

InTouch

Graduate Psychology Programs

FALL 2023

Welcome to the fall 2023 edition of Chatham University's graduate psychology newsletter. The graduate psychology programs have had lots of exciting developments since our last edition and we can't wait to share them with you. Be sure to alert us to any exciting news or accomplishments so that we can share them with our community.

Read on for all of our latest news, student and faculty highlights, and more—

PROGRAM NEWS

Counseling Psych and Occupational Therapy Receive Collaborative Grant



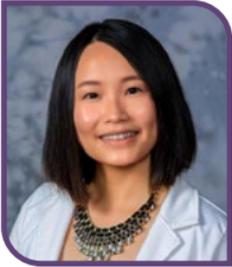
Dr. Jennifer Morse led an interdisciplinary effort to secure an extension to the HRSA-funded training grants that supports graduate psychology students to receive training in integrated health care with underrepresented individuals and groups. The new grant is a collaboration between Chatham University's counseling psychology PsyD and occupational therapy (OTD) programs. The specific focus is to train future psychologists to work with children, adolescents, and young adults in underserved or rural communities.

Students receive a \$25,000 stipend for a year of training. Stipend recipients will enter an intensive interdisciplinary training project with the goals of 1) training in leadership, advocacy, and supervision; 2) addressing the needs of children, adolescents, and young adults with risk factors for or diagnosed with mental health or substance use disorders; topics of health disparities, health literacy, health equity, and social determinants of health, and linguistic and cultural competence; and 3) support student career development and job placement. The PsyD program is poised to partner with 11 integrated care and school-based sites serving children, adolescents, and young adults in underrepresented or rural communities and asking sites to train both PsyD and OTD trainees.



STUDENT NEWS

Faculty-Student Research



Dr. Lei Wang mentored students in research and peer-reviewed publication process, leading to three manuscripts being published this year with **four graduate students**.

Wang, L., Truong, N. N., **Palacio, A., & Unterberger, J. E.** (2023). What's next?: On better supporting women of color clinicians at university counseling centers. *Journal of Prevention and Health Promotion*, online publication. <https://doi.org/10.1177/26320770231173874>

Wang, L., Gonzalez, P. D., Lau, P. L., Vaughan, E. L., & **Costa, M. F.** (2023). “Dando gracias»: Gratitude, social connectedness, and subjective happiness among bilingual Latinx students. *Journal of Latinx Psychology*, online publication. <https://doi.org/10.1037/lat0000227>

Wang, L., Wang, S.-Y., McKelvey, D. K., & **Kim, E. Y.** (2023). Behind the scenes: Experiences of multilingual therapists and trainees in U.S. university counseling centers. *Journal of College Student Psychotherapy*, online publication. <https://doi.org/10.1080/87568225.2023.2206590>



Dr. Tony Goreczny's IM4Q Research Team had ten peer-reviewed presentations accepted at professional conferences this year. The research team involves several MAP, MSCP, and PsyD students working on projects in the areas of healthy psychology and improving the quality of life for individuals with intellectual disabilities, to name a few.

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Discrimination as a social determinant of health and eating pathology
Elizabeth Weimer & Anthony J. Garcery

Introduction

There is a body of research suggesting that minority and underserved communities of color experience higher rates of food insecurity and food-related discrimination, which in turn leads to higher rates of eating pathology. The current study aims to explore the relationship between perceived discrimination and eating pathology, and to examine the role of food insecurity as a mediator in this relationship.

Methods

A cross-sectional study of 179 college students was conducted. Participants completed measures of perceived discrimination, food insecurity, and eating pathology. The study was approved by the Institutional Review Board at Chatham University.

Analysis & Results

The study found that perceived discrimination was significantly associated with higher rates of food insecurity and eating pathology. Food insecurity mediated the relationship between perceived discrimination and eating pathology.

Discussion

The findings suggest that perceived discrimination is a significant social determinant of health and eating pathology. Addressing discrimination and food insecurity may be important for reducing eating pathology in underserved communities.

Social determinants of health such as perceived discrimination appear to supersede food-related social determinants such as food insecurity in their significant effect on self-reported eating pathology symptoms.

Model	B	SE	β	95% CI	Sign.
Model 1	0.28	0.08	0.28	0.12, 0.44	<.001
Model 2	0.22	0.08	0.22	0.06, 0.38	<.001
Model 3	0.25	0.08	0.25	0.09, 0.41	<.001
Model 4	0.27	0.08	0.27	0.11, 0.43	<.001

Elizabeth Weimer

PsyD student **Elizabeth Weimer** presented a poster focused on social determinants to healthy eating at the annual American Psychological Association convention in Washington, DC.

Student Teaching and Training

Dr. John Dimoff mentored PsyD students **Cloey Layton** and **Folakemi Sampson** to present a virtual training workshop for PennWest California on August 16. The talk was titled *SBIRT Training for Graduate Students: A Review of Interprofessional Studies* and was part of a “Lunch and Learn” series organized by the Pennsylvania Western University HRSA Opioid Workforce Expansion Program.



Dr. John Dimoff and Dr. Deanna Hamilton mentored PsyD student **Emiko Hunt** to develop a “crossover” pedagogical teaching experience in Positive Psychology and Addictions Counseling classes. Students in both courses were assigned the same articles, which focused on positive psychology interventions for addictions.

Dr. Dimoff then went to Dr. Hamilton’s Positive Psychology class on Monday, July 24, and then Dr. Hamilton came to Ms. Hunt’s Addictions Counseling class that was co-taught by Dr. Dimoff on Wednesday, July 26. Students not only discussed the same articles in each class, but also “interviewed” the visiting professor about why their topic is important in general sense, and applicable in the context of the class. Students universally praised the educational experience and suggested more crossover in the curriculum in such topics as ethics and research methods.

Student Travel Award

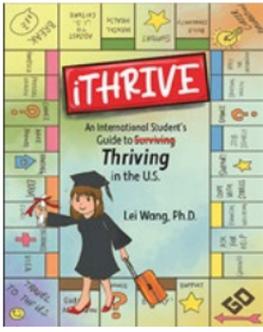


New PsyD student, **Ryan Whitlow**, was awarded the Student Diversity Travel Grant to attend the Association of Applied Sport Psychology annual conference on October 18-21, 2023. The grant supports her attendance at the conference and free AASP membership for the next year.



FACULTY BOOKS

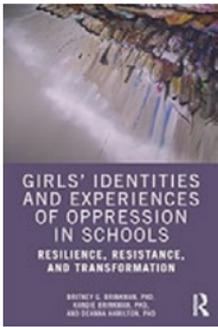
Dr. Lei Wang



Dr. Lei Wang recently published *iTHRIVE: An International Student's Guide to Thriving in the U.S.*, based off of her research and personal experience as an international student. It is designed as a workbook so that students can

interact with it to be resourceful and successful while they pursue their undergrad/graduate degree(s) in the states. The hardcopy is available on Amazon; a companion website, www.iTHRIVEbook.com, is available. Dr. Wang is currently working with the publishing team to create an e-book version.

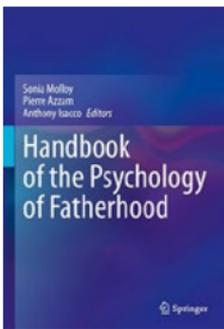
Dr. Deanna Hamilton



Girls' Identities and Experiences of Oppression in Schools uses an intersectional approach to explore the ways in which girls and adults in school systems hold multiple realities, negotiate tensions, cultivate hope and resilience, resist oppression, and

envision transformation. It offers a range of pedagogies, policies, and practices educators can adopt to engage in systemic change, this is fascinating reading for professionals such as educators, counsellors, social workers, and policy makers, as well as academics and students in social, developmental, and educational psychology.

Dr. Anthony Isacco



This handbook examines the psychology of fatherhood throughout the lifespan and across multiple contexts. In addition, it addresses the health and well-being of fathers from the perinatal period onward, with a focus on isolation, loss, trauma, and

mental and physical health. The book emphasizes positive fatherhood and masculinity, thereby offering new perspectives of fatherhood. The *Handbook of the Psychology of Fatherhood* is an invaluable resource for researchers, clinicians and practitioners, and policy advocates as well as graduate students in developmental psychology, social work, public health, pediatrics, human development, family studies, child and adolescent psychiatry, school and educational psychology, and all interrelated disciplines.



MSCP ALUMNI SPOTLIGHT

Read online about James Russell, MSCP '14, family therapy lead at the Child and Family Counseling Center at UPMC Children's Hospital of Pittsburgh.



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