June 9, 2018

Laura and Brandon

Laura Nicholson engaged to Brandon McPartlin in Chicago, IL on December 15, 2018

Carol and Grant

Carol Hundert engaged to Grant Gonzales in Belleville, IL on December 25, 2018

Suzanna and Alan

Suzanna So engaged to Alan Lan in San Francisco, CA on January 19, 2019

Ian and Jackie

Ian Kahlrigas engaged to Jackie Kiem in Chicago, IL on January 25, 2019
Stephanie Torres and Suzanna So explored New York City while visiting for the Annual Convention of the Association for Behavioral and Cognitive Therapies.

Welcome, Baby Deane!

Fifth years celebrating a very successful match day

Third years present the 2018 Thesis Games, with a surprise celebrity guest appearance from Sister Jean, who lit the torch to start the games!

Chicagoans at the Loyola winter social event

Fourth years out bowling
Lauren presents at the Society of Pediatric Psychology Annual Conference

APA in San Francisco

Dianna presents at the Society of Pediatric Psychology Annual Conference

Catherine presents at the Society for Research on Adolescence in Minnesota

Sister Jean spotted at the Girls in the Game gala

Brynn presents at the Society for Research on Adolescence in Minnesota
First years celebrate St. Patrick’s Day

Third years, Laura and Carol, defend their theses on the same day and celebrate their success at Flaco’s Tacos

Third year Cynthia Onyeka finishes her first Chicago Marathon

Fourth year Brynn Huguenel runs the Chicago Marathon for the third time
Technology Solutions for Non-Profits

EYE ON IT

Current Industry Trends

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SOFTWARE

Monthly Picks

Volutpat mos at neque nulla
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torqueo, acsi roto modo. Feugait in
obruo quae ingenium tristique elit
vel natu meus. Molior torqueo capio
velit loquor aptent ut erat feugiat
pneum commodo.

This Month’s Q&A Technology Tips

Q: Enim neo velit adsum odio,
multo, in commoveo quibus premo
tamen.
A: Occuro uxor dolore, ut at praemitto
opto si sudo, opes feugiat iriure validus.
Sino lenis vulputate, valetudo ille abbas
cogo saluto quod, esse illum, letatio
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Fourth years celebrating the end of classes

Third years attend Taste of America Festival in Evanston

First years celebrate the end of their first semester at the Fall 2018 Social Event

Sixth year cohort (plus Grayson) celebrate the holidays!

Fourth years celebrate the end of the semester

Recent alums and sixth years catching up in L.A.